

The Arlington

Connection

Manning the bike stop at Lyon Village are (left to right): Maggie Chao, Tom Wolfe, Ginger Brown and Cindy Kane.



ENTERTAINMENT, PAGE 5 ♦ CLASSIFIED, PAGE 6

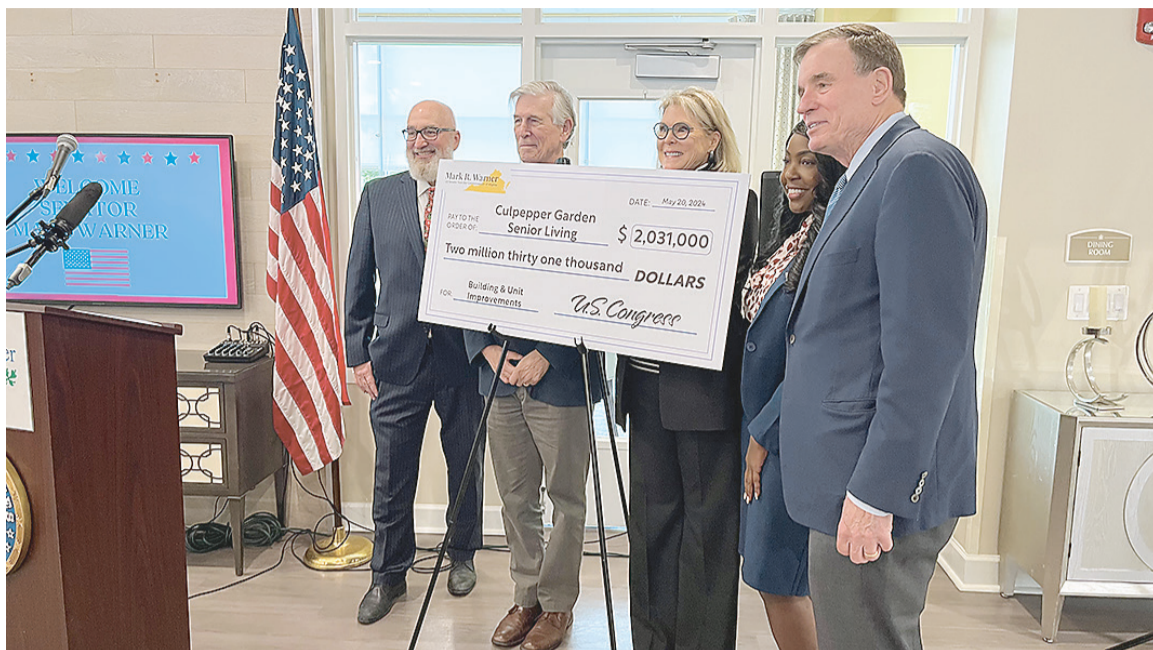
PHOTO BY SHIRLEY RUHE/THE CONNECTION

Funds for Culpepper

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Arlington Bikes To Work!

PAGE 3



Culpepper Garden President Marta Hill Gray and other members of Culpepper Garden leadership receive the \$2 million check from Sen. Mark Warner and Rep. Don Beyer.

Warner, Beyer Present Check at Culpepper Gardens

U.S. Sen. Mark Warner (D-VA) and U.S. Rep. Don Beyer (VA-08) presented the staff of Culpepper Garden with a \$2.03 million check at a community town hall on May 20 at the senior living facility in Arlington. In March, Sen. Warner's office helped secure the \$2.03 million grant for Culpepper Garden as part of a Senate appropriations bill that will fund a housing revitalization project to improve accessibility and safety at Culpepper Garden, which serves at-risk older adults living on very low and fixed incomes.

"We are immensely grateful to Senator Warner and Congressman Beyer for visiting us today and for their continued commitment to providing affordable housing for at-risk older adults. We know that stable and quality housing leads to better health outcomes for vulnerable older adults, and these earmarks will go directly towards improving our facilities and our residents' quality of life," said Culpepper Garden President Marta Hill Gray, "So many of our residents struggle to afford housing and the care they need amidst soaring costs of living. If not for Culpepper Garden, many of our residents would end up unhoused. This funding comes at a crucial time and will make an incredible difference for our residents."

As the first assisted living facility in the country to receive federal rent subsidies from the Department of Housing and Urban Development (HUD), Culpepper Garden is a model for enhancing access to specialized housing and care for older adults who need it the most. As it stands, low-cost assisted living facilities are few and far between. The current waitlist for an apartment in Culpepper Gardens' Assisted Living wing is two years long.

While taking questions during the town hall, Sen. Warner reassured residents that he will continue to protect basic Medicare and SNAP benefits, which many Culpepper Garden residents rely on, because they are crucial to overall well being and result in favorable health outcomes.

"I believe that rent subsidies and other graduated programs make a huge amount of sense. Too often, in almost all of our government programs, we have a cliff — if you make a dollar less than the [threshold] number, you get ... benefits But if you make a



Rep. Don Beyer

dollar more, you lose everything," said Warner while speaking to Culpepper Garden residents, "For supplemental housing assistance, it's going to take a partnership between the feds, the state, and local governments to institute more graduated subsidies across a series of programs."

Located on 4+ acres in the heart of Arlington, Culpepper Gardens' affordable, assisted living wing was the first in the U.S. and the only one that exists in Arlington. Founded 52 years ago, Arlington Retirement Housing Corporation (ARHC) is the nonprofit owner of Culpepper Garden.

Culpepper Garden provides 350 affordable independent and assisted-living apartments for low-income older Arlingtonians and is home to a vast green space that is home to more than 30,000 daffodils and native Virginia plants.

For more information visit www.culpeppergarden.org

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.

