

# The Arlington Connection

Concerts at Norwood

PAGE 3

Rescue the Trees

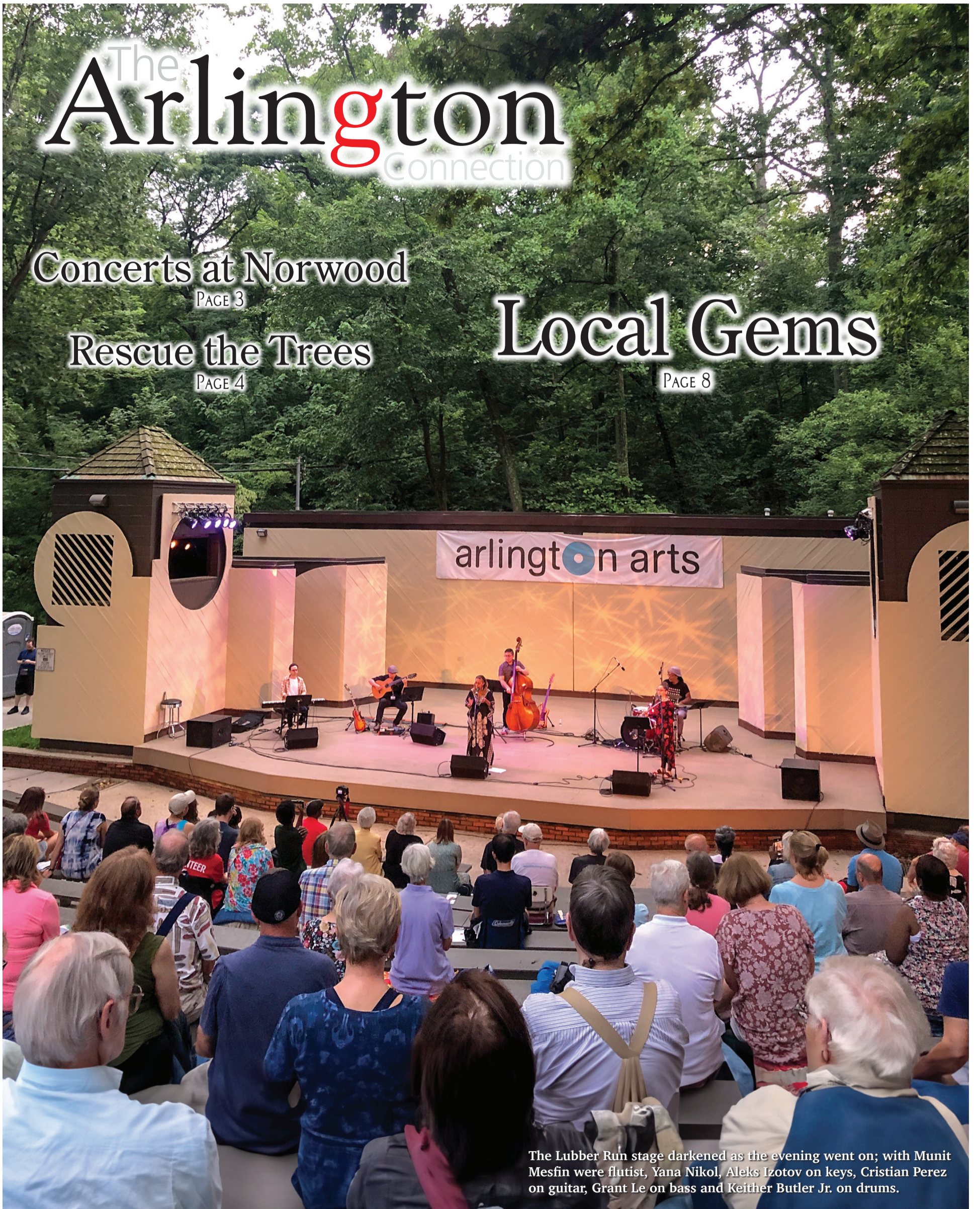
PAGE 4

# Local Gems

PAGE 8

ENTERTAINMENT, PAGE G ♦ CLASSIFIEDS, PAGE G

PHOTO BY EDEN BROWN/THE CONNECTION



The Lubber Run stage darkened as the evening went on; with Munit Mesfin were flutist, Yana Nikol, Aleks Izotov on keys, Cristian Perez on guitar, Grant Le on bass and Keither Butler Jr. on drums.



# Freaky Friday

**The Little Theatre of Alexandria**

"A delightfully spunky musical, delivered at a lively pace" – *Variety*

**JUL. 22 – AUG. 12, 2023**

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

Past issues of

**THE CONNECTION**  
NEWSPAPERS

back to 2008  
are available at

<http://connectionarchives.com/PDF>

## "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.

Registration opens for 2023 Northern Virginia Senior Olympics, Thursday, July 6, online only at [www.nvso.us](http://www.nvso.us). Registration fee \$20 for unlimited events. For more information, email, [nvso1982@gmail.com](mailto:nvso1982@gmail.com).

The importance of socialization in aging, Thursday, July 13, 11 a.m. – 1 p.m., Arlington Mill 55+ Center. Presentation by Kay Young, Insight Memory Care Center. Registration # 914500-01.

Bonnie O'Leary, Mgr., Deaf and Hard of Hearing Resource Center will discuss types of hearing aids including over-the-counter hearing aids, Thursday, July 13, 11 a.m., Langston-Brown 55+ Center. Registration # 914500-02.

