

August 2-8, 2023

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News



The speed hump is obscured by trees snapped and uprooted along a block of Highland Street in Lyon Village which was hit hard by the storm.

Storm Hits Serendipitously in Arlington Neighborhoods

By Shirley Ruhe Arlington Connection

violent storm, powered by the intense heat, zipped through Arlington in an hour on Saturday night in a serendipitous fashion— hitting some neighborhoods hard and ignoring others, targeting one house on a block with little damage elsewhere. Wind gusts were reported up to 70 mph.

Adam Brady with Arlington Parks and Recreation was working in the Lyon Park area around Highland Street. He says, "Communication lines down. It's going to take a couple of days." He described neighborhoods of "mangled trees all bunched up into each other. A lot of streets are closed. The impact will be felt for days."

Brady says he was called at 6:30 yesterday evening to come into work. He went home at 2:30 a.m. and was back again Sunday morning at ten.

"It was crazy. We got calls about downed trees but couldn't get to them because the surrounding streets were closed with other downed trees. The power company is just over there with a big line down."

Across the region 200,000 customers were reported without power with 34,000 in Arlington.



Cleanup began Saturday and Sunday for trees snapped and uprooted along a block of Highland Street in Lyon Village which was hit hard by the storm. www.ConnectionNewspapers.com



Adam Brady, Arlington Parks and Recreation, worked into the early morning hours Sunday responding to calls of storm damage.



The storm that ripped through Arlington on Saturday afternoon demonstrated the definition of uprooted.



Only one house was damaged by the storm on this block cordoned off by orange cones. A tree just missed the car and left lawn chairs in a yard nearby totally untouched.



Dominion Power is checking out downed power lines in the Clarendon area. Tens of thousands of people were without power in Arlington, some until Tuesday. ARLINGTON CONNECTION & AUGUST 2-8, 2023 & 3

Spraygrounds



Elliot Milusic

More Ways to Cool Off

yon Village Park sprayground is a popular destination on a 90-degree Sunday afternoon. Leah and Dejan Milusic have brought 6-year-old Lev and 22-month old Elliot to the park to cool off. Leah says they just moved to Arlington two weeks ago from Portland, Maine to be close to family in Arlington.

"We love it here—so many things for children to do and great parks everywhere. I know we'll stay here a long time." But she says, "We don't have spraygrounds in Portland. We have the ocean.'

— Shirley Ruhe

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

NOW THRU AUG. 13

'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 ts of neroism 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 for dates and showtimes.





Lev Milusic

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION



The Arlington County Fair takes place Aug. 16-20, 2023 at the Thomas Jefferson Community Center in Arlington.

WEDNESDAY, AUGUST 2, 9, 16, 23, AND 30

Central Library Wednesday Talks. 7:00 - 8:00 p.m., Arlington Central Library, 1015 N Quincy St., Arlington. Join Friends of Urban

Agriculture, Arlington/Alexandria Extension Master Gardeners and other expert speakers as they provide information on a variety of garden topics each month. Topics in August include Vegetables for

Fall and Winter Harvest on Aug Fall and Winter Harvest on Aug 2, Cover Crops for Healthy Soil on Aug 9, Extend Your Growing Season on Aug 16, Foraging for Wild Edibles Aug 23, and Garden Tool Care on Aug 30. Free. No registration required. For more information call 703-228-5940.

WEDNESDAY/AUG. 2

Vegetables for Fall & Winter Harvest 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Vegetables for Fall & Winter Harvest – You can grow vegetables nearly year-round. Learn what to plant to enjoy this fall; and even through to the spring.

FRIDAY/AUG. 4

Fall & Winter Vegetable Garden Planning. 10:00 - 11:30 a.m., ONLINE. Now is the time to think about what to plant when the weather starts to cool. Join Extension Master Gardener Dona Lee for this popular session on fall gardening[]what to plant when and simple tips for success. Think healthful greens like kale, collards, bok choy, and a wealth of lettuces. Fall is a delightful time to garden, with cool autumn days and waning pest populations. Learn inexpensive techniques to extend your harvest and even how you can enjoy some of your crops in the dead of winter! Free. RSVP at http:// mgnv.org/rsvp-for-public-edu-cation-classes/ to receive a link to participate.

SATURDAY/AUG. 5

Ariington 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

See Calendar, Page 7

"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 for 2023 Northern Virginia Senior Olympics, is open, online only at

www.nvso.us. Registration fee \$20 for unlimited events. For more information, email, nvso1982@ gmail.com.

Trivia buffs meet for games, Thursday, Aug. 3, 11 a.m., virtual. Registration # 914600-22.

55+ Travel group will travel to Annapolis for an Anchors Aweigh Music Tour at the U.S. Naval Academy, Thursday, Aug. 3. Guided tour plus a summer recital by the U.S. Navy Academy Band. Must have a valid unexpired photo ID card or passport. Cost \$22, Arlington resident; \$25, non-resident. Registration # 902308-01. Continuum of care presentation on home care, assisted living, skilled nursing and more including services and costs, presented by a panel of professionals, Thursday, Aug. 3, 11 a.m., virtual. Registration # 914500-05.

History discussion group led by Dwight Rodgers from Encore Learning, Thursday, Aug. 3, 1 p.m., virtual. Registration # 914402-06.

Smart home overview of home automation devices such as Amazon's Alexa and Google Home, Thursday, Aug. 3, 6 p.m., Lubber Run 55+ Center. Presented by 55+ Center Director Ashley Gomez. Registration # 914403-13.

Summer piano lounge featuring a live performance by renowned classical pianist Thomas Pandolfi, Friday, Aug. 4, 1 p.m., Aurora Hills 55+ Center. Registration # 914301-07.

Arlington Spellbinders, volunteer storytellers, seeking new members, Friday, Aug. 4, 9:30 a.m., Langston-Brown 55+ Center. Drop-in.

Memoir writing program led by experienced writer Mims Placke, Monday, Aug. 7, 10:15 a.m., Langston-Brown 55+ Center. Registration # 914400-32.

Mexican train dominoes, Monday, Aug. 7, 10 a.m. – 12 p.m., Walter Reed 55+ Center, drop-in. Practice for 2023 Northern Virginia Senior Olympics in September.

Billiards and table tennis, Monday, Aug. 7 - Friday, Aug. 11, 10 a.m. – 12 p.m., Walter Reed 55+ Center. Dropin. Practice for 2023 Northern Virginia Senior Olympics in September.

See Flourishing, Page 7





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VDDT Virginia Department of Transportation

Arlington Boulevard Safety Improvements Arlington County

Virtual Public Information Meeting

Thursday, August 24, 2023, 7 p.m. https://www.virginiadot.org/ArlingtonBlvd

Find out about planned improvements along nearly a mile of Arlington Boulevard (Route 50) between Glebe Road (Route 120) and Fillmore Street (Route 6622). The improvements include constructing a raised median along Arlington Boulevard, adding eastbound and westbound dedicated left-turn lanes at Irving Street, extending the eastbound and westbound left-turn lanes at Fillmore Street, extending service roads to connect existing driveways, and reconstructing portions of the shared-use paths on both sides of Arlington Boulevard.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at **https://www.virginiadot.org/ArlingtonBlvd**. The project team will make a presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2768 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or by **September 14, 2023** via the comment form on the project website, by mail to Mr. Khalil Minhas, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to meetingcomments@VDOT.virginia.gov. Please reference "Arlington Boulevard Safety Improvements" in the subject line.

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

State Project: 0050-000-923, C501, P101, R201 UPC: 119086 Federal: NHPP-5B01 (265)

In case an alternate date is needed, the meeting will be held Wednesday, September 6, 2023 at the same time.



CALENDAR

From Page 4

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.

SATURDAY/AUG. 5

Comedy Karaoke Trivia Funtime Show 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, which produces some of the best events in the DC area, returns with its new one-of-a-kind blend of entertainment! Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle! The headliner for August's show is the hilarious Winston Hodges. Visit capitalcityshowcase.com

TUESDAY, AUGUST 8, 15, 22, AND 29

Simpson Park Demonstration Gardens, Tuesdays @ 10, 10-11:30 a.m., Simpson Demonstration Gardens, 420 E. Monroe Ave. Alexandria. Join Extension Master Gardeners in the Simpson Demonstration Gardens to learn their techniques and strategies for discouraging pests of all kinds while protecting beneficial insects and animals and the quality of the soil and water. Free.

WEDNESDAY/AUG. 9

Cover Crops for Healthy Soil . 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Cover crops protect, nurture and add structure to your soil. Learn the what, when and how of using cover crops to bring your garden to a whole new level.

FRIDAY/AUG. 11

The Hospitable Gardener: Welcoming Fireflies and Other Creatures to Your Yard. 10:00 - 11:30 a.m., ONLINE. Are you charmed on summer evenings by the tiny bobbing lights of amorous fireflies? Many non-human creatures share the property we call our own, and we can improve the quality of their lives and support the environment by the way we garden. This talk by Extension Master Gardener and Master Naturalist Alyssa Ford Morel looks at fireflies, hummingbirds, lady bugs, and other creatures with whom we share our yards, and suggests practices to welcome and support them. You will learn ways to start addressing the biodiversity crisis at home. Free. RSVP at http://mgnv.org/rsvp-for-public-education-classes/to receive a link to participate.

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Evening bunco, a fun dice game of luck, Tuesday, Aug. 8, 6 – 8 p.m., Walter Reed 55+ Center. Registration # 914600-20.

55+ volunteer Tom Curtis reminisces about hitchhiking around Central and South America, Tuesday, Aug. 8, 11 a.m., Langston-Brown 55+ Center. Registration # 914400-17.

An in-depth discussion of inheritance issues including family heirlooms and pre-planning the recipients of personal belongings, Wednesday, Aug. 9, 11 a.m., Langston-Brown 55+ Center. Presented by Virginia Cooperative Extension Master Financial Education Volunteers. Registration # 914404-04.

Current events discussion in Spanish, Thursday, Aug.10, virtual. Participants must have at least an intermediate knowledge of

AUG. 16-20

Arlington County Fair. At the Thomas Jefferson Community Center, 3501 2nd Street South, Arlington. The Arlington County Fair is so much more than rides and food! Gardeners, cooks, and bakers start planning for your entries in the County Fair Competitive Exhibits. Blue ribbons are in your future with prize-winning vegetables and flowers, breads, baked goods, and preserves. And when the Fair opens, drop by the Virginia Cooperative Extension booth for information and answers to your questions. Entry information is available at https://www.arlingtoncountyfair.us/

SATURDAY/AUG. 19

Lesson Zero. 5:30-6:30 p.m. At Thomas Jefferson Community Center, Arlington. The Arlington County Fair presents the music of Oasis recording artist Lesson Zero for a free show, Saturday, August 19, from 5:30 to 6:30 p.m. at the Thomas Jefferson Community Center, Arlington. For additional information, see: www.youtube.com/lessonzero and www. reverbnation.com/lessonzero.

LATE NIGHT AT THE MILL

Saturdays, 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 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. Fridays at Arlington Mill, 909 South Dinwiddie St, Arlington, VA

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

Aug. 5: Till Aug. 12: Top Gun: Maverick Aug. 19: The Woman King

Aug. 26: Jurassic World Dominion

Spanish. Led by Lubber Run 55+ Center Ashley Gomez Figueredo. Registration # 914402-13.

History discussion group led by Dwight Rodgers, Encore Learning, Thursday, Aug. 10, 1 p.m., virtual. Topics include cultural, economic, artistic and political histories. Registration # 914402-07.

Movie matinee of "The Banshees of Inisherin" (2022) (R), Thursday, Aug. 10, 2 p.m., Walter Reed 55+ Center. Registration # 914804-11.

Bilingual Bingo in English and Spanish, Thursday, Aug. 10, 3:30 p.m., Lubber Run 55+ Center. Registration # 914600-11.

Beginner quilling, create raised images from coils of paper strips, Thursday, Aug. 10, 1:30 – 3 p.m. \$18. Supplies provided. Taught by Joni Leonardo. Registration # 914310-03.



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"Triple Dog Dare"



By KENNETH B. LOURIE

As a long-surviving, hopefully evolving cancer patient, (14 years and counting; you bet I count), over whatever time it takes the patient to integrate his or her cancer and all its related tentacles into their life/routine/goals and objectives, eventually you reach an accommodation. In so doing, you no longer plan for it; rather, you plan around it. At some indeterminant length of time, you decide, almost consciously, that you are going to live what's left of your life and consider less and less the consequences and impairments/challenges of your disease.

Cancer, however, often has something to say about your best laid plans. One's schedule, particularly months ahead, especially if airline tickets, hotel accommodations and the like are required (to make the best of your bad situation), are subject to change and not by your own choosing. One blip in your lab work, physical examination/video appointment, an irregularity in one of your recurring scans (PET, CT, MRI and/or body/bone) or just feeling lousy, can play havoc with your commitments. Commitments which are not so easily – or inexpensively, changed. A re-test in any of your regular diagnostic requirements has a cascade effect down your scheduling line. What dates were once windows of opportunity can quickly become impossible/unrealistic doors slamming shut.

As such, during conversations with my oncologist about more than my papillary thyroid cancer, he often asks about any future plans. This is asked in the context of, and in relation to, a scheduled scan whose results might be disappointing, shall we say – and downright life-changing shall we never say, especially if known before one's departure – thereby ruining any positive vibe. Sensitive and considerate of the razor's edge on which I and many cancer patients live, my oncologist will typically ask if I want to schedule the scan after I return from wherever I'm going, just in case.

the scan atter i return from wherever i'm going, just in case. To that hopefully-not-premature end, I elected during this most recent cycle to keep my scheduled scan in place before I left town on vacation. Given that the usual and customary turnaround in which the results are emailed to me, it's very likely I'll know the details before I leave town. And though keeping this scan appointment was absolutely my decision ("it was my idea, but I don't think much of it," to invoke a Moe Howard quote from a long-ago Three Stooges episode when the boys grabbed off a doorstep what they thought was an abandoned baby), I do have some anxiety about it.

On the one hand, am I being arrogant and inconsiderate of my fellow vacationers – potentially concerning my last-minute news which might not be for the best? Or am I trying to control my cancer with a sort of false bravado-type confidence in my results thinking that if I remain positive about the possible negative, I will win the day (quarter, actually) and not "earthquake" our vacation plans? I sure hope it's the former and not the latter so I can go on pretending the latter won't soon be happening.

But that's exactly what a cancer diagnosis does to your life. Topsy-turvy, up and down, in and out, all-around; "here, there, and everywhere" (our wedding song, by the way) and who knows what, are your daily (not really minute by minute) emotions. It's sort of like having an upset stomach but your brain is what's upset. And unfortunately, rest or a bromo seltzer won't change how you feel or even offer any relief from you pre-existing condition. Cancer is the big dog, and it absolutely doesn't want to get off the porch. But if you don't make friends (sort of) with your cancer and don't learn to expect the unexpected and work that unpredictability into your life's equation, then your future will be one gigantic hassle. Finding a path forward where you can live with it, maybe even live because of it, is the key. However, it's nearly impossible to make light of such a heavy load. There are so many reminders, both internally and externally that trigger your "canceritis" that finding some kind of mechanism to get you through the day is paramount. Otherwise, you'll become a very dull boy. And whatever fight you have in you; finding something funny, something positive, something to be grateful for; are all methods to the madness that a cancer diagnosis creates.

I've found that planning a future – even one with all the inherent risks I've described, is an attempt at normalizing an abnormality (cancer, especially "terminal" cancer, certainly qualifies). It may sound simple but as one of my best friends, Lynne, said to me at the beginning of what has become a 14+ year journey: "Being diagnosed with cancer will be the toughest thing you've ever had to do." As a former cancer patient herself, I took her words to heart. When you're right, you're right; and Lynne was right.

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

BIRDWATCHING

Sensational Spoonbills

Did you miss seeing the spoonbills that visited in 2021?

By Glenda C. Booth Mount Vernon Gazette

wo pink roseate spoonbills caused quite the sensation among their human observers the week of July 10. On July 12, Joan Mashburn photographed two that she believes were displaying courtship behavior in Hunting Creek, although they are likely too young to breed, she clarifies.

Larry Meade, president of the Northern Virginia Bird Club, says, "These roseate spoonbills seem to be mostly young birds that have dispersed north.

There are a few spoonbills in Virginia and Maryland this year, but not as many as there were throughout the region in 2021. I am not sure what is pushing them north from their normal range, well south of here along the Gulf Coast and Florida."

The young birds that Mashburn captured with her camera are paler than adult spoonbills, which get a darker pink plumage in their third year, according to Meade. "Roseate spoonbills get their pink coloration from the foods they eat," according to Cornell University's All about Birds. "Crustaceans and other aquatic invertebrates contain pigments called carotenoids that help turn their feathers pink." Adults have scarlet patches and a yellowish-green head. These wading birds have sixto seven-inch, spatula-like bills resembling long-handled spoons that they sweep back and forth to feed. As they slowly step across the water, they scoop up fish, crustaceans and other prey, especially small aquatic creatures, as the water passes through their bills. The birds can be up to 33 inches tall, weigh between 2.5 and 4 pounds and have a 47-to-50-inch wingspan.

Recently, spoonbills have been reported in a few other areas, including Washington, D.C.'s Kenilworth Gardens, but unlike 2021, when throngs of people flocked to Huntley Meadows Park to see them, there have been no reports of them there this year so far.

North America has one of six worldwide roseate spoonbill species. They breed mostly in Florida and Texas and are typically seen in coastal southeastern U.S. states and South America. They are common in coastal Texas year-round and young ones may stray "far north and inland" after breeding, reports the National Audubon Society. In the 1860s, plume hunters almost caused their extermination, reports Audubon.

"These birds were clearly displaying courtship behavior and followed each other closely, which is another indication of courtship," said Mashburn. "It was magical to watch."





Two young Roseate Spoonbills in Hunting Creek, a long way from their normal range, breeding primarily in Florida and Texas.



Two young Roseate Spoonbills, a rare sight here, far north of their usual range. 8 **ARLINGTON CONNECTION AUGUST 2-8, 2023**

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