Arlington's 55+ Centers will be closed Monday, May 27 in observance of Memorial Day

Traveling on a budget, presented by Virginia Cooperative Extension Master Financial Educators, Wednesday, May 22, 1 p.m., Aurora Hills 55+ Center. Registration # 913400-17.

Local history buffs learn about Arlington's rich past, Wednesday, May 22, 1:30 p.m., Lubber Run 55+ Center. Registration # 913402-09.

Popular magazine articles discussion facilitated by Vicky McCaffrey, Aurora Hills Adult Services Librarian, Wednesday, May 22, 11 a.m., Aurora Hills 55+ Center. Copies of the articles available at the Center. Registration # 913402-16.

Book exchange at Lubber Run 55+ Center, Thursday, May 23, 6 p.m. Bring books in good condition and take home some new reading material. Registration # 913801-07.

Smartphone photography class to learn how to maximize use of cameras in your mobile devices Thursday, May 23, 10 a.m., virtual. Taught by photography enthusiast Nick Englund. Registration # 913403-06.

Friendly no-stakes games of poker, Thursday, May 23, 2 p.m., Arlington Mill 55+ Center. All levels of experience welcome. Registration # 913600-18.

Jewelry swap with 55+ volunteers, chance to refresh your jewelry collection, Friday, May 24, 2 p.m., Walter Reed 55+ Center. More information will be e-mailed to you prior to event. Registration # 913801-08.

55+ Travel group will tour the Air Mobility Command Museum in Dover, DE, Friday, May 24. Discover the rich history of military aviation. Cost \$19, Arlington resident; \$22, non-resident. Registration # 902405-09.

Movie matinee, "Indiana Jones and the Dial of Destiny" (2023) (PG-13), Friday, May 24, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-06.

Arlington's 55+ Centers will be closed Monday, May 27 in observance of Memorial Day

The brilliance of Bluetooth, a wireless technology that facilitates the exchange of data over short distances between devices, presented by 55+ volunteer Ben Childers, Tuesday, May 28, 6:30 p.m., Walter Reed 55+ Center. Registration # 913403-07.

Enjoy the outdoors with a game of croquet, beginners welcome, equipment provided, Tuesday, May 28 and Friday, May 31, 2 p.m., Walter Reed 55+ Center. Drop-in.

Full fitness exercise classes at Lubber Run 55+ Center, Tuesday, May 28 and Thursday, May 30, 10 a.m.; strength training, Wednesday, May 29 and Friday, May 31, 9 a.m. Drop-in. Cost \$4 per class or \$60 for a 15-session punch pass. Pay at front desk at Lubber Run.

Mah Jongg, American style, Tuesday, May 28, 1:30 p.m., Madison Community Center. Beginners welcome and will master basic principles easily. Drop-in.

55+ Fitness Day and Health Fair, Wednesday, May 29, 10 a.m. – 12 p.m., Lubber Run 55+ Center. Open to the public; free for all ages. Vision and hearing screenings, fall risk assessments, fitness class demonstrations, Q&A with dietitians, pharmacists, insurance counselors and more. Drop-in.

Apple device basics explained by experienced Apple user Lowell Nelson, Wednesday May 29, 1 p.m., Aurora Hills 55+ Center. Come with questions. Registration # 913403-08.

Listen of sing along at open rehearsal of the Off Our Rockers grown-up garage band, Wednesday, May 29, 10 a.m. – 1 p.m., Madison Community Center. Drop-in.

Scrabble games, competition is friendly, coaching available, Wednesday, May 29, 1 p.m., Langston-Brown 55+ Center and Friday, May 31, 10 a.m., Walter Reed 55+ Center. Both are drop-in.

55+ basketball games, full court press, all skill levels welcome, Wednesday, May 29, 12-2 p.m., Walter Reed 55+ Center. Drop-in.

SEE FLOURISHING, PAGE 4
WWW.CONNECTIONNEWSPAPERS.COM

Bike to Work Or Just For Fun

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Anne Forney has just biked 12 minutes from her job at Georgia Tech Research Institute in Rosslyn and made a quick stop for a strawberry-banana popsicle at the Lyon Village pit stop on Langston Boulevard for Bike to Work Day. This is an annual event to promote biking as an option for commuting to work.

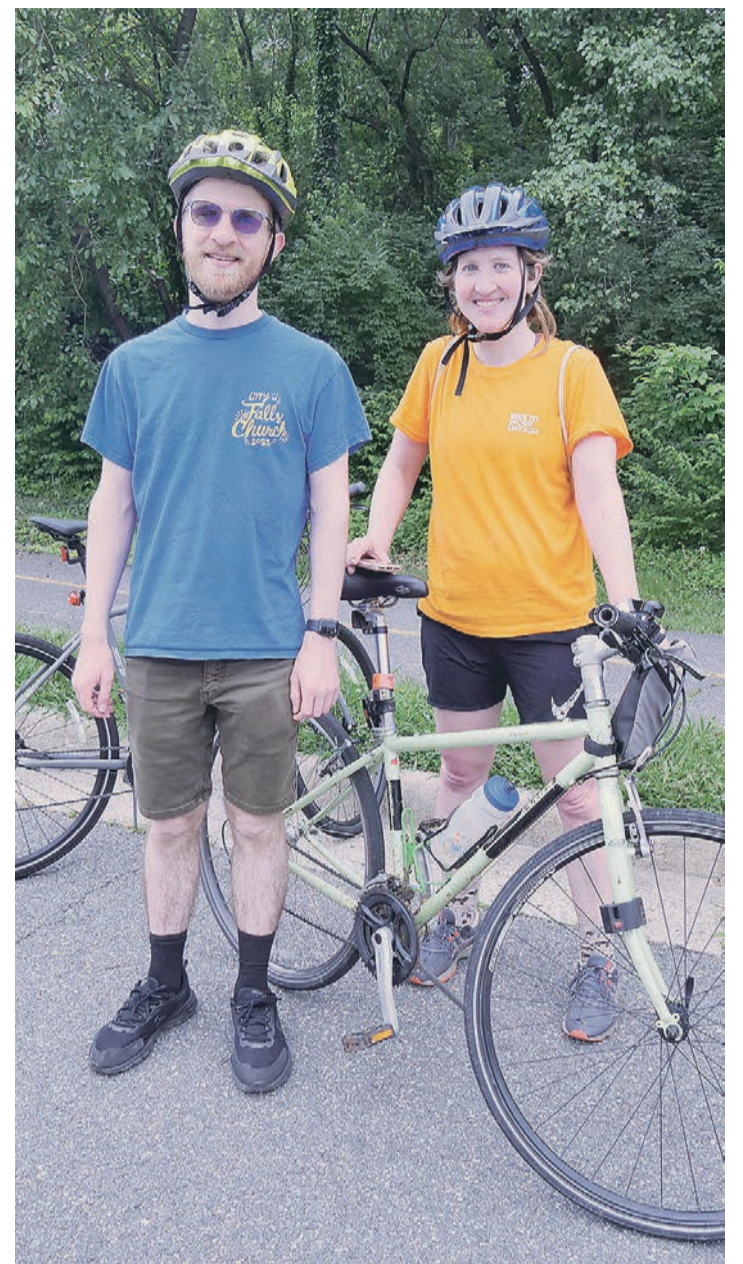
"I'm halfway home to where I live in Cherrylee. My husband will be along in an hour or so."

