



The Arlington Connection

WELLBEING

PAGE 10

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIED, PAGE 14

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Busing 2.0?

NEWS, PAGE 3

Interfaith Iftar To Share
Ramadan with Community

NEWS, PAGE 3

In Primary Races
For Governor

NEWS, PAGES 4-5

Bark in the Park

NEWS, PAGE 3

Demetri, a rescue dog, shows off his manners as Quentin Roos and Liz Tershel hand feed him bites of a barbecue brisket sandwich at Bark in the Park on June 7. This event was held at James Hunter Dog Park in Arlington and sponsored by Clarendon Animal Care and Clarendon Alliance.

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	Baltimore County		York College of Pennsylvania

Bark in The Park

Where children have as much fun as the dogs.

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION



At Bark in the Park, children had almost as much fun as the dogs. Three-year old Bree Dillaman waits patiently as her face is transformed into a butterfly. Other children chose the moon bounce or throwing purple tennis balls from iDog personalized pