

The Arlington Connection

Emily Landsman, former president of the board of Friends of Urban Agriculture, rescues a runaway sign blown over by the wind at the Plot Against Hunger donation site. She has just delivered arugula and mustard greens to the kitchen.

Help Plot Against Hunger

PAGE 3

DONATE YOUR PRODUCE HERE

Growing food to feed our neighbors

PLOT AGAINST HUNGER



JOIN US:
ARLINGTONURBANAG.ORG



Senior Living:
History-Teaching Grandma

PAGE 2

What Does the New
State Budget Do for You?

PAGES 5, 6, 8



MORE SENIOR LIVING, PAGE 7 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

Carrying the Torch: Arlington Grandmother Prepares Children for America's 250th

89-year-old Eleanor Whitfield teaches local children the full American story, one that includes the African-American chapters too often left out.

BY MARILYN CAMPBELL
THE CONNECTION

At eighty-nine, Eleanor Whitfield (or Mama El as she is known to those close to her) moves slowly, but her voice carries the kind of authority that makes children sit up a little straighter. Every Saturday morning for the past five months, she has gathered her granddaughter and a small group of neighborhood children around a long table in whichever Arlington library has space that week. Sometimes Arlington Central Library, sometimes Shirlington, occasionally Westover. Through a long life lived in many places, libraries have been her steady companions. She says they contain shelves full of possibility.

Colored pencils, crayons and washable markers roll everywhere. History books in the form of coloring books, picture books

“America has a story and every child deserves to know all of the chapters.”

— Eleanor Whitfield, 89

and chapter books sit open like small tents. And Whitfield, who has lived in Arlington since 1969, begins her lesson the same way each week.



Eleanor Whitfield, 89, leads Saturday-morning history lessons at Arlington libraries, teaching children the full American story — including the African American chapters that shaped it.

“America is a story,” she says. “And you’re part of it.”

This summer, as the nation prepares for the 250th anniversary of the Declaration of Independence, Whitfield has taken it upon herself to teach the children not only the familiar milestones of American history but the threads of African-American history

that run through every era. She calls it “the whole truth,” and the kids call it “Grandma School.”

“America has a story and every child deserves to know all of the chapters,” said Whitfield.

Her granddaughter, nine-year-old Lila, sits closest, legs swinging under her chair.

“Grandma says history is like a quilt,” Lila says. “If you leave out pieces, it won’t keep anybody warm.”

Whitfield begins with the Revolution — names, dates, battles — but she doesn’t stop there. She tells them about Crispus Attucks, the Black and Indigenous man killed in the Boston Massacre. She teaches them about Harriet Tubman guiding families through the dark woods, about Frederick Douglass shaping the nation’s conscience, about Black soldiers in every American war who served a country that often refused to serve them in return.

Sometimes she pauses and asks the children to draw what they imagine Tubman’s lantern, Douglass’s pen, the worn shoes of a child walking north. The drawings form a timeline stitched in crayon.

As July 4 approaches, the children are preparing a small presentation for their families. It will take place during a backyard cookout at Whitfield’s daughter’s home. It will be an easy, familiar gathering of extended family and the families of the children she’s been teaching. If it rains, they’ll perform in the living room.

The children will share recitations, posters, and a quilt-style mural built from their drawings. Whitfield will sit in the front row of the makeshift auditorium, her walking cane resting against her knee, watching the next generation tell the story she has spent her life preserving.

“America is turning 250,” she says. “But these children are the ones who will decide what the next 250 look like.”

Judicial Standoff: Virginia Gun Law

Virginia judge’s preliminary injunction halts state’s new restrictions on semi-automatic firearms days before they were set to take effect.

BY MERCIA HOBSON
THE GAZETTE

Lancaster County Circuit Judge John Martin issued a preliminary injunction on Thursday, June 25, blocking a law that would ban the sale and manufacturing of certain semi-automatic firearms and large-capacity magazines. Because of the ruling, the weapon ban does not take effect as scheduled on July 1.

The legislation made it a Class 1 mis-

demeanor to import, sell, manufacture, purchase, or transfer certain semi-automatic firearms — often referred to as assault weapons — and high-capacity magazines holding more than 10 to 15 rounds.

Sen. Saddam Azlan Salim, D-Fairfax, and Del. Dan Helmer, D-Fairfax, introduced identical bills, Senate Bill 749 and House Bill 217, which the General Assembly passed and Gov. Abigail Spanberger signed into law. Supporters say the restrictions comply with the Virginia Constitution, while opponents challenge their constitutionality.



The Herndon Police Department posted on Facebook that a weapon, described as a Norco MAK-90 Sporter, a Chinese semi-automatic AK-47 variant, was seized along with two 30-round magazines containing a total of 51 rounds of ammunition. Officers responded to a restaurant in the 100 block of Elden Street around 2:30 a.m. Saturday, June 6.

HERNDON POLICE DEPARTMENT VIA FACEBOOK

Extra Garden Produce? Donate to Plot Against Hunger

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The cabbages are huge, the plums plentiful and the beans and turnips just out of the garden dirt. Volunteers are at Rock Spring UCC on Little Falls bagging produce fresh out of the garden. It will be delivered to organizations serving food-insecure families in Arlington.

This site is one of two donation sites set up through the Friends of Urban Agriculture Plot Against Hunger program. The other site is the Women's Club on Buchanan which collects produce on Mondays from 1-4 p.m. from May-October. The Rock Spring site accepts donations on Monday and Thursday from 12:30-2:30.

Community gardens around Arlington located at schools, churches and other public spaces are manned by dedicated gardeners who grow fresh produce and deliver it every week to the donation sites. In addition, individual gardeners join in by donating their extra lettuce, tomatoes, beets or kale, or anything growing in abundance that week.

Sukanya Venkataraman, one of today's volunteers, says last year Sue Powell and her sister along with four neighborhood plots donated 2,400 pounds to the effort. "I think that set a record." The total collected for last year was 12,186 pounds. "This year we've set a goal of 13,000," according to Lynda Ramirez-Blust, current President of FOUA.

Venkataraman says this is the second year she has volunteered to do the produce bagging. She is working with Ron Robertson who also started last year and has come every week since this year's collection began May 11. "In the first week we had a lot of radishes, kale and lettuce," Robertson recalls. Today there are a wide variety of donations including mint, green beans and many cartons of plums from a local tree.

Robertson says he likes doing this because it is the only program in Arlington whose sole purpose is to provide fresh produce to neighbors in need. "It's good quality produce for people who don't have access."

Venkataraman adds, "I like being a bagger. I can see what we are giving. It gets loaded into trucks and then is distributed to the community. Produce is so expensive and is beyond the reach of these families."

Meanwhile the table in the Rock Spring kitchen adjacent to the bag-



PHOTOS BY SHIRLEY RUHE/THE CONNECTION
Sukanya Venkataraman is a regular volunteer at Rock Spring UCC donation site for the Plot Against Hunger effort.



Cabbages and turnips crowd the table of donated garden produce ready to be loaded into trucks and distributed to food-insecure Arlington families.

ging area is already piled high with giant cabbages sharing the counter with purple flecked turnips and bags of leafy dark green kale.

Susan Agolini, a longtime volunteer, says they are always looking for volunteers and often need hands working in the gardens. She mentions the garden at St.

Andrews Church in particular. A list of gardens where folks can volunteer is listed on the website at <https://arlingtonurbanag.org/volunteer-in-a-plotagainst-hunger-garden/> with details about the garden workdays.

Agolini says no experience is



Ron Robertson has been volunteering every week since the Plot for Hunger food donations began this year on May 11.



Emily Landsman, former president of the board of Friends of Urban Agriculture, rescues a runaway sign blown over by the wind at the Plot Against Hunger donation site. She has just delivered arugula and mustard greens to the kitchen.

necessary. "Volunteering in the garden is a great way for high school students to get needed volunteer hours as well as a way for young adults to meet other people in the area.