Russell and Allison Farrow have biked in from Falls Church "just for this." Allison had hit the Rosslyn site this morning along the extensive Arlington bike trails, and this afternoon she and Russell were back at the Lyon Village stop.

Normally Allison bikes from Falls Church to south of Alexandria where she works for NSF. "They're all set up for bikers at work



Manning the bike stop at Lyon Village are (left to right): Maggie Chao, Tom Wolfe, Ginger Brown and Cindy Kane.



Russell and Allison Farrow have just biked in from Falls Church for the Bike to Work Day event.



Anne Forney takes a popsicle break at the bike stop off the trail at Lyon Village on Langston Blvd.

with a bike cage and showers." Russell works from home so he bikes for fun. "My favorite ride is to Reston on the W&OD Trail because you ride through the countryside."

Ginger Brown, who is in charge of the Lyon Village site, says they have had a steady stream of bikers since they opened at 3 p.m. "A lot of neighborhood folk work from home and they stop by." She adds, "I think they like our goodie bags." To demonstrate, she pulls out a black "Bike Arlington" towel, two peanut butter dark chocolate energy bars, an extensive bike map and an original Earth Day lithograph by Amber Haynes, a local artist.

Another biker pulls up and checks the registration list. "What's your size?" Brown asks and hands over a medium orange Bike Arlington 2024 T-shirt. Kane says they had ordered 80 popsicles to hand out to thirsty bikers but King of Pops had thrown in extra "just in case."

Bike to Work Day had seven pit stops located around the county for this annual event from Shirlington to Ballston to the Langston location. Bike to Work Day is held annually on May 17 in the United States, Europe, Asia and Canada. This year there were 110 stops in the metropolitan D.C. area, Virginia and Maryland.



Ginger Brown shows the contents of the popular goody bag at Arlington Bike to Work Day May 17.



