

Generals To Host Conference Tournament Game

SPORTS, PAGE 12

Reacting to Metro Delays and Closures

NEWS, PAGE 3

Helping Victims of Teen Sex Trafficking

NEWS, PAGE 4

Schools To Dip Into Reserves

NEWS, PAGE 5

Washington-Lee's Will Burgess slides into home plate during Monday's 10-0 win over Yorktown.

BUCK & ASSOCIATES, INC.



1976

40

2016

Buck & Associates 40th Anniversary

As Buck & Associates celebrates 40 wonderful years in Arlington, we would like to say thank you to all our past real estate clients, both residential and commercial. We look forward to another 40 years of exceeding our clients' expectations at our Clarendon location along Wilson Boulevard. Thanks again for making us your trusted real estate partner.

WWW.BUCKREALTORS.COM

2519 WILSON BOULEVARD
ARLINGTON, VIRGINIA 22201
(703) 528 - 2288



Responding to Metro Delays and Closures

Arlington leadership and ridership look at upcoming Metro changes.

BY VERNON MILES
THE CONNECTION

It's frustrating but necessary. From elected officials to Metro riders just passing through, this has been the response to the long-awaited plan to fix the Washington Metro. The plan comes after years of delays and safety hazards, including the death of Alexandria woman Carol Glover in a fire in early 2015. The plan, released by the Washington Metropolitan Area Transit Authority (WMATA) includes numerous scheduled delays and closures throughout the rest of 2016 to fix the broken rail system.

Sporadically throughout the summer, the Blue and Yellow lines will be single tracking, with portions on the Virginia side closed for two weeks in July. At the end of August, large portions of the Blue, Orange, and Silver lines will be closed for 16 days. This will be followed by single tracking throughout Arlington for the duration of November. For nearly the entire month of December, Rosslyn and Pentagon stations will be closed. Single tracking on the Blue, Yellow and Orange lines will continue until March next year.

The repairs also will have broader secondary effects. Starting in June, the Metro will close at midnight rather than the usual 3 a.m. on Fridays and Saturdays. The Metro will also not be running extended hours for special events.

"It's a big inconvenience for Metro riders," said County Board member Christian Dorsey, who represents Arlington on the

WMATA board of directors. "Closing Rosslyn for three weeks in December is going to be a big deal. It's going to be a major change."

But like many in the capital region, Dorsey says the changes are a better alternative than the continued metro woes.

"It's necessary," said Dorsey. "I wish this didn't have to happen, but it does. Arlington is intertwined with the health of Metro. Now, the top priority is getting this fixed. There's no greater priority in Arlington than the health of the Metro."

Emerging on the other side of the repairs, Dorsey said he doesn't expect a system that won't ever have problems, but said Metro riders should be able to demand not to have daily breakdowns.

"We should have been repairing this over the last decade," said Dorsey. "So I want to see what it's going to take not to fall behind again. I don't want to see this return in five years."

Dorsey said it's also important that the affected jurisdictions get a firm price tag set on the improvements. For County Board Chair Libby Garvey, there also needs to be a system of accountability put into place.

"[The repairs] have got to be done," said Garvey. "Somebody's been lying, and we need to hold those people accountable. [Reform] is about more than money. The silver lining here is that we can finally cooperate as a region to focus on transit. We don't



Blue Line trains closely backed up against each other.

yet. "It will have a price tag for Arlington, but until we know the full scope, we won't know how much that is."

Arlington Deputy Director of Communications Dennis Leach said that the county staff is still reviewing WMATA's Friday announcement and putting solutions together.

"We're looking at everything we can for helping Arlington citizens deal with this," said Leach. Finding solutions, Leach says, is complicated by the fact that each shutdown creates its own sphere of demands. "We have to evaluate each burst of activity individually."

In an email, Frank Shafroth, director of the Center for State and Local Leadership at George Mason University, said it will take careful planning for Arlington to navigate the Metro crisis.

"The Metro Safe Track surge program can best be compared in Arlington or Alexandria to a major snowstorm — except with a little more time to anticipate," Shafroth said in an email. It's coming; it will bring major uncertainties. "It means that Arlington and Alexandria — especially, need to plan how to mitigate the impact in regard both to their residents — who largely commute out of the county and city, the business and federal government workforce that largely commutes in from other jurisdictions, and their respective county and city own government workforces, who largely commute into the county and city. Each jurisdiction will be forced to think out of the box with regard

SEE RESPONDING, PAGE 13

Fire Station 8 Task Force Nears Its Decision

Task force will vote on options May 12.

BY EDEN BROWN
THE CONNECTION

The Fire Station 8 Task Force narrowed down its options during its meeting on April 26, and will now vote on May 12 to narrow the decision down to one proposal going forth to the County Board.

The task force eliminated the construction of a substation to handle calls in the northern part of the county, and affirmed that the new fire station would have four rather than three bays, looking out to future demand. The task force also continued to focus on putting the new station where the most demand and need were, and to take care not to come up with an option that would itself adversely affect the current response times of any group.

Noah Simon, head of the task force, said last week that the game changer for the task force was when the county took another look at the current site of Fire Station #8 and realized they could put a new station on that site.

He credited the task force process with uncovering this key piece: the task force asked the county to take a look, for what appears to be the first time, at the question: can a new station be built on this parcel of land with or without the acquisition of new land? "That is the beauty of task forces," Simon said. "They give policymakers more, rather than fewer, options, and we learned that we could go from 'ideal' to 'manageable.' Manageable is where almost all site planning decisions land."

On May 12, members of the task force will vote on a consensus recommendation

and a back-up. Once the decision is reached, the County Board will be able to have it in the CIP within 50 days, which is very unusual, Simon said, and means the process will be that much faster.

Simon noted the budget figure the task force has worked with, \$14.1 million, is just a budget place marker, not a "real" figure. That number is already old. That said, the task force has worked to lower the cost of the one variable in the package which seemed extravagant: the temporary station which needs to be available to firefighters during the construction of the new station. Task force members believe there are vacant space options along Lee Highway which are workable and would reduce cost.

Another task force member, Alisa Cowen, noted the option of keeping the fire station on Lee Highway reduces many hidden costs that would be part of a new location: no master planning for process and site, for instance.

Another key input at the April 26 meeting was Fire Chief Joseph Reshetar's comment that he can do his mission if the station is kept on Lee Highway. He endorsed the more vertical design as long as the sleeping quarters for firefighters are right above the bays. He was also pleased that the drive-through capability can be accommodated in the site plan for Lee Highway.

Simon stressed that if the fire department had said their mission would be inhibited in any way by remaining on the Lee Highway site, it would have been a deal breaker. As it is, the task force can go forward with the endorsement of the firefighters who will use the new station.

The next meeting will be held at Marymount University, Rowley Hall Classroom Auditorium G-127, at 7 p.m. on May 12. Public comment is urged leading up to the meeting and residents are invited to attend. See also <https://projects.arlingtonva.us/projects/fire-station-8/>

Helping Victims of Teen Sex Trafficking

More coordination needed between agencies.

This story concludes this series on child sex trafficking in Northern Virginia.

BY SHIRLEY RUHE
THE CONNECTION

What happens when a sex trafficking victim is rescued? It can be a long bumpy road littered with suspicion, chaotic coordination efforts, lack of rehabilitation facilities, inadequate sensitivity toward the victims and insufficient funding. While there are many organizations and agencies committed to solving these issues, there is no systematic approach involving all of the players to address the recovery of the victims, according to local experts.

RECOVERY Melissa Snow, a child trafficking specialist for National Center for Missing and Exploited Children (NCMEC) which is the congressionally-mandated national clearinghouse for missing and exploited children, said D.C., Maryland and Virginia are lagging behind most states in developing specialized residential placement services for survivors of child sex trafficking. There is currently only one residential facility located in Bristol, Va.

Snow said it can get complicated “because in order to operate a residential placement for children, you have to have a license through the Department of Social Services and in most states they have been reluctant to specialize.”

Snow and others agree coordination of services is a key to a successful recovery. Snow said part of her role is to assist law enforcement and child welfare workers with coordination of victim-centered and trauma-informed recovery planning. Snow said, if specialized victim assistance and response has not been coordinated in advance, there is a high potential for re-victimizing the child.

Sensitization to the victim is another important ingredient to easing the victim back into a new life. “The victims feel very devastated and confused so we need to make sure all of the service providers are sensitized,” Snow said. “This includes the social worker, law enforcement, therapist and community based advocate. We should be, ‘oh my gosh — we are so glad we found you. We have been looking so long.’ Not sending the message it’s your fault. We should expect that kid to run back to the trafficker. We should ask ourselves what are we giving her to get her to stick around.”

Deepa Patel, director of Trauma and Hope in Springfield, said the victim is often treated like an offender instead of a victim.

Fairfax County Detective William Woolf agrees that the victim gets blamed — “it’s you, you, you. There is no talking about what goes into it, and how they are permanently traumatized.”

He said law enforcement needs standard training on how to recognize the signs of trafficking and how to sensitively treat the

recovered victim so they don’t react and return to trafficking.

ALTHOUGH FAIRFAX COUNTY is at the forefront with a human trafficking detective, no other jurisdictions in Northern Virginia have an equivalent position. And in a world of law enforcement priorities with murders, robberies and rapes, this is often at the bottom of the list.

“There is nothing like seeing someone stepping out of a tragic moment where they have been existing second-to-second in survival mode,” Snow said. “There is an overwhelming amount of pain and suffering minute-to-minute in their new reality.”

Snow recalls taking two survivors, both of whom had children by the trafficker, to the hospital: “A trail of people just kept coming into the hospital room that weren’t necessary for their health care. I realized they were coming because they were curious.”

What convinced the girls to change and become someone unrecognizable to their own parents and friends? Sometimes these girls were running away from fractured families or abusive relationships.

One girl told Patel, whose specialty is sex offenders and gang violence, that her current situation “wasn’t so bad; it was better than her last pimp or her family.” The trafficker can become her new family and sometimes the father of her children. Sometimes it was just a lonely teenage girl who didn’t fit in with her friends, or had family issues and gradually and unintentionally got caught up in a system and then found she couldn’t get out.

Patel said, “The victim struggles to form healthy relationships, to understand the boundaries of a normal relationship.” With appropriate intervention they are still at risk but may be a lot better off. Still, it can take years.

“One of the biggest barriers for me is funding sources from state, local and federal. They fail to understand how intensive treatment can be and in 4-5 months say we can’t fund you anymore. They expect me to build relationships and then cut off the funding,” Patel said.

