

The Arlington Connection

SENIOR LIVING, PAGE 2 ❖ ENTERTAINMENT, PAGE 7 ❖ CLASSIFIEDS, PAGE 6

PHOTO BY SHIRLEY RUHE/THE CONNECTION

Chris Hocker, the Election official at Madison Community Center, says there has been a pretty good turnout to vote so far. At 3 pm the voting machine recorded 195 ballots cast.

Results Could Surprise You

PAGE 3

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SENIOR LIVING

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Department of Parks and Recreation
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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.

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 market, 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.

Dementia friends information session, Monday, June 24, 10 a.m., Arlington Mill 55+ Center. Training class on how to improve interaction with those displaying signs related to dementia. Registration # 914500-05. Presented by Caitlin Stauffer with Dementia Friendly Arlington.

55+ Travel group will visit the National Museum of the Marine Corps in Triangle, VA, to see the museum’s striking architecture and its 240,000 sq. ft. facility housing world class interpretive exhibits, artifacts and more, Monday, June 24. Cost \$13,

Arlington residents; \$15, non-residents. Registration # 902406-11.

Travel enthusiast Susan Court will share experiences traveling in Ireland, Wednesday, June 26, 1 p.m., Aurora Hills 55+ Center. Learn about accommodations, foods to eat and things to do. Registration # 914400-36.

Opera appreciation group to discuss and hear musical selections from “Lucia di Lammermoor” by Italian composer Gaetano Donizetti, Wednesday, June 26, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-02.

Karaoke for 55+ participants, sing-along with volunteer musician Carl Gold, lyrics projected on large screen, Wednesday, June 26, 6 p.m., Arlington Mill 55+ Center. Registration # 914304-16.

The Star-Spangled Banner Flag House in Baltimore, a virtual discussion and presentation by Jill Peters, senior tour guide and reenactor, Thursday, June 27, 3:15 p.m. Learn about the history of the flag and the women who sewed this iconic national symbol. Registration # 914400-30.

Columbia, second in a five-part tour of Spanish speaking countries, history, culture, food, geography, politics and more, Thursday, June 27, 12:45 p.m., virtual. Presented by Lubber Run 55+ Center Director Ashley Gomez. Registration # 914400-39.

The art of downsizing, decluttering tips and insights into market trends from realtor Philippa Main, Thursday, June 27, 3 p.m., Lubber Run 55+ Center. Registration # 914404-03.

Spanish 101 with native Spanish speaker and Lubber Run 55+ Center Director Ashley Gomez, Thursday, June 27, 6 p.m. Learn fundamentals for essential vocabulary to basic grammar and conversational phrases.

First of three sessions. Registration # 914650-06. Register separately for each session.

The 55+ Travel group will visit the National Portrait Gallery’s “This Morning, This Evening, So Soon: James Baldwin and “The Voices of Queer Resistance” exhibition, including the “Brilliant Exiles: American Women in Paris, 1900-1939” exhibit, Friday, June 28. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902406-13.

Early Fourth of July celebration of America’s Independence, Friday, June 28, 1 p.m., Walter Reed 55+ Center. Registration # 914899-05.

Movie matinee, “Monster” (2023) (PG-13), Friday, June 28, 12:30 p.m., Aurora Hills 55+ Center. Registration # 914804-03.

Senior Housing Fair, valuable resources to help with a move or make a home safer, Friday, June 28, 10 a.m.-12 p.m., Lubber Run 55+ Center. Registration # 914404-04.



Public Notice

Updated weight limits on Virginia bridges and culverts

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

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
ROANOKE	15085	699	BENDEMEER ROAD-RTE 699	MASON CREEK	5/29/2024
FRANKLIN	7916	705	CHESTNUT HILL RTE 705	PIGG RIVER	5/21/2024
GRAYSON	8730	58	HIGHLANDS PKWY	CABIN CREEK	5/14/2024
SCOTT	16799	665	MANVILLE ROAD	BLACK OAK BRANCH	5/9/2024
ALBEMARLE	839	745	ARROWHEAD VALLEY ROAD-RTE 745	BRANCH MOORES CREEK	5/8/2024
ALBEMARLE	880	810	SIMMONS GAP ROAD	LYNCH RIVER	5/1/2024

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

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Traffic and Travel/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

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

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

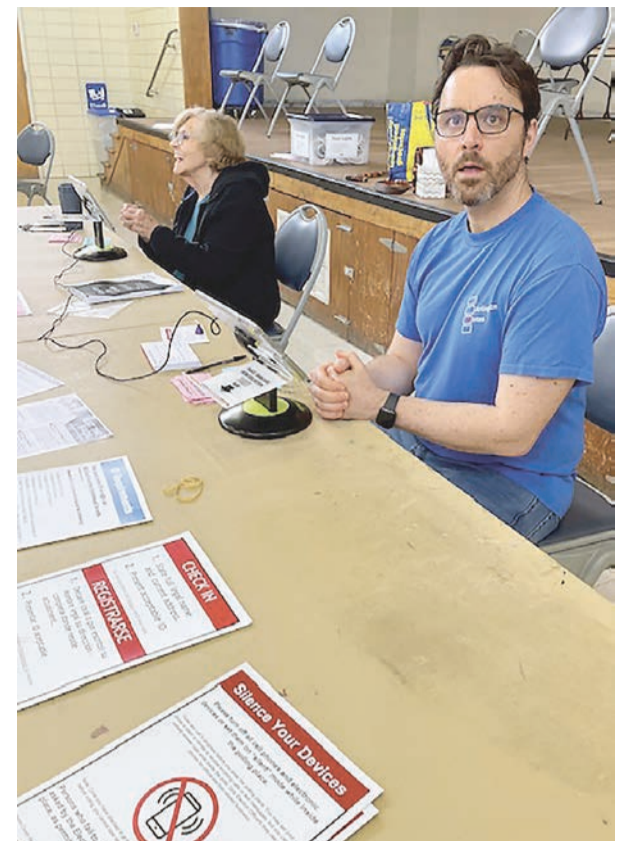
ELECTION DAY

Hot Day and Hot Race for County Board

John Kudless is the only poll greeter sitting outside Madison Community Center on a 100 degree afternoon June 18. He says he has been surprised that there has been a steady stream of people since he has been perched on his chair by the sidewalk. "The temperature is just so hot." He is handing out literature supporting Natalie Roy for the one open County Board seat vacated by Libby Garvey, a long-time Board member and former Chair. Kudless says he supports Roy because she favors more transparency on the Board and because she is against the process used to determine the missing middle housing proposal for the County.



PHOTOS AND INTERVIEWS BY SHIRLEY RUHE



Chris Hocker, the Election official at Madison Community Center, says there has been a pretty good turnout to vote so far. At 3 pm the voting machine recorded 195 ballots cast.

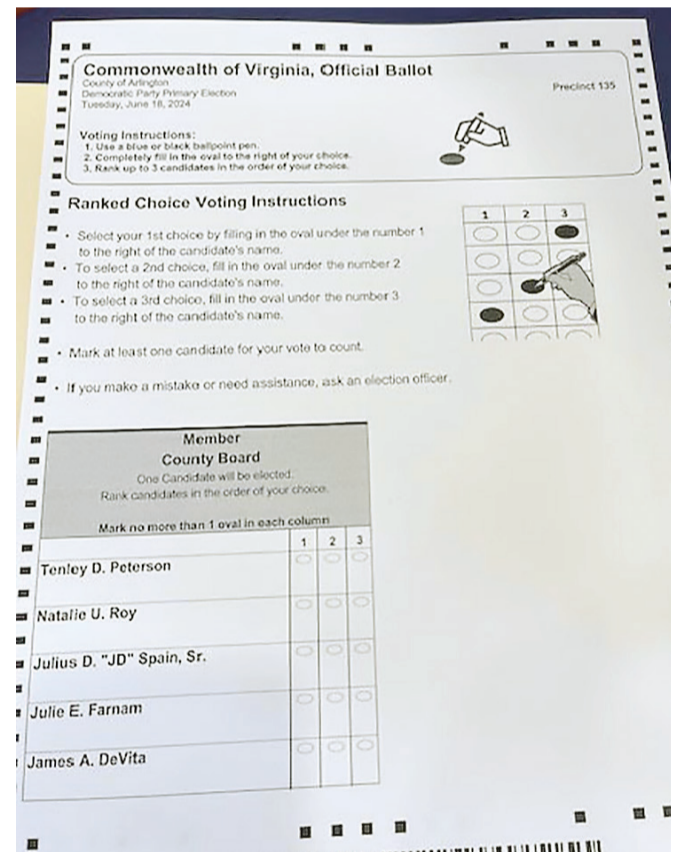


Unofficial Results from VPAP.org

The Arlington County Board primary is conducted by ranked choice voting. This page will only display the first round of votes. For complete results, visit the website for the Virginia Dept. of Elections or Arlington County Voting and Elections. 54 of 54 precincts

Candidate	Votes	Percent
Julius D. "JD" Spain, Sr.	6,337	32.11%
Natalie U. Roy	5,621	28.48%
Tenley D. Peterson	4,647	23.54%
James A. DeVita	1,895	9.60%
Julie E. Farnam	1,238	6.27%

The June 18 primary is when the Democratic nominees for local offices are selected. This year the ballot contained five Democratic candidates for the County Board. Voting in the County Board primary is currently by ranked-choice voting where the voter can choose three candidates for the one open spot in order of preference. In 2023 Arlington was the first County in Virginia to pilot the ranked-choice voting system for local races and they are evaluating using it for the General Election. However, the County Board adopted it only for the primary. The process for selecting Constitutional Officers and state legislators is specified in Virginia law and without amending it, these races must use a traditional primary system.



Arlington Jury Convicts James Ray Williams Of Murder in the Death of Sean Bowman

On June 7, 2024, after a four-day trial, an Arlington jury found James R. Williams guilty of the March 25, 2023, murder of Sean Bowman. The jury also convicted Williams of using a firearm in the commission of the murder.

On the night of March 24, 2023, and into the early hours of March 25, 2023, Sean Bowman was at an apartment in

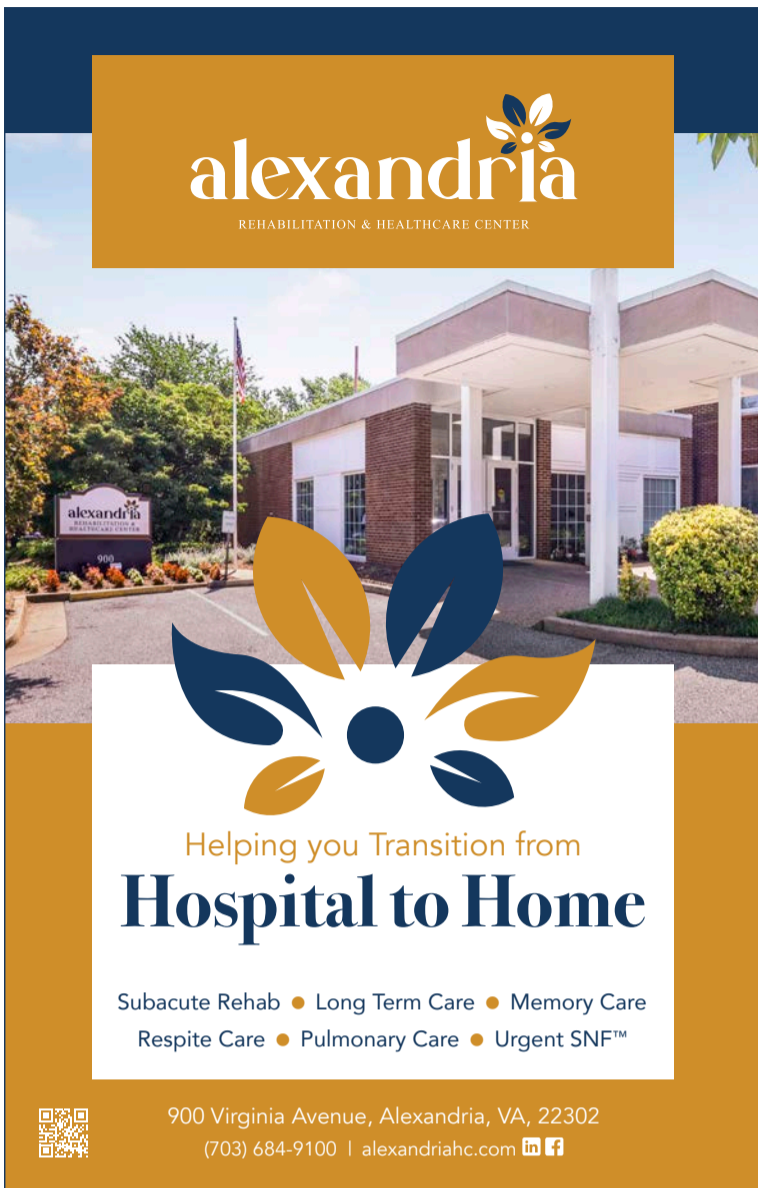
the Buckingham neighborhood of Arlington County. During the night, Mr. Williams, a known drug dealer in the area, entered the apartment while Mr. Bowman was sleeping. Witnesses testified that Williams searched Bowman's pockets, accusing him of stealing drugs. Williams then drew a firearm from his jacket and shot Bowman twice—once in the cheek and once in the temple. Mr. Bowman's body was discovered several days later.

The Arlington County Police Department conducted a thorough investigation, including crime scene analysis, fingerprint examination, surveillance footage recovery, and forensic DNA testing.

Commonwealth's Attorney Parisa Dehghani-Tafti commented, "This conviction cannot bring Mr. Bowman back to his family. However, our office is grateful for the jury's careful consideration of all the evidence and

their verdict. Our hearts go out to Sean's family, and we hope this verdict provides them with some measure of closure as they begin their healing journey."

Sentencing is scheduled for Aug. 22, 2024, in the Arlington County Circuit Court. Williams faces up to 40 years in prison for the charge of second-degree murder and an additional 3 years for using a firearm in the commission of a murder.



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NEWS

PHOTOS BY GLENDA BOOTH



Officials cut the ribbon unveiling the new signs. From left: Chris Paolino, Tenisha Lewis, Dr. Tom Foster, Henry Ward and Emily McGee.

National Airport Recognizes Enslaved People of Abingdon Plantation

BY GLENDA C. BOOTH
ARLINGTON CONNECTION

For at least 7,000 years, people have used the land that is today's sprawling 860-acre Reagan Washington National Airport, a complex of runways, roads, terminals, parking garages, vehicles, subway tracks and trains, airplane takeoffs and landings, and over 50 million passengers a year.

On June 17, airport officials spotlighted a group associated with the land but largely overlooked over time, the dozens of enslaved African and African-American people who toiled there when it was Abingdon Plantation. On a grassy knoll between garages 1 and 2, a triangular brick wall stretches to the sky, one remnant of this 18th and 19th century plantation and rarely noticed by harried travelers.

As airplanes roared up and down and Metro trains rumbled by incessantly, officials cut a ribbon to unveil three new interpretive signs to honor people "previously unrecognized and highlight the enslaved population, a living part of Abingdon's history," said airport Acting Manager Chris Paolino. Many historic homes, especially plantations, have traditionally recognized only the white owners.

Paolino credited Dr. Thomas Foster, a Howard University history professor, with advocating for the new signage and conducting much of the research behind them. "The signs are an important step to a



Chris Paolino, Acting Airport Manager, welcomed and backgrounded visitors.



Henry Ward led archaeological research at the site.

SEE NATIONAL AIRPORT, PAGE 5

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National Airport Recognizes Enslaved People of Abingdon Plantation

FROM PAGE 4

fuller history,” Foster stressed.

Paolino also highlighted Henry Ward, Assistant Vice President of Archaeology at WSP USA, for documenting the land’s history. Ward told visitors, “Indigenous people were here thousands of years and they still exist today. It is their land as well.” He described finding pottery sherds, an adze and shells likely from a nearby midden and used to make mortar. On Abingdon’s enslaved people, he noted, “The Black population always outnumbered the White population,” citing as examples, the Lee and Custis families.

The New Signs

A new sign at the entrance lists the known enslaved men and women of Abingdon by their first name only. “That’s all we had,” explained Ward, because few records were kept or survived. “They were considered like cattle,” he said, “listed in records with the livestock. An [enslaved] adult Black man was valued the same as a roan mare.”

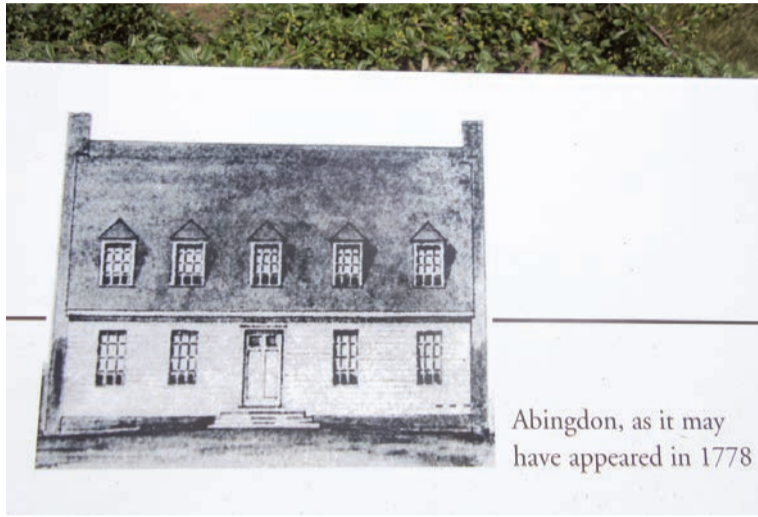
A second sign tells the story of Charlotte, a seamstress, who in 1786 was accused and found innocent of stealing a white woman’s chintz dress. Charlotte had actually bought it from an enslaved man at Abingdon and altered it to her liking.

A third sign describes Peter Hardman, an enslaved stable manager and groom for the plantation’s 29 horses. Hardman helped George Washington cross two donkey breeds and bred male donkeys and female horses to produce the American mule, Ward reported.

Multiple Owners

In the 1600s, ship Captain Robert Hawson was granted a land patent on 8,000 acres for bringing 120 colonists to Virginia, land that extended from today’s Arlington Cemetery to the Wilson Bridge. He sold it to John Alexander, whose grandson, Gerard Alexander, inherited the land and built a Georgian-style house in 1746. Terraces sloped down to the Potomac River, now home to airport terminals, runways and other infrastructure built on fill pumped from the river.

Owners changed over the years, including Martha Washington’s son by her first marriage, John Parke (“Jacky”) and his wife, Eleanor Calvert Custis. Eleanor and Jacky Custis had two children there, Eleanor, known as “Nelly,” and George Washington Parke Custis.



Abingdon, as it may have appeared in 1778

The house at Abingdon Plantation in 1778.



A juxtaposition, remains of the kitchen and laundry in the shadow of the airport’s control tower and terminals.

PHOTOS BY GLENDA BOOTH



Few Metro subway passengers passing by notice the remaining foundation of the house on a grassy knoll.



Today’s remains of the plantation’s kitchen and laundry.



The remaining foundation of the house in the shadow of the airport terminals.



The ceremonial ribbon and two new interpretive signs at the site of Abingdon Plantation.

During the Civil War, the federal government confiscated the property and turned it into a Union Army base. After the war, the owners, the Hunters, wanted it back and hired future U.S. president

James Garfield who won their case in the U.S. Supreme Court. In the 1900s, the property had some brick manufacturing, highway materials testing and military structures.

In the 1930s, the two-story

house mysteriously burned down. Some boxwoods from that era survived.

National Airport opened in 1941. In the early 1990s, preservationists convinced airport manag-

ers to abandon plans for a parking garage and to create an interpretive park on the site.

“Our history has bright sides and dark sides,” Ward summarized. “We must embrace it all.”

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Legals

ABC LICENSE
Hyde Social LLC, trading as Hyde Social. 3100 Clarendon Blvd, Suite 200., Arlington VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
HBNL LLC trading as BAR COLLINE, 269 19th Court South Suite #50/#55, Arlington, Arlington County, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a BEER / WINE AND MIXED BEVERAGE license to sell or manufacture alcoholic beverages. IAN HILTON, MANAGING MEMBER. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

Legals

ABC LICENSE
Anita's New Mexico Mexican Style Food, INC. trading as Anita's New Mexico Mexican Style Food, INC., 3444 N Fairfax Dr, Ste 4, Arlington, Arlington County, Virginia 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Restaurant, Wine, Beer, Mixed Beverages, Consumed On and Off Premises license to sell or manufacture alcoholic beverages. Thomas Tellez, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

ABC LICENSE
Dumpling District Arlington Inc. trading as Dumpling District, 4238 Wilson Blvd. Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Zong Chen & Jialu Liu, owner/The Veritas Law Firm. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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ENTERTAINMENT

ARLINGTON PEER RECOVERY CENTER

The Arlington Peer Recovery Center is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 3219 Columbia Pike, Suite 101, Arlington. Contact Greg the Program Coordinator at 703-567-1346.

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/>

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 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



The Green Valley Antique and Classic Car Show will be held Saturday, June 22, 2024 in Arlington.

