

June 5-11, 2024



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SPORTS



Sharp curves felled a number of riders on Sunday in the Tour de Clarendon.

Tour de Clarendon Careens Around Corners in Arlington

Brendon Rhim wins Sunday's Clarendon Cup 2024.

By Eden Brown Arlington Connection

t's a short one kilometer route that turns sharp corners at Clarendon, Wilson, and Washington Boulevards — one hundred times. That is what makes the Armed Forces Cycling Classic (AFCC) so challenging. The 100 km race goes around 300 corners, each time potentially ending in a crash, as happened a few times on Sunday.

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"It's a race for sprinters," said one passer-by who had just come out of church to find a full fledged "Tour" happening on the busy street corner near Northside Social and the Clarendon Ballroom. He stayed for the whole race.

The Armed Forces Cycling Classic's Clarendon Cup is now 23 years old. It is the Washington DC region's premier Pro/Am race, held in Clarendon, near the Metro stop. The classic includes the Crystal Cup held on Saturday. Each race

showcases a form of cycling involving a series of high-speed turns on the one-kilometer-per-lap course on city streets. The Clarendon Cup is known as one of the most difficult criterium races in the U.S. due to technical demands of the course and the quality of the participants.

Brendan Rhim won Sunday's Clarendon Cup, racing 100km in 2:14:58. He is a professional rider for Team Project Echelon/UAL/

See Brendon Rhim, Page 11



At the end of the Tour de Clarendon, just a few laps short of the finish line, several riders collided. Given the closeness of the bikes, if one goes down it's almost inevitable that several will go down onto the hot asphalt.



The second pack of riders was fiercely competitive but nowhere near Rhim, the winner of the Tour de Clarendon.

Arlington Pride Festival 2024

SATURDAY, JUNE 29

12 - 7pm EDT Long Bridge Park 475 Long Bridge Drive Arlington, VA 22202

The Arlington Pride Festival 2024 will be at Long Bridge Park in National Landing on Saturday, June 29, for a day filled with celebration, diversity, and love. This free event promises to be a fantastic gathering of the community, showcasing local talent, delicious food, and vibrant entertainment. Come together with friends, family, and allies to show your support and embrace the spirit of pride. Don't miss out on this opportunity to be a part of something special, the Arlington Pride Festival 2024.

SENIOR LIVING

"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.

Arlington's 55+ Centers will be closed Wednesday, June 19th in observance of Juneteenth

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 Mc-Lean-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.

Piano lounge and sing along with pianist Valerie Welsh, June's theme love and marriage, Wednesday, June 5, 4 p.m., Lubber Run 55+Center. Registration # 914304-18.

From pixels to prints, how to get photos printed from a smartphone, Wednesday, June 5, 6 p.m., Arlington Mill 55+ Center. Presented by tech guru Nick Englund. Registration # 914403-01.

What's in a Will? Virtual presentation by Elder Law Attorney Ed Zetlin, Wednesday, June 5, 11 a.m. Registration #914404-01.

55+ Travel group will travel to Fredericksburg for the Bluegrass in the Burg festival, Thursday, June 6. A celebration of musical tradition. Cost \$54, Arlington resident; \$62, non-resident. Registration #902406-03.

Building memories with LEGOS, presented by Loretta Veney, certified LEGO serious play facilitator, Thursday, June 6, 2 p.m., Walter Reed 55+ Center. Adults with dementia or cognitive decline will use LEGOS to build past events alongside a caretaker. Registration # 914500-01.

Create a friendship bracelet from paracord nylon rope, Thursday, June 6, 1:30 p.m., Langston-Brown 55+ Center. Supplies provided. Registration # 914310-01.

Learn Chinese style Mah Jongg from a 55+ volunteer, combine elements of skill, strategy and a touch of luck, Thursday, June 6, 12:30 p.m., Arlington Mill 55+ Center. Interactive session, supplies provided. Registration # 914600-20

Preventing fraud and identity theft, with the AARP Fraud Watch Network, Friday, June 7, 1 p.m., Aurora Hills 55+ Center. Presented by Trudy Marotta, AARP Virginia volunteer ambassador. Registration# 914400-09.

Preventing cognitive decline by Dr. Mikhail Kogan, George Washington Center for Integrative Medicine, Friday, June 7, 10 a.m., Lubber Run 55 + Center. Dr. Kogan will discuss using a Personalized Functional Medicine Approach program to treat people with Alzheimer's disease. Registration # 914500-02.

The Franklin Institute in Philadelphia is on the agenda for the

New Grant Program Tackles Food Security

he Arlington County Department of Human Services is launching a grant funding opportunity to boost food security in Arlington. Funding will be available to area 501(c)(3) non-profit organizations, faith-based organizations, and public schools and universities with projects that support aspects of the Food Security Strategic Plan.

The maximum grant award per organization is \$25,000. Organizations may apply for one project. A total of \$150,000 in one-time funding is available.

This is the second round of project funding for food security projects. Last year, the County awarded \$150,000 in grant funding for projects that provided healthy food and snacks at schools, supported nutrition education, covered the cost of Meals on Wheels for some homebound seniors, and bolstered SNAP outreach.

"The work funded in the first round of grants has been impactful, and we anticipate more of the same with this second round of funding," said DHS Director Anita Friedman. "Arlington's non-profits, faith-based organizations, and schools see where the needs are every day, and we are fortunate to be able to fund the ideas and initiatives that will help address those needs."

The Strategic Plan was published in 2022 and identified 28 strategies in five categories that would support the improvement of food security in Arlington.

View the full notice of funding availability for eligible activities, reporting requirements, and additional grant guidelines.

Applications are now live and will be accepted until Tuesday, July 9, 2024, at 5 p.m. Funding awards will be announced in late September 2024, and recipients will be required to sign the FY 2025 Food Security Mini-Grants Program Grant Agreement with the County. Funds must be spent by organizations before June 30, 2025.

55+ Travel group, Saturday, June 8. Explore "The Art of the Brick" exhibit of sculptures crafted entirely from LEGO bricks. Cost \$107, Arlington resident; \$123, non-resident. Registration # 902406-04.

Arlington's 55+ Centers will be closed Wednesday, June 19th in observance of Juneteenth

Assistive devices for the deaf and hard of hearing, Monday, June 17, 11 a.m., Langston-Brown 55+Center.

Learn about latest technology, smartphone apps and the Technology Assistance Program from Debbie Jones, tech manager for Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC). Registration # 914500-14.

Dementia Support Program, RAFT, a short-term program that assists people with dementia, their families and caregivers with tools and information to live with dignity, respect and meaning, Monday, June 17, 10 a.m., Arlington Mill 55+ Center. Presented by Sydney Palinkas, dementia education and outreach coordinator. Registration # 914500-04.

Acoustic Afternoon with live, acoustic music performed by PhEd-Up with Phriends, Arlington residents Phil Rosen, Ed Girovasi, Judy McVerry and Cameron Fletcher, Monday, June 17, 1 p.m., Walter Reed 55+ Center. Music features classic pop, folk and blues. Registration # 914301-01.

55+ Travel group will travel to Mill Run, PA for a tour of Frank Lloyd Wright's home, Fallingwater, Tuesday, June 18. Cost \$150, Arlington resident; \$173, non-resident. Includes box lunch. Following the tour, group will stop for dinner at Cracker Barrel (on your own). Registration # 902406-09.

Fundraising event at Rocklands Barbecue, 3471 Washington Blvd., Tuesday, June 18, 11 a.m. – 9:30 p.m.

Family and friends welcome to engage in games and drawings. 15% of proceeds for the day will benefit the Alliance for Arlington Senior Programs at 55+ Centers. For more information visit the website at www.friendsofthealliance.org.

Genealogy 101, learn to use primary sources, grave sites, family records, DNA services and more to explore family roots, Tuesday, June 18, 11:30 a.m., Lubber Run 55+ Center. For more information email Center Director Ashley Gomez at agomez1@arlingtonva.us. Registration # 914402-01.

Acoustic Café, enjoy the vibe of a 1960's coffee house with live music performed by local musicians Mark Sylvester and Shannon Leigh, Tuesday, June 18, 7 p.m., Walter Reed 55+ Center. Open to all ages.

Registration # 914301-02.

Hearing Aids—Beware and Be Wise! Bonnie O'Leary, outreach manager, NVRC, will discuss hearing loss, how to interpret audiograms and the differences between over-the-counter aids and prescription aids, Thursday, June 20, 10 a.m., virtual. Registration # 914500-15.

A virtual trip to the farmer mar-

ket, with tips on what to shop for and hear about the Senior Farmers Market Nutrition Program, Thursday, June 20, 10:30 a.m., Arlington Mill 55+ Center. Presented by the Virginia Cooperative Extension Master Food Volunteers. Registration # 914501-03.

That's Not My Debt! Staff from the Consumer Financial Protection Bureau will discuss rights regarding medical billing and debt collection, Thursday, June 20, 2:30 p.m., Lubber Run 55+ Center, registration #914400-11 or virtual, registration # 914400-12.

Introduction to basic Spanish, five-part series begins Thursday, June 20, 12:45 p.m., virtual. Taught by Lubber Run 55+ Center Director Ashley Gomez. Learn basic vocabulary, grammar and conversational phrases.Registration #914650-01. Register separately for each class.

June is Pride Month, celebrate with a Dance Party, Friday, June 21, 11:30 a.m., Lubber Run 55+ Center. Lots of diverse music and snow cones to keep cool. Registration # 914899-01.

The art of downsizing, an interactive class presented by realtor Philippa Main, Friday, June 21, 1:30 p.m., Aurora Hills 55+ Center. Registration # 914404-02.

History Hikes: Ball's Crossroads, join park historian John McNair for a two-mile hike following the path of Union and Confederate skirmishes, Saturday, June 22, 10 a.m., Bluemont Park (601 N. Manchester St.)

Registration # 914106-14.

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Cornell University + Davidson College + Drexel University + Elon University + George Mason University (2) + George Washington University

Gettysburg College + High Point University + Howard University (3) + Indiana University + Johns Hopkins University + Lehigh University

Long Island University + Loyola Marymount University + Mercer University + Miami University (0H) + Michigan State University (2)

Morehouse College + New York University (2) + Northeastern University (3) + Northwestern University + Providence College + Purdue University

Rensselaer Polytechnic Institute + Rochester Institute of Technology + Savannah College of Art & Design + Sewanee: University of the South

Shaw University + Southern Methodist University + Syracuse University (4) + Texas A&M University + Texas Christian University + Trinity College (CT)

Tulane University (2) + Union College (2) + United States Naval Academy + University of California—Santa Barbara + University of Chicago

University of Dayton + University of Florida + University of Illinois—Urbana-Champaign + University of Lynchburg + University of Maryland—Baltimore County

University of Maryland—College Park + University of Miami (FL) + University of Notre Dame + University of Pennsylvania (2) + University of Richmond (2)

University of South Carolina (4) + University of Tennessee (2) + University of Texas—Austin + University of Vermont + University of Virginia (8)

University of Wisconsin—Madison (2) + Villanova University + Virginia Commonwealth University + Virginia Tech (2) + Wake Forest University (6)

SUMMER FUN



Six-year-old Claire and two-year-old Emma Widdowson pan for gold during the wild west activities at Westover branch library June 1.



Claire Widdowson holds up her bag of gold nuggets at the Summer Reading Adventure June 1 at Westover Library.



Elliott Moosari enjoys his cookies and cream popsicle, saving his dinosaur books for later in the afternoon.

Ready, Set, Read

Summer reading adventure is underway.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

he Arlington Library kicked off its summer reading adventure on Saturday, June 1 with fun activities, games and popsicles at the eight library locations.

The front yard at Westover Library is poppin' with children, some clutching their newly checked-out books and others dripping with their free popsicle from King of Pops. Vivian Tsang, manning the popsicle stand said, "Of the seven flavors, the raspberry seems to be the most popular, probably because it's pink. Cookies and cream is popular, too." Tsang says she has allotted 100 pops for this location and then will be headed to three other library locations later in the day.

The summer reading challenge allows readers of all ages to enter the challenge and earn prizes such as a free book or a voucher for two free tickets from select Nationals games. It requires reading for 21 days sometime during the summer. For super readers who read 42 days, there is a woodland stuffed animal or round of mini golf at Upton Regional Park.

The Olson family sits on a bench outside Westover library with two-year-old Jackson and six-year-old Lisa enjoying their popsicles. Lisa has just signed up for the summer reading challenge. Max explains Lisa is in kindergarten and just started to read. "She can get a few pages on her own." Lisa explains the books she likes are funny and exciting.

Max offers like Dr. Seuss' "Green Eggs and Ham."

Six-year-old Claire and two-year old Emma Widdowson are sitting on the lawn dipping their nets into a pool of sand, mining for gold, one of the wild west activities offered at this library branch. Claire plucks 6 ARLINGTON CONNECTION June 5-11, 2024



Vivian Tsang hands out free King of Pop popsicles at her first library stop at the Summer Reading Adventure event June 1.

out several shiny nuggets and adds them to her small cotton bag. "Make sure there are enough for the other kids," her mother advises.

See Summer Reading, Page 7



The Olson family (Jackson, Christine, Max and Lisa) relax on a bench after signing Lisa up for her first library card.

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SUMMER FUN





PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Alex Sapunor tosses bean bags in a corn hole contest with himself at Westover Library June 1.

Summer Reading Adventure

From Page 6

Claire's mother says both children have library cards. "Claire has been doing this for three years. We go to the library every week. We live right over there."

Claire says she is going to add her gold nuggets to her gem bag at home. "I got gems for Christmas."

It is only 10:30 a.m. and Claire's mother says they have already had swim practice, a soccer game, and friends are coming over later.

Elliott Moosari is working on his cookies and cream popsicle trying to decide what to do. His father is holding a couple of dinosaur books. "Elliott doesn't have a library card yet but his mother does."

Further away on the lawn Alex

Sapunor, age four, is tossing bean bags into a corn hole opening. He is determined, and he tosses over and over until he can get two out of three tosses successfully into the hole.

Register for the summer reading adventure in the Arlington Public Library app or pick up a reading log at any library location to record your reading. https://library.arlingtonva.us/library-apps/app/



Photo by Christopher Georg

Collapse and stack as many red cups as you can within an allotted time at Glen Carlyn Library at the Summer Reading Adventure.

The "keep it up" activity at Glen Carlyn Library was a challenge to keep a balloon airborne for one minute with prizes awarded for success.



Photo by Christopher George

Summer Adventure sign welcomes readers at the Aurora Hills Library on June 1.



Photo by Christopher George

le photo By Glenda C. Bo

Ospreys, chestnut brown and white birds, return to Northern Virginia in March from their southern wintering grounds in Florida, the Caribbean and Central and South America. Expert at catching live fish, Osprey nest and raise their young near water.

The Bay's Ospreys Are in Trouble

By Rich Dolesh Friends of Patuxent Research Refuge

o most of us, the status of the osprey is a conservation success story since the dark DDT days of the last century. Therefore I was surprised to learn that the osprey population is in trouble in parts of the Chesapeake Bay. These ospreys are producing far too few nestlings to sustain their numbers. Recent research by Bryan Watts of William and Mary's Center for Conservation Biology indicates that a major cause is the industrial fishing of menhaden, a key food source for

What can be done to reverse this alarming turn of events? The Chesapeake Legal Alliance has filed a petition to challenge the Virginia Marine Resource Commission's decision to continue to permit the overfishing of menhaden.

The Friends of the Patuxent Research Refuge (FOP) are putting on a program on these inter-related topics on June 22 at the National Wildlife Visitor

A Special Event by the Friends of Patuxent Research Refuge:

Crisis in the Chesapeake Bay: Ospreys in Peril Saturday, June 22, 2024, 1:30-3:30pm At the National Wildlife Visitor Center, Patuxent Research Refuge, Laurel, MD

Center (Patuxent Research Refuge) from 1.30 to 3.30 pm. Dr. Watts will present his research findings on the troubling decline in the Bay's osprey numbers. There will also be a short film on the menhaden; "The Biggest Little Fish You've Never Seen." The film is by William McKeever and it will be introduced by David Reed, CLA's Executive Director. Dr. Reed will also describe the CLA's efforts to require VMRC to regulate and protect the menhaden fishery.

Tickets are required and can be obtained at: https://friend-sofpatuxent.org/event-5726783.

FOP expects this event to attract a lot of attendees, so you should go ahead and get your tickets without delay.

What's Happening?

Ospreys in the Chesapeake Bay are producing only a fraction of the young needed to sustain their population. Bryan Watts, director of the Center for Conservation Biology at William and Mary will present his research findings on why osprey nest site numbers are so troubling.

on why osprey nest site numbers are so troubling.

What's being done? Conservationists are taking up the fight to protect ospreys. David Reed, executive director of the Chesapeake Legal Alliance will introduce Bill McKeever's short film "The Biggest Little Fish You've Never Seen" about menhaden, a principal food source for osprey, and guide a discussion on how the Chesapeake Legal Alliance and others are taking action. USGS researcher Barnett Ratner and naturalist Greg Kearns will discuss their findings on recent osprey nest success in the Patuxent and Choptank rivers.

The restoration of osprey in Chesapeake Bay has been regarded as one of the great conservation successes in America and it is now very much at risk. Come learn why and what can be done.

Tickets required. Due to the limited seating, reservations will be required. More info and background about the program and speakers including a link to reserve tickets can be found on the Friends website at: https://friendsof-patuxent.org/event-5726783 Donations accepted

This program is hosted by the Friends of Patuxent Research Refuge in cooperation with the Maryland Ornithological Society. For more information and background on the presenters and program content, or if you have any questions, visit: www.friendsofpatuxent.org

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 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.

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

APRIL 4 TO NOV. 21 Ballston Farmers Market Returns.

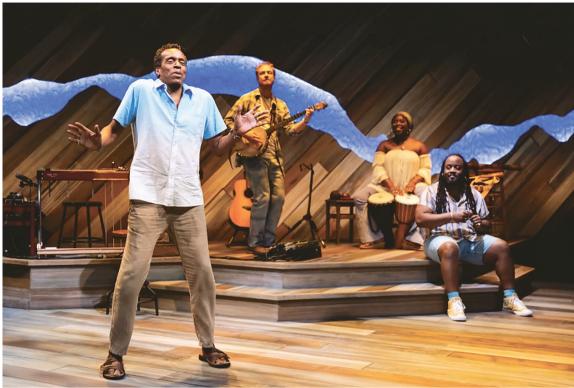
Thursdays from 3-7 p.m. At Welburn Square, near Ballston Metro, Arlington. This year, more than 20 vendors available in Ballston – both fan-favorites and newcomers alike. This year also sees the return of the Mega Markets – sponsored this season by VIDA Fitness. Mega Markets feature the same great produce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

THURSDAY/JUNE 6 Arlington Chamber County Board

Candidate Forum. 5:30-7 p.m. At VHC Health, Hazel Conference Center, 1701 N. George Mason Drive, Arlington. The Arlington Chamber of Commerce will host the County Board Candidate Forum, sponsored by Arlington Land Use Group, PLLC. The attendees will hear from all six candidates running for the Arlington County Board speak on topics that are important to the business community. The candidates are Audrey Clement (I), James DeVita (D), Julie Farnam (D), Tenley Peterson (D), Natalie Roy (D), and Julius "J.D." Spain Sr. (D). Audrey Clement is running as an Independent in the November 5 general election. All other candidates are running in the June 18 Democratic primary election. A networking session will start at 5:30 p.m. until the start of the program at 6:00 p.m. This event is free and open to the general public, but registration is required

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



"Where the Mountain Meets the Sea" will be featured at Signature Theatre now through July 7, 2024.

"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/



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

"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/

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.

SATURDAY/JUNE 8 80th Anniversary of D-Day Lecture.