Arlington County Police Capt. Tom Trumble, head of the Narcotics and Prostitution Unit, said their officers get sensitivity training by Detective Danny Orr who is assigned to prostitution cases, but Arlington doesn’t really have the issues of teen sex trafficking right now. Orr said there have been 71 arrests for prostitution and 99.9 percent of those are internet-driven.

“I always offer help with the Polaris resource, but nobody takes advantage of that. They know what they are getting into and are prostitutes to make money,” Orr said.

Crystal Nosal, senior public safety information officer for the Alexandria Police Department, said that Detective Betty Sixsmith is “the resident expert on child sex abuse.”

Nosal added detectives who are working



SHIRLEY RUHE/THE CONNECTION

Sarah Freeman, Sexual Violence Counselor for Fairfax County.

“There aren’t really any good overall statistics on what happens to the sex trafficking victims, and I wish we knew more about how many of them recovered.”

— Sarah Freeman, Sexual Violence Counselor for Fairfax County

in this area get sensitivity training but it is not part of the requirements for general investigation. She said Alexandria has prosecuted three cases of teen sex trafficking in the last two years but it is “just not being reported to us as a huge problem. We have had no reports from the schools, nothing through Backpage online recruiting.”

Sarah Freeman, sexual violence counselor for Fairfax County, said she sees a trickle of adult sex trafficking clients. Fairfax County offers 10 free individual sessions with a sex violence counselor and/or a women’s support group. Anybody is eligible.

“We don’t see children because to build a relationship with a child in 10 weeks and then just send them on their way would be unethical,” Freeman said, but she said one can do a lot to address trauma in an adult in 10 weeks.

But Chris Davies, supervisor of Counseling Services for Fairfax County, said people take different paths to recovery. For some, therapy is a reminder of their recent trauma or they can’t deal with it and all of the other stresses they have to deal with at the same time.

“We want to offer them a menu of options and choice, the opposite of the life they had when they were controlled by the trafficker,” Davies said.

Freeman said, “There aren’t really any good overall statistics on what happens to the sex trafficking victims, and I wish we knew more about how many of them recovered.”

The NCMEC numbers show that one in five runaway children are trafficked for sexual purposes. Seventy-four percent of these were missing from child welfare care. “This says to me that we have a pathway to prevention. We can do a much better job. Every kid in child welfare should be getting messages about teen sex trafficking,” Snow said. Part of this issue, she said, was addressed by the enactment of the Preventing Sex Trafficking and Strengthening Families Act in 2014. It required when children run away that it be reported by child welfare to law enforcement and to the NCMEC.

FORMER U.S. REP. FRANK WOLF, who was active in human trafficking issues when he represented Virginia’s 10th Congressional District, said we need to crack down on the Internet that is used for recruitment of young victims. He recounts his efforts

with then U.S. Attorney General Eric Holder to shut down backpage.com, one of the websites accused of enabling commercial exploitation of minors.

The response from the Attorney General Office of Legislative Affairs on Sept. 13, 2013 indicates, “As a general matter, any prosecution of a website operator for such conduct would require the government (whether federal or state) to prove beyond a reasonable doubt that the website operators actually knew or recklessly disregarded the fact that they were accepting an advertisement that offers sex with a child. Sufficient evidence of knowledge of a crime against a child is not indicated where an advertisement on its face is for a legal services offered by someone who appears to be an adult ... Any legislation addressing online facilitation of sex trafficking of minors must be carefully crafted so as to comport with the demands of the First Amendment.”

Last October the U.S. Senate Permanent Select Committee on Investigations, chaired by Rob Portman (R-Ohio), issued a subpoena requiring Backpage to turn over documents relevant to their inquiry into online sex trafficking. A staff report had revealed evidence that Backpage has had a practice of editing advertisements before they are posted by deleting certain words and phrases which likely served to conceal illegality.

Because Backpage refused to comply with that subpoena, Portman and Ranking Minority Member Claire McCaskill (D-MO) introduced a Senate resolution to hold the company in civil contempt, and it passed unanimously on March 17, the first time in 20 years the chamber has taken such an action. On March 30, the Senate unanimously voted to authorize the Senate Legal Counsel to bring a civil action in federal district court in Washington, D.C., to enforce the subpoena issued against Backpage.

Wolf said, “Remember on the Ed Sullivan Show when Ed spun the plate around very fast but as the plate got slower it started to wobble? I feel like we’re at that stage with human trafficking.”

Davies said there is a long way to go with this issue but he sees much more coordination than several years ago: “It is important to know where we have found success. There is a better relationship among people who do the response. Our solution has to be as far reaching as the problem.”

School Board chart showing revenue sources for FY 2017 budget.

Revenue Summary			
Revenue Type	FY16 Adopted	FY17 SB Adopted	Change
County Transfer – On-going	\$451,637,045	\$464,510,834	2.85%
State Revenue	\$64,522,451	\$68,702,483	6.48%
Federal Revenue	\$12,305,885	\$12,796,679	3.99%
Local Revenue	\$18,277,605	\$19,242,326	5.28%
Carry Forward	\$3,500,000	\$3,500,000	0.00%
Reserves	\$7,179,001	\$13,189,537	83.72%
Total Revenue	\$557,421,987	\$581,941,859	4.40%

PHOTO CONTRIBUTED

Schools To Dip Into Reserves

School Board sacrifices future budgets to avoid cuts in 2017.

BY VERNON MILES
THE CONNECTION

The good news is that the Arlington School Board approved a budget without cutting any of the proposed programs from the \$582 million budget the School Board sent to the County Board. Approved on May 5, the budget includes a step increase for all eligible employees and a \$14.50 minimum wage. The bad news

is it meant dipping \$1.3 million into the schools' reserve funding. The potentially worse news is that one-time funding from the County Board is being directed towards ongoing programs, meaning the schools could be starting their fiscal year 2018 budget already \$7 million in debt.

"Technically, the County Board gave us \$4.5 million in additional revenue to fund our \$3.4 million request," said Leslie Peterson, budget director for Arlington Public Schools. "The issue was, the request we had was all for ongoing funding, and they only gave us \$2 million in ongoing funding."

There are \$7 million in one-time funding dedicated to ongoing programs.

SEE SCHOOLS, PAGE 13

\$5.00 MONOGRAM MANIA EVENT

Saturday, May 14th • 10 AM – 4 PM

Monogramming by Holly Ferry of THE MONOGRAMMED MONKEY

ONE DAY ONLY

\$5.00 Monogramming on any item

purchased in Del Ray store on May 14th.

Not valid on previous purchases or outside product. Maximum of 3 letters.

Top it off®

DEL RAY LOCATION ONLY

1904 Mount Vernon Ave. • Alexandria, VA 22301

703-519-1850

www.topitoffaccessories.com





SUMMER STARTS NOW!

UP TO **60%** OFF

OUTDOOR FURNITURE

Includes FREE White Glove Local Delivery & Setup

Offenbachers

OFFENBACHERS.COM

ROCKVILLE | FAIRFAX | STERLING | SPRINGFIELD | FREDERICKSBURG | FALLS CHURCH

In stock only. Offer ends June 1st.

OPINION

America's Anti-Trafficking Efforts...

... Hollow victories for public accolade.

BY DR. KIMBERLY MEHLMAN-OROZCO

Each day there is more media on the human trafficking scourge in America with heart-wrenching stories about women, men, and children who are forced, defrauded, or coerced into exploitation. Whether it is the pimped child, the indentured migrant laborer, or the domestic slave, the headlines are always the same “victim saved” and “offender arrested,” but this narrative masks the reality of the situation. Despite being arrested, few traffickers are ever convicted of human trafficking offenses and those who are typically receive “slap on the hand” sentences. All the while, the majority of trafficking survivors are re-victimized and criminalized through arrest, prosecution, detention, and/or deportation. These victims are rarely “saved” as the media stories suggest, but rather remain “disposable people” in the shadows of heartland America.

I first became aware of this reality gap while sitting in an audience of anti-trafficking policy makers, law enforcement officials, and service providers, listening to Frank Wolf (R), mem-

ber of the U.S. House of Representatives from Virginia's 10th district. There were multiple news agencies recording his speech and taking down notes. He was touting the human trafficking prosecution of Peach Therapy, an erotic massage parlor located in my hometown, midway between my mother's home and my high school. Unbeknown to most in the community that surrounded it, the business was a front for a full service brothel. According to the official Department of Justice press release, the massage parlor proprietor, Susan Lee Gross, was bringing girls from South Korea to New York, and trafficking them down I-95 to my Virginian suburb, for the purpose of commercial sexual exploitation.

Representative Wolf portrayed the conviction as a prime example of the efficacy of his federally-funded efforts to combat human trafficking locally. However, prosecuting erotic massage parlors engaged in human trafficking is often described as “playing a game of whack-a-mole;” shut one down and another will pop right back up, sometimes in the same location or under a different name. Victims are often afraid to cooperate with law enforcement and legal representation for offenders will exploit their credibility gaps, such as undocumented foreign national status, drug use, or coerced co-offending. If law enforcement gets too close, offenders will strategically “sell” the business and change the name in order to evade arrest

and prosecution, bringing investigators back to square one.

Not for a lack of trying from law enforcement, but less than .01 percent of human traffickers are ever convicted for their crimes.

The need to combat human trafficking is one of the few issues that all politicians, Republican or Democrat, can agree on. For example, in the race for presidency, Bernie Sanders, Hillary Clinton, Marco Rubio, and Carly Fiorina (to name a few) have all discussed the need to address the human trafficking scourge in the United States. However, legislators, law enforcement, and victim service providers need to be forthcoming regarding the lack of efficacy of current anti-trafficking efforts. Without an evidence base of support, passing new pieces of costly legislation may not be the answer. America needs to understand that behind the politicians touting arrests for public accolade and the click-worthy headlines on federal prosecutions, human trafficking enterprises continue to flourish in plain sight.

With human trafficking especially, law on the books has yet to translate to law in action.

Author Dr. Kimberly Mehlman-Orozco holds a Ph.D. in criminology, law and society from George Mason University, with an expertise in human trafficking. She currently serves as a human trafficking expert witness for criminal cases and her book, “Hidden in Plain Sight: America's Slaves of the New Millennium,” is contracted for publication with Praeger/ABC-Clío.

BULLETIN BOARD

COMMISSION MEMBERS NEEDED

The Arlington Commission on Long-Term Care Residences is seeking members to serve as liaisons to the nursing facilities, assisted living, and independent senior residences located in the county. The commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. Visit commissions.arlingtonva.us/ltrc/commission-long-term-care-

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

housing-application/ or contact the Agency on Aging at 703-228-1700 or ArlAAA@arlingtonva.us.

COMMUNITY FEEDBACK

County Auditor Wants to Hear from Community. County Auditor Jessica A. Tucker is calling on residents with specific concerns to use the newly created online Audit Suggestion Form for potential reviews of county programs and

services — or to suggest improvements in county efficiency, transparency and accountability. Visit countyboard.arlingtonva.us/county-auditor.

COURSES FOR SENIORS

SeniorTech Computer Training. JCA SeniorTech offers computer classes for 50+ in Crystal City. Visit www.AccessJCa.org/SeniorTech or call 240-395-0916 for more

information and to register.

WEDNESDAYS THROUGH MAY 18

Why Bathrooms Matter. 7-8:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. This four-week series will explore gender identity, bathroom politics, and how to become a Trans ally. Open to all walking the path to understanding trans* issues with respectful, open hearts and minds. Come at 6 p.m. for

SEE BULLETIN BOARD PAGE 14



The Virginia Gold Cup Races were held Saturday, May 7 at Great Meadow in The Plains.

Sartorial Splendor

Northern Virginia was well represented at the Virginia Gold Cup this year. Stansfield Signature Real Estate set up a tent on the rail and offered lunch and drinks as clients and employees enjoyed the sunshine, despite the thick mud. Some wore their white bucks despite the mud, but more often than not, attendees paired elegant dresses and pink trousers with boots or bare feet.



Eliot Felspar of Stansfield Signature Real Estate with Michelle Stiltner of Arlington.



Kevin Kenzakoski of Tysons Corner with Syifa Zaini of Annandale

PHOTOS BY EDEN BROWN/THE CONNECTION

The
Arlington
Connection

www.ConnectionNewspapers.com

@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

Steven Mauren
Editor

703-778-9415
smauren@connectionnewspapers.com

Vernon Miles
Reporter

703-615-0960
vmiles@connectionnewspapers.com

Jon Roetman
Sports Editor

703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

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

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunc@connectionnewspapers.com

Andrea Smith
Classified & Employment Advertising
703-778-9411
asmith@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



PEOPLE

Advice for Career Changers

Arlington career coach pens new book.

BY SENITRA T. MCCOMBS
THE CONNECTION

For many individuals, making a career change can feel like a being on a never-ending road trip.

Arlington career coach Alison Cardy's new book "Career Grease: How to Get Unstuck and Pivot Your Career" gives readers a road map to changing careers.

Cardy delves into the reasons individuals get stuck when they are making a career change and how to get unstuck using the techniques that she has honed in her own career coaching business.

"The title, 'Career Grease,' is very much to imply that we're going to get you unstuck. We're going to show you why it is that you are stalling in this place," she said.

The book's first three chapters provide reader with an overview of the career-changing process, covering topics such as how to know if you are ready for a career change, why career changes happen in the first place, and an overall landscape of the career-changing process.

Each of the remaining chapters focus on a particular area where individuals get stuck such as dealing with coming out of a bad work situation, having an unsupportive social environment or how to deal with the financial components of making a career change.

Since many individuals she sees often think about starting their own business, she also included a chapter focused on how she started her career counseling business.

The final chapter presents readers with some tips for getting through the career change process.

"It is targeted to people who have been immobilized by making a change. My hope is that they can actually make the change they have been looking for. They will be equipped with the tools to complete their goals," she said.

According to Cardy, many individuals remain in a "stalled or rut" state when it comes to making a

career change because they believe they have to "think their way to a solution."

Sometimes, over analyzing can become a "big impediment" that keeps individuals from making actual progress in their career change. "Your brain is a helpful tool but it doesn't know it all. You have to go out into the real world and explore conferences and events in order to move closer to career areas you are interested in. Opportunities in the career world always flow through people," she said.

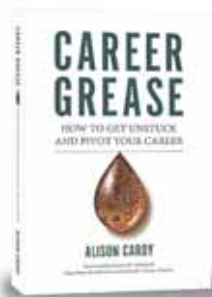
Many career changers also face overcoming negative thoughts about themselves and their career possibilities. Cardy and her team of career counselors use a form of Cognitive Behavioral Therapy to help clients transform their negative thinking into something more proactive. "The first thing is to notice the negative thought and how that mindset is affecting you. That's where a career counselor can be really helpful because they provide an objective perspective and point out these thoughts," she said.

With seven years in the career-counseling field, she incorporated a number of real life experiences along with excerpts from her blog into the book. Readers can purchase the book through Amazon. In addition, they are eligible to sign up for a free e-course through the Cardy Career Counseling website, which includes weekly emails with effective tips for career changers.

Writing "Career Grease: How to Get Unstuck and Pivot Your Career" also gave her the opportunity to explore the other factors that influence an individual's choice to make a career change outside of personal fulfillment, which include the need for financial security and personal time and wellbeing. "I see these three areas as circles in a Venn diagram. The



Alison Cardy



SEE CAREER, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

ARLEIGH BURKE PAVILION

We're Having An Open House!
Join us on May 24 from 11 a.m. - 1 p.m.
Can't make it? Call us for a private tour.
Located in idyllic McLean, Arleigh Burke Pavilion's Assisted Living apartments offer all the luxurious comforts of home within a vibrant Life Plan Community. Your loved one can enjoy the best of both worlds: the independence they're accustomed to, plus any help they may need with daily activities.

RSVP to 703-538-2975

www.ArleighBurke.org
1739 Kirby Road McLean, Virginia 22101

LIFETIME CONNECTIONS BEGIN WITH EVERYDAY MOMENTS.

Residents since 2010 and 2011

A community is more than just a place you live. It's a special place where new friends are found and best friends are kept. It's the connections that let you know you're home. At Westminster at Lake Ridge, community is not just a word, it is a way of life. Here, exceptional amenities and an extraordinary lifestyle unite in a village-like setting within a charming neighborhood. With open spaces throughout, spacious residences and inviting common areas, you'll discover a fulfilling and engaged life—plus the peace of mind that comes with maintenance-free living and a full continuum of extraordinary health services.

**Now accepting wait list deposits.
Call or visit us today!**

WESTMINSTER AT LAKE RIDGE
ENGAGED LIVING
An IngleSide Community

703-791-1100 | www.wlrva.org
12191 Clipper Drive | Lake Ridge, VA

ENTERTAINMENT

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Sci-Fi Book Club. Third Wednesday of each month, 7-8:30 p.m. at Java Shack, 2507 N. Franklin Road. Free. Visit www.library.arlingtonva.us.

Exhibit: “Singing in the Rain.” Through May 15, 10 a.m.-5 p.m. at the Potomac Fiber Arts Gallery, 105 N. Union St. Fiber art inspired by songs from movies. Whether for self or gifts, jewelry, sculpture, clothing, and wall pieces are some of the items that will be exhibited. Free. Visit www.potomacfiberartsgallery.com for more.

Zumba. Wednesdays through May 25, 6-7 p.m. at Gateway Park, 1300 Lee Highway. Sessions will be led by a professional instructor with a studio in Arlington. The registration fee is \$20 for all five classes. Visit www.rosslynva.org for more.

Gallery Underground: “Road Trip.” Through May 28, gallery hours at 2100 Crystal Drive. During May, Gallery Underground features a national juried competition, “Road Trip.” The theme of this all-media show personalizes many aspects of taking a road trip: scenes from the road, people met along the way, all modes of transportation, and journeys both real and imagined. Free. Visit www.galleryunderground.org.

Nancy McIntyre: “The Rhythms of Time.” Through June 5, gallery hours at The Art League, 105 N. Union St. Nancy McIntyre’s silkscreens and paintings focus on different scenes and subjects over varying periods of time—from five minutes to four decades. Free. Visit www.theartleague.org for more.

Spring SOLOS 2016. Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center announces its Spring SOLOS 2016 artists. Following a call in early 2015, jurors Melissa Ho, Assistant Curator at the Hirshhorn Museum and Sculpture Garden in Washington, D.C., and Chicago-based artist, Jefferson Pinder, recommended 14 artists for inclusion in center’s 2015-16 cohort of SOLOS artists. Free. Visit www.arlingtonartscenter.org for more.

Exhibit: “As You Spread, I am Erased.” Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Hedieh Javanshir Ilchi explores the notion of “duality,” to comprehend her cultural identity as an Iranian-American immigrant and the complexities that emanate from such cultural experiences. Her paintings reflect an interest in the fusion of Western abstraction and Persian Art, with an emphasis on the ornamentations of “Tazhib,” or the art of illumination. Free. Visit www.arlingtonartscenter.org for more.

Exhibit: “Emerging Artists of Vacation Lane.” Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This exhibition features works by a group of six high school seniors: Agnes Cheng, Nathan Dobbins, Nana Gongadze, Salome Gongadze, Marie Johnson and Evan McLean, students in the AP art class at H-B Woodlawn Secondary Program. Free. Visit www.arlingtonartscenter.org for more.

Exhibit: “Jeweled Traditions.” Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Paper-cut scenes depict rituals of local families as remembered and



Above: Mary Alouette, right: Orlando Julius



PHOTOS CONTRIBUTED

Concert Series Returns to Lubber Run

The Lubber Run Amphitheatre Summer Concert Series will bring dozens of artists to perform Fridays, Saturdays, and Sundays from June 17-Sept. 18. Opening weekend will feature a cabaret evening by Arlington’s Signature Theatre, Afro-Pop band Elikeh on Saturday, and Jazz vocalist Nicole Saphos on Sunday. All concerts are free. Visit www.arlingtonarts.org for more.

enacted by Melanie Kehoss’ summer campers at Arlington Arts Center during the summer of 2015. Free. Visit www.arlingtonartscenter.org for more.

Call for Entry: The Athenaeum Invitational 2016. Through Aug. 28. The theme asks artists to reflect on a moment of pure joy. It is inspired by the Lewis and Clark’s expedition across the uncharted North American continent to reach the Pacific Ocean. After a two-year trek, William Lewis crested a hill, saw the vast body of water and cried, “The Ocean in view. Oh! The joy!” The entry fee is \$35. Visit www.nvfaa.org for more.

Ball Sellers House. Saturdays, April-Oct., 1-4 p.m. at Ball Sellers House, 5620 3rd St., S. The Ball-Sellers House, the oldest building in Arlington County is open to the public for tours. The house was built around 1742 by John Ball and named the Ball-Sellers House to honor both the builder and the donor. Free. Visit www.arlingtonhistoricalsociety.org for more.

Post-Graduate Residency Studio. Through Nov. 17, gallery hours at The Torpedo Factory Art Center, 105 N. Union St. The Torpedo Factory Art Center welcomes four emerging artists to participate in the Post-Graduate Residency Program. Jihee Kang, Paulette Palacios, Anne Smith, and Danielle Smith, were juried by Paul Shortt, new media curator for Arlington Cultural Affairs. Artists can create and sell work, interact with the public, and network with other artists. The program will culminate in a group exhibition in the Torpedo Factory’s contemporary exhibition space, the Target Gallery. Free. Visit www.torpedofactory.org for more.

Arlington’s Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County’s history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum

is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social. Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey’s “Bar A” Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/ Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving Street, and Washington Boulevard. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit

www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow’s on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC’s Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystallcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City’s “Art for Life” Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie’s. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie’s Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

WEDNESDAYS THROUGH AUG. 3

Twilight Tattoo. 7 p.m. at Joint Base Myer-Henderson Hall Summerall Field, Sheridan Ave., Fort Myer. Twilight Tattoo is an hour-long, live-action military performance that blends the precision and discipline of the 3rd U.S. Infantry Regiment (The Old Guard) with the orchestral

sounds and pop music from The U.S. Army Band “Pershing’s Own.” Free. Visit www.twilight.mdw.army.mil.

THROUGH MAY 29

Play: “Collected Stories.” 8-10 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. This comedy/ drama explores the complex relationship between a writing professor and her protege. Tickets are \$25, \$20 for seniors and students. Visit www.petersalley.com for more.

WEDNESDAY/MAY 11

Pet Therapy. 11:15 a.m. at Arlington Mill Community Center, 909 Dinwiddie St. Meet Zoe, a smart Yorkshire Terrier therapy dog. She is allergy free, does not shed, and enjoys people. Zoe does over a dozen tricks (jumps through a hoop, zigzags through a line of orange cones, goes through a tunnel, and more). This is followed by those who want to hold her and give her a treat. Free. Email casb@gwu.edu for more.

City Social. 5:45-8 p.m. at CEB Waterview Conference Center, 1919 N. Lynn St. BID President Mary-Claire Burick will highlight milestones from the past year and announce new initiatives in the works for next year. Afterwards, enjoy appetizers, open bar, live music and giveaways. Free, but RSVP required. Visit www.rosslynva.org for more.

MAY 11-JUNE 19

“The Man in the Iron Mask.” 8 p.m. Wednesday-Saturday, 2 p.m. Sunday at Synetic Theater, 1800 S. Bell St. In this follow-up to “The Three Musketeers,” hero D’Artagnan finds himself alone in the service of King Louis XIV after his comrades have retired. Tickets start at \$35, \$15 for students, \$5 discount for seniors and military. Visit www.synetictheater.org for more.

THURSDAY/MAY 12

Lee Plant Exchange. 10 a.m.-3 p.m. at Lee Senior Center, 5722 Lee

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

Highway. Share, swap and trade plant cuttings from your garden. Free. Call 703-228-0550 for more.

Family Carnival. 6-8 p.m. at Drew Community Center, 3500 23rd St. S. A night of carnival games, art activities and inflatables. Free. Call 703-228-4773 for more.

Opening Reception: "The Rhythms of Time." Through June 5, gallery hours at The Art League, 105 N. Union St. Nancy McIntyre's silkscreens and paintings focus on different scenes and subjects over varying periods of time—from five minutes to four decades. Free. Visit www.theartleague.org for more.

Lecture: Mosby Men. 7-8:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. The commander of Mosby's Rangers, John Singleton Mosby, is the most famous member of the unit he created – the 43rd Battalion Virginia Cavalry but he was fortunate in the quality of the men who served under him. They were young, daring, and intelligent. After the war, many went on to lead lives filled with years that surpassed the adventures and excitement of their youth and some settled here in Arlington. Eric Buckland will tell stories of some of those "Mosby Men" who contributed so much to the lasting legacy and fame of Mosby's Rangers. Free. Visit www.arlingtonhistoricalsociety.org.

FRIDAY/MAY 13

Arlington Historical Society 60th

Anniversary Banquet. 6-9 p.m. at The Columbus Club of Arlington, 5115 Little Falls Road. Join the Arlington Historical Society for its 60th anniversary banquet. The banquet includes a cocktail reception beginning at 6 p.m. followed by dinner at 7 and a speaker and awards presentation. Tickets are \$50 for members, \$75 for non-members. Call 703-942-9247 or visit www.arlingtonhistoricalsociety.org for more.

Fairfax Choral Society: "Spring Follies." 7 p.m. at Richard J. Ernst Community Cultural Center - NVCC Annandale, 8333 Little River Turnpike, Annandale. The final concert of the Central Campus Youth Chorus season will

celebrate the songs of the stage – Spring Follie. Tickets are \$20 in advance, \$25 at the door, \$10 for students. Visit www.fairfaxchoralsociety.org for more.

Runway Moms for a Cause. 7-11 p.m. at The Westin-Crystal City, 1800 Jefferson Davis Highway. "Runway Moms for a Cause" (RMFC) is a fashion fundraising event. Labeled a visual fashion statement for Global Goodwill, RMFC is a runway show for philanthropists to take a stance on an often overlooked issue. Tickets are \$75, \$100 for VIP tickets. Visit www.runwaymoms.org for more.

FRIDAY-SUNDAY/MAY 13-22

Shakespeare's "Twelfth Night." 7:30 p.m. Friday and Saturday, 3 p.m. Saturday and Sunday at Gunston Arts Center – Theatre Two, 2700 S. Lang St. Encore Stage & Studio present the classic tale of twins Viola and Sebastian. Tickets are \$10. Visit www.encorestage.org for more.

SATURDAY/MAY 14

Old Dominion Neighborhood Day & Market.

9 a.m.-1 p.m. at St. Mark's United Methodist Church, 2425 N. Glebe Road. This event will include a garage sale and market, music and cultural entertainment, a BBQ, kids activities (face painting and more), a visit from the Arlington County Sheriff's Department with a children's fingerprinting booth and a K-9 demonstration. Free to attend. Visit www.olddominionca.org for more.

Drew Model School Spring Fair. 10 a.m.-1 p.m. at Drew Model School, 2300 S. 23rd St. S. Attend an indoor family fair. Free. Call 703-228-5825 for more.

Horseback Riding Trip. 10 a.m.-4 p.m. at Thomas Jefferson Community Center, 3501 2nd St. S. Middle and high school student students are invited to go on a 1.5 hour western trail ride. The fee is \$40. Visit registration.arlingtonva.us and use code 720516-F to register.

Alpha Kappa Alpha Sorority 60th

DOYLE

REALIZE THE VALUE OF YOUR COLLECTION



GEORGETOWN, TUESDAY MAY 17

We invite you to schedule an appointment with our specialists to evaluate your Jewelry, Art and Silver for upcoming auctions. Samira Farmer, VP, 202-342-6100, DoyleDC@Doyle.com



Franz Kline, Untitled, circa 1957, Oil on paper board, 9 1/4 x 11 3/8 inches. Est: \$150,000-250,000. Auction: May 10 in New York
Diamond Ring, Ap. 5.20 cts. F color, VS1 clarity. Est: \$75,000-100,000. Auction: May 16 in Los Angeles

DOYLE.COM

EST 1979

ARLINGTON

FARMERS • MARKET

A WEEKLY CELEBRATION OF LOCAL FOOD

SATURDAYS 8AM-NOON N.14TH ST & N.COURTHOUSE RD

FRUITS • VEGGIES • MILK • CHEESE • BREAD

BEEF • PORK • CHICKEN • EGGS • COFFEE • HONEY • & MORE!

DOUBLE YOUR FOOD STAMPS

USE YOUR FOOD STAMPS AT THE MARKET AND WE'LL DOUBLE WHAT YOU SPEND:

COMMUNITY FOODWORKS

1/e: SPEND \$10. GET ANOTHER \$10 FREE

SPECIAL THANKS TO THE CONNECTION NEWSPAPERS

Choose a 15 month position.

Higher Return

1.00% APY*

15 MONTH CERTIFICATE

OR

More Flexibility

.90% APY*

15 MONTH CERTIFICATE

NO PENALTY



ARLINGTON COMMUNITY
FEDERAL CREDIT UNION

Stop by or give us a call! **703.526.0200 x3**

APY* = Annual Percentage Yield. The 1.00% APY certificate carries an early withdrawal penalty. Fees may reduce earnings. Rates are effective as of May 11, 2016. Federally insured by NCUA. Everyone who lives, works, worships, goes to school, volunteers or does consistent business in Arlington and their immediate family/household members can bank with us!

ENTERTAINMENT

Anniversary. 12-3 p.m. at the Ritz-Carlton – Pentagon City, 1250 S. Hayes St. The women of Alpha Kappa Alpha Sorority, Incorporated, Zeta Chi Omega Chapter will celebrate 60 years of service to the citizens of Arlington and Alexandria. Violinist Veronica Jackson will person. Tickets are \$70 plus a service fee. Visit www.aka-zco.org for more.

Tuckahoe Home & Garden Show. 12-5 p.m. at Tuckahoe Elementary School, 6550 26th St. Take a tour of recently renovated homes and gardens in Arlington. This annual fundraiser supports the award-winning Discovery Schoolyard program at Tuckahoe Elementary School. Tickets are \$25 in advance, \$30 at the door. Visit www.tuckahoetour.org for more.

Aurora Hills’ 90th Birthday Party. 2-4 p.m. at Aurora Hills Branch Library, 735 18th St. S. This celebration will include Interactive Charleston performance and lessons by Fidgety Feet and treats from the Dairy Godmother. Free. Visit arlingtonva.libcal.com.

World Fair Trade Day Holi Festival. 2-4 p.m. at Trade Roots, 5852 Washington Blvd. This will be the first annual Holi festival held at the store which specializes in fair trade goods supplied by artisans around the world. Lisa Ostroff, the store owner, experienced the Hindu festival celebrates spring and involves throwing of colored powders in India where it originated and is excited to share it with the Arlington community. Free. Visit www.fairtraderoots.com for more.

Family Yoga. 3-5 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. A yoga instructor guides families through poses, games, meditation, and relaxation techniques. Fee is \$8. Register at registration.arlingtonva.us and use activity number 730016.

Festival Argentino. 4 p.m. at Thomas Jefferson Theatre, 125 S. Old Glebe Road. Find bilingual programs of tango, dances, folklore, and more. Also food and exhibitors will be on site. Tickets are \$20 in advance, \$30 at the door. Visit www.festivalargentino.org for more.

Columbia Pike Art Studios Spring Party. 6-9 p.m. at 932 S. Walter Reed Drive, The 20 artists of the Columbia Pike Artist Studios invite you to their open house party and studio tour. This Studio Crawl will introduce artists working in oils, pastels, acrylics, collage, encaustic, watercolor, printmaking, photography and sculpture. Free. Call 571-205-7718 for more.

Arlington Community Foundation Anniversary Gala. 6-10:30 p.m. at The Ritz-Carlton Pentagon City, 1250 S. Hayes St. This event will feature tastings by local celebrity chefs. Tickets are \$300. Visit www.arlcf.org for more.

Concert: “Fire/Water.” 7:30 p.m. at Lyon Park Community Center, 414 N. Fillmore St. William Alwyn’s “Naiades,” Jacques Bondon’s “Le Soleil Multicolore,” the “Slow Fires of Autumn” by Rochberg and more are on the program. Free. Visit www.ibiachambermusic.org

SUNDAY/MAY 15

Turtle Trot 5K. 9 a.m. at Bluemont Park, 601 N. Manchester St. Funds raised will go to care for local injured turtles, including veterinary services, medications, animal care and educational programming. Registration fee is \$30 for adults, \$15 for children. Visit www.parks.arlingtonva.us for more.

Hokulea Comes to Alexandria. 12-5 p.m. at Alexandria Waterfront Park. The Polynesian Voyaging Society canoe, the Hokulea, is making a stop in Alexandria during its historic worldwide voyage.

Navigating the way ancient Polynesians did using stars, ocean swells, clouds, winds and birds, HMkkle’a is sailing 45,000 nautical miles, inspiring students and their communities to respect and care for themselves, each other, and their natural and cultural environments. Canoe tours will be available. Free. Visit www.hokulea.com.

Ice Cream Social. 2-4 p.m. at Wakefield High School, 1325 S. Dinwiddie St. U.S. Rep. Don Beyer hosts his second annual Ice Cream Social. Free, \$25 suggested donation for individuals, \$50 for families, \$250 for sponsors, and \$1,000 for underwriters. Visit secure.actblue.com/page/beyericecream2016.

Martyn Joseph. 7:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Martyn Joseph is joined by Ian Foster. Tickets are \$18, \$15 in advance. Visit www.focusmusic.org.

MONDAY/MAY 16

Film Screening: “Suffragette.” 2 p.m. at Shirlington Branch Library, 4200 Campbell Ave. The story centers on Maud, a working wife and mother whose life is forever changed when she is secretly recruited to join the U.K.’s growing suffragette movement. Free. Visit www.arlingtonva.us for more.

TUESDAY/MAY 17

VCE Master Gardener Volunteer Training. 6:30-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Residents of Arlington County and the City of Alexandria who are interested in becoming Master Gardeners are invited to attend one of these sessions to learn about the volunteer training program and the kinds of projects local Master Gardeners are engaged in. Volunteer training is open to all Virginia residents over the age of 18 who want to deliver volunteer horticulture education back to the community. The 2016 training program will begin on Tuesday, Sept. 6, and continue through Nov. 15. To register for one of the orientation sessions and find out more about the training program, go to <http://bit.ly/VCEMasterGardener>.

Acoustic Cafe. 7-8:30 p.m. at Walter Reed Community & Senior Center and Park, 2909 16th St. S. The spring season of the Acoustic Café at the Walter Reed Center kicks off with Josh Gray, Zach Parkman and Martinez & Guthrie. Free. Visit www.arlingtonva.us for more.

THURSDAY/MAY 19

Arlington Reads: Richard Reeves. 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. As part of Arlington Reads 2016, author Richard Reeves will speak on the human displacement of World War II. Free. Visit www.library.arlingtonva.us for more.

FRIDAY/MAY 20

Bike to Work Day Happy Hour. 5-7 p.m. at Heavy Seas Alehouse, 1501 Wilson Blvd. Heavy Seas Alehouse in Rosslyn is hosting a special Happy Hour on May 20. After all that riding on Bike to Work Day, come and enjoy a beer. Valet service for bikers available. Free. Visit www.rosslynva.org to register.

Family Carnival. 6-8 p.m. at Carver Community Center, 1415 S. Queen St. A night of carnival games, art activities, inflatables, and a magic show. Free. Call 703-228-4773 for more.

Bike to Work Day. 6:30-9 a.m. at Gateway Park, 1300 Lee Highway. This year, as in previous years,



“Americana PA,” Lilianna Milgrom is part of Gallery Underground's May “Road Trip” show. Visit www.galleryundeground for more.

BikeArlington and the Rosslyn BID will be hosting a Bike to Work Day pit stop in Gateway Park at the corner of Lee Highway and N. Lynn St. There will also be live music, a photo booth and other activities. Free. Visit www.rosslynva.org to register.

FRIDAY-SUNDAY/MAY 20-22

Annual Art Show and Sale: “It’s a Steal.” 5-8 p.m. opening reception on Friday, 11 a.m.-5 p.m. on Saturday, 11:30 a.m.-2:30 p.m. on Sunday at St. Andrews Episcopal Church, 4000 Lorcom Lane. Presented annually by the Arlington Artists Alliance, 40 participating artists will show work in many media and formats: original paintings in oil, acrylic, watercolors, drawings, mixed media works, and pottery. All artwork is less than \$95. Visit www.arlingtonartistsalliance.org for more.

BalletNova’s Kingdom of the Shades and Other Works. 7:30 p.m. Friday-Saturday, 3 p.m. Sunday at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Artistic Director Laveen Naidu is staging the “Kingdom of the Shades” after original choreographer Marius Petipa, and Associate Artistic Director Constance Walsh and local choreographer Shu-Chen Cuff present new works. Tickets are \$8-26 in advance, an additional \$3 at the door. Visit www.BalletNova.org.

National EMS Memorial Weekend of Honor. Various times throughout Arlington. Each year, hundreds of EMS professionals from around the nation come together during this Weekend of Honor. Events include a bike ride and other activities. Free to watch, most events are for survivors, family. Visit www.national-ems-memorial.org for more.

SATURDAY/MAY 21

Truck and Bus Day. 9-11 a.m. at Arlington Central Library, 1015 Quincy St. Children of all ages are invited to come see (and touch) all sorts of vehicles, including construction trucks, fire trucks, a recycling truck, an ART bus and more. Free. Visit www.arlingtonva.us for more.

Book Signing: “The Great Rebus Escape.” 11 a.m.-1 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Ray Lum will be at Kinder Haus Toys for an author appearance and signing for his book “The Great Rebus Escape.” A mischievous 10-year-old boy is taken hostage by two gun-toting robbers. The boy’s twin brother and his resourceful uncle come to the rescue, using rebuses – both drawn and verbal. Free. Call 703-627-5929.

Cupcake Wars. 3-5 p.m. at Arlington

Mill Community Center, 909 S. Dinwiddie St. Learn fun new ways to decorate the dessert and create a cupcake design to take home. Fee is \$8. Register at registration.arlingtonva.us and use activity number 730016.

Parsonsfield and Lowland Hum. 9 p.m. at Iota Club & Cafe, 3832 Wilson Blvd. Live Music. Tickets are \$12. Visit www.iotclubandcafe.com.

Lesson Zero. 9 p.m.-1:30 a.m. at Rhodeside Grill, 1836 Wilson Blvd. Free to listen. Call 703-243-0145 for more.

SUNDAY/MAY 22

Sunday in the Organic Vegetable Garden. 1-4 p.m. at Potomac Overlook Park, 2845 Marcey Road. VCE Master Gardeners who maintain the Organic Vegetable Demonstration Garden will be in the garden to answer questions about organic gardening, including controlling pests and diseases without the use of chemicals. Free. Call 703-228-6414 or email mgaralalex@gmail.com.

Silkscreen Demonstration. 2 p.m. at The Art League, 105 N. Union St. McIntyre prints all of her own editions. She uses hand-painted and hand-drawn stencils, building up many layers of transparent ink. It typically takes her up to 50-100 layers (separate printings onto each copy) to bring each silkscreen to life. Watch her work. Free. Visit www.theartleague.org for more.

Old Glebe Neighborhood Party. 2-5 p.m. at Madison Community Center, 3829 N. Stafford St. Find a potluck, DVD swap, and more. Free. Visit www.oldglebe.org for more.

Concert: “Drops of Spring.” 4-6 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. The Metropolitan Chorus of Arlington will perform a variety of music in honor of Spring. Free. Visit www.metchorus.org for more.

Charlotte Hollister Annual Gala. 6-8 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Arts-filled evening in support of Jane Franklin Dance. Event includes outdoor performance with live music by fiddler Patrick McAvinue and vocalist Ashley Benes, wine tasting, light supper, interactive arts activities, and silent auction. Tickets are \$40-100. Call 703-933-1111 for more.

MONDAY/MAY 23

Film Screening: “Bridge of Spies.” 2 p.m. at Shirlington Branch Library, 4200 Campbell Ave. An American insurance lawyer is recruited by the CIA to rescue an American pilot detained in the Soviet Union during the Cold War. Free. Visit www.arlingtonva.us for more.

Meet The Speaker: Dr. Mark

Domanski. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Domanski will describe the development of cosmetic surgery starting with pilots in WWI and WWII and continuing to today with 6,000 plastic surgeons in the U.S. Domanski, a medical school graduate, spent eight years obtaining advanced training in plastic surgery. He is board certified. Free. Call 703-228-2144 for more.

Laughter Yoga. 6-7:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Laughter Yoga, for all ages, is a practice that reduces stress and strengthens the immune system. Free. Email arlingtonlaughteryoga@yahoo.com.

Live Music: Air Traffic Controller. 8 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Boston-based indie electro alternative band Air Traffic Controller performs. Tickets are \$10. Visit www.iotaclubandcafe.com for more.

TUESDAY/MAY 24

Bowen McCauley Dance Spring Fundraiser. 6-9 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. Watch “Capturing Grace,” a documentary about dancing with Parkinson’s disease. Tickets are \$30 in advance, \$40 at the door. Visit www.bmdc.org for more.

WEDNESDAY/MAY 25

Lawn Chair Talk. 6-8 p.m. at the Tiffany Gallery at Arlington Arts Center, 3550 Wilson Blvd. Pairing one artist and one entrepreneur to discuss their personal journey and best practices, each will speak for a half hour followed by a Q&A with both speakers. Free, but registration required. Visit www.arlingtonarts.org for more.

THURSDAY/MAY 26

Line Dance Jamboree. 1-3:30 p.m. at Lee Senior Center, 5722 Lee Highway. Line dance levels progress from absolute beginner to improver/easy intermediate. Free. Call 703-228-0555 for more.

SATURDAY-MONDAY/MAY 28-30

American Parkour Beast Coast Jam. All day at Gateway Park, 1300 Lee Highway. American Parkour’s annual gathering of top parkour athletes from all over the world returns to Gateway Park. Tickets are \$10-94. Visit www.beastcoast.americanparkour.com.