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/>

SATURDAY/JUNE 22

18th Annual Gang Prevention Soccer Tournament. 10 a.m. to 6 p.m. At Washington-Liberty High School, 1301 N. Stafford Street, Arlington. 18th Annual Gang Prevention Soccer Tournament to help at-risk youth: "Empower our Youth, One Goal at a Time", hosted by the Arlington Gang Prevention Task Force.

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.

TUESDAY/JUNE 25

Arlington Chamber State of the County & Public Safety Awards. 8-10 a.m. At Army Navy Country Club, 1700 Army Navy Drive, Arlington. This community-focused event celebrates Arlington's economic achievements and future, and those who make the community an outstanding place to live and work. Arlington County Board Chair Libby Garvey will deliver her State of the County address, which will focus on the economic and development status of Arlington. More than 180 members of the business community are registered to attend.

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. 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.

No More Diverting



By KENNETH B. LOURIE

After meeting with my new oncologist on Mon., I can say with tepid certainty that I am not at death's door. However, I may be a death's sidewalk. Meaning I'm hardly a casual observer and much too close for comfort. Specifically, what I am is more of what I've been for the past 15-plus years: a cancer patient being treated for a terminal form of cancer. Initially I was diagnosed with stage IV non-small cell lung cancer, a killer if there ever was one and more recently, perhaps correctly, I was re-diagnosed with stage IV papillary thyroid cancer. Terminal because an operation I had was unable to get "all" the cancer and the medicine I was prescribed post-surgery has a one to three-years window of effectiveness. As you regular readers know and recent columns have stated, I am eight months into year four and am now starting a new medicine with all sorts of side effects possible and a new medical problem/side effect resulting from the years of taking my papillary thyroid cancer medicine: chronic kidney disease stage IV. In summary, previously I was at a hard place. Now I'm between a rock and that hard place. Which is a bit more than I bargained for since late Feb. 2009 when Team Lourie first heard my-diagnosed-with-cancer news. Still, it's hardly a place anybody wants to be.

Nevertheless, what's left of Team Lourie (my wife, Dina, minus my brother Richard who died Dec. 3, 2022) met our new oncologist this past Mon. We switched oncologists because we had lost confidence in our original one (and to quote "Forest, Forest Gump: that's all I want to say about that"). We were a bit more prepared this time than we were at that first meeting in 2009. We had a frank exchange offering assessments, analysis, suggestions, and occasional scenarios, but most definitely, no guarantees. Pills, procedures, and schedules (lab work, scans, in person) were reviewed and tweaked a bit. New medications were ordered, and a few future appointments were made. As much as anything, you could say this was a strategy meeting. More than most, we understand you need a game plan and once again we have one.

From what I've been told, the chronic kidney disease (with dialysis to follow if I deteriorate further), may cause me to be, as the Brit's like to say: "In for a spot of bother." Having been there and done that, I'm just glad there's still something to be bothered about. And there's still something I can do about it. I must watch what I eat (not as I eat it) and be mindful of the consequences of sodium, potassium, phosphate and so forth. I'm now reading product labels. It's not for certain whether this food awareness/change will really help, but it gives me hope. And though 'hope' may be overrated by some, I'm happy and motivated to embrace it figuratively speaking to "make my day," notwithstanding Dirty Harry aka Clint Eastwood. And since the alternatives are grim, I'm willing to give a little to possibly get a lot.

The "little" I won't bore you with, but it involves some adjustments, shall we say as to how I consume my daily bread. These changes are, if I get lucky, made in the near/short term but will ultimately get me a longer term. However, since there are no guarantees in the cancer business (other than cancer untreated will grow), I need to stay positive about the negative. A doctor can't tell me with any certainty that because I survived the original non-small lung cancer diagnosis, later re-categorized to papillary thyroid cancer, it enables/provides me with the necessary tools/wherewithal to survive my current double whammy: thyroid cancer and chronic kidney disease. Unfortunately, there's not even a road map as my misdiagnosis/change to thyroid cancer, now complicated by chronic kidney disease offers little other than lots of twists and turns and bumps along the way. My experience tells me to try and take it all in stride, not to get too high or too low and not get bogged down by the potential medical complications. None of those complications happen until they do so overreacting to a possibility that isn't yet a reality is unhelpful. What is helpful is finding the humor and normalcy in life without looking through the cancer lens. When I divert into a non-cancer subject, it's the best possible thing I can do; not be cancer centric. So, when I meander into a non-sensical subject like "backparking" or resealable packaging, it's not only a literary pursuit, it's a sign that even though I have cancer, it doesn't have me, yet.