2-4 p.m. At Arlington Central Library's Donnellan Auditorium. The Reims (France) Committee proudly announces a lecture to commemorate the 80th anniversary of D-Day. D-Day: America's Missa Solemnis, Presented by Dr. Michael Vlahos,

Lecturer at Johns Hopkins University and the Naval War College. If you love history, this is an event not to be missed.

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.

SATURDAY/JUNE 22 Green Valley Antique and Classic

Car Show. 12-5 p.m. At Charles R. Drew Elementary School, 3500 S. 23rd St., Arlington. Green Valley Civic Association is hosting their annual Antique and Classic Car Show. People's Choice awards for 1st and 2nd Place. Free Admission, Fish Fry, BBQ and live music. Vendors Welcome. The major sponsor for the event will highlight Stopping the Violence. Call 703-486-0058 or via email at greenvalleyciv@gmail.com.

SATURDAY/JUNE 22

Amazon's HQ2's One-Year Anniversary. 9-1 p.m. At Amazon HQ2's Metropolitan Park, 510 14th Street, S, Arlington. Join Amazon for HQ2 Community Day, a celebration of HQ2's first anniversary in National Landing with a day of outdoor fun. Neighbors of all ages can take part in the fun, including exciting activities for children, a DJ, interactive art installations, food tastings from local eateries, a brunch garden, lawn games, a farmers market and much more.

FRIDAY/JUNE 28 VHC Health Senior Housing Fair.

10 a.m. to 12 p.m. At Lubber Run Community Center, 300 N. Park Drive, Arlington. VHC Health is hosting a Senior Housing Fair in partnership with Positive Aging.

See Calendar, Page 9

Entertainment

From Page 8

Explore housing options and find services to enhance your home. VHC Senior Health will be hosting a free Senior Housing Fair showcasing a variety of housing options, as well as resources to assist with a big move or to aid in making your home safer. The fair will feature organizations throughout the area that are experts in senior living. Participants can collect information, ask questions and prepare to create their "home sweet home."

SUNDAY/JUNE 30

The Firefly Festival. 7:30 to 9:30 p.m. At Fort C.F. Smith Park, 2411 N. 24th Street, Arlington. Fireflies, lightning bugs, lantern beetles, or whatever you want to call them are a vital part of the health of the Arlington area. Come learn about this and so much more by coming to this annual event. Full of games, crafts, food, night walks and educational opportunities, your family will have loads of fun at this event while learning about how amazing the nighttime is.

FRIDAY/JULY 5

Lesson Zero Performs. 9 p.m. to 12 a.m. At Celtic House, 2500 Columbia Pike, Arlington. Admission is free and street parking is available. For more information see www.youtube.com/lessonzero and www.reverbnation.com/



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

Mason Exhibitions Presents A Closer Look: Conflicted Art from Ukraine.

May 17 to Aug. 23 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.





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SPORTS



Trying to finish second or third place as he goes into a problematic curve, this rider's concentration is total.



Brendan Rhim stayed comfortably ahead of the pack but in a race against time, he was still pouring it on in the last lap.

Brendon Rhim Wins Sunday's Clarendon Cup 2024

From Page 3

Aon. The 28 year old shot out at the beginning of the race and stayed a comfortable distance in front consistently. A second pack of about 10 riders attempted to overtake him with no success. A third main pack of riders trailed significantly behind, to the extent that at times, it appeared the first cyclist might catch up with the last cyclist — the course is that short. The "pack" was where most of the accidents happened because of the proximity of many riders around corners causing collisions.

The AFCC is sponsored by Boeing and includes women's races and children's fun rides.

A non-competitive Corporate Challenge sponsored by Amazon featured teams from Amazon, Boeing, United Airlines, Deloitte, Mitre, and other corporate offices in the area.

The Armed Forces Cycling Classic weekend of events donated all funds raised to Tragedy Assistance Program for Survivors (TAPS), the national nonprofit organization providing compassionate care and comprehensive resources for all those grieving the death of a military or veteran loved one.

The race is an exciting one because riders are just an arm's length away from spectators. Rhim ended the race with handshakes to the crowd as he did his victory lap.