Power up your breakfast using recipes with seasonal fruits recipes, demonstrated by Virginia Cooperative Extension Master Food Volunteers, Thursday, July 13, 11:30 a.m., Walter Reed 55+ Center. Registration # 914501-08.

Beginner quilting, learn how to create shapes using tools to wind paper strips into coils, Thursday, July 13, 1:30 p.m., Lubber Run 55+ Center. Taught by Joni Leonardo. Cost \$18. Registration # 914310-02.

Post Fourth of July celebration, songs, games, ice cream, Friday, July 14, 1 p.m., Walter Reed 55+ Center. Registration # 914899-02.

Celebrate National Parks and Recreation Month with a fun day at Virginia Highlands Park, 1600 S. Hayes St., Friday, July 14, 12 p.m. Enjoy corn hole toss, croquet, Tai Chi and Giant chess. Bring a picnic blanket and lunch. Registration # 914899-04.

Memoir writing workshop, informal sessions, exchange ideas and share stories, Monday, July 17, 10:15 a.m., Langston-Brown 55+ Center. Led by experienced memoir writer Mims Placke. Registration # 914400-31.

Pre-K Bingo outdoors with preschoolers and seniors, Monday, July 17, 10 a.m., Lubber Run 55+ Center. Seniors will help children learn shapes, numbers and colors through Bingo games. Registration # 914600-13.

Name that Tune, songs from 1950-1970 era, music by Carl Gold, Monday, July 17, 2 p.m., Langston-Brown 55+ Center. Registration # 914304-13.

Chess Master Macon Shibut will present a discussion on strategies and

famous moves followed by games, Monday, July 17, 9:30 a.m. – 2:30 p.m., Madison Community Center. Drop-in.

55+ Travel group to travel to The Franklin Institute in Philadelphia to see the "Disney100: The Exhibition," Tuesday, July 18. Cost \$107, Arlington resident; \$123, non-resident. Tour and dine on your own. Registration # 902307-06.

Samba is a fun variation of Canasta, beginners welcome, Tuesday, July 18, 1 p.m., Walter Reed 55+ Center. Drop-in.

Genealogy 101, learn how DNA can help develop a family tree, Tuesday, July 18, 11:30 a.m., Lubber Run 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 914402-02.

Learn to prepare summer smoothies using seasonal fruits prepared by Virginia Cooperative Extension Master Food Volunteers, Wednesday, July 19, 10:30 a.m., Arlington Mill 55+ Center. Registration # 914501-09.

Opera appreciation group to hear musical selections from "A Streetcar Named Desire" by Andre Previn, Wednesday, July 19, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-04.

Pool Tournament, all skill levels welcome, Wednesday, July 19, 10 a.m. – 1 p.m., Walter Reed 55+ Center. SEE FLOURISHING, PAGE 5

**Same Company, Same Employees,  
Same Great Value - Now Celebrating 20 Years!**

## TWO POOR TEACHERS

### Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed  
Since 1999



**10% down**  
nothing until the job  
is complete for the  
past 17 years

**Free Estimates 703-999-2929**

Check if your contractor is licensed at the state level  
<http://www.DPOR.virginia.gov>

**Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)**

**THE CONNECTION** Newspapers & Online  
**Alexandria Gazette Packet**  
**Mount Vernon Gazette**  
**Potomac ALMANAC**

# ATTRACT NEW CUSTOMERS IN 2023

Turn to the Connection Newspapers digital and print advertising options to reach customers in your community!

- Email Blasts
- Digital Billboards
- Front Page Shoutout
- Social Media
- Sponsored Content
- SEO Enhancements

**For Advertising: Call 703.778.9431 or  
Email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)**

## Concerts at Norwood

Featuring Alexandria Saxophonist Vaughn Ambrose and D.C. pianist Jon Ozment.

BY EDEN BROWN  
ARLINGTON CONNECTION

If you weren't in a particularly romantic mood on a hot Thursday night and the words "being in love" hadn't entered your mind for a while, "Concerts at Norwood" did away with that "love scrooge" in about five minutes. Stirring the emotional pot until the audience succumbed to what might otherwise have been a workaday evening on a street in Ashton Heights, Saxophonist Vaughn Ambrose and pianist John Ozment allowed the crowd to enter their jazz dialogue. The house on Norwood Street where they were playing is all about the love of music, food, and friends, and it is the intimate setting many musicians love.

Once again, Beth Lewis opened her home to 30 or so people for a concert by serious - in a good way - musicians. That hostess Beth Lewis lets others into her home in a traditional "salon" evening is a gift. The concert is free, donations are welcome, but most times, she doesn't cover expenses. Guests didn't just get to hear the jazzy sounds of Ambrose and Ozment, they got to ascend into another dimension. A good jazz duo is like that; it's a little magic.

The theme of the program was "Expressions of Love" and featured songs such as "I've Got You Under My Skin" by Cole Porter, and "All I Ask of You" by Andrew Lloyd Webber. They also premiered a piece by David Van Wagoner, composed in the style of the jazz great Charlie Parker.

Lewis has long been an active member of the DC metro area music community, singing and working in support of many local groups for 35 years. She frequently provides rehearsal space in her beautiful home which was restored with that purpose in mind, and founded "Concerts at Norwood" in 2017. In June she received an award from the Choralis Foundation honoring her for her outstanding contributions to choral music.

Lewis, who studied to be a chef, prepared a spring menu for the evening, beginning with a delicious "make your own" Salade Niçoise bar - better than any Salade Niçoise because of her little add-ons - and ending with an Italian lemon olive oil cake and coffee. There was plenty of good wine being served by a helpful friend. Small tables encouraged meeting new friends.