TUESDAY/MAY 31

Pet Therapy. 10:15 a.m. at Walter Reed Senior Center, 2909 S. 16th St. Meet Zoe, a Yorkshire Terrier therapy dog. She is allergy free, does not shed, and enjoys people. Zoe does over a dozen tricks (jumps through a hoop, zigzags through a line of orange cones, goes through a tunnel, and more). This is followed by those who want to hold her and give her a treat. Free. Email casb@gwu.edu for more.

MAY 31-JULY 10

“La Cage Aux Folles.” Various times at Signature Theatre, 4200 Campbell Ave. Signature Theatre presents the story of the 20-year relationship between Albin, the lead drag performer of The Saint-Tropez Night Club on the French Riviera, and Georges, the club’s owner, facing a test when their son announces his engagement to the daughter of ultra-conservative political parents. Tickets start at \$40. Visit www.sigtheatre.org.

HomeLifeStyle



PHOTO COURTESY OF KELLEY INTERIOR DESIGN

Yellow was the main theme on this Bethesda, Md. porch designed by Kelley Proxmire, principal of Kelley Interior Design. She added complementary accents such as the plates displayed on the wall.



PHOTO COURTESY OF WINN DESIGN + BUILD

Doors, such as a quad-panel gliding door or full-swing French door, create a large opening for joining interior and exterior spaces, a feature of this McLean deck by Michael Winn of Winn Design + Build.



PHOTO CREDIT COURTESY OF OFFENBACHERS

Philip Smith, design consultant for Offenbachers, recommends Kingsley Bate outdoor furniture. He advises clients to invest in quality pieces.

Creating Space for Family Oasis or Outdoor Entertaining

Local designers unveil recent projects and offer tips.

BY MARILYN CAMPBELL
THE CONNECTION

Lured outside by rising temperatures and blue skies, homeowners are deciding that it's time to spruce up patios, gardens and other outdoor living spaces. Local tastemakers are hard at work transforming winter-worn al fresco spaces into lively oases in time for a season of warm-weather entertaining.

"I have already been extremely active this season working with various clients in the region to focus on their outdoor spaces so that they may entertain outdoors as much as possible, for as long as possible this season," said Philip Smith, design consultant for Offenbachers, an outdoor furniture and accessories company with showrooms in Springfield and Fairfax. "I have looked to fresh, light and natural palettes, making an

effort to mix materials whenever possible."

"Outside living areas should be an extension of your indoor space and style, so focus your energy on quality products," said Smith. "Consider accessorizing with throw pillows, rugs, lighting and potted plants, and leverage bright colors to be even more playful and on trend each season."

Smith points to a recent project in which he anchored the client's covered porch with four of their existing white Adirondack chairs, adding fresh pops of color with teal and yellow cushions. "It created a great transition from their kitchen, making it a natural extension of where they say most of their guests gather," he said.

Color is the anchor on a Bethesda, Md. porch that Kelley Proxmire, principal of Kelley Interior Design completely recently. "We used yellow as the main theme and added complementary elements such as plates displayed on the wall," she said. "Adding mirrors to an outside or seasonal space [also] gives it dimension and interest."

Families with luxurious outdoor living spaces are eager to use them often throughout the warm weather months, that's why it's a good idea for homeowners to "invest

[and] choose quality pieces that are easy to maintain and can withstand weather, but easily be updated for style as needed over the years," Smith said.

When shopping for outdoor furniture, look for materials that can stand up to longer use and weather elements. High quality fabrics, says Smith, will not retain moisture and attract mosquitoes.

A longer season also means the need to factor in aesthetically appealing heat solutions, such as a fireplace or fire pit. "They serve as a great focal point and can aid in deterrence of mosquitoes," said Smith.

Creating a seamless transition from a home's interior to an outside living area is a trend that Smith recommends. "For another client whose dining space is closest to the patio entry, I actually brought in a new outdoor bench cushion to use in their dining room to tie in the new grey Lloyd Flanders Mackinac seating just outside on their patio," said Smith. "Since they experience a great deal of direct sunlight, then early shading due to their trees overhead, we [added] an underlit umbrella to give the most shade during peak times and offer ambience once the sun sets."

Foliage is another weapon in the war on mosquitoes. "Think succulent plant options to minimize water consumption and excess moisture [and] keep mosquitoes away," said Smith. "Feel free to mix materials and pieces to suit what looks and feels good to you to refresh what you already have."

Michael Winn, principal/owner of Winn Design + Build, transformed the deck of a McLean deck home. He advises those considering adding such a space to design an outdoor area which can accommodate larger groups of people when entertaining. For example, he suggests "selecting doors, such as a quad-panel gliding door or full-swing French door, to create a large opening for joining the interior and exterior spaces."

Using a variety of levels for decks and patios is a trend that Winn advises homeowners to avoid. "They may look good, but they often limit the functionality of the spaces and can be tripping hazards for unaware guests," he said.

The guidelines for lighting an outdoor space are the same as interior spaces: ambient, task and accent. "All three should be considered for a layered effect," said Winn.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION
NEWSPAPERS

Retractable Awnings

\$300 OFF
Any Sunesta® Brand Retractable Awning
Not valid with any other offers. Expires 6/30/16

Sunesta
RETRACTABLE AWNINGS, SCREENS, & SMITERS

The Deck Awning Co.
Providing Awning & Shading Solutions Since 1992

- ✓ Hundreds of awning colors & patterns
- ✓ Blocks 97% of the sun's UV rays
- ✓ Cools your space by 10 to 20 degrees
- ✓ Customized to fit any deck or patio

Call Today for Your FREE Estimate and a more Enjoyable Summer!

301-990-1901 | 703-218-2828

TheDeckAwningCompany.com

A DIVISION OF **Gaithersburg Garage Door, Inc.**

SPORTS



PHOTOS BY JEFF MCQUILKIN

Teddy Herbert earned the win on the mound and hit a home run during Washington-Lee's 10-0 victory over Yorktown on Monday.



Head coach Doug Grove, left, and the Washington-Lee baseball team will host a conference tournament game on Friday.

Herbert Leads W-L to Shutout Win Over Yorktown

Generals will host conference tournament game.

Teddy Herbert pitched three shut out innings and hit a home run and the Washington-Lee baseball team thumped rival Yorktown 10-0 in six innings on Monday.

The game, originally scheduled to be played at Yorktown High School, was moved to W-L's home field.

Herbert started on the mound and earned the win for the Generals, allowing just one hit. In the top of fourth, Herbert launched

a solo home run that head coach Doug Grove described as "just an absolute bomb."

Herbert finished with two hits and needed fewer than 40 pitches to get through three innings on the mound.

"He was really good on the mound," Grove said. "The top half of Yorktown's lineup is pretty good, in my opinion. ... Teddy was mowing them down pretty well."

After taking a 1-0 lead in the top of the first, W-L took control with a seven-run second inning, during which the Generals sent 12 batters to the plate.

Will Stengle finished with three hits for W-L. TR Sheehy had two hits, including a double, and Henry Bendon finished with a pair of hits. Miles Dulman had a two-run single.

Stengle pitched the final three innings in relief, allowing three hits and no runs.

The win improved W-L's record to 9-10 overall and 7-6 in Conference 6. The Generals concluded the regular season on Tuesday against Fairfax, after The Connection's deadline.

W-L will host its conference tournament quarterfinal game. Depending on the outcome of Tuesday's matchup with Fairfax, the Generals will be either the No. 3 or No. 4 seed.

Entering Tuesday's action, W-L was the only Conference 6 team to defeat top seed and defending state champion Madison. The Generals beat the Warhawks 4-2 on April 26. After that victory, however, W-L dropped two of its next three, including an

8-2 loss at South Lakes on May 5.

How are the Generals playing entering the postseason?

"It's hard to say," Grove said. "When we're on, we're pretty good. Last Thursday, South Lakes' guys did a good job of shutting us down and we didn't look good."

The Conference 6 tournament quarterfinals are scheduled for Friday, May 13. The semifinals (May 17) and championship game (May 20) will be played at Madison High School in Vienna.

Last season, W-L lost to South Lakes 3-1 in the conference tournament quarterfinals, snapping a lengthy streak of region tournament appearances for the Generals.

— JON ROETMAN

BUSINESS



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Fashion Center Expands with Shake Shack

Employees for Shake Shack at Fashion City located at Pentagon City cheer the opening of the shop on Wednesday, May 4. This is the second Virginia location and the seventh in the metropolitan area. Shake Shack describes itself as a modern day "roadside" burger stand known for its 100 percent all-natural, antibiotic-free Angus beef burgers.



Rachad Alaour, general manager, cuts the wide green ribbon on Wednesday, May 4 for the opening of Shake Shack at Pentagon City. Laurie Van Dalen (left), general manager for Fashion Center, says they began the expansion of Fashion Center 20 months ago and Shake Shack is the first of five businesses to open in this new space. Megan Purtell, assistant general manager, is at far left.

Yorktown Boys', Girls' Lax Teams Earn Regional Berths

The Yorktown boys' and girls' lacrosse teams won their respective Conference 6 tournament openers and each earned a berth in the 6A North region tournament.

The boys' team, seeded No. 3, defeated No. 6 Hayfield 14-3 on May 5.

C.J. Stowell scored four goals for the Patriots. Stephen Glagola and Ethan Chase each had two, and Tyler Stowell, Matteus Jaramillo, Joe Mahan, Pearson Savarino and Gaelen Creedon each scored one.

C.J. Stowell finished with three assists, Blake Elliott had two and Chase added one.

The Patriots will face No. 2 Madison in the conference semifinals at 7:30 p.m. on Wednesday, May 11 at Langley High School.

The girls' team, seeded No. 4, beat No. 5 South Lakes 18-14 on May 5.

Claire Kuwana led the Patriots with four goals. Laura Crawford, Kate Grattan and Katie Calvo each had three goals. Emma Thurman and Sarah Bloomquist each tallied two goals and MacRae Knight added one.

Thurman caused three defensive turnovers and totaled six ground balls and an interception.

Yorktown will face No. 1 Langley in the conference semifinals at 5:30 p.m. on Wednesday, May 11 at Hayfield Secondary School.

Schools To Dip Into Reserves

FROM PAGE 5

"The implication of that is that, starting next year, we're going to have to make up that difference right from the beginning," said School Board Member Reid Goldstein.

Members of the School Board expressed concerns about dipping into the reserve funding, especially with revelation that the FY 2018 budget was already in the red.

"Ongoing expenditures are things like salaries, which we will need every single year and don't expect to not need next year because we're a growing school system," said School Board Member Nancy Van Doren. "So we can expect next year our budget to increase. But in essence, we are starting our next year \$7 million short. So we will be going to the County Board with a \$7 million deficit."