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



Marina LeGree thanks supporters for coming out to the event and gives instructions to hikers as they set off for hikes ranging from 3 to 23 kilometers.



Bridget ran the first of five “pillars of the program” stops along the 5K hike. She handed out postcards for hikers to write to the young women in Afghanistan, and Pakistan who need encouragement to push the boundaries of what women are traditionally allowed to do in South Asia. Another stop featured how to tie a knot for a climbing rope.



Helai, who did not do the Ascend program but who managed to get to the U.S. as a refugee when Kabul fell to the Taliban in 2021, was brought to the event by supporter Lynette, from Reston, who knew Afghanistan and when she chatted with her at the factory where Helai works, suggested she come for the fellowship of other young Afghan women.

Second Annual ‘Hike for Her’ Raises Funds for Afghan Girls

Arlington-based non-profit Ascend Afghanistan celebrates 10th year.

BY EDEN BROWN
ARLINGTON CONNECTION

Marina LeGree and her team have been teaching Afghan girls how to climb mountains since 2014. While living and working in Afghanistan, LeGree saw a need, and an opportunity, to unlock the leadership skills of young women using the mountains surrounding their homes as a classroom. She realized this would have to be done very carefully, engaging the elders in villages to avoid a backlash — or worse. Starting with a pilot program of 20 Afghan girls in 2015, over 200 girls participated in the program from 2015-2020.

Those girls became leaders in their communities, instructors to the next program participants and, more importantly, changed the perception of women in their area. One became the first Afghan woman to summit Mount Nushaq, Afghanistan’s tallest mountain at 24,580 feet, 7,492 meters.

LeGree, a strawberry blonde pixie-like mother of two and military spouse, is full of energy and enthusiasm for her program, and she is hard to say “no” to. She got village elders to accept and support her efforts, and managed to get girls out of the country in 2021. Now, she is raising funds to keep the program going; she seeks donations, equipment, and volunteers, and she finds a role for anyone who wants to help. One of those is Brenda Stewart, from Louisville, Ken-



Helai and Lynette, with others, collect the goody bags prepared for hikers with hiking socks, wooden utensils, and other products donated by sponsors.

tucky, who has volunteered to provide free consultancy services for ten years. Another is Stephanie Biery, who runs SFBS LLC, an interior design company.

Ascend’s holistic leadership development program is based on sport and civic engagement. Participants gain knowledge and skills that will serve them throughout their lives. Ascend works in places where women and girls have limited or no access to such opportunities. Each year, they enroll a new team of girls aged 15-24 to embark on a challenging program to become the next generation of leaders. The program’s five pillars are community service, environmental stewardship, leadership training, mental health, and physical fitness.

Ascend participants train multiple days a week. They develop strong bodies and

strong minds through experiential learning in physical fitness, community volunteering, mental health awareness, rock climbing, trekking and camping, and team-building activities. Second-year team members mentor the first-year team and alumnae stay connected with the program through the Ascend Alumnae Association, creating a network of accomplished and supportive women around the world.

LeGree didn’t let the fall of the Afghan government and subsequent return of Taliban prohibitions regarding women stop her: she started a program in Pakistan and recently returned to Afghanistan. Ascend Afghanistan is now in its tenth year.

The Arlington-based non-profit received support for the “Hike for Her” from REI Co-op, Patagonia of DC and Patagonia of Alex-



Carolina Holland, 11, writes a postcard explaining why she supports the women learning to climb mountains. Community support is one of the five pillars of the Ascend program.

andria, DC Oak, SFBS LLC, a window treatment company, Carol Berrigan, Sport Rock Climbing Center, Whelan’s Beer and Wine, Send Bars, Before and After Cafe, Devil’s Due Distillery, and Trail Dames, to name a few. Registering for the “Hike for Her” was \$120, including the hike, gourmet picnic lunch, drinks, and catered barbecue dinner at the home of yet another supporter who had donated the venue.

“Each hiker who signed up for the day,” said Kelly Pokharel, one of the organizers, “covered the cost for one instructor in Afghanistan.” The hike attracted about 60 people, but fell short of its goal of raising \$45,000.

To support Ascend Afghanistan, see: <https://www.ascendathletics.org>

For more about the Afghan Women’s Council at Georgetown University, see: <https://usawc.georgetown.edu/mission/>