In addition to being an outstanding saxophonist, Ambrose and his wife Robyn (also a musician) created their own concert series in 2018, The Yellow Door Concert Series based in Alexandria. "Our mission is to bring communities together to experience live art music in a way that is a look back in time, to the parlor concerts of the early 20th century. We recognized a clear need to create small intimate listening opportunities for musicians and audiences to gather and share."

Ozment is a jazz performer, composer



Beth Lewis announces the program for her audience. Lewis received the Choralis Foundation award in June.

### Beth Lewis receives Choralis Foundation award for contributions to choral music.



Saxophonist Vaughn Ambrose and pianist John Ozment combined forces in Beth Lewis' living room on June 24th.

and educator living in Washington, D.C. He is currently an Adjunct Professor of Jazz Piano at the University of Maryland where he earned his Masters Degree in Jazz Studies in 2004. Ozment has taught at American University, the Jazz Academy of Music and the Washington Jazz Arts Institute. He has performed with Bobby Hutcherson, Jon Faddis, Marlena Shaw and Maceo Parker, to name a few, and recorded with artists such as Buck Hill, Peter Fraize and Davey Yarborough.

Ambrose is also the Director of Jazz at St. Stephen's & St. Agnes Upper School in Alexandria.

He has been the recipient of numerous teaching honors with many years of teaching in Alexandria schools, and you can just tell he was probably that band director who inspired many a budding musician. Vaughn has performed in concert with many well known artists, including Jon Faddis, The Spinners, The Temptations, Lou Rawls, Aretha Franklin and Gladys Knight. He has performed at the Montreux Jazz Festival in Switzerland, and the JVC Jazz Festival in New York City. But you would never have known that as he stood in Beth Lewis' living room humbly and happily sharing his sound with Ozment....and Lewis' happy guests.

Both Ozment and Vaughn can be heard on music streaming platforms. To learn more about the Yellow Door Concert series, see: <https://yellowdoorconcertseries.com/>

For more on the Choralis Foundation, see: <https://choralis.org/>

# To the Rescue! Help save trees from alien killers.

BY SUSAN LAUME  
THE CONNECTION

**B**e on the alert — killer aliens are invading! There is no need to look to the sky for unidentified craft — they won't be using spaceships. As in a scary Hollywood movie, their spores travel on the wind, or arrive by animal or bird dropping; perhaps even by human hand or foot. These killer aliens are invasive non-native vines which, left unchecked, will kill our trees.

The non-profit group, Plant NOVA Natives, wants you to spot alien vine species in your yard and your neighborhood, to be alert and put others on the alert, to the damage non-native vines inflict.

Plant NOVA Natives' effort is part of their Tree Rescuer and Plant NOVA Trees campaigns.

In Fall 2021, Plant NOVA Natives launched their focus on planting native trees to increase the native tree canopy in Northern Virginia. The goal: to plant 600,000 trees by 2025. Native trees are known to provide a myriad of benefits to the ecosystem, including as host plants for early stages of pollinators, and are important to reducing climate change by capturing carbon, cleaning air and clearing pollutants from stormwater. This is especially important here in the Chesapeake Bay watershed. Virginia is one of five states in the Chesapeake Bay watershed, tasked by the federal government with taking actions to offset damage to the Bay created by polluted runoff from roofs, roads, and lawns, causing damage downstream.

Despite tree planting efforts, the tree campaign reports, "Northern Virginia is gradually losing tree canopy. Multiple factors contribute to tree death. Some are hard to change on a local level, such as the stress on trees from climate change. Others are within human control, such as poor planting and mulching practices or the sacrifice of trees for more roads, buildings, and park amenities." Consider the number of trees coming down along the Beltway for expanding express lanes.

One year after the tree planting campaign launch, residents self-reported 7,850 trees and shrubs planted, on the group's website. During the same timeframe, Tree Rescuers sampling survey of about 4,000 residential acres found an average of one mature tree at risk per acre. The number of at-risk trees on commercial acreage was higher; 6.5 per acre on about 6,000 acres surveyed. That's over



Supervisor Dan Storck, Mount Vernon District, shows interest in doing more to eliminate invasive vines attacking area trees.



This mature tree likely succumbed to the weight of English ivy stealing nutrients and to Porcelainberry in its canopy denying sunlight to its leaves.



Mount Vernon Supervisor Dan Storck, head of the Board's Environmental Committee, meets with Plant NOVA Natives Outreach Chair Margaret Fisher to discuss the scope of the number of trees at risk in Fairfax County.



Margaret Fisher, Plant NOVA Natives, shares the Tree Rescuer campaign's door hanger brochure for home owners with Supervisor Dan Storck.

## Recognizing Trees at Risk

- ❖ English Ivy reaches more than 1/4 of tree trunk
- ❖ Vine cover in tree canopy
- ❖ Vine twisted around tree trunk
- ❖ Vine weight causing broken branches

40,000 mature trees at risk, just in the surveyed areas of the county.

It soon becomes obvious that planting small tree seedlings, even in large numbers, cannot make up for losing thousands or millions of large, mature trees. Saving one mature native tree provides huge environmental benefits.

Yet millions of large trees are at risk of being smothered to death. Vines typically attack trees in the sun along wood edges, but may also be present in open gardens, or almost anywhere. Vines leaves block air and light from the tree

bark and canopy, and the vine's roots compete with the tree for nutrients in the soil beneath. When vines get big and spread, they suffocate the tree. Often trees are unable to recover during vine dormancy.