Peterson confirmed that this was the case. "As a rule, it's not something you'd want to do on a continuing basis," said Peterson. "If you're asking whether or not we should continue to use one-time funds on ongoing

expenditures in perpetuity, my answer would be no."

For the FY 2017 budget, the total amount taken from reserves totaled \$13 million, an 84 percent increase over the \$7 million taken in the FY 2016 budget.

"Reserves are like chocolate," said Superintendent Dr. Patrick Murphy. "If you rely on it too much, you find yourself in a position of being off balance and not feeling too well. We have to use the reserve strategy in moderation. We are on the outer limits of that strategy."

Michael Bier, the parent of an APS student, said that the school tapping so heavily into its reserves gave him pause.

"I'm concerned that we're using \$13 million in reserve funds to balance the budget," said Bier. "I'm not sure this is a good direction to be going in. We need more money from county and state to meet the needs in Arlington. We have to make tough decisions about whether we're overspending now and cheating children five or 10 years from now who may not have seats."

"Reserves are like chocolate. If you rely on it too much, you find yourself in a position of being off balance and not feeling too well."

— Superintendent Dr. Patrick Murphy

Career Coach Writes Book

FROM PAGE 7

goal is always to help [people] come up with a career plan that will give individuals the most of what they want in those three areas," she said.

In her journey to becoming an entrepreneur, Cardy made her own major career change. After years of working as an accountant, she realized that it was not the right fit for her but struggled to find her true passion. She found her true professional calling while serving as a volunteer at CrisisLink, a mental health and suicide hotline, in Arlington.

Eventually, she decided to become a ca-

reer counselor and attended the Martha Beck Career Coaching Program. She then opened Cardy Career Counseling. Currently, she is working on putting together a national book tour starting this fall and hopes to do some appearances in the local community.

Originally raised in Silver Spring, Md., Cardy and her husband moved to Arlington for the proximity to the D.C. and the area's walkability eight years ago. She enjoys visiting Potomac Overlook Park and the Arlington Art Center. In her free time, she participates in a variety of athletic activities including being a part of an Arlington women's soccer team, yoga and Crossfit.

Responding to Metro Changes

FROM PAGE 3

to traffic and parking management. Because this is such an unanticipated event, they will have to demonstrate signal flexibility; they will have to closely monitor, and — especially — they will have to be flexible and primed to adjust to the impacts as they occur."

But Shafroth said a lot of questions remain about WMATA's planning.

"Because there are so many unknowns, each jurisdiction will also have to closely track the fiscal impact on tax revenues and the cost of the surge: this, after all, was not an anticipated event in the adoption of the budget — and, unlike a major storm — it will last much, much longer."

On the trains themselves, riders seemed to have a universal opinion on the delays.

"It seems necessary," said Andrew Sue-Ako, a rider waiting at the King Street station. "Better that than people dying, assuming all of the disrepair is true."

"I think it's necessary," said Alex Moore, riding the Blue Line. "Conditions have deteriorated, but the timing could hurt. Virginia closures during the summer could impact us young people going out to bars and restaurants in the evening. Summer is the time when you could really get drivers off the road. The timing, relative to the season, could pose a risk."

Megan Cole, a friend sitting near Moore, says she's not as frequent of a Metro rider as he is, but the closures don't make her more likely to ride.

"Van Dorn is my Metro station, and I don't know what I'm going to do once the closures hit," said Cole. "I guess I'm just not going into D.C. those days when it's closed, because I refuse to drive into the city."

For others, while the repairs are important, there's other areas the Metro needs to improve. Sandy Nevzil lives in Reston and recently began using the Silver Line to commute to her work in Alexandria. But Nevzil is legally blind.

"It's frustrating, because the signs don't always agree with the trains," said Nevzil. She says the stories about the fire Federal Center scare her, but she's willing to wait out the delays in hopes the Metro will improve.

At the Rosslyn Station, the platform is packed. NuNu Deng and Samara Stevens are discussing their 20-minute wait for a train during rush hour. Like Nevzil, Stevens says the communications needs to be improved.

"The information online and sent out by [WMATA] can be incorrect," said Stevens, saying that one day she was told that the Silver Line was closed, but then showed up at a station where it was running. She didn't get on the train, and when she asked the station manager about it a moment later, she was informed that it had been running that day and the website was incorrect. Sometimes, Stevens says information seems to change depending on which station manager you talk to.

"There's a lack of communication and consideration," said Stevens. Once on the train, Stevens said the speakers in each car need to work, and there should be some uniformity to the conductor's announcements. "We had one conductor announce all of the stations and what the connections were. It made all the difference in our ride."

Deng and Stevens both noted that it was frustrating to pay full price for a service that's so broken.

"In L.A., you can get a month of rides for \$75," said Deng. "In D.C., you can spend \$100 getting across the city in just one week."

Still, Metro riders say they're ready to get through the worst of it if it means having a reliable transit system.

"We want to fix it now before something even worse happens and it becomes an emergency. I just hope they can stick to their timeline," said Jessica Mallow, riding the Silver Line. "It's unfortunate that it has to happen so immediately, but from people I've talked to, it seems that most are willing to weather the storm."

Home of the \$6,850 Bathroom Remodel

From Now to WOW in 5 Days Guarantee

10% down
nothing until the job
is complete for the
past 17 years

Free Estimates
703-999-2928

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

Visit our website: www.twopoorteachers.com

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:	DAILY EUCHARIST:
Saturday Vigil: 5:30 PM	Weekdays
Sunday: 7:30, 9:00, and 11:00 AM	Monday-Friday, 8:30 AM
1:30 PM Spanish Liturgy	Saturday, 8:30 AM

5312 North 10th Street, Arlington, Virginia 22205
Parish Office: 703-528-6276

PARISH WEBSITE:
www.stannchurch.org

To highlight your Faith Community, call Karen at 703-778-9422

BULLETIN BOARD

FROM PAGE 6

trans* issues with respectful, open hearts and minds. Come at 6 p.m. for dinner and worship, four sessions, \$40 (covers cost of meal). Contact LeeAnn Williams at lwilliams@uucava.org or 703-892-2565 or visit www.uucava.org for more.

WEDNESDAY/MAY 11

City Social: Rosslyn's Annual Meeting. 5:45-8 p.m. at Waterview Conference Center, 1919 N Lynn St. Mary-Claire Burick, president of the Rosslyn BID will kick off the event by highlighting Rosslyn milestones from the past year and announcing new initiatives in the works for next year. Enjoy appetizers, wine, beer, live music, giveaways and a bourbon-tasting bar. Space is limited. Visit www.rosslynva.org/2016-annual-meeting-rsvp to register.

Arlington Committee of 100 Meeting. 7 p.m. dinner, 8 p.m. program at Marymount University Gerald Phelan Hall, 2807 N. Glebe Road. Arlington residents and businesses have long complained about the challenge of obtaining services from the county, particularly permits for signs, building or other work. Hear from County Manager Mark Schwartz, Arlington Chamber of Commerce President/CEO Kate Roche Bates and a community representative on the service improvements needed and the progress made by the County. No charge to attend the program; dinner is \$28 for members, \$30 for non-members and begins at 7. Visit arlingtoncommitteeof100.org to RSVP or find more information.

THURSDAY/MAY 12

Application Deadline. 5 p.m. Applications are now being accepted for Arlington's first-ever Poet Laureate. The laureate's two-year term will begin July 1. Applicants must be at least 18 years of age, reside in Arlington and have established at least a five-year record of achievement in writing and publishing verse. Full eligibility requirements and terms are available at www.arlingtonarts.org/cultural-affairs/PoetLaureate.aspx.

FRIDAY/MAY 13

Fallen Officer Tribute. 8 a.m. in the Arlington County Justice Center Plaza, 1425 N. Courthouse Road. The Arlington County Police Department and

the Arlington County Sheriff's Office will gather to honor and pay tribute to the memory of the six law enforcement officers of Arlington County who gave their lives in service to their community. Visit the Hall of Honor at police.arlingtonva.us/about/hall-honor/.

SATURDAY/MAY 14

Stamp Out Hunger. Letter carriers across the region are preparing for the 24th annual Stamp Out Hunger Food Drive. Put a bag of non-perishable food out next to the mailbox and letter carriers will pick it up and deliver it to local food banks.

County Board Meeting. 8:30 a.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. County Board Meetings are open to the public. Visit the County website for procedures for speaking at a Board Meeting. County Board Meetings are broadcast live on Comcast 25 and Verizon 40 and streamed on the county website. Visit countyboard.arlingtonva.us/meetings.

5th Annual Disabilities Expo. 11 a.m.-4 p.m. at Holiday Inn Arlington at Ballston, 4610 N. Fairfax Drive. An opportunity to enhance knowledge and to explore the latest products, services, technology and resources. Informative workshops, free benefits planning and help desk, product demonstrations, and free wheelchair rental and repair. Free parking. Admission is free with online pass. For more, email admin@caringcommunities.org, call 866-227-4644 or visit caringcommunities.org.

TUESDAY/MAY 17

County Board Meeting. 3 p.m. and 6 p.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. County Board Meetings are open to the public. Visit the County website for procedures for speaking at a Board Meeting. County Board Meetings are broadcast live on Comcast 25 and Verizon 40 and streamed at countyboard.arlingtonva.us/meetings.

THURSDAY/MAY 19

Caucus to Endorse School Board Candidates. 7-9 p.m. at Drew Model School, 3500 23rd Street South. Arlington County Democratic Committee Unassembled Caucus to Endorse School Board Candidates. Visit www.arlingtondemocrats.org.

quired.

Tai Chi for beginners, Monday, May 16, 3 p.m., Langston-Brown. Cost \$16/4 sessions. Register, 703-228-6300.

Senior Boot Camp begins Monday, May 16, 8:30 a.m., Walter Reed. Cost \$58.50/13 sessions. Register, 703-228-0955.

Spicing up seasonal fresh fruit, Monday, May 16, 11 a.m., Langston-Brown. Free. Register 703-228-6300.

Pickleball games and instruction, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Ice skating, Mondays, 8:10a.m.-9:20 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4771.

EMPLOYMENT

VET RECEPTIONIST

Small animal hosp. Great Falls.
Will train. 703-757-7570 •
www.ourvets.com



ENROLL in Goodwill's *tuition-free* Security & Protective Services Job Training Program. Arlington and Fairfax County residents encouraged to apply.

EARN 6 security certifications, **9** college credits, and receive career coaching and job placement support.

Goodwill of Greater Washington
10 South Glebe Road, 2nd floor
Arlington, VA, 22204
(703) 769-3712 security.dgoodwill.org

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION

Newspapers & Online
The Connection to Your Community

www.connectionnewspapers.com

Be a part of our *Wellbeing* pages, the first week of every month.