They always have a great time." She explains there are a lot of ways to assist such as packaging and dis-

tribution to a variety of local food pantries. "There are loads of other ways to get involved if people are interested in helping to address local food insecurity. The best way to be in touch and find out about all of the opportunities is to email a coordinator." volunteer@arlingtonurbanag.org.

Chatting, Chewing and Catching Up at ANV Annual Picnic

BY SHIRLEY RUHE
ARLINGTON CONNECTION

They came early; they stayed late. Over 100 members of Arlington Neighborhood Villages and the volunteers who make it happen all year long gathered at Bluemont Park on Saturday, June 20 for their annual picnic.

ANV provided the hamburgers, hot dogs and drinks and the ANV members and volunteers brought their family's traditional potato salad, mom's pasta salad and the favorite ambrosia salad hit of the day as well as their favorite cookie recipe to make it a potluck event.

Wendy Zenker, ANV Executive Director, explains ANV is a volunteer-driven non-profit organization dedicated to helping older residents in Arlington continue living in their own homes. Arlington residents age 55 and older may apply for membership. Their membership fee gives them access to services from 300 volunteers as well as opportunities for meaningful connection and social activities.

Last year ANV fulfilled 4,640 service requests with half being rides to medical appointments and the grocery store but also including errands, home chores, walking buddies and technical help.

The ANV volunteers drove 51,900 miles at their own expense and donated 13,850 hours.

Seventy-five percent of the ANV



PHOTOS CONTRIBUTED
The buffet line stretched on with everyone's favorite potluck contribution at the Bluemont Park picnic shelter for the ANV picnic.



The grilling team produced enough hamburgers and hot dogs to serve a crowd of over 100 at the annual Arlington Neighborhood Villages picnic June 20. From left: ANV Board President Mary Beth Chambers, Gene and Christine Reich, Howard Watson.

members are female older than 80 years old; 68 percent live alone

and 31 percent rely on a mobility device, or have hearing or eyesight

challenges.

For more information on how

to join or how to volunteer: anvarlington.org

PhotoSPEED Safety Cameras Located at Summer School Locations Will Remain Operational

Arlington Public Schools Summer School Program will run from July 6 through July 31, 2026.

To ensure the safety of students as they arrive and depart from school each day, PhotoSPEED safety cameras located at Summer School locations will remain operational throughout the duration of

summer learning.

The PhotoSPEED safety cameras at the following locations will remain operational during Summer School:

- SB Unit block of S. Carlin Springs Road
- EB 3500 block of 2nd Street S.
- SB 1900 block of S. George Mason Drive

NB 1900 block of S. George Mason Drive

NB 1600 block of N. Veitch Street

Speed safety cameras are operational when the school zone lights (beacons) are flashing during school arrival and departure. Violators will be issued a \$100 ticket civil fine per infraction to the vehi-

cle's registered owner.

PhotoSPEED is part of Arlington County's Automated Safety Enforcement Program and supports the County's Vision Zero program efforts.

The Vision Zero Action Plan is in its fifth year of implementation as Arlington works toward the goal of eliminating severe injuries and

fatalities in our transportation network by 2030.

The plan identifies automated speed enforcement as a tool to lower speeds and enhance equity in enforcement. Find more information on the Vision Zero webpage, including maps and safety data, safety project implementation, and community engagement.

David Herlihy Awarded Lifetime Achievement for Delivering Services

David Herlihy, Chief of Digital Innovation and Cloud for Arlington County, has been selected for the Lifetime Achievement for Delivering Services to Citizens by the Service to the Citizen Awards Program, in recognition of his leadership and unwavering focus on excellence in service delivery.

The Service to the Citizen Awards honor public servants who excel in delivering services that positively affect the lives of the public.

Since joining Arlington in 2018, Herlihy

has set the strategic vision and led development of many new innovative technology efforts. During that time, Arlington has been named the No. 1 Digital County by the Center for Digital Government (CDG) and the National Association of Counties (NACo) on four separate occasions, including three consecutive years between 2022-2024.

Under Herlihy's leadership, Arlington has been quick to develop and adopt Arlington's overall AI strategy and implementation plan, including the creation of Arlington's

first virtual agent/chatbot, AVA (Arlington's Virtual Assistant) back in 2019.

He also led Arlington's move to the Cloud and the modernization efforts of the County's application and data platforms that both benefited staff and the Arlington community. Additionally, Herlihy has led and collaborated in revamping the County's public website, making it easier and more efficient for community members to find and access to the resources they need from the County.

Before coming to Arlington, Herlihy

served as the Senior Director Information Technology at the Consumer Technology Association where he led modernization efforts of the Association's member platform and efforts to move the organization to the Cloud. Herlihy also previously worked at Volkswagen of America, Blackboard, and Northrop Grumman, working to deliver innovative solutions in the private and federal contracting sectors.

Herlihy will be officially recognized in a ceremony on Friday, Sept. 18, 2026.

\$207B Virginia Budget with Landmark Data Center Tax

How a new tech industry tax shields local homeowners from school and transit hikes across Northern Virginia.

BY MERCIA HOBSON
THE CONNECTION

Virginia's \$207 billion, two-year state budget automatically became law Monday after the General Assembly accepted all 14 of Gov. Abigail Spanberger's proposed amendments, locking in a final spending plan ahead of a Tuesday 11:59 p.m. deadline to avert a government shutdown.

Because lawmakers voted to adopt the governor's exact package of structural changes, the budget bypassed the need for a final executive signature. The tallies concluded a legislative process, with votes on the amendments ranging up to 23-16 in the Senate and 71-22 in the House of Delegates.

"Today, by finalizing our budget, Virginia is charting a path toward a stronger, more secure, and more affordable future for every family who calls our Commonwealth home," Spanberger said in a statement. "This budget reflects our shared commitment to strengthening Virginia schools, expanding economic opportunity, and addressing the affordability crisis created by reckless policies out of Washington — all while contending with President Trump's disastrous cuts to healthcare."

She added that with "historic investments in education, four percent raises for our teachers, and landmark funding to help families manage the rising cost of childcare, we are



PHOTO VIA FACEBOOK/
OFFICE OF THE GOVERNOR

Virginia Gov. Abigail Spanberger at an economic expansion event in Halifax County, Va., Monday, June 29. That same day, the commonwealth's \$207 billion biennium budget was enacted into law, featuring a first-of-its-kind statewide energy consumption tax on data centers projected to generate \$600 million in annual revenue.

making real strides to uplift every student, listen to parents, support educators, and prepare communities for long-term success."

The bipartisan votes concluded a months-long standoff within the General Assembly's Democratic majority over how to regulate the state's booming tech sector. Some lawmakers sought to eliminate existing tax breaks to force data centers to contribute more to state revenue; others expressed concern that aggressive taxation could drive the industry out of Virginia.

Lawmakers compromised by preserving the industry incentives while introducing

SEE \$207B VIRGINIA BUDGET, PAGE 6



PHOTO BY MERCIA HOBSON/THE CONNECTION

High-voltage transmission lines stand outside a data center in Sterling, Va., Thursday, June 18, 2026. Under Virginia's newly enacted budget, a data center energy tax will leverage tech infrastructure to fund statewide teacher raises and transit, partially shielding Northern Virginia homeowners from local tax hikes.

Hyper-Local Infrastructure Protection Package

6 ways new budget impacts Northern Virginia.

The finalized state budget package includes six key budget provisions specifically designed to protect Northern Virginia's local infrastructure and shield suburban residents from rising regional expenses. Under the funding framework, three targeted provisions shift major utility infrastructure costs and regulatory enforcement actions onto tech industry data centers. The remaining three measures secure immediate funding mechanisms to stabilize

regional transit systems, support local public school budgets, and deliver direct household utility relief across Fairfax, Arlington and Alexandria.