The amount of time it takes to do serious damage depends on the tree and the type of vine. One of the fastest growing vines, Kudzu grows out of control quickly. It is able to spread through runners, rhizomes, and by vines that root at the nodes to form new plants. Once established, kudzu can grow at a rate of one foot per day with mature vines as long as 100 feet, according to Virginia's Department of Conservation and Recreation (DCR). Nicknamed the "plant that ate the South," Kudzu can form a continuous blanket of foliage which chokes out competing native trees and vegetation.

SEE HELP SAVE, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

# Help Save Trees from Alien Killers

PHOTOS BY SUSAN LAUME/THE CONNECTION



Kudzu, 'the plant that ate the South,' can form vast blankets of vines crossing meadows pushing out any other native plants and climbing into and suffocating trees. Shown here in Laurel Hill Park before chemical treatment killed the Kudzu and allowed planting native trees to restore the area to forest.



Not all vines are tree killers, such as this native Virginia Creeper, whose lighter weight and compact habit are not as great a strain on its host, and in turn is a host to other native wildlife.



Last Fall volunteers cut invasive English Ivy vines at ground level and in a window pane pattern to help save this tree at serious risk with vines covering about 80 percent of the trunk. This season, though fewer shoots, the ivy is adding growth, trying to come back. Without use of chemical sprays, cutting must be repeated to weaken the unwanted plants over time.

FROM PAGE 4

Another vine, Mile-a-minute weed is a fast-growing, barbed vine native to Asia. It gets its name from its ability to grow up to 6 inches per day, or 25 feet in six to eight weeks. It also forms large mats of plant material that choke out native plants, leaving no space for tree seedlings to sprout. Other prolific invasive vines in our area include: English Ivy, Japanese Honeysuckle, Oriental Bittersweet, Porcelainberry and Asian Wisteria.

Invasive vines are a problem on all types of land, not only on private lawns and public parks, but also on commercial properties, home owner association (HOA) common areas, the grounds of houses of worship, military bases, Virginia Department of Transportation easements, and railroad and other rights of way.

To some, eliminating invasive vines and other invasive plants seems an impossible task, hard to change on the local level given the size of the problem. But Margaret Fisher, Chair, Plant NOVA Natives Community Outreach Committee, says, "I'm not ready to concede that it's impossible." She does know that it will take a concerted effort; one that will need to involve action beyond what volunteer groups do now in area parks.

Fisher sets a scene that would chill a Hollywood sci-fi script writer. She warns, "The problem is growing every year, with nothing so far to stop it. The work that is being done is on such a tiny scale compared to the need, that one

can easily predict that by the end of the century, if not sooner, Fairfax County's remnant natural areas will be almost entirely destroyed. When the trees fall, it is game over, since once the light gets in, the invasive shrubs and perennials explode."

According to the Arbor Day Foundation, in one year a mature tree will absorb more than 48 pounds of carbon dioxide from the atmosphere and release oxygen in exchange. This makes trees a very important part of our climate change response. When a tree dies, the carbon it had captured is released back into the environment. The Environmental Protection Agency says, "the buildup of carbon dioxide (CO2) and other greenhouse gases like methane (CH4), nitrous oxide (N2O), and hydrofluorocarbons (HFCs) is causing the Earth's atmosphere to warm, resulting in changes to the climate we are already seeing today."

## What Can Be Done on a Large Scale Locally?

The first part of the locally focused effort has been to help northern Virginians recognize the vines and their danger. Tree Rescuer volunteers look for vines in communities and leave informational door hangers. Their work adds to volunteer groups who have worked in conjunction with the county's

Invasive Management Area (IMA) group to attack invasive vines and other plants in area parks.

Recently, Fisher's group advocates for county leadership in including tree saving efforts when contracting for its own landscaping services, and creation of public-private partnerships with businesses, both for trees on their properties and by adopting nearby parks. Plant NOVA Natives encourages engaging the many landscaping and lawn service companies operating in the county to learn about invasive vines and do more to eliminate them. For example, instead of mowing only to a customer's wood-line or property edge, or to a tree's mulch ring, contractors could cut invasive vines. Their regular visits for service would be useful in weakening the vines without need for use of chemical treatment. Even clipping back a vine once per season, even if it doesn't kill it, saves the attacked tree for a period, perhaps years, until the

vine regrows to tree-lethal level.

Fisher reports that county supervisors to whom she's talked so far have been receptive.

## What Can Be Done Now by Residents?

Homeowners with invasive vines are urged to tackle them early each season for easiest control. Two types of attack plans may be used: mechanical and chemical. Mechanical means include pulling up by the roots, either by hand or using tools like weed wrenches or root jacks; by suffocating, using double or triple layers of plastic to deny the plants nutrients from the sun; or cutting or mowing. Cutting thick mature vines may include cutting the vines as close to the ground as possible to deprive them of nutrients. For English Ivy, adding a 'window pane' cut of six to

twelve inches around the tree also cuts off nutrients to the vine, risking less damage to the tree bark than pulling the vines off the tree.

Chemical applications may involve foliar application or cut stem treatments for woody stemmed vines. The Virginia Department of Forestry recommends using only state certified chemical spraying professionals. Homeowners can spur interest in this kind of work by asking their landscape and mowing service providers about this kind of service.

For help in identifying invasive vines, or to volunteer as a Tree Rescuer, see <https://www.plantnovatrees.org/tree-rescuers-volunteer-program>.

Plant NOVA Natives/Plant NOVA Trees is a partnership made up of representatives from state and local agencies, not-for-profit and for-profit organizations, and numerous concerned residents, pooling their resources to work toward this common goal.

### "FLOURISHING AFTER 55"

FROM PAGE 4

Registration # 914899-05.

Women's 55+ basketball, Wednesday, July 19, 7:15-8:45 p.m., Langston-Brown 55+ Center. Bring both white and dark shirts and a basketball. Drop-in.

Records and rootbeer floats at Lubber Run 55+ Center,

Thursday, July 20, 6 - 7:30 p.m. Bring a favorite record to share while enjoying a tasty drink. Registration # 914801-02.

Matinee movie, "Avatar: The Way of Water" (2022) (PG 13), Arlington Mill 55+ Center, Thursday, July 20, 1 p.m. Registration # 914804-06.

Current events discussion in Spanish, Thursday, July 20, 11:30 a.m.,

virtual. Led by Lubber Run 55+ Center Director Ashley Gomez Figueredo. Must have intermediate knowledge of Spanish. Registration # 914402-12.

Acoustic Hour with live music by The Rocking Chairs, Friday, July 21, 1 p.m., Aurora Hills 55+ Center. Registration # 914301-03.

SEE FLOURISHING, PAGE 7

Make the smart and **ONLY CHOICE** when tackling your roof!



**ERIC** Metal Roofs  
**FREE ESTIMATE**  
**1.844.902.4611**  
 Expires 8/30/2023

Limited Time Offer!  
**SAVE!**

**50% OFF**  
 ON YOUR INSTALLATION  
 +  
 TAKE AN ADDITIONAL  
**10% OFF**

Additional savings for military, health workers and first responders

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Eric Construction Mid-West, Inc. ("Eric"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Eric or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on [homeservices.compliance.com](http://homeservices.compliance.com). All rights reserved. License numbers available at [erimetalroofs.com/eric-licenses/](http://erimetalroofs.com/eric-licenses/). VA License Number: 12705029944.



MADE IN THE U.S.A.

# CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411



Let us know about an upcoming event

[connectionnewspapers.com/Calendar](http://connectionnewspapers.com/Calendar)

## Legals

### ABC LICENSE

Mum Aroi LLC trading as Mum Aroi Thai Restaurant, 5892 Leesburg Pike, Falls Church, VA 22041-2309. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Retail Wine and Beer On and Off Premises and Mixed Beverage license to sell or manufacture alcoholic beverages. Bundi Jitphaisan, owner. Date notice posted at establishment: July 11, 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](http://www.abc.virginia.gov) or (800) 552-3200.

## CALENDAR

### YORKTOWN HIGH SCHOOL CLASS OF 1973 IS HOLDING ITS 50TH REUNION

Scheduled for Oct. 6-8, 2023, at Westin Arlington Gateway. Contact: John Murphy at [fhogmurph@gmail.com](mailto:fhogmurph@gmail.com)

### WEDNESDAY/JULY 12

**Creating Habitat in Your Yards and Gardens.** 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Birds, insects and other wildlife stay where they feel at home. Learn to create habitat to attract, protect, and support beneficial wildlife and such programs as Audubon at Home to guide you.

### FRIDAY, JULY 14

**Understanding Tree Pests and Diseases.** 10:00 - 11:30 a.m., Online. Trees are one of our most important and resilient natural resources. Kirsten Conrad, Extension Agent for Arlington and the City of Alexandria, will discuss the impact of poor care on tree health. She will also look at a selection of common diseases and pest problems of shade and ornamental trees in Northern Virginia with a focus on identification and management. Free. RSVP at <http://mgv.org/rsvp-for-public-education-classes/> to receive a link to participate.

### TUESDAYS - JULY 18 AND 25

**Simpson Park Demonstration Garden:** Tuesdays @10. 10:00 - 11:00 a.m., Simpson Park Demonstration Garden, 420 E. Monroe Ave, Alexandria. Garden challenges? Extension Master Gardeners will show you simple steps to help with your container garden or your whole yard. Free. No registration necessary.

### WEDNESDAYS -

**JULY 12, 19, AND 26**  
**Arlington Central Library**  
**Wednesday Garden Talks.**  
 7:00 - 8:00 p.m., Arlington Central Library, 1015 N Quincy St, Arlington. Virginia Cooperative Extension Master Gardeners and other speakers participate in presenting classes on topics that fit the season: Gardener Safely on 7/5, Creating Habitat in Your Yards and Gardens on 7/12, Growing Food in a Hot Climate on 7/19, and Preserve Your Harvest on 7/26. Free. No registration necessary.

### WEDNESDAY/JULY 19

**Growing Food in a Hot Climate.** 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Will your vegetables get enough sun - or too much? What will grow in partial shade? Select plants for your location and adapt your garden for our changing climate.

### LATE NIGHT AT THE MILL

**Saturdays, July 22, Aug. 5, and Aug. 12.** From 8-11 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Middle and high school teens, join in on the fun at Arlington Mill Community Center for six great nights of dance, sports, art activities, snacks and more! The center will reopen after hours from 8-11 p.m. for you to hang out with friends, meet new ones and have some fun. The last night, August

SEE CALENDAR, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

## Prepare for power outages today

WITH A HOME STANDBY GENERATOR

**GENERAC**

**\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS**

Contact a Generac dealer for full terms and conditions

**REQUEST A FREE QUOTE**  
 CALL NOW BEFORE THE NEXT POWER OUTAGE  
**(844) 947-1479**

**FREE 7-Year Extended Warranty\***  
 - A \$695 Value!

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

## The Bath or Shower You've Always Wanted IN AS LITTLE AS A DAY

**\$1000 OFF\***  
 AND  
**No Payments & No Interest For 18 Months\*\***  
 OFFER EXPIRES 9.30.2023

**BCI BATH & SHOWER**

**CALL NOW (844) 945-1631**

\*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 9/30/23. Each dealership is independently owned and operated. \*\*Third party financing is available for those customers who qualify. See your dealer for details. ©2023 BCI Acrylic, Inc.