Diversion Before Immersion



By KENNETH B. LOURIE

Soon, as in approximately one hour, I will begin my new thyroid cancer treatment regimen: two pills twice a day and one other pill once a day. This pills are what's called "targeted therapy," as opposed to chemotherapy. There are no trips to the Infusion Center and no other needles. It's me and the pills, at home. The prescription says that I am to take the pills either an hour before eating or two hours after eating. Moreover, that schedule should remain consistent: what pills I take when. As for side effects, there are many. However, the two most likely effects are a skin rash and nausea: medications for which I've already picked up at the pharmacy along with the two cancer drugs. I am locked and loaded as they say - ready to do battle, so to speak. When will I know if this protocol has been effective? It's been my 15 1/2 years of cancer treatment that has led me to this conclusion: what I feel or don't feel, generally speaking, is not necessarily an indicator of good or bad. The tale of the tape will manifest every quarter when I lie down for my recurring PET scan. This scan may only be a moment in time, but what a moment! The oncologist summarizes the radiologist's report and advises Team Lourie what the immediate future holds. Typically, this is an in-person sit-down with my doctor. Though I will have received the report in advance of this meeting, there is a lot of medical jargon contained and until the oncologist summarizes it for me, I am at a loss to say definitively whether my warranty has been extended or not.

Over these years. I have been treated with many cancer drugs, some infused, others in pill form. I have received chemotherapy and have taken "targeted therapy." The treatments had various side effects and resulting quality of life. When changing medicines, the doctor can't know for sure how the patient will react living forward. In fact, my oncologist has suggested to me on more than one occasion - when a medicine change was warranted because the cancer had spread; that if I was feeling good, it might be time to take a break from treatment and take that vacation I'd always dreamed of. His thinking: there's no telling if I'll feel better or worse in the future with the medicine change. Despite his suggestions, I have never stopped treatment unless the oncologist mandated it for some health reason, (kidney damage, as an example as a particularly problematic/current side effect). And so today, we restart. And since I will likely have cancer stories to share, the rest of this column will not be about cancer. It will be about my pet peeve in life: drivers who back into parking spaces rather than pulling in head first.

I have asked friends about their preference. Many do prefer backing in. For the life of me I can't see it. The opinions I received were not the least bit compelling, especially considering the neck-turning and side-splitting (almost literally) challenges of backing in when headfirst offers no such difficulty. Craning my neck and twisting it from side to side to judge the space between my car and any adjacent cars just so when I leave the space, I'll have a clear path out. Granted, it is a clearer path than the headfirst parker, but I maintain that the difficulty of backing out into the common area of the parking lot pales in comparison to the demands of trying to back into a much narrower space. What's the rush anyway? What's the emergency that compels the backwards parker to need a quick unencumbered exit? Whatever time/convenience they feel they gained droving forward exiting their parking space, they definitely lost with the time it took to back in. Moreover, when a headfirst parker exits, he/she has the entire width of the common area (driving aisles) to back into compared to the contrastingly narrow space for the back parker to navigate in the first place. The process may be slower, but I'm sure it's not nearly as slow as the driver who backs in.

It seems much ado about nothing. What is the back-parker worried about anyway? Does the driver have "A need for speed?" This isn't "Top Gun" and the driver isn't Tom Cruise. It's the mundane task of driving, and even more mundane task of parking your car in a parking lot in a timely manner. I don't get the strategy. To me, it's a colossal waste of time. It's this kind of minutiae that regularly occupied my mind pre-cancer. My mind isn't as free now to meander when my cancer world is interfering. Ordinarily, my droning on about the kind of non-cancer/non-serious stuff that I am writing about this week was my operandi. My diagnosis changed all that. It became difficult to write about anything ther than cancer That's because a cancer diagnosis way of taking over one's mind and body. And given the precarious situation that I find myself in now: papillary thyroid cancer and stage IV chronic kidney disease, I may feel less inclined to write about nonsense, and even less amused with my circumstances.

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

HISTORY



The Woodlawn mansion today



The Alexandria Friends Quaker Meeting at Woodlawn today

Woodlawn's Diverse History

Beyond the Gentry.