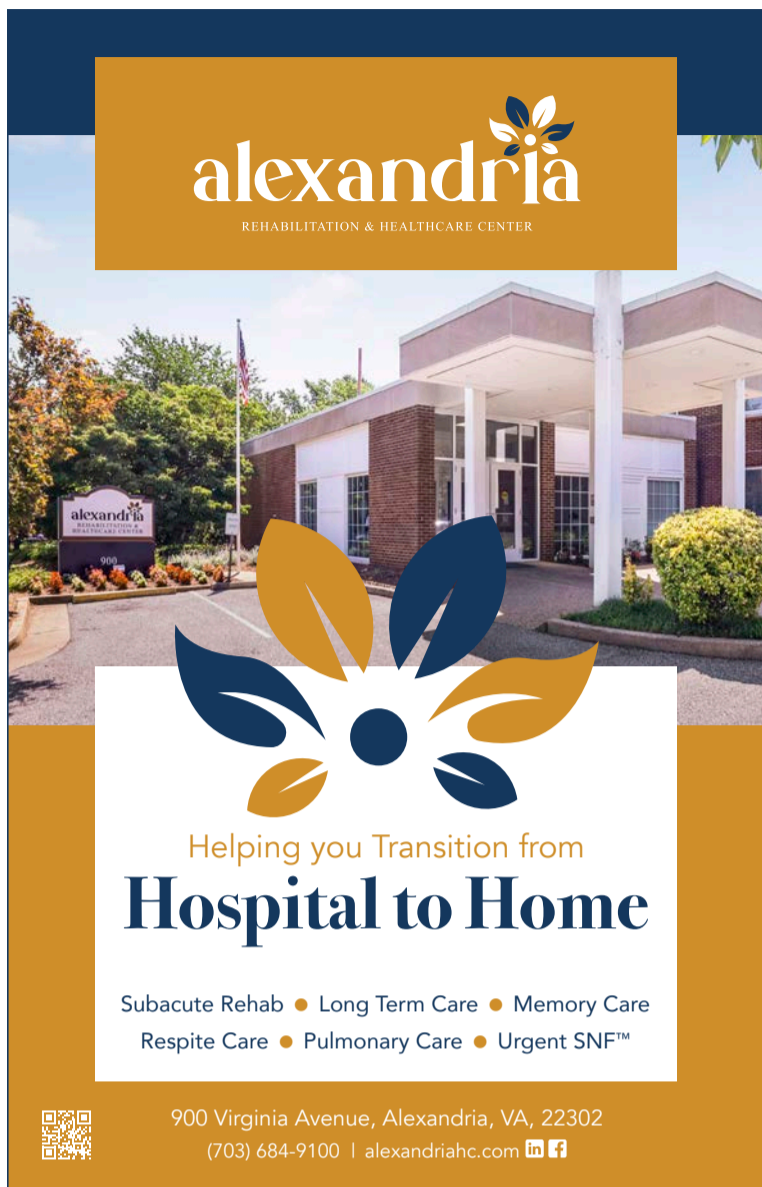
PHOTO CONTRIBUTED

There was a pit stop at Gateway Park in Arlington



PHOTO CONTRIBUTED

Clouds were overhead but no rain at Gateway Park



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SENIOR LIVING

FROM PAGE 2

55+ women's basketball games, Wednesday, May 29, 7:15-8:45 p.m., Langston-Brown 55+ Center. Bring both white and dark shirts and a basketball. Drop-in.

Woodcarvers use carving techniques and tools to turn wood into objects of beauty, Thursday, May 30, 1 p.m., Langston-Brown 55+ Center. Members of the group are available to provide instruction. Drop-in.

Native American Soldiers' Path to Citizenship, virtual presentation by educator from the National Museum of the U.S. Army, Thursday, May 30, 1:30 p.m. Registration # 913400-37.

Introduction to streaming services and how to use them, presented by Lubber Run 55+ Center Director Ashley Gomez, Thursday, May 30, 6 p.m., Lubber Run. Bring your laptop or other devices and questions. Registration # 913403-09.

Movie matinee, "My Big Fat Greek Wedding 2" (2016) (PG-13), Friday, May 31, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-07.

perienced yarn crafters, knitting and crocheting followed by a stroll around Lubber Run's indoor track, Friday, May 31, 3-4:30 p.m. Drop-in.

55+ Travel group will board the Choptank Sightseeing Cruise, Hurler, MD and cruise to have lunch at Suicide Bridge Restaurant, Saturday, June 1. Cost \$107, Arlington resident; \$123, non-resident. Registration # 902406-01.

Advanced Stay Active and Independent for Life (SAIL) classes begin Monday, June 3, 1 p.m., Lubber Run 55+ Center. Improve overall fitness and reduce risk of falls, 21 sessions, Mondays and Thursdays, ending Aug. 22. No fee. Registration # 914502-01.

Around the world to Greece with public diplomacy counselors from the Embassy of Greece, Monday, June 3, 1:30 p.m., Lubber Run 55+ Center, registration # 914400-33 or virtual, registration # 914400-34.

Fitness equipment orientation by fitness programs manager Michelle Atkin, Monday, June 3, 10 a.m., Arlington Mill 55+ Center. Registration # 914100-06.

55+ Travel participants will travel to Harpers Ferry, WV, Tues-

day, June 4. Guided tours include tales of geography, natural history, Civil War, Storer College and more Cost \$23, Arlington resident; \$26, non-resident. Registration # 902406-02.

Partner dance practices, Tuesdays, beginning June 4, 2:15 p.m., Walter Reed 55+ Center. Bring your own music. If you need a partner email 55+ Center Director Jennifer Weber at jweber@arlingtonva.us. Drop-in.

Summer nature walk with certified Master Naturalists Stephanie Martin and Carolyn Haynes, Tuesday, June 4, 10 a.m. - 12 p.m. Meet at Lubber Run Amphitheater. Registration # 914106-13.

Boosting brain health, presented by Stephon Hall, outreach specialist with Cherry Blossom PACE, Wednesday, June 5, 11:30 a.m., Walter Reed 55+ Center. Registration # 914500-09.

The Shepherd's Center of McLean-Arlington-Falls Church (SC-MAFC) provides free transportation for qualifying adults to medical and dental appointments. Hear more about this non-profit group from Jan Auerbach, ride coordinator, Wednesday, June 5, 1:30 p.m., Aurora Hills 55+ Center. Registration # 914400-07.

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ENTERTAINMENT

KIWANIS CLUB BLUEBERRY SALES UNDERWAY

It's time to reserve your freshly-picked, high-quality blueberries from Kiwanis Club of Arlington. The cost for a 10-pound box is \$45, and orders may be placed online at <https://arlingtonvakiwanis.com>. Please consider adding a box or two for AFAC to your order and Kiwanis will deliver the berries directly to AFAC. Last year, more than a ton of blueberries were purchased for donation to AFAC. Berries will be available for pick up June 21 and 22 in the Cherrydale Methodist Church parking lot at 3701 Lorcum Lane. Questions? Email blueberries@arlingtonvakiwanis.com or 703-646-1850.

NOW THRU JULY 7

"HAIR". At Signature Theatre, MAX Theatre, Arlington. The sensational, groundbreaking rock musical bursts with the jubilant spirit, raging rebellion and psychedelic color of the 1960s. A company of long-haired bohemian hippies on the cusp of adulthood champion freedom, pacifism, and joy, but confront a world thrown into chaos when one of their own receives a draft notice for the Vietnam War. Visit <https://www.sigtheatre.org/events/202324/hair/>

EVENTS AT ARLINGTON CEMETERY

Arlington National Cemetery Horticulture Tours. Meet at ANC Welcome Center, Arlington. Join them for spring horticulture tours, where the staff will teach you about Level III Accredited Memorial Arboretum and the plants that inhabit the 639-acre grounds. Learn more at arlingtoncemetery.mil.

SCHEDULE:

June 7 at 9 a.m. -- Turf and Trees of Arlington National Cemetery

APRIL 4 TO NOV. 21

Ballston Farmers Market Returns.