1300 TABLES! Buy! Sell! Trade! VPN

# NATION'S GUN SHOW

**JULY 21, 22 & 23**

**DULLES EXPO**  
 4320 Chantilly Shopping Center, Chantilly, VA 20151  
**FRI: 3-8 | SAT: 9-5 | SUN: 10-5**  
 Larry Vickers - Meet & Greet!!!!

**\$1 Off One Adult Admission**

540-951-1344 | [www.TheNationsGunShow.com](http://www.TheNationsGunShow.com) | [www.ShowmastersGunShows.com](http://www.ShowmastersGunShows.com)

## Leaf Filter CLOG-FREE GUTTERS FOREVER

GUTTER PROTECTION

BEFORE LeafFilter AFTER LeafFilter

THE NATION'S #1 GUTTER GUARD

**EXCLUSIVE LIMITED TIME OFFER!**

**15% OFF + 10% OFF + 0%**  
 YOUR ENTIRE PURCHASE\* SENIORS & MILITARY! APR FOR 24 MONTHS\*\*

**Promo Code: 285**

**FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING\***

**CALL US TODAY FOR A FREE ESTIMATE 1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

A COMPANY OF LEAFHOME

\*\*Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99% effective 01/01/2023 - subject to change. Call 1-800-451-5921 for complete details. The leading consumer reporting agency conducted a 16-month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. \*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainfield, Michigan and processed at LHM/Mercor Group in Ohio. AR #0366920822, CA #1035795, CT #HIC0649805, FL #CBC056678, IA #C127230, ID #RCE51604, LA #559544, MA #176447, MD #MERC148579, MI #2102212986, #7620000022, #7620000403, #2100212946, NE #R731804, NY #226192, ND #7304, OH #50345-22, NJ #13405953900, NM #408693, NV #4086990, NY #1-19114, H5-2229, OR #218294, PA #AD69383, RI #GC-41354, UT #7656, UT #10783658-5501, VA #2705169445, WA #LEAFHW82QZ\_VW #W056912.

## Human Trafficking? NOT ON MY WATCH

Abuse can happen anywhere. So be a human-traffic hero and report what you see by calling #77.

# ENTERTAINMENT



“Cyrano De Bergerac” will be shown at Synetic Theater in Arlington from July 14 to Aug. 13, 2023.

## “Cyrano De Bergerac.”

At Synetic Theater, Arlington. Cyrano has a larger-than-life personality....and a nose to match. He’s a man who has it all—except for the confidence to win the heart of his beloved Roxanne. This timeless tale features mistaken identities, breath-taking sword fights, unrequited love and acts of heroism – all expressed through Synetic’s signature wordless style, with a commedia dell’arte twist, in a production that earned an astounding nine Helen Hayes nominations. Check [www.synetictheater.org](http://www.synetictheater.org) for dates and showtimes.

FROM PAGE 6

12, will be a pool party at Long Bridge Aquatics & Fitness Center.

### COLUMBIA PIKE PARTNERSHIP 2023 MOVIE NIGHTS

The Columbia Pike Partnership is pleased to announce the full list of movies for its popular Summer Movie Nights series returning to Arlington Mill Community Center Outdoor Plaza and Penrose Square Outdoor Plaza in July and August. Enjoy free movies this summer on Friday and Saturday nights with a selection of 16 family-friendly films from animation, adventure, comedy, musicals, and more. All movies start at sunset (between 8 and 8:30 p.m.) and are shown in English with Spanish subtitles. The series will kick off on July 7th at the Arlington Mill Community Center and at Penrose Square on July 8th.

### Fridays at Arlington Mill, 909 South Dinwiddie St, Arlington, VA

July 14: Puss in Boots: The Last Wish  
July 21: Dog  
July 28: Paws of Fury: The Legend of Hank  
Aug. 4: Lady and the Tramp  
Aug. 11: Raiders of the Lost Ark  
Aug. 18: Lightyear  
Aug. 25: The Goonies

### Saturdays at Penrose Square, 2200 S 6th St, Arlington, VA

July 15: Star Wars - Episode IV: A New Hope  
July 22: Back to the Future  
July 29: A Man Called Otto  
Aug. 5: Till  
Aug. 12: Top Gun: Maverick  
Aug. 19: The Woman King  
Aug. 26: Jurassic World Dominion

### NOW THRU JULY 28

**Veteran Art Show.** At Gallery Underground, Arlington. Arlington Artists Alliance’s Gallery Underground announces a new partnership with the nonprofit organization Uniting US. The mission of Uniting US is to empower veterans, military, and their families to inspire communities to heal, find wellness, and unite through art. The partnership begins in July with the installation of the art show Connecting Communities. The show features 20 artists with works in oils, acrylic, water color, fiber, wood, metal, ceramics, and mixed media. Artwork from the show will also be available for sale on the Alliance website. An opening reception will be held at Gallery Underground on Friday, July 7th from 5pm-7pm.