High-Demand Ratepayer Grid Insulation

House Bill 1393 protections require the State Corporation Commission (SCC) to separate utility infrastructure costs, forcing data centers drawing 25 megawatts or more to foot the bill for their grid expansions rather than letting transmission fee costs spike residential bills. Senate Majority Leader Scott Surovell, D-34, said during the April reconvened session that there were "efforts afoot in the General Assembly ... to ensure that data centers are paying their fair share, as I think everyone

broadly agrees is necessary."

Environmental Sound Assessments and Local DEQ Noise Regulations

Environmental Sound Assessments and Local DEQ Noise Regulations command the Department of Environmental Quality, known as the DEQ, to establish strict acoustic baseline rules for cooling systems, providing a regulatory framework for residential subdivisions adjacent to commercial zoning (via HB 153 / SB 553). The provision mandates standardized noise tracking. Surovell highlighted during a February committee hearing why these

protections were fast-tracked: "The noise issues are some of the things we hear the most from people that live next to data centers."

Data Center Water Scarcity Mitigation and Closed-Loop Mandates

Data Center Water Scarcity Mitigation and Closed-Loop Mandates direct the DEQ to establish strict groundwater protection rules, requiring future data center developments to use closed-loop air

cooling or 100 percent recycled stormwater rather than depleting local municipal water reserves. The provision establishes a formal review timeline to designate "cooling water scarcity areas" across the state, a measure heavily pushed by inner-Northern Virginia representatives to prevent industrial water consumption from compromising localized utility infrastructure.

WMATA Operating Lifeline

The final budget package secures \$153 million to fully fund Virginia's share of the WMATA regional operating subsidy, preventing service cuts or fare hikes across

"The noise issues are some of the things we hear the most from people that live next to data centers."

— Sen. Scott Surovell

SEE HYPER-LOCAL, PAGE 6

\$3.9 Million for Growth and Opportunity

Arlington Economic Development has secured approximately \$3.9 million in Growth and Opportunity for Virginia funding to support the National Innovation Quarter. The regional initiative is for Arlington and Alexandria to accelerate commercialization, company formation and national security innovation.

The award is part of more than \$5.6 million in GO Virginia grants announced by Governor Abigail Spanberger to strengthen key industry sectors, expand workforce pathways and support long-term economic diversification across the Commonwealth.

The National Innovation Quarter project positions Arlington at the forefront of technologies such as cybersecurity, artificial intelligence, robotics and advanced hardware that serve both commercial and national security markets.

Over the next two years, GO Virginia funding will support:

- ❖ Expanded startup acceleration and company scaling programs
- ❖ Development of an Innovation Lab for secure collaboration and prototyping
- ❖ Workforce initiatives such as the National Security Innovation Capstone Initiative

in partnership with Virginia Tech

❖ Strengthened coordination across industry, academia and government partners

The project includes collaboration between Arlington County, the City of Alexandria, Amazon, National Landing Business Improvement District, JBG Smith, SAIC, Virginia Tech and other industry partners. Matching funds came from over a dozen regional stakeholders.

In addition, AED received a \$250,000 competitive planning grant to lead a study that will look at the future of office demand and commercial real estate in the Common-

wealth's three key urban centers of Northern Virginia, Greater Richmond and Hampton Roads regions.

This will help identify strategies to reinvest, reposition and redevelop obsolete office space. This multi-regional collaborative effort includes Arlington County, Fairfax County, City of Alexandria, NOVA Economic Development Alliance; Henrico County, City of Richmond, Greater Richmond Partnership; City of Newport News, City of Norfolk, City of Virginia Beach, the Hampton Roads Alliance and the Virginia Economic Development Partnership (VEDP).

Hyper-Local Infrastructure Protection Package

FROM PAGE 5

the Orange, Silver, Blue, and Yellow lines. Championed by House Finance Chair Del. Vivian Watts, this funding matches the target recommended by the SJ 28 Joint Subcommittee on Public Transit to protect daily core commuters. Rather than establishing a permanent new tax stream, the legislative compromise prevents a looming fiscal challenge through an ongoing

funding model that combines targeted state appropriations, existing regional transportation allocations, and temporary legislative waivers on WMATA's statutory 3% operating growth cap.

Local Sales Tax Authority for School Construction

Expanded Local Sales Tax Authority for School Construction grants jurisdictions the authority

to place a voter referendum on the ballot for a 1 percent retail sales tax dedicated exclusively to school modernization, bypassing traditional property tax hikes. The provision incorporates Senate Bill 66, championed by Northern Virginia Senators Jeremy McPike, D-Prince William; Jennifer Boysko, D-Fairfax; and Barbara Favola, D-Arlington. Co-sponsor Favola noted during the legislative session that

with the average age of Virginia school buildings hitting 50 years, homeowners can no longer bear infrastructure burdens alone.

Utility Meter Ratepayer Carbon Rebates

The Utility Meter Ratepayer Carbon Rebates provision mandates nearly half of all state carbon auction funds to be distributed directly back onto residential and

small-business electric bills to mitigate regional capacity costs. The mechanism allocates 45 percent of Regional Greenhouse Gas Initiative proceeds back to consumers.

House Appropriations Committee Chair Luke Torian, D-Prince William, spoke about the compromise following the final budget votes. "When the two bodies get together and have meaningful conversations, we can make some very good decisions."

Key highlights of the proposed FY2027/2028 budget include:

- Makes Virginia more affordable, more secure, and more prepared for the future.
- Maintains a fiscally responsible, structurally balanced budget in both years while preserving strong reserves.
- Delivers nearly \$2 billion in new education funding — the largest investment in public education in Virginia history.
- Invests \$577 million in childcare and early childhood education to help working families and strengthen Virginia's workforce.
- Provides 4% raises for teachers and school support staff and 3.5% raises for state employees in each year of the biennium.
- Continues Virginia's path to a \$15 minimum wage, increasing wages to \$13.75 in 2027 and \$15 in 2028, while investing \$47.7 million to raise wages for state employees, constitutional officers, and home healthcare workers.
- Funds implementation of Paid Sick Leave and Paid Family and Medical Leave, delivering long-overdue protections for Virginia workers.
- Invests \$92 million in affordable housing, homelessness prevention, and eviction prevention programs.
- Includes \$150 million to lower health insurance premiums and nearly \$1 billion to protect Virginians from federal funding cuts and economic uncertainty.
- Invests \$20 million to eradicate sickle cell disease.
- Establishes a Data Center Energy Consumption Fee expected to generate up to \$1.2 billion over the biennium, helping protect ratepayers and ensure the industry contributes its fair share.
- Makes major investments in public safety, including Virginia State Police, violence prevention initiatives, victim services, and first responders.
- Establishes a regulated adult-use cannabis market that prioritizes public safety, consumer protection, and accountability.

HANDOUT VIA VIRGINIA HOUSE DEMOCRATS

A graphic from the Virginia House Democratic Caucus outlines key highlights of the newly enacted 2026-2028 biennium state budget Monday, June 29, 2026.

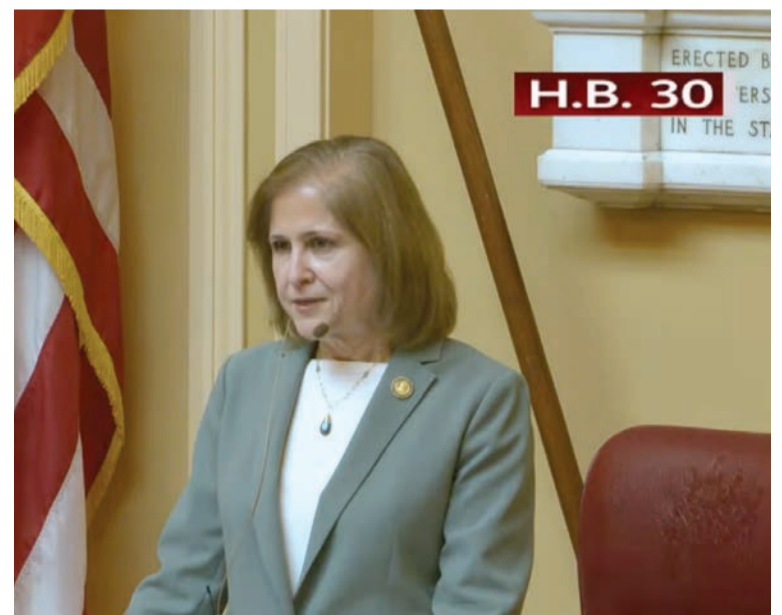


PHOTO VIA SENATE OF VIRGINIA

Virginia Lt. Gov. Ghazala Hashmi presides over the Senate chamber as the General Assembly reconvenes in Richmond, Va., Monday, June 29. Senators met to consider and approve Governor Spanberger's budget amendments, cementing a \$207 billion biennium package featuring a historic tech industry data center tax.

\$207B Virginia Budget with Landmark Data Center Tax

FROM PAGE 5

a new energy consumption tax of 1.1 cents per kilowatt-hour on data centers. The tax is projected to generate up to \$600 million annually, totaling \$1.2 billion over the two-year budget cycle, to fund core state services.

"This institutes a statewide energy consumption tax on data cen-

ters to ensure this industry pays its fair share and does not drive up costs for Virginia families," Spanberger said prior to the vote.

While the new data center tax revenue will be largely generated by tech facilities concentrated in Loudoun and Prince William counties, the final budget redirects a portion of those funds to

help jurisdictions absorb the costs of regional growth. The revenue is slated in part to help close transit deficits in Arlington County and the City of Alexandria, while addressing budget shortfalls for Fairfax County Public Schools and the Washington Metropolitan Area Transit Authority.

Beyond local transit and schools,

the final spending plan funds broader statewide initiatives, including residential utility bill credits and a new \$2 million annual grant program to provide life-saving cancer screenings for Virginia firefighters.

While the bulk of that new revenue serves the wider state general fund, top regional lawmakers

emphasized the significance of the technological compromise.

"I think we went through a lot to get here, but at the end of the day, data centers are going to contribute about \$1.2 billion over the biennium to help fund our government," said Senate Majority Leader Scott Surovell, D-Fairfax, who represents a portion of Fairfax County.

SENIOR LIVING

NVSO Registration opens July 6

Registration to participate in the 2026 Northern Virginia Senior Olympics (NVSO) opens Monday, July 6 and closes Monday, Aug. 24. Registration is online only at www.nvso.us. The fee to register is \$20 which covers an unlimited number of events.

Michael Coleman, NVSO Chair said, "Most events are offered in 5 and 10 year age groups and many are separated by gender." Participants must be 50 years of age by Dec. 31 and live in one of the sponsoring jurisdictions. Coleman emphasized that all events are open to the public and attendance by family members and friends is encouraged.

The full list of events and locations is on the website (www.nvso.us).

SENIOR LIVING

Flourishing after 55

Office of 55+ Programs
Department of Parks and Recreation
300 N. Park Dr., Arlington, VA 22203
703-228-4721

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate (starting at a \$31 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Northern Virginia Senior Olympics (NVSO) looking for volunteers to assist event directors at a variety of events, Sept. 9 – Oct. 4 plus a person to write press releases and contact potential Patrons. Experienced volunteer Webmaster also needed. Email Judy Massabny for further details at jmassa@arlingtonva.us. The dates for 2026 are Sept. 9 – Oct. 4. The official opening is Saturday, Sept. 19 at the Thomas Jefferson Community Center in Arlington. The registration fee remains the same at \$20 which covers an unlimited number of events. Registration is online only at www.nvso.us.

55+ Ice Skating, Mondays at the Med-Star Capitals Iceplex in Ballston Quarter, parking (\$1) on roof level 8, Fee (\$1) includes skate rental, 8:40-9:50 a.m. Pre-registration required at <https://www.medstarcapitalsiceplex.com>, register for Senior Public Skate.

55+ (senior adults) weight room hours, Mondays, Wednesdays and Fridays at Langston-Brown Community Center, 11 a.m. – 2 p.m.; Tuesdays and Thursdays, 8 a.m. – 11 a.m., Madison Community Center. For more information, call 703-228-4771. A 55+ Gold Pass is required.

Line dance practice led by volunteers, open to intermediate level dancers, Mondays, 10 a.m. and Thursdays, 1 p.m., Arlington Mill 55+ Center. Drop-in.

Walk Fit, a free, weekly walking program hosted by VHC Health offers a 45-minute walk on the indoor

us) as well as photographs and results from previous years.

"The NVSO committee and staff are all volunteers, 100% of the money from registration fees and Patron support goes toward the implementation of the more than 80 events to be held at 34 different venues throughout Northern Virginia," Coleman said. "We welcome volunteers to assist event directors and additional information is on the website or by emailing nvso1982@gmail.com."

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church. Additional sup-

port is provided by the 2026 Gold Patrons, AARP Virginia, Adobe, Ashby Ponds by Erickson Senior Living, CareFirst Blue Cross Blue Shield, Falcons Landing, Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Retirement Unlimited, Inc., Seniors Helping Seniors, The Beacon Newspapers, The Jefferson, The Mather - Tysons, United Health Care, Vinson Hall Retirement Community, Woodlands Retirement Community, Woodleigh Chase by Erickson Senior Living; and the 2026 Silver Patrons, Koons Toyota Arlington and Chesterbrook Residences. Plus an additional generous grant from Johns Hopkins Health Plans Grant Program.

track at Lubber Run 55+ Center plus a 15-minute guided stretch, Thursdays, 8:30 - 9:30 a.m. Open to all ages; no 55+ Pass required. Drop-in.

Creative Commons provides a flexible and inspiring space for artists to work at their own pace, Monday, July 6, 1 p.m., Lubber Run 55+ Center. No supplies or instruction provided. Registration # 914303-02.

Color and Sip, no artistic skills required, enjoy refreshing lemonade, coloring supplies provided, Monday, July 6, 1 p.m., Aurora Hills 55+ Center. Registration # 914310-07.

PTSD and Mental Health in Aging, discussion on how PTSD affects mental health as we age and how trauma impacts memory behavior, Tuesday, July 7, 1 p.m., Arlington Mill 55+ Center. Presented by Sydney Palinkas, RAFT outreach coordinator. Registration # 914500-05.

Mindful Meals, presented by Virginia Cooperative Extension, Tuesday, July 7, 11 a.m., Lubber Run 55+ Center. Program focuses on enjoying food with intention, including slowing down, savoring flavors and making balanced food choices. Registration # 914501-06.

Pride Dance bingo combines cardio dancing and classic bingo, Tuesday, July 7, 6 p.m., Walter Reed 55+ Center. Special Pride edition featuring anthems from LGBTQ+ icons. Registration # 914802-02.

Musician of the Month honors the talent and influence of iconic performers across generations. July's selection is Patti LaBelle, Tuesday, July 7, 1 p.m., Lubber Run 55+ Center. Registration # 914400-36.

Murder Mystery Dinner Night, interactive game, bring your own dinner, non-alcoholic beverages and dessert provided, Wednesday, July 8, 5:30-7 p.m., Arlington Mill 55+ Center. Registration # 914801-04.

History roundtable features a discussion on the impact of famous

books, Wednesday, July 8, 11:15 a.m., virtual. Registration # 914402-05.

Claude Monet's visionary water lily paintings, presented by art historian Joan Hart, Wednesday, July 8, 1 p.m., virtual. Registration # 914302-02.

Paper quilling, create beautiful, raised images from coiled paper strips using a few basic tools, Thursday, July 9, 1:30 p.m., Lubber Run 55+ Center. Beginners welcome. Cost \$20. Registration # 914310-02.

Discovering the Fairfax Resolves, a 1774 document that helped shape Virginia's response to British policies, Thursday, July 9, 3 p.m., virtual. Presented by John McNair, Arlington Management Specialist for Historic Preservation. Registration #914400-22.

America 250: A Musical Celebration of our Nation's History, a special performance by the Quantico Marine Corps Band, Thursday, July 9, 6-7:30 p.m., Lubber Run 55+ Center. Open to all ages; no 55+ Pass required. Registration # 914899-09.

New 55+ Gaming Club at Arlington Mill 55+ Center's gaming room featuring 10 PlayStation consoles and TVs, a fun mix of video games and a welcoming environment, Friday, July 10, 11 a.m. – 2 p.m. Registration # 914600-02.

Dementia diagnosis: Now What? Join Nina Davis from Insight Memory Care Center as she addresses what to do after a diagnosis of dementia, Monday, July 13, 1 p.m., Lubber Run 55+ Center. Registration # 914500-06.

Financial learning sessions with Arlington Community Federal Credit Union financial counselor Tanise Bing, Monday, July 13, 10:30 a.m., Langston-Brown 55+ Center, featuring how credit scores are calculated, registration # 914400-04; session on Monday, July 13 at 1 p.m., Aurora Hills 55+ Center,

SEE FLOURISHING AFTER 55, PAGE 11

Easing Your Transition from Hospital to Home.



Alexandria
Rehabilitation & Healthcare Center

AlexandriaHC.com · 571.257.1896
900 Virginia Ave, Alexandria, VA 22302

www.connectionnewspapers.com/advertising

THE CONNECTION

Alexandria
Gazette Packet Mount Vernon Gazette

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

- EMAIL BLASTS
- DIGITAL BILLBOARDS
- FRONT PAGE SHOUTOUT
- SOCIAL MEDIA
- SPONSORED CONTENT

Target the right audience.



For Advertising: Call 703.778.9431 or
Email sales@connectionnewspapers.com

Workhouse Hosts ‘Suffs’ Players

Lucy Burns portrayers speak at Arts Center during show’s run at the National Theatre.

By SUSAN LAUME
THE CONNECTION

Lorton has claim to some of the most infamous events of the suffrage movement which eventually led to passage of the right to vote for women in 1919. Some have opined that the women’s treatment in Lorton hastened the long sought right to vote for women. The Workhouse Arts Center now houses a Lucy Burns Museum, dedicated to providing a glimpse into the suffragist movement in which she played a major part.

On June 18th, the Center hosted two actresses currently portraying Burns and other important historical figures in the movement, in the Broadway play, “Suffs,” Gwynne Wood, as Lucy Burns, and Gretchen Shope, who understudies for the role.

During the question and answer format, the players provided insights about the show to a large audience. Organizers were surprised by the number of participants. Many in the audience had seen the play multiple times. And many present were planning to see the show during its run in Washington DC.

The Arts Center reached out to the National Theatre, noting their shared role in educating about the suffrage movement. The cast members came to the Workhouse to do a Learning at Lunch series presentation. The Arts Center reciprocated by promoting information about “Suffs” tickets at the National Theatre on the Arts Center web site.

“Suffs” played on Broadway as a musical, with a book, music, and lyrics by Shaina Taub. It centers on the American women’s suffrage movement and the activists who fought for the vote. The show follows figures such as Alice Paul, Carrie Chapman Catt, and their allies and rivals, as they navigate protest, organizing, and political pressure in the years leading to ratification of the 19th Amendment. The show began at The Public Theater before transferring to Broadway, where it played the Music Box Theatre. The production earned major recognition including Tony Awards for Best Book of a Musical and Best Original Score.

Selected questions and answers which represent a feel for the hour long interaction are provided here, edited for length.

Q - What resonated with you about the suffragist movement and the women?

A - Wood - We take [the women] for granted. It’s crazy that we don’t know more of their names and talk about them more.

A - Shope - Reading and watching “Suffs” for the first time, I was surprised how much disagreement there was within the movement. They had heated disagreements, but ultimately managed to work together for the same goals.

A-Wood - I resonate with Lucy Burns the most. Knowing her whole history and her interest in drama, which allowed her to be



“Suffs” portrayers of Lucy Burns, Gwynne Wood and Gretchen Shope, pose after their Learning at Lunch lecture at the Workhouse Arts Center.



PHOTOS BY SUSAN LAUME/THE CONNECTION

Lucy Burns statue at the museum named for her on the quad at the Workhouse Arts Center.



The Turning Point Suffragist Memorial at Occoquan Regional Park in Lorton, is currently the only national monument to the suffragists.

comfortable talking to crowds. In small ways I’m like her. [Lucy Burns, with Alice Paul, founded the National American Women Suffrage Association.]

A - Shope - I resonate most with Inez [Millholland] and her use of theatrics. [Inez Millholland, a lawyer and activist, rode a white horse at the head of the 1913 suffragist pa-

rade in Washington DC].

Q- Is there an “it” scene from the cast’s perspective?

A - Wood - The scene before Alice Paul sings “Worth It.” It’s a lighter scene but it sees them as “real” women. It makes larger scenes more impressive. It shows they experienced some emotions, dealt with them,

and that we are all capable of great things.

A- Shope - “Respectfully Yours, Dudley Malone.” The audience always responds to the male empathy with the suffragist movement. In this world, there’s a tendency not to believe women. So the audience is able to receive the empathy in a different way.

SEE WORKHOUSE, PAGE 11

ENTERTAINMENT

CENTERS FOR OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington 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, Program Coordinator at 703-567-1346.

VOLUNTEER FOR ARLINGTON'S COMMUNITY AMBASSADOR PROGRAM

Arlington Neighborhood Village, in partnership with Arlington County and Marymount University, has started the Community Ambassador Program (CAP). CAP is a volunteer fueled system that identifies "Ambassadors" connected with civic associations, faith communities, senior centers, apartment buildings, etc. These individuals will be trained to be a reliable source of information about the many opportunities available to older adults in Arlington.

Ambassadors will spread the word about programs and support services, opportunities for social and civic engagement, and educational and enrichment activities for older adults in their own neighborhoods. They are actively recruiting ambassadors to act as a bridge between their community and the Arlington safety net, providing information and soliciting feedback to improve offerings that help older adults remain safe, independent, engaged, and connected to their community.

Contact cap@anvarlington.org if this is something you are interested in or want to learn more. Let's work together to create a supported and connected community for all ages!

Receive Support Services: Are you a senior in Arlington? Do you need support services but don't know where to look? Are you looking for fun and enriching activities in Arlington? Email or call 703-509-8057 and they will connect you with an Ambassador.

THE MARJORIE HUGHES FUND FOR CHILDREN

The Marjorie Hughes Fund for Children (MHF), a 501(c)(3) nonprofit serving Arlington Public Schools (APS) students, helps underinsured and uninsured students obtain medical and dental services and other necessary medical care. Established in 1992 to honor the work of public health physician Marjorie F. Hughes, who dedicated her career to public school students in Arlington, MHF is made up of Public Health School Nurses, School Health Aides, APS staff, and community stakeholders. In collaboration with pediatric office staff and dental providers, MHF pays for school entry and sports physical exams, dental treatments, assists with the purchase of medications or medical equipment, and provides transportation via UberHealth rides to doctor and dentist appointments. MHF services are supported entirely by generous donations and grants, and they have helped students throughout Arlington schools, from kindergarten to high school, to be happy, healthy, and ready to learn. To learn more about MHF, its mission, its work, and to make a contribution, visit <https://www.marjoriehughesfund.com/>.

YEAR ROUND ON SUNDAYS

Farmer's Market. 9 a.m. to 1 p.m. At Casa Chirilagua Community Center, 4109 Mt. Vernon Ave., Alexandria. Experience fresh foods, native plants, artisan crafts, music and community at Four Mile Run Farmers & Artisans Market in the heart of Arlandria outside the Casa Chirilagua Community Center, every Sunday 9-1 p.m.

FRESHFARM OPEN YEAR-ROUND

FRESHFARM Ballston Market will now operate year-round, providing residents and visitors with continued access to locally grown produce and goods even through the winter months. Located at Welburn Square (901 N Taylor St., Arlington) just steps from the Ballston Metro, the market operates Thurs-

www.CONNECTIONNEWSPAPERS.COM



"Libraries, Liberty, and Community" will be presented on Saturday, July 11, 2026 at Cherrydale Library in Arlington.

days from 3-6 p.m. The market features a lineup of 20 regular and rotating farmers and producers, and shoppers can enjoy nearly everything needed for a complete grocery shop, from hearty winter squash and leafy greens to eggs, meats, pantry staples, and prepared foods, while supporting regional farmers and producers year-round. Visit freshfarm.org/markets/ballston.

SATURDAY/JULY 4 Independence Day Celebration and Fireworks Viewing Party. 7:30 to 10:30 p.m.

At Converse Family Field on Marymount University's Main Campus, Arlington. This year, Marymount University will be hosting an Independence Day celebration and fireworks viewing party at the Converse Family Field. This free event represents a great opportunity for community members to gather, socialize, and enjoy a great view of the fireworks over Washington Golf and Country Club.

Here are some of the event specifics:

The celebration will run from 7:30-10:30 p.m. on July 4 and will take place at the Converse Family Field on Marymount University's Main Campus.

The event is free and open to the public. No registration is required.

Complimentary sliders, fries, frozen treats, and beverages will be provided.

Free parking is available in the Gerard Lot and the Blue and White Garages.

SUMMER EVENTS ON COLUMBIA PIKE

The Columbia Pike Partnership invites residents to enjoy a variety of community events throughout July and August, including outdoor movies, networking opportunities, and educational lunch programs that celebrate the people, businesses, and culture of Columbia Pike.

July 2 - America 250 Happy Hour
William Jeffrey's Tavern

Celebrate America's 250th anniversary with neighbors, business leaders, and community members. Attendees will have the opportunity to contribute memories, messages, and mementos to the Pike Capsule, a community time capsule project commemorating this historic milestone. RSVP on the Columbia Pike Partnership website. Free appetizers while supplies last.

July 11 - Movie Night: FIFA World Cup Quarterfinal Watch Party

Arlington Mill

Experience the excitement of the FIFA World Cup on the big screen alongside fellow soccer fans. Enjoy an evening of community, international culture, and world-class competition.

July 18 - Movie Night: Miss Congeniality

Penrose Square

Celebrate Arlington native Sandra Bullock with a free outdoor screening of the beloved comedy classic. Beer and wine will be available for purchase for attendees 21 and older.

July 25 - Movie Night: GOAT
Arlington Mill

Bring the family for a free outdoor screening of the new animated sports comedy. Columbia Pike Partnership will be selling popsicles, with proceeds supporting future community programming.

July 29 - Lunch Club at Meda Coffee
Featuring the Executive Director of Phoenix Bikes Join local professionals and community members for lunch and a conversation on leadership, youth development, and community impact. RSVP on the Columbia Pike Partnership website.

August 1 - Movie Night: I Know What You Did Last Summer

Penrose Square

Wrap up the summer movie series with a free outdoor screening of the iconic thriller. Beer and wine will be available for purchase for attendees 21 and older.

August 6 - Paws on the Pike Happy Hour
Celtic House

Animal lovers are invited to network with neighbors while meeting adoptable dogs and learning about local pet resources. The event will feature adoptable pups and community partners supporting animal welfare. RSVP on the Columbia Pike Partnership website. Free cocktails for first 20 attendees.

August 26 - Lunch Club at MoMoGo
Featuring the artist behind the new Goodwill mural. Enjoy lunch and conversation while learning about the creative process, inspiration, and community impact of one of Columbia Pike's newest public art installations. RSVP on the Columbia Pike Partnership website.

MOVIE NIGHTS ON THE PIKE!

Beginning July 11, join us on Saturday evenings for free outdoor movies under the stars at Arlington Mill Community Center and Penrose Square. This year's lineup has something for everyone—from a World Cup Quarterfinal watch party and the comedy classic *Miss Congeniality* (7/18) to the family-friendly animated film *GOAT* (7/25) and a thrilling finale with *I Know What You Did Last Summer* (8/1). Bring your lawn chairs, blankets, family, friends, and even your leashed pup for a fun evening in the heart of our community.

SATURDAY/JULY 11

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 July's show is the hilarious Jenny Cavallero. Visit capitalcityshowcase.com.

SATURDAY/JULY 11

"Libraries, Liberty, and Community." 1-3 p.m.

At Cherrydale Library, 2190 Military Road, Arlington. The Citizens for Cherrydale Library and the Friends of the Arlington Library, in connection with America's 250th anniversary, are co-hosting a celebration at Cherrydale Library entitled "Libraries, Liberty, and Community: Celebrating the Democratic Tradition of Public Libraries in America."

The event features:

Old photos of Cherrydale Library

Cake from Heidelberg Bakery

Snacks from Lebanese Taverna, Lapu Lapu, and Habibi Restaurant.

Entertainment for all ages

Live Music by "Fusion Project," a group of recent graduates of H-B Woodlawn.

More details appear on the website of Citizens for Cherrydale Library:

www.CherrydaleLibrary.org

SUNDAY/JULY 12

MoCA on the Move: Summer Fun Family

Series. 10 a.m. to 1 p.m. Recurring event on Sundays through Aug. 30. At Metropolitan Park, 1300 S. Elm Street, Arlington. Spend your Sunday with live music, artist-led art making, and playful extras like chalk and bubbles in the park. Free and open to all ages! Music and art offerings vary each week. Come back and get inspired throughout the series.

TUESDAY/AUG. 4

National Night Out. 5 to 8 p.m. The Arlington County Police Department (ACPD) invites Arlington neighborhoods, businesses and organizations to join communities across the country in celebrating National Night Out (NNO) by hosting events on Tuesday, August 4, 2026 from 5 p.m. to 8 p.m. NNO, held annually on the first Tuesday in August, is a nationwide event dedicated to strengthening police-community partnerships and fostering neighborhood connections. Join law enforcement, public safety personnel and local government officials at cookouts, block parties, ice cream socials and other gatherings across the County for an evening focused on community engagement, positive relationship-building and fun for all ages!

SATURDAY/AUG. 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 August's show is the hilarious Dom Grayer. Visit capitalcityshowcase.com.

Transform Your Bathroom and Change Your Life.

FREE TOILET + \$1,500 OFF*

For your FREE information kit and our Senior Discounts, Call Today Toll-Free

1-877-591-9950



*Free toilet with purchase and installation of a walk-in tub or walk-in shower only. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only. CSLB 1082165 NSCB 0082999 0083445 13VH11096000



SAVE \$350 when you transform your patio into an outdoor oasis.



Call 1-844-746-2332 now to **SAVE \$350 TODAY!**

- Instant shade at the touch of a button.
- Enjoy more quality time with family and friends.
- Up to 10-Year Limited Warranty.



WHAT BURNED



WHAT THEY CLAIMED

Their lies come out of your wallet. Insurance fraud costs everyone in Virginia \$1,000 per year. Learn how to spot it and report it at TheCostOfFraud.com.



CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

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

Employment

M&A and Strategy Associate, Arlington, VA. Analyze diligence findings, identify material risks, & prep decision memos for management. Conduct business development outreach to identify potential acquisition & project sale opportunities. Lead financial, legal, & operational diligence for acquisitions, define diligence scope, coordinate internal/external teams, & present conclusions to sr. leadership. Lead internal meetings w/C-suite management. Mail resume to A. Mizrahi, Energix US, Inc., 1201 Wilson Blvd., Suite 2200, Arlington, VA 22209.

Employment

Cellco Partnership and Its Controlled Affiliates Doing Business as Verizon Wireless (Verizon Wireless) proposes to collocate wireless communications antennas at a top height of 40.5 feet on a 33.3-foot building at the approx. vicinity of 1518 12th Street N, Rosslyn, Arlington County, VA 22209. Lat: 38-53-15.72, Long: -77-4-30.26. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Maggie Vincent, m.vincent@trileaf.com, 303 International Circle, Suite 150, Hunt Valley, MD 21030, 410-853-7128.

Employment

Survey Researcher (Higher Education Content Analyst) sought by Hanover Research Council to design survey studies, field & collect data results & perform analysis on data for higher education clients. Apply & oversee application & incorporation of advanced methodologies including cluster analysis, Max/Diff analysis, conjoint analysis, regression analysis, key driver analysis & tuition sensitivity & elasticity. Apply knowledge of statistical design & methods, analysis of behavioral variables & execution of large-scale, cross-sectional & longitudinal studies. Integrate & adapt all tools & methodologies to existing survey analysis processes. REQ: Master's degree in Econ, Finance, Stats, Math or closely related field & 6 months' exp in stats. Exp must also include 6 months in each of the following: K-means Cluster Analysis; Principal Component Analysis; CBC Conjoint Analysis; Regression Analysis; Econometrics; Open-Ended Topic Analysis; Open-Ended Sentiment Analysis; Data analysis & management; R; Stata & Advanced Excel. Arlington, VA. To apply email resume to careers@hanoverresearch.com. Must include job code SR0626.

Employment

GENERAC

#1 standby generator worldwide.

Get whole-home power, automatically.

Call 844-947-1479 to schedule your free quote today!

*Terms & conditions apply

Past issues of

THE CONNECTION
NEWSPAPERS

back to 2008 are available at

<http://connectionarchives.com/PDF>

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers



The Connection to Your Community
www.connectionnewspapers.com

The Arlington Connection

www.ConnectionNewspapers.com

Twitter @ArlConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Mary Kimm

Editor and Publisher

mkimm@connectionnewspapers.com

Shirley Ruhe

Contributing Photographer and Writer
slrbc@aol.com

Eden Brown

Contributing Writer

arlington@connectionnewspapers.com

ADVERTISING:

For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk

Display Advertising/National Sales
703-778-9444

debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431

dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com
@MaryKimm

Publisher

Jerry Vernon
703-549-0004

jvernon@connectionnewspapers.com

Art/Design:

Laurence Foong

Production Manager:

Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com



Judicial Standoff: Virginia Gun Law

Virginia judge's preliminary injunction halts state's new restrictions on semi-automatic firearms days before they were set to take effect.

By MERCIA HOBSON
THE CONNECTION



HERNDON POLICE DEPARTMENT VIA FACEBOOK

The Herndon Police Department posted on Facebook that a weapon, described as a Norco MAK-90 Sporter, a Chinese semi-automatic AK-47 variant, was seized along with two 30-round magazines containing a total of 51 rounds of ammunition. Officers responded to a restaurant in the 100 block of Elden Street around 2:30 a.m. Saturday, June 6.

weapons — and high-capacity magazines holding more than 10 to 15 rounds.

Sen. Saddam Azlan Salim, D-Fairfax, and Del. Dan Helmer, D-Fairfax, introduced identical bills, Senate Bill 749 and House

Bill 217, which the General Assembly passed and Gov. Abigail Spanberger signed into law. Supporters say the restrictions comply with the Virginia Constitution, while opponents challenge their constitutionality.

FLOURISHING AFTER 55

FROM PAGE 7

covers how to read a credit report, registration # 914400-05.

Christmas in colored pencils, create a hyper-realistic close-up of a poinsettia, Mondays, July 13, 20 and 27, 1 p.m., Arlington Mill 55+ Center. Cost \$60. Taught by art instructor Sandra Philips. Materials not provided. Check registration receipt for supply list. Registration # 914503-05.

Genealogy 101, learn to use primary sources and DNA services such as Ancestry.com and other resources to explore your family's roots, Tuesday, July 14, 11:30 a.m., Lubber Run 55+ Center. Taught by genealogist Eileen Bogdanoff. Registration # 914402-02.

55+ Travel group will visit Potomac Mills Premium Outlets for shopping and lunch (on your own), Tuesday, July 14. Cost \$12, Arlington

resident; \$14, non-resident. Registration # 902607-02.

Give line dance a try, fun and low impact exercise, prepares participants for a beginners line dance class, Wednesday, July 15, 10:15 a.m., Walter Reed 55+ Center. Drop-in.

Power of attorney essentials presented by Legal Services of Northern Virginia (LSNV) attorney Benjamin L. Apt, Wednesday, July 15, 1 p.m., Arlington Mill 55+ Center. Registration # 914404-05.

Opera appreciation group to listen to and discuss part two of "The Girl of the Golden West" by Italian composer Giacomo Puccini, Wednesday, July 15, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-04.

Meal planning tips presented by Virginia Coop-

erative Extension Master Food Volunteers, Thursday, July 16, 11 a.m., Langston-Brown 55+ Center. Registration # 914501-07.

Arlington's Urban Forest, an overview of the county's trees and urban forestry programs with Urban Forest Manager Vincent Verweij, Thursday, July 16, 3 p.m., virtual. Registration # 914400-24.

Memory Café welcomes people with dementia and their family caregivers to socialize, build support networks and enjoy meaningful dementia-friendly activities, Thursday, July 16, 1:30 p.m., Walter Reed 55+ Center. Drop-in.

55+ Travel group will travel to Upper Marlboro, MD for the Dutch Village Farmers Market, Friday, July 17. Vendors from Lancaster County, PA. Cost \$12, Arlington resident; \$14, non-resident. Registration # 902607-03.

A Bloody Business



By KENNETH B. LOURIE

I was reminded a few weeks ago about something in my life which I hardly need reminding about: my thyroid cancer diagnosis and my chronic kidney disease, both stage IV; two for the price of one (one of which would be plenty, two is overkill, literally). The reminder came when one of the levels in my monthly lab work was higher than (A) It needed to be and (B) higher than it has ever been. Not exactly cause for celebration (certainly not ringing a bell at any infusion centers announcing a cured patient). However, after 17+ years of this, I'm fairly well-prepared in how one reacts to such cancer-related abnormalities. However, this time, the measure generated an email from my nephrologist's dialysis coordinator acknowledging this recent elevated level. He asked me if I was experiencing any symptoms (and he listed them: fatigue, poor sleeping, disinterest in food, hiccups, et cetera) relating to my kidney disease. The complicating factor is treatment of my thyroid cancer exacerbates my kidney disease and managing my kidney disease is at cross purposes with how I treat/live with my thyroid cancer disease. The classic "damned if you do ... " scenario.

Fortunately, none of the disease-related symptoms had manifest themselves. Moreover, my levels declined enough in my special-ordered two-week later lab order (instead of the usual four) so I was sort of "off the clock," as my friend Sean would say. As a result, all the interested parties retreated from their presumptive brinks. I was advised to hydrate more and to schedule my next lab in its customary four-week slot. And so, the medical professionals will be closely monitoring my lab work to evaluate if this higher-than-normal level was an outlier or the long-awaited, probably anticipated beginning of the slide (I can't say "end"). Nevertheless, diagnosis to date, my cancer life (diagnosed late Feb. 2009) has mostly been lived on easy street, with a few unexpected turns and a couple of potholes along the way. If I was to complain I'd be an expletive deleted (although that catheter that was inserted in the hospital when I was admitted with a collapsed lung in 2015 was kind of a problem).

Still, this kind of mental anguish is what "dropping the other shoe" is all about. On the one hand, I think about my cancer situation/predicament all the time with intermittent interruptions. On the other hand, I think about my cancer situation/predicament during those intermittent interruptions. As you can read, it matters not which hand or which compartmentalized part of my brain is working, it's all working on cancer stuff. And ignoring it all is the method to my madness unless and until I get a jolt - like lab results. It is these lab results which are on the frontline of my coexistence with cancer. When something happens/dare I say, portends, it will likely be the lab work that does its indicating. And right now, and in early June when I'm back "labing" every four weeks, I will be in a heightened state of anxiety. But since there's only so much I can do to impact these future results, I have to tell myself to "act naturally" (as Buck Owens and Ringo Starr sing) and not overreact. There's no real reason to do so now anyway. There's no advantage in being miserable and uptight in advance of my next lab work. If those results are disappointing, shall I say, then my life will become more complicated. As such, there's no reason to complicate it now. Bad news travels fast enough. I don't need to hurry it along. And anticipating it likewise serves no purpose. It will be bad enough when it's fact. Until then I can live with the fiction.

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

Workhouse Hosts 'Suffs' Players

FROM PAGE 8

A- Wood - Being here in Lorton and the Washington area, everyone here understands all the political elements behind the story. In Minneapolis, they were on the edge of their seats listening to Mary Church Terrell's character comment about that the police would not do anything [to protect the demonstrators]. [Mary Church Terrell was an African American activist and suffragist, who helped found the NAACP, and the National Association of Colored Women.] There was an audible reaction from the audience and the show felt heavy in the time when we were in Minneapolis close to when Renee Nicole Goode was murdered.

Q- What about the sub themes, as the show seems to embrace segregation; it ad-

ressed that the march was segregated and pushed colored women aside, queer women in the movement, and those with immigrant status; not paying more attention to intersectionality?

A-Wood - There are so many sub-themes, I feel comforted by the cyclical nature of everything. Characters aren't chastised for wanting things to change and be better. As we look back on their successes and failures, criticism and critique is a vital part of getting better.

Q- Why was the title "Suffs" chosen?

A- Wood - "Suffragist" was considered. The idea was to draw away from the use of the term "Suffragette." But there were other projects already in production first called "Suffragist." They wanted a one work title and wanted to emphasize the movement,

not just one person.

A-Shope - "Suffs" seems a friendlier term; more relatable; making audiences feel a part of the group.

Q- Why is it an all female cast, even the portrayal of President Wilson?

A- Wood - The cast members are all female or non-binary. It was important to add gender diverse folks to the cast. It brings older history into the present.

The goal of the show was to center on these women, but with the violence involved, didn't want it to be too graphic. All females in the roles allows women to stay central, even the President.

A- Shope - In history we give Woodrow Wilson too much credit. So being played by a woman in drag kind helps put him in his place.

Broad Relief for Virginia Families Coming July 1

From rent, paychecks, and medical bills to boosted school funding, here's how the new budget could impact everyday costs.

By MERCIA HOBSON
THE CONNECTION

A wide-ranging slate of new state programs to fill gaps in housing, workforce, healthcare, and education for Virginia families took effect July 1.

From rent, paychecks, and medical bills to increased school funding, the new state budget addresses everyday costs and residents' pocketbooks through four key areas of newly enacted provisions — reforms that are vital to the Northern Virginia communities of Fairfax County, Arlington County, and the City of Alexandria.

"Today, by finalizing our budget, Virginia is charting a path toward a stronger, more secure, and more affordable future for every family who calls our Commonwealth home," said Gov. Abigail Spanberger in a statement issued June 29, highlighting how the finalized budget targets kitchen-table costs. "We are investing more than \$100 million to make housing more affordable, lower energy costs, and make sure every Virginian can build a stable future without being crushed by rising costs."

The implementation follows the General Assembly's final adoption of the governor's fiscal amendments on June 29, enacting the commonwealth's comprehensive \$207 billion spending plan for the 2026–2028 biennium. Introduced during the 2026 legislative session by Del. Luke E. Torian (D-Prince William), chairman of the House Appropriations Committee, the measures — packaged as House Bill 30 — directly address cost-of-living strains.

Speaking from the House Appropriations Committee room in Richmond four months earlier on Feb. 22, Torian underscored the underlying philosophy of the legislative package. "This budget is not just about filling gaps," Torian said. "At its core, this budget is about affordability — and about whether Virginia is doing everything it can to help families not just survive, but build stable, secure lives."

1. Expanded Renter Protections and Housing Preservation

The Extended Eviction Grace Period (HB 15 / SB 48), championed by Sen. Aaron Rouse (D-Virginia Beach) and Del. Phil Hernandez (D-Norfolk), applies to all Virginia tenants. The Virginia Legislative Information System (LIS) notes this update "provides tenants with a longer period to rectify nonpayment before a landlord can initiate eviction proceedings." The grace period expands to 14 days from five days.

The Virginia Eviction Reduction Program Expansion (HB 527 / SB 628) is backed by Del. Adele McClure (D-Arlington) and Sen. Mamie Locke (D-Hampton). Locke noted that the Eviction Reduction Program establishes a permanent, data-driven framework,

stating during its passage that the measure ensures Virginia is "moving away from a reactionary posture on housing instability and toward a sustainable, proven prevention infrastructure."

The Local Housing Authority Empowerments legislation (SB 4 / HB 867) was introduced by Del. Elizabeth Bennett-Parker (D-Alexandria) and Del. Rae Cousins (D-Richmond). According to the Virginia Housing Alliance, these updates focus on preserving buildings and expanding zoning options to scale up affordable inventory, rather than administering individual cash benefits.

2. Stronger Wage Protections and Labor Measures

The Pay Transparency & Salary History Ban (HB 636 / SB 215) was introduced by former Del. Michelle Maldonado (D-Manassas) and Sen. Jennifer B. Boysko (D-Fairfax). Gov. Abigail Spanberger said the law "will ensure that employees are offered the pay they deserve while promoting greater transparency in the application process."

The Minimum Wage Path (HB 1 / SB 1), patroned by Del. Jeion Ward (D-Hampton) and Sen. L. Louise Lucas (D-Portsmouth), codifies the current \$12.77 baseline and schedules incremental increases, hitting \$13.75 on Jan. 1, 2027, and \$15.00 by Jan. 1, 2028.

The Wage Theft Safeguards (HB 238), introduced by Del. Dolores McQuinn (D-Richmond), ensures workers are protected. The Virginia Department of Labor and Industry (DOLI) investigates claims for all workers, making it a crime for an employer to threaten to report a worker to immigration authorities or withhold earned pay.

3. Healthcare Affordability and Consumer Mandates

The Pharmacy Benefit Manager Crackdown (HB 625 / SB 161) and Prior Authorization Limits (HB 736) are led by Del. Rozia Henson (D-Prince William), Sen. Russet Perry (D-Loudoun), and former Del. Michelle Maldonado (D-Manassas). Enrolled individuals in commercial or employer-sponsored plans automatically receive these baseline benefits. Gov. Abigail Spanberger said, "These bills are a significant step forward to make sure that when your family needs care, you can get it."

4. Boosted K-12 Public Education Funding
Local School Division Support and English Language Learner (ELL) initiatives receive funding through the state budget (HB 30). Public school divisions are legally mandated to provide a free K-12 public education to every child residing within their district boundaries, regardless of immigration status.

School divisions are prohibited from inquiring about immigration status during enrollment, thereby ensuring immediate legal rights to ELL instruction, in accordance with policy guidance from the National Immigra-



our site

Eviction Process

SCREEN CAPTURE VIA FAIRFAX COUNTY SHERIFF'S OFFICE WEBSITE

A screen capture from the Fairfax County government website displays an updated warning regarding the local eviction process. Effective July 1, 2026, House Bill 15 replaces Virginia's standard five-day nonpayment notice with a mandatory 14-day grace period for renters across the commonwealth.



SCREEN CAPTURE VIA WIKIPEDIA

Alexandria City High School serves a student body in which nearly 40% of students require English Language Learner (ELL) support. Under Virginia's newly enacted 2026 state budget (HB 30), a new infusion of funding takes effect on July 1 to expand support for local school divisions and instructional programming.



SCREEN CAPTURE VIA ZILLOW

A rental listing shows the Crystal Flats apartment building on Saturday, June 27. New tenant protection and eviction laws passed during the 2026 Virginia General Assembly session take effect July 1.

tion Law Center and the Oyez Project. This impact is felt statewide, including in Alexandria City Public Schools, a system where

the division reports that students come from 118 countries and 37.5% to 38% of the student body requires English Learner support.