Thursdays from 3-7 p.m. At Welburn Square, near Ballston Metro, Arlington. This year, more than 20 vendors available in Ballston – both fan-favorites and newcomers alike. This year also sees the return of the Mega Markets – sponsored this season by VIDA Fitness. Mega Markets feature the same great produce and vendors with the addition of live music from local musicians and a Beer and Wine Garden - beginning May 2nd.

MAY 1-31

Together We Rise: United Exhibit. At Gallery Underground Arlington in Crystal City Shops, Arlington. The nonprofit organization Arlington Artists Alliance continues their partnership with Uniting US, presenting a new exhibit entitled Together We Rise: United. This group show features 18 military, veteran, and family member artists at the Gallery Underground in National Landing. The show features 2D and 3D works that celebrate the benefits of individual choice, freedom of speech, and the right to vote. Show attendees will experience the veterans' allegiance to our nation discovered through service, loss,



"HAIR," now through July 7, 2024 at Signature Theatre in Arlington.



The Mason Exhibition: A Closer Look – Conflicted Art from Ukraine can be seen now thru Aug. 23, 2024 in Arlington.

and life after military service.

RANKED CHOICE

VOTING EVENTS

The League of Women Voters of Arlington & Alexandria City (LWVAAC) will be hosting Ranked Choice Voting (RCV) training/educational events, as follows:

Saturday, 1 June, 1:30-2:30pm; Walter Reed Community Center, 2909 16th Street S., Arlington, VA

Sign up link here: <https://www.eventbrite.com/e/ranked-choice-voting-rcv-educational-event-june-1-tickets-896747063607>

The training is identical for each session and is being provided by the Arlington Office of Voter Registration and Elections. (Read about RCV here: <https://vote.arlingtonva.gov/Elections/Ranked-Choice-Voting>).

Free parking is available at all three locations.

Direct questions to League of Women Voters of Arlington & Alexandria lwvarlingtonva@gmail.com.

MAY 17 TO AUG. 23

Mason Exhibitions Presents A

Closer Look: Conflicted Art from Ukraine.

At Mason Exhibitions Arlington, 3601 Fairfax Drive, Arlington. Curated by Sophie Bae with Conflicted Art's Yevgen Nemchenko, the new exhibition offers a nuanced exploration of the impact of war through the lens of contemporary Ukrainian artists. In an era saturated with media coverage of conflict, it is easy to feel overwhelmed and detached from the deeper questions surrounding the persistence of war in the 21st century. A Closer Look: Conflicted Art from Ukraine seeks to bridge that gap by showcasing the work of 13 Ukrainian artists who confront head-on the experiences of direct conflict. Through photography, video, painting, sculpture, literature, and installation, these artists offer a multifaceted perspective from the fringes of this conflict. Their works invite viewers to engage in dialogue beyond statistics and headlines and to examine core

issues of existence distorted by violence and uncertainty.

MAY 21 TO JULY 7

"Where the Mountain Meets the Sea."

At Signature Theatre, ARK Theatre, Arlington. A poignant, beautiful musical of parallel journeys from the writer of Apple TV+'s The Morning Show and directed by Timothy Douglas (Signature's The Color Purple). After he learns of his estranged father's death, a son recreates the cross-country trip his Haitian immigrant parents took before he was born. As he traces their journey across America, and bonds with the music his father adored, time blurs and erases the distance between them. Lyrical storytelling and an evocative folk score drive father and son to rediscover love, each other and their everlasting bond. <https://www.sigtheatre.org/events/202324/where-the-mountain-meets-the-sea/>

WEDNESDAY/MAY 22

Coffee and Conversation with Arlington Neighborhood Village.

10-11 a.m. Via Zoom Link. Accounting for our Vietnam Vets, the war in Vietnam ended in 1973 but 50 years later more than 1,577 soldiers are still missing or unaccounted for. As we approach Memorial Day, Ms. Erin Harroun, Executive Director of the National League of Families of American Prisoners & Missing in Southeast Asia, will talk about the organization's efforts to locate and bring home the remains of these missing heroes. She will also update us on her recent trip to Laos, Vietnam, and Cambodia where she met with senior government officials to discuss paths for moving forward with the location and identification of those still missing.

WEDNESDAY/MAY 29

Coffee and Conversation with Arlington Neighborhood Village.

10-11 a.m. Via Zoom Link. In lieu of the online speaker, celebrate National Health & Fitness Day (hosted by ANV and others) on

Wednesday, May 29 at 10:00 a.m. 12:00 p.m. at the Lubber Run Community Center in Arlington. Information and screenings for: Blood Pressure, Vision, Hearing, Falls Risk, Cognitive Screening, Home Care Resources, Fitness Class Demonstrations, Senior Olympics, Vaccinations, Insurance Counseling and Assistance, Mobility Equipment, Community Services and Healthy Food Tastings. Everyone is welcome.

JUNE 1-2

Armed Forces Cycling Classic.

Saturday, 7 a.m. – 2 p.m., Sunday, 7:45 a.m. – 2:30 p.m. At National Landing/Crystal City and Clarendon. The Armed Forces Cycling Classic (AFCC), presented by The Boeing Company, celebrates its 26th Edition as the DMV region's most prestigious cycling event when it returns to Arlington, the weekend of June 1st and 2nd. Saturday's Challenge Ride, for cyclists of all abilities, will kick off the weekend's cycling events, followed by the Crystal Cup Men's and Women's Pro/Am races. Sunday's Clarendon Cup will cap off the competition. The weekend's action begins early on Saturday, June 1 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. 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 26th Clarendon Cup will take place on Sunday, June 2, and feature day two of the 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 cyclingclassic.org.

SATURDAY/JUNE 1

W&OD Trail Cleanup. The Friends of the W&OD organization is the Adopter for the first half mile of the trail (Trailhead to S. Four Mile Run across from Barcroft Park entrance) in Arlington. As the adopters, they're responsible for doing four cleanups per year. They'll start at the trailhead (across from Weenie Beenie) at 9 a.m. and finish up by 11 a.m. No need to sign up.