### JULY 21-23

**South Asian Music Festival.** The DC South Asian Arts Council Inc, a non-profit arts organization, unveils the 1st ever DC South Asian Music Festival from July 21-23. From the soul-stirring classical vocal and instrumental masterpieces to the mesmerizing Sufi, Ghazal, and Evergreen Bollywood, it promises to be an unforgettable musical journey. Sarod Maestro Amjad Ali Khan and sons Amaan Ali Bangash and Ayaan Ali Bangash, open the festival with their enchanting classical traditions on Friday, July 21. Saturday, July 22 starts with a Singing Competition, a showcase of exceptional local South Asian talent, taking the stage. On Saturday July 22 and Sunday July 23, the exceptional performances continue.

Wheaton High School, 12401 Dalewood Dr, Silver Spring, MD 20906

For full schedule, passes and tickets, visit <https://www.dcsaaci.org>

## “FLOURISHING AFTER 55”

FROM PAGE 5

Join the Sunshine Gang band, Friday, July 21, 1 p.m., Walter Reed 55+ Center. Bring your instrument and join in to play rock and popular selections. Drop in.

Retired diplomat David Young discusses his five-month State Department mission

in Ghana, Monday, July 24, 1:30 p.m., virtual. Registration # 914400-16.

Yarn crafters of Aurora Hills 55+ Center make hand-knit and crocheted items for Arlington charity organizations, Monday, July 24, 10 a.m. -12 p.m. Instruction and materials available. Drop-in.

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

ELECTRICAL		ELECTRICAL	
<b>K &amp; D ELECTRIC</b>			
COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated			
Recessed Lighting		Licensed/Bonded/Insured	
Ceiling Fans		Office 703-335-0654	
Phone/CATV		Mobile 703-499-0522	
Computer Network Cabling		lektrkman28@gmail.com	
Service Upgrades			
Hot Tubs, etc...			
LANDSCAPING		LANDSCAPING	
Landscape Drainage		Landscape Drainage	

**ProDrainage**  
A JES Services, Inc Company  
Eco-Friendly Landscape Drainage Experts  
Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More  
Your Neighborhood Company since 1987!  
**703-772-0500** [www.ProDrainage.com](http://www.ProDrainage.com)  
VA. Licensed Class A Contractor

**Sign up for  
FREE DIGITAL  
SUBSCRIPTION**  
to any or all of our 15 papers  
[WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE](http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE)

**We Need Your Help Again**

We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784

And affiliated newspapers

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. Revenue plummeted at the beginning of 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 ominous 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>  
Connection Newspapers... Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac  
1606 King Street • Alexandria, VA • 703-778-9431

## A Dieter's Delight (This Dieter, Anyway)



By KENNETH B. LOURIE

Finally, after a lifetime of being overweight – and of occasionally committing to a weight-loss regimen, I have, at age 69 (Yikes. 69. I can write it. It's hard to say it though) found a not-so-much-a-diet-as-an-alternative to gaining weight. Let me try to explain. First, a little context.

As a mother in the 1950s, my mother was advertised/felt compelled to make sure her two boys (Richard and me) drank eight glasses of milk per day (“to build strong bones” was the tag line), thanks to its calcium content. My mother took this campaign very seriously. But she had a dilemma: how to get her two growing boys to drink a half-gallon of milk every day. Though ours was not a kosher home, we were not allowed to drink milk with our meals (separation of meat and dairy), dessert was another meal, however. And so, my mother’s solution: buy us something sweet for which we’d need the milk to wash it all down. In our house then, milk and cookies were a way of life. I mean their consumption (in addition to other related desserts/snack cakes/et cetera) was the order of the day, five times. And since we couldn’t (by way of our religious I’d-hardly-call-them-convictions) ever have a glass of milk with our meals, it meant we needed a non-main course incentive to give us the opportunity to drink all that milk. Ergo, dessert, and frequently. It began at breakfast; continued with our bagged lunches for school, then at home after school before dinner (an afternoon snack), then of course dessert after dinner and once more before bedtime. I guess we were short three glasses. Nonetheless, my mother felt she had done her dietary duty for her children.

To say my brother and I simply ate sweets and washed it all down with milk would be an understatement. We consumed sweets morning, ‘noon, late afternoon, early evening and finally just before we went to bed. And each time, we drank milk. We were professionals, not exactly connoisseurs or paid for our work, but we were diligent and consistent in our daily routine. Cakes, cookies, snack cakes, donuts, bakery, and pastry items, and as a daily topper: ice cream with jimmies – most often from Brigham’s. The dessert brands that were most popular: Hostess, Drakes, Nabisco (Oreos particularly), and Keebler (And if anyone is curious, Tastykakes were not available in Newton, Massachusetts at that time).

Now back in our time, Nabisco only made single stuff Oreos. Now we finally get to the substance of the column. If I do say-so myself, and I do, I was years ahead of my time. My Oreo-cookie-eating technique was neither to twist off one chocolate wafer and lick off the cream or dunk the entire cookie into my glass of milk. Amateurs. My preferred route was to twist or bite off off the Oreo cookie wafer from two Oreos leaving two wafers with all the cream. I would then sandwich the two cream-covered wafers together to make my own double stuff cookies – 60 odd years ago. It was heaven. It was as if I had discovered plutonium (as George Costanza once joked on an old Seinfeld episode).

Now, we get to my having-my-cookie-and-eating-it diet. For almost the entirety of my Oreo-eating life; progressing from the original (“single”) Oreos to “Double Stuff” and even to “Megastuff” available now, I have always twisted/bit off one wafer from two cookies and made my heavy-on-the-cream sandwich doubles, quadruples and octuples, if you will?. And previously, until very recently, I would eat the semi-abandoned cream-less chocolate wafers and then eat the Kenny-original cookie bursting with cream. The calm before the storm, you might say.