Delight in our *HomeLifeStyle* sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our *A-plus: Education, Learning, Fun* pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION
NEWSPAPERS

CLASSIFIED

We pay top \$ for **STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.**
Schefer Antiques
703-241-0790
theschefer@cox.net

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8 & 10

571-265-2038

Jennifer@HDIComputerSolutions.com

ESTATE SALE - LOG HOMES
PAY THE BALANCE OWED ONLY!!!

AMERICAN LOG HOMES IS ASSISTING FINAL RELEASE
OF ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

3 Log Home kits selling for BALANCE OWED, FREE DELIVERY

- 1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
- 2) Model # 303 Little Rock \$38,525...BALANCE OWED \$15,000
- 3) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com
Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY! BBB A+ Rating

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

HOW TO SUBMIT ADS TO

THE CONNECTION
Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection The Oak Hill/Herdon Connection	Zone 4: Centre View North Centre View South
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/Lorton Connection	Zone 5: The Potomac Almanac
Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

21 Announcements

ABC LICENSE

ATOP RS, Inc trading as Towers Foods, 1600 S Eads St, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer off Premises; license to sell or manufacture alcoholic beverages. Chong Choe, Director

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

BBGG Concepts, LLC trading as Big Buns, 4401 Wilson Blvd #104, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises license to sell or manufacture alcoholic beverages. Craig Carey, CEO & Founder

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.

21 Announcements

ABC LICENSE

Dudleys Sport & Ale, LLC trading as Dudleys Sport & Ale, 2766 S Arlington Mill Dr, Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Reese Gardner 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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

28 Yard Sales

ESTATE SALE- THE WOODBYRNE FARM

GERMANTOWN/POTOMAC - 14625 Seneca Road

Thur-Sun, 10-3,
Full House and Barns

See
www.caringtransitionsNOVA.com

BABY POWDER
OR OTHER TALCUM POWDER LINKED TO
OVARIAN CANCER

Long-term use of baby/talcum powder is linked to ovarian cancer. If you or a loved one suffered from ovarian cancer after using Johnson's Baby Powder, Shower to Shower or other talcum powder, you may be entitled to substantial compensation. Call us at 1-800-THE-EAGLE now. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S.

GOLDBERG & OSBORNE
915 W. Camelback Rd.
Phoenix, AZ 85013
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com

Open 7 Days a Week

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE 6 AD DEADLINE:
MONDAY NOON

LANDSCAPING

LANDSCAPING

Let No Va Deer Shield protect your plants



We apply a monthly, weatherproof repellent to protect your flowers from deer damage. For more information or to schedule your application call today

540-882-3703

A one-time winter application available in November

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

LAWN SERVICE

LAWN SERVICE

Spring Clean-up, Mulching, Sod, Lawn Care, Fertilizing, Tree Cutting, Handyman work

Call us Today and Get 20% OFF
on Hardwood Mulching and Any Job Higher Than \$300.00

Licensed Insured

THE MAGIC GARDENER

703-328-2270 or 703-581-4951

J.E.S. Services

Your neighborhood company since 1987

703-912-6886



Landscaping & Construction

Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...

Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

**24 Hour Emergency
Tree Service**

IMPROVEMENTS

IMPROVEMENTS



RN. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com



(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

Handyman Services Available

<http://www.pphionline.com/>

"If it can be done, we can do it"

Licensed - Bonded - Insured



ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting

Ceiling Fans

Phone/CATV

Computer Network Cabling

Service Upgrades

Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

MASONRY

MASONRY

Alfredo's Construction Company, Inc.



- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

Phone:

VA: (703) 698-0060 • MD: (301) 316-1603

www.alfredosconstructioncompany.com

BRICK AND STONE

Custom Masonry

703-768-3900

www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways

Repairs & New Installs • All Work Guranteed

Light tomorrow with today!.

-Elizabeth Barret Browning

LANDSCAPING

A&S CONSTRUCTION

SOD, Mulch, Clean-Up
Leaf Removal

Hauling.

703-863-7465

Nothing is too
small to know,
and nothing too
big to attempt.

-William Van Horne

108 furniture repair

108 furniture repair

REUPHOLSTERY

Antiques
& Contemporary
Furniture

Fabrics, Estimates

703-450-5538

kkiss1@msn.com

Charles Kiss, Master Craftsman



GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!



WINDOWS & GLASS

WINDOWS & GLASS

CHESAPEAKE/POTOMAC WINDOW CLEANING Co.

Residential Specialist

Family owned/operated

Working Owners Assures Quality

No Hidden Fees/No Broken Window Springs

30 yrs Experience in local area.

Licensed **703-356-4459** Insured

PAVING

PAVING

GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES

Licensed, Insured, Bonded

703-250-6231

**Find us on
Facebook
and become
a fan!**

**Facebook.com/
connection
newspapers**

**THE
CONNECTION**

Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well - presumably, that I've stopped doing them: ingesting three teaspoons of puréed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good - and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," - then what have I really accomplished?

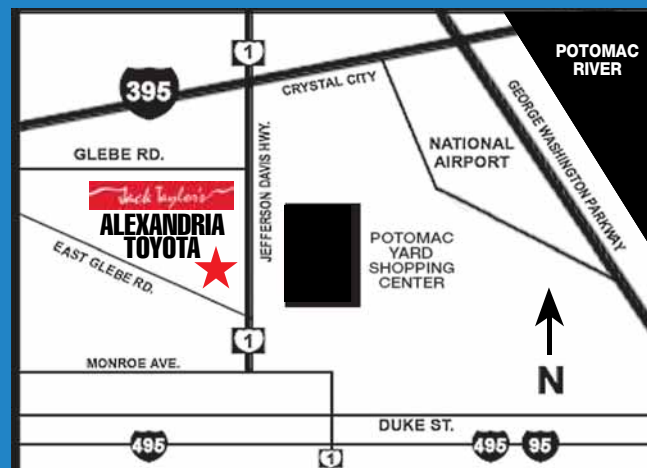
As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

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

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305
703-684-0710
www.alexandriatoyota.com



NEW! Extended Service Department Hours:

Monday – Friday, 7 am to 9 pm

Saturday, 8 am to 5 pm

Sunday, 10 am to 4 pm

Sunday by appointment only.

Make your next service appointment at:
alexandriatoyota.com

You Have Saturdays Off

That's Exactly Why We Don't!



ServiceCenters
Keep Your Toyota
a Toyota



ToyotaOwnersOnline.com

TOYOTA
LIFETIME GUARANTEE

Mufflers • Exhaust Pipes • Shocks • Struts
Toyota mufflers, exhaust pipes, shocks, struts and strut cartridges are guaranteed to the original purchaser for the life of the vehicle when installed by an authorized Toyota dealer. See us for full details.



TOYOTA
Let's Go Places



TOYOTA GENUINE SERVICE
BUY 3 TIRES AND GET 4TH FOR \$1

Got Tires? NO CHARGE road hazard protection, tire warranty, and free courtesy MULTI-POINT inspection. Price match guarantee. See service advisor for details.

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
BRAKE SPECIAL \$99⁹⁵

INCLUDES: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only.

MACHINE ROTORS
AN ADDITIONAL \$199.95.

DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
TRUE START BATTERY SPECIAL \$139⁹⁵

INCLUDES: BATTERY INSTALLATION. Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated. PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
LATE SPRING MAINTENANCE SPECIAL \$59⁹⁵

INCLUDES: Genuine Toyota oil filter, up to 5 qts of conventional oil, inspect windshield wipers, tire rotation, check tire condition, check battery (with pre-out), inspect and adjust all fluid levels, inspect air Alexandria Toyota's 27 pt inspection & cabin air filters.

SYNTHETIC OIL \$10 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

WEDNESDAY IS LADIES' DAY 15% OFF ANY REPAIR

Not to exceed \$100

GENUINE TOYOTA

SIGHT LINE WIPER BLADES \$10 OFF ANY PAIR

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

15% OFF ANY ACCESSORIES

• Apparel • Window visors
• I-pad adaptors • All weather floor mats
• Toyota bedliners

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
30000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁵

Synthetic \$10 More
INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

SPRING SAVINGS



**New RAV4s, Priuses
Scion IMs and IAs
ALL ON SALE
LIKE NEVER BEFORE**
Spring is here and so are the SAVINGS!
Ask one of our sales managers, George,
Mike, Yared or Rocky
703-684-0700
**WE ARE HERE
TO MAKE DEALS!**

TOYOTA GENUINE SERVICE
DETAIL SPECIALS
STANDARD HAND-WASH & VACUUM
Recommended Monthly
\$39⁹⁵

Vacuum carpets, floor mats, upholstery & trunk, wipe down dash board, console & door panels, wash wheels, tires & fender wells, hand wash exterior door jams, and dress tires.

QUALITY HAND-WASH VACUUM & WAX
Recommended Every 6 Months
\$139⁹⁵

Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wax or glaze, vacuum carpets, upholstery & trunk, clean interior vinyl & leather, clean dash board, vents, console, door panels & windows, and dress tires.

PREMIUM FULL DETAIL
Recommended Every 12 Months
\$295⁹⁵

Full interior & exterior detailing, including trunk, stampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, tires, fender wells & door jams, hand wax exterior, buff & polish, wax or glaze application, tar & sap removal, dress tires, rubber molding & trim, clean dash board, vents, console plus door panels, clean overhead liner, seatbelts & windows, and engine cleaning.

All details by appointment only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
LUBE, OIL & FILTER SERVICE SPECIAL
\$5 OFF \$10 OFF

NON-SYNTHETIC: INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.
SYNTHETIC: INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
VARIABLE DISCOUNT
\$5.00 OFF with purchase of \$35.00 - \$49.99
\$10.00 OFF with purchase of \$50.00 - \$99.99
\$15.00 OFF with purchase of \$100.00 - \$199.99
\$20.00 OFF with purchase of \$200.00 - \$499.99
\$50.00 OFF with purchase of \$500.00 Or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
VENTILATION SERVICE \$49⁹⁵

INCLUDES: Clean condenser fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
COMPLIMENTARY MULTI-POINT INSPECTION

INCLUDES: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER EXPIRES 5/31/16.

EXTEND THE LIFE OF YOUR VEHICLE!
BG FLUID EXCHANGE SPECIAL
TRANSMISSION FLUSH **\$189⁹⁵**
POWER STEERING FLUSH **\$139⁹⁵**
BRAKE FLUSH **\$139⁹⁵**
FUEL INDUCTION FLUSH **\$139⁹⁵**
ENGINE PERFORMANCE SERVICE **\$219⁹⁵**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE
WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER EXPIRES 5/31/16.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
703-684-0700 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!



**Let's
Go
Places**