SUNDAY/JUNE 2

EcoAction Green Community Celebration & Tour. 11 a.m. to 12:30 p.m. At Arlington Central Library and Various Homes and Gardens Across Arlington from 12-4:30 p.m.. Join them for a Community Celebration at Arlington Central Library featuring electric vehicles, plant demos and gardening tips, energy saving tips, family-friendly fun and more! Free. Registration not required. Sign up with the online registration: <https://www.eventbrite.com/e/green-community-celebration-tour-tickets-894372922487?aff=oddtcreator>

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ENTERTAINMENT

FROM PAGE 5

SUNDAY/JUNE 2

Misa a Buenos Aires with Quin Tango. 5 p.m. At the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. Come hear a captivating fusion of musical genres as the Arlington Chorale joins forces with local professional tango ensemble QuinTango! Together, these internationally renowned artists and the Chorale will present Martin Palmeri's mesmerizing masterpiece, Misa á Buenos Aires (Misatango). This unique composition combines the power of a classical mass with the rhythmic intensity and sensuality of tango, resulting in an exhilarating musical experience. With lush harmonies, intricate melodies, and pulsating rhythms, Misatango weaves together the sacred and the passionate, captivating audiences with its unique blend of genres. Early bird tickets are \$25 if purchased before 5/20/24; general admission is \$30 starting on 5/20/24. Children 17 and under are free to attend with a ticketed adult. Tickets are available here: https://www.flipcause.com/secure/cause_pdetails/MTg4ODcw

SATURDAY/JUNE 8

Comedy Karaoke Trivia Funtime Show. 7:30

p.m. At Highline RxR, 2010 Crystal Drive, Arlington. 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 DC area's finest comics. The headliner for June's show is the hilarious Danny Rouhier from 106.7 The Fan!

SATURDAY/JUNE 8

Culpepper Garden BBQ & Blooms. 4-7 p.m. At Culpepper Garden, 4435 N. Pershing Drive, Arlington. Come out and enjoy a great time for a great cause. All proceeds will go toward subsidies for the assisted living residents without the financial resources to afford their care. Featuring live music, barbecue and libations, Legacy of Grace Awards and family testimonial. Visit culpeppergarden.org.

WEDNESDAY/JUNE 12

Sips, Savories and the Arts Soiree. 6 p.m. Arlington Committee of 100 June Program hosted by the Museum of Contemporary Art Arlington. Celebrate the 70th year with a sneak preview of MOCA's 50th anniversary art exhibition.

Contact c100arlington@gmail.com.

SATURDAY/JUNE 15

"160 Years of Evolution and Expansion at Arlington National Cemetery: A History and Horticulture Tram Tour." 9:30 a.m. This tour will explore how ANC has evolved and expanded over its 160 years of existence. ANC's historians and horticulturists will take visitors on a tram tour throughout the cemetery to trace the changes that have transformed this hillside property into a deeply symbolic landscape of memory. Along the way, visitors will learn about many of the memorials, graves, historic structures, plants, gardens, and landscape features in the cemetery. This tour is free and open to the public but seats are limited and pre-registration is required.

SATURDAY/JUNE 15

Columbia Pike Blues Festival. 1-8 p.m. At the intersection of South Walter Reed Drive and Columbia Pike in Arlington. This year the Festival celebrates women in blues with a lineup of all-women-fronted bands offering a full array of blues, R&B, and funk performers of national and regional note that includes: headliner Bette Smith, Eden Brent, Mama Moon & the Rump Shakers; The Stacy Brooks Band and the Honeylarks.

"Drill Baby, Drill" ...



By KENNETH B. LOURIE

... is not what I was telling my dentist recently – during multiple visits (I use that term lightly). After years of dental neglect, I've finally had "some work done," as they say. And if I were to be saying anything, it would have been "pull, doctor, pull." But given the number of teeth extracted over two four-hour appointments, the dentist didn't need any encouragement from me. He was quite clear and determined to pull all the teeth fit to be removed. The number might have totaled a baker's dozen before all was "Novocained" and pulled.

This dental journey began with Dr. Frimm in Newton Centre, Ma. He was the family dentist that tended to all the Louries. From a young age then I was indoctrinated into the world/need for dentistry. Fast forward to the last few years. I had continued to be a regular visitor to the dentist until my long-time adult-era dentist died somewhat unexpectedly at his age 72. Though the practice sent out an email announcing his death, there were no referrals included. I was, in effect, set adrift-ish. As a result, me and my teeth were left to fend for themselves. With no more electronic reminders from a dentist, I had no reason/reminder to schedule an appointment with the dentist, if you know what I mean (barring any immediate teeth issues: crowns, root canals, sensitivity to hold or cold, etc. cetera?)

As you might imagine, my teeth and gums suffered accordingly. The lack of enamel that finally broke Kenny's resistance was the failure of a main tooth (three from the center on the top left) to hold its respective place. If it were Halloween, I would have had the perfect look to go as a hockey player. I wouldn't say I looked like "The Great Eight," when he has his game face on (I believe his missing tooth is on the upper right); nevertheless, since it's not Halloween, the toothless look is not what I was after. Moreover, with crowns missing their tops and other teeth issues: teeth missing, teeth cracked) and the difficulty eating as I didn't have enough teeth – top or bottom to masticate (grind and chew) my food into small enough pieces, it was, as my late mother would say: "Enough already." Combine that with the dry-throat side effect from my cancer medicine and eating/swallowing not only became a challenge, it also became a fear, as food occasionally would get stuck in my throat. That meant of course, no air and no breathing, very scary. (It only needs to happen once before you know you never want it to happen again, so you begin to take precautions. After years of miscellaneous precautions, a visit to the dentist became an inevitability.)

I'm not exactly a shell of my former self but eating had taken on an entire new modus operandi. It was no longer about pleasure, it became more about avoiding pain – and death, if you want to know the truth? Death caused-by-blockage. Because I might not have had the required amount of patience – and teeth, quite frankly, while eating (trying to eat slowly and chew my food), I often ended up swallowing larger pieces of food that my mouth/throat couldn't quite handle. Soon, it became obvious, even to me that I couldn't ever take a bite of food without a glass of something nearby (as well as "bite-sizing" to very small portions). And the few times I neglected to take this precaution, like with a dessert, I nearly paid the ultimate price. After a year or two of this recurring difficulty, combined with the other teeth/dental issues I was experiencing, I bit the bullet (not really) and made the necessary dental arrangements which has led to this column. (As for the real pain: the cost of all this work and the meager coverage offered by your typical dental insurance policy covering up to \$1,000/\$1,500 per year, as an example, paying for this volume of repair and replace is something else that's been hard to swallow.)

It's been nearly a month now – and two payments since this dental journey began. I'm not quite home free yet, but I'm a lot closer to the promised land (although medical and dental procedures rarely come with promises) and a return to dental normalcy. Dental normalcy meaning – for me, that I can chew and swallow my food without fear, and without making absolutely sure there's glass of something nearby, just in case the not-expected thing happens. In addition, I'll have completed my dental payment plan so even though I may be cash poor, I'll be teeth rich. This dental business will address, finally, a situation I've been anticipating and worrying about for years. Using my cancer diagnosis as an excuse as in, why bother, it was easy to back-burner the dental demands until I looked like hell and had difficulty swallowing my food, so much so that mealtime had become fear time. And the last thing a cancer patient needs is additional fear. Cancer fear is more than enough on its own. Oddly enough, having my dental issues resolved seems to make dealing with my cancer easier in some respects. And easier will come at a time when my cancer issues may once again be rearing its very ugly head. As Rachel Maddow says: "Watch this space."

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

BULLETIN BOARD

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

POLICE HOST SPRING COFFEE WITH A COP EVENTS

The Arlington County Police Department's (ACPD) Community Engagement Division is excited to announce ACPD's spring Coffee with a Cop events will be returning with a new twist. In reaffirming ACPD's commitment to making engagement accessible for all, we are taking our spring Coffee with a Cop events on the road to Arlington neighborhoods! All those who work in, live in and visit Arlington are invited to stop by our events and meet members of ACPD while enjoying a cup of coffee, donut treats and meaningful conversations that develop police-community relations!

Coffee with a Cop is a national program with no speeches or agendas. It serves as an informal opportunity for members of Arlington's residential and business communities to meet officers, ask questions, discuss public safety concerns and get to know each other. Community Engagement is a key initiative of the police department and we're committed to strengthening our relationships one cup of coffee at a time.

Coffee with a Cop events will be held from 8:00 a.m. - 9:30 a.m., on the following dates and locations:

Wednesday, May 22 – Rocky Run Park (1109 N. Barton Street)

Friday, May 24 – John Robinson Jr. Town Square (2406 Shirlington Road)

POLICE TAKE PART IN SPRING 2024 CLICK IT OR TICKET CAMPAIGN

The Arlington County Police Department, in partnership with The U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA), is urging drivers to buckle up ahead of a national Click It or Ticket high-visibility seat belt enforcement effort. The national seat belt campaign, which coincides with the Memorial Day holiday, runs from May 20 to June 2, 2024.

According to NHTSA, there were 11,302 unbuckled passenger vehicle occupants

killed in crashes throughout the United States in 2022. In that same year, among young adults 18 to 34 killed while riding in passenger vehicles, more than half (60%) were completely unrestrained — one of the highest percentages for all age groups. The Click It or Ticket campaign combines powerful messages about seat belt safety with high-visibility enforcement for unbuckled motorists.

Virginia law requires everyone under the age of 18 to be properly secured in a safety belt or child safety seat no matter where they are sitting in the vehicle, and the driver is responsible for making sure this happens. In addition, Virginia law requires everyone in the front seat of vehicles to be properly restrained, regardless of age, and those 18 and older can be ticketed.

Practice safe driving habits, like buckling your seat belt, on each and every ride to help ensure that you arrive at your destination safely.

POLICE ACCEPTING APPLICATIONS TO 2024 TEEN POLICE ACADEMY

The Community Engagement Division's Youth Outreach Unit is now accepting applications for two sessions of the Summer 2024 Teen Police Academy. Sessions One and Two, being held in July and August, will create opportunities for participants to learn about the policing profession and what it takes to be a leader while building relationships with their peers and the police officers who serve their community. The application for ACPD's Summer 2024 Teen Police Academy has been extended to June 16!

Program Overview: The Teen Police Academy is for rising 10th – 12th grade students who want to explore a career in law enforcement. Through classroom presentations, hands-on learning, scenario training, and field trips, the Teen Police Academy will educate participants about a career in law enforcement, while also giving them a better understanding of how the police department operates and its role in the community. Participants can ask questions of presenters and share their insights throughout the program. Topics covered in the Teen Police Academy curriculum include, but are not limited to, crime scene investigation, traffic stops, K9 demonstrations, and criminal investigations.

Academy Schedule: The following two week-long sessions of the Teen Police Academy will be held from 9:00 a.m. to 4:00 p.m. at Long

Bridge Aquatics and Fitness Center (333 Long Bridge Drive).

Session 1: Monday, July 15 – Friday, July 19
Session 2: Monday, July 29 – Friday, August 2

Applicants: Interested applicants must be rising 10th - 12th grade students who live in or attend school in Arlington County. There is no cost for students to attend. Every effort will be made to maintain a balanced enrollment reflective of Arlington's diverse community. Online applications are due no later than Sunday, June 16, 2024 at 11:59 p.m.

PATHFORWARD RECEIVES \$1.3M FOR PURCHASE OF ARLINGTON APARTMENT BUILDING

Thanks to a federal government appropriation, spearheaded by Congressman Don Beyer (D-VA), PathForward announced that it will purchase Sibert House, an eight-unit property that serves chronically homeless individuals who have faced significant housing barriers.

PathForward President and CEO Betsy Frantz stated, "Handing the keys to newly housed clients is just the first step to stability and dignity for them. To remain housed, they require individualized services including regular medical and mental healthcare and ongoing case management. Thank you to Rep. Don Beyer and his staff for leading this game-changing appropriation through the complex federal approval process."

"The \$1,342,704 in federal funding I secured for PathForward will support the purchase of the Sibert House, an apartment building in the Westover neighborhood of Arlington County serving unhoused individuals who have struggled to obtain and remain in permanent housing," said Congressman Beyer. "Sibert House stands as a beacon of hope and opportunity for people who have suffered from chronic homelessness. Every person deserves a dignified and safe place to call home, and this funding will be critical in supporting PathForward's efforts to continue providing these life-changing services in our community. I thank PathForward for their support in identifying and developing this project request, and their work to uplift the most vulnerable among us."

National Police Week 2024, Annual Candlelight Vigil

BY MERCIA HOBSON
THE CONNECTION

On May 13, The National Law Enforcement Officers Memorial Fund officially added the 282 names of U.S. law enforcement officers who died in the line of duty to the Memorial Wall in Washington, D.C., as part of the 36th Annual Candlelight Vigil of the 2024 National Police Week. The newly added officers' names inscribed on the wall include 118 federal, state, tribal, and local law enforcement officers who died in the line of duty in 2023 and 164 who died in previous years.

"Their sacrifice is now being recognized after the Memorial Fund's research staff confirmed the circumstances of their death and their record of law enforcement service," states a release by the Memorial Fund. The vigil's purpose was to dedicate, honor, and remember all the newly added officers by reading aloud their names on the Roll Call of Heroes Honored in 2024.

William Alexander, CEO of The National Law Enforcement Officers Memorial Fund, stated, "Their memory remains a testament to valor and selflessness, two core tenets that a law enforcement officer abides by when sworn into service."

According to reports, 30,000 people gathered at the mall that night. Numerous officers, including those from the Fairfax County Police Department, wore their respective uniforms. Among the many others appeared to be bereaved families of fallen officers, some with children. Listening intently to each name read aloud; the crowd stood silent under the shared weight of all the officers who died in public service and their families' losses.

Chief Kevin Davis, Fairfax County Police Department, read a section of the Roll Call of Heroes, 2024. "From the Commonwealth of Virginia, Joseph Edward Carey, Sr.; Mark Christopher Wagner, II (bell tolls). From the State of West Virginia, Steven Paul Gitlin, II; Cory Stephen Maynard (bell tolls)."

Following the Roll Call readings on the



PHOTO COURTESY OF THE NATIONAL LAW ENFORCEMENT OFFICERS MEMORIAL FUND

36th Annual Candlelight Vigil of the 2024 National Police Week.



SCREENSHOT YOUTUBE VIDEO 36TH ANNUAL CANDLELIGHT VIGIL, D.C.

Lt. Steve Troyano, Arlington County Police Department, takes rubbing of a name on the Memorial Wall.



PHOTO POSTED TO FACEBOOK AT FAIRFAX COUNTY SHERIFF

Fairfax County Deputy, 2nd Lieutenant Jennifer Foster, lays a rose upon the Seal of the National Law Enforcement Officers Memorial during the 32nd Annual Council of Governments Wreath Laying Ceremony & Honor Guard Competition held on May 4 as part of National Police Week 2024. This ceremony highlights the importance of correctional officers and those who have fallen in the line of duty. In 2023, 21 correctional officers from across the country fell in the line of duty. Behind her, far right, sits Fairfax County Supervisor Rodney Lusk, Franconia District.

National Mall, participants lit their candles, generating waves of golden flickers across the long, dark distances to the United States Capitol and Washington Monument.

In a video produced by The National Law Enforcement Officers Memorial Fund of the 2024 Candlelight Vigil, Arlington County Police Department Lt. Steve Troyano says, "We lost Harvey to 9-11-related cancer. It changes everything."

Terrica Gibson, a survivor, says, "The wall remembers and honors them."

The National Law Enforcement Officers Memorial Fund reports that, with new names in 2024, the wall now bears the names of 24,067 officers. Among the names are six Fairfax County Police Department law enforcement. They are Sergeant John Joseph Donohue, EOW: Wednesday, Feb. 23, 2022, cause: COVID-19; Second Lieutenant Francis Joseph Stecco, EOW: Saturday, Oct. 25, 2008, cause: drowned; Master Police Officer Michael E. Garbarino, EOW: Wednesday, May 17, 2006, cause: gunfire; Detective Vicky Anne Owen Armel, EOW: Monday, May 8, 2006, cause: gunfire; Captain Tommy F. Bernal, EOW: Thursday, June 28, 2001, cause: motorcycle crash; and Police Officer Karen Jean Bassford, EOW: Wednesday, July 27, 1977, cause: automobile crash.

According to preliminary data compiled by The National Law Enforcement Officers Memorial Fund in its 2023 End-of-Year Preliminary Law Enforcement Officers Fatalities Report, 47 officers were shot and killed in the line of duty. Compared to the 63 officers shot and killed in 2022, this number represents a 25 percent decrease. However, the report states, "The number of men and women fatally wounded by gunfire remains a pressing concern for law enforcement personnel."

The report cites that traffic-related incidents claimed the lives of 37 officers in 2023, a 27 percent decrease from 51 in 2022.

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