Now the diet that I’ve stumbled onto: I am no longer eating the cream-less semi-abandoned chocolate wafers. I am tossing them and just eating the stuffed-with-cream creation, continuing a long-sitting tradition, as explained. As a result, I am reducing my caloric intake by sacrificing/not eating these cream-less chocolate wafers. Multiply this reduction by hundreds, if not thousands of Oreo cookies, and perhaps you can do the math, too. Finally, a diet I can live with, but hopefully not one I will die from.

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



PHOTOS BY EDEN BROWN/THE CONNECTION

The Lubber Run stage darkened as the evening went on; with Munit Mesfin were flutist, Yana Nikol, Aleks Izotov on keys, Cristian Perez on guitar, Grant Le on bass and Keither Butler Jr. on drums.

Munit Mesfin paying tribute to Roberta Flack, another Arlingtonian.

# Two Local Gems: Lubber Run and Munit Mesfin

## A sublime Roberta Flack tribute in Flack's hometown.

BY EDEN BROWN  
ARLINGTON CONNECTION

If you didn't even know the Lubber Run Amphitheater existed, you wouldn't be the only 20 year resident of Arlington who was unaware of this little gem. Tucked away in the woods, lonely in the winter, it comes alive on summer nights when couples sit leaning on one another, friends gather on the amphitheaters benches, or on chairs they brought along, children

dance close to the stage, and music fills the forest.

On Friday night, the artist filling that space was Munit Mesfin, and she filled it very well. Mesfin is an Ethiopian-American singer, songwriter, teaching artist, and producer. She is an original of the Ethio-Soul movement, combining jazz improvisation, reggae, soul, folk, Fado-like outpourings of emotion and love songs with her own individual (Ethiopian) style.

Mesfin was born in Ethiopia, raised in India, Namibia, South Africa, and the US, thanks to her mother's job at UNICEF. Her global upbringing is reflected in her music, which incorporates Girma Beyene, Miriam Makeba, Roberta Flack, Zap Mama, Bob Marley, Leonard Cohen, and Chaka Khan. She sings and writes about social issues,

Pan-Africanism, inward and outward struggles, and often tells a story to go along with her songs.

A local woman, she is Project Director at Carpe Diem Arts in Silver Spring and teaches in a number of venues. She occasionally performs with her three children, when she goes by "Munit and Z Lovebugs."

On Friday night, she sang mostly Roberta Flack, paying tribute to Flack who is suffering from ALS (Lou Gehrig's disease) and can no longer perform. From "Killing Me Softly" to lesser known Flack hits, Mesfin gave a short introduction to each song. She was filming the event to show to Flack, whom she visited in New York recently, when she performed Flack's songs for the singer. Mesfin said it was an honor she had never dreamed of, to be able to sing Flack for

Flack. The crowd gave a huge round of applause to thank Flack, a fellow Arlingtonian, for her music.

Mesfin's band, with jazzy flutist Yana Nikol, Aleks Izotov on keyboard, Cristian Perez on guitar, Grant Le on bass, and Keithe Butler Jr. on drums each had a chance to show off their impressive instrumentals as Mesfin sang, danced, and story-told her way through about ten songs, engaging the audience several times with clapping, singing, and "La la la ing." This lady knows how to get the crowd in the mood.

Lubber Run Amphitheater is a 501-c3 organization. For complete information on its summer concert series check Lubber Run Amphitheater on Facebook or see: <https://www.arlingtonva.us/Government/Programs/Arts/Programs/Lubber-Run>

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

#### ARLINGTON COUNTY NAMES COURTNEY LEBLANC NEW POET LAUREATE

Courtney LeBlanc has been selected as the third Poet Laureate of Arlington County. During her two-year appointment, the award-winning poet will serve

as an advocate for poetry and the literary arts and will work to raise Arlingtonians' consciousness and appreciation of poetry in its written and spoken forms.

Courtney LeBlanc is author of the full-length collections *Her Whole Bright Life* – winner of the Jack McCarthy Book Prize (*Write Bloody*, 2023) – *Exquisite Bloody*, *Beating Heart* (*Riot in Your Throat*, 2021), and *Beautiful & Full of Monsters* (*Vegetarian Alcoholic Press*, 2020). She is also the founder and editor-in-chief of *Riot*

*in Your Throat*, an independent poetry press, and is a fellow at the Virginia Center for Creative Arts (2022).

Ms. LeBlanc's appointment follows that of Arlington's previous poets laureate, Katherine E. Young and Holly Karapetkova.

**POLICE INVITE COMMUNITY TO CELEBRATE NATIONAL NIGHT OUT**  
**The Arlington County Police Department (ACPD)** invites Arlington neighborhoods and

organizations to gather for National Night Out (NNO) events on Tuesday, August 1, 2023 from 5 p.m. to 8 p.m. NNO is a national program held annually on the first Tuesday of August and, in 2023, is celebrating 40 years of community-building that promotes police-community partnerships and neighborhood camaraderie.

During NNO, outdoor events such as cookouts, block parties and ice cream socials are held simultaneously around Arlington County and nationwide to strengthen

open lines of communication between law enforcement and the community which is vital to public safety. NNO is also an opportunity to promote and practice crime prevention strategies. ACPD encourages participants to lock their doors, turn their porch lights on and secure their property using the methods contained in the 9 P.M. Routine before spending the evening with neighbors, law enforcement, firefighters and County employees.