By Glenda C. Booth The Connection

anson's mode of making chicken broth, the best in the world," wrote Nelly Lewis in her housekeeping book at Woodlawn between 1828 and 1830. "If you wish it very nourishing – break the bones with a rolling pin before you put it into the pot."

Hanson was Nelly and Lawrence Lewis's cook, a man Nelly inherited in 1802. This chicken broth recipe is just one revealing gem in Woodlawn's new exhibit that unravels several centuries of history and unveils the diverse people who lived and toiled there over the years, stories previously untold or obscured. Guides at historic homes and southern plantations have traditionally focused on the white, wealthy owners. Think George Washington and Thomas Jefferson. Woodlawn's curators are now telling the complex, intertwined stories of the many people associated with this land and buildings over time.

The Doegs

The exhibit starts with "Offerings for Tauxenent: Acknowledging Indigenous Place," highlighting the Doeg people and their displacement. Tauxenent was a village of the Doeg or Dogue people near the mouth of the Occoquan River that English Captain John Smith encountered in 1608. The Doeg people lived in what is now Northern Virginia as far back as the 14th century. Some Doeg descendants today are members of the Rappahannock and Piscataway tribes.

For this exhibit, George Mason University history students, led by Dr. Gabrielle Tayac, a member of the Piscataway Tribe, connected with contemporary local Indigenous eastern hemisphere communities, whose objects on display are offerings honoring the Doeg people. For example, there's a colorful woven bag by Diego Velasco Perez, a Maya Ixil, and a woven alpaca hat by Ozcollo Espinoza, a member of the Andean community in Northern Virginia.

Also exhibited is a grindstone and stone



Bricks made by enslaved people for Woodlawn's front portico columns

Woodlawn's second floor bedroom as in the Lewis family era, typical of the traditional focus of interpretation at historic sites.

The Exhibits at Woodlawn

OFFERINGS FOR TAUXENENT:

- ❖ Acknowledging Indigenous Place, until Aug. 30, 2024
- Woodlawn: People and Perspectives, until

http://www.woodlawnpopeleighey.org/

scraper from the Gray family, descendants of the Doegs. Schirra Gray loaned a pine needle turtle basket.

African-Americans and Quakers

A second exhibit, "Woodlawn: People and Perspectives," explores others who shaped Woodlawn over time, including the around 100 people of African descent that the Lewises enslaved. Visitors can study four triangular bricks with one rounded edge made by enslaved people for the original columns on the front portico. "The stories of the enslaved people who built Woodlawn brick by brick are inseparable from the story of this home," notes the display.

In 1846, a group of Quakers bought Woodlawn and lived and worshipped in the mansion until they built farmhouses and a meeting house. They created a "free labor colony" to demonstrate that farming could be successful without slavery, an alternative to Virginia's plantation culture.

In the two decades before the Civil War, free Black families such as the Hollands pur-



Mayan bag made, by Diego Velasco Perez

chased land and built communities alongside Quaker families like the Troths. Visitors learn that William Holland, freed in 1799, bought land in 1851 when the Quakers divided the land into family farms and sold it to free blacks like him. Some of the enslaved Parkers were sold by Alexandria's Franklin and Armfield who had a slave pen at 1315 Duke Street and shipped slaves to Louisiana plantations.

Belvoir's Takeover

Another rarely-told story is that of Fort Belvoir, formerly Camp Humphreys, which in World War I began to take over Woodlawn's farmland. Renamed Fort Belvoir, to expand the installation, the federal government in the 1940s condemned some of Woodlawn's land and demolished farms, homes, a church, school and lodges of Woodlawn's Black community. Many Black people living



Andean woven alpaca hat, made by Ozcollo Espinoza

there relocated to Gum Springs, founded in 1833, and today Gum Springs is the oldest surviving Black community in Fairfax County. The federal government left the Quaker Meeting House intact. It is still in use today.

Woodlawn's exhibits trace other owners of the property too, up to 1957 when the National Trust for Historic Preservation bought it and it became the first historic Trust site open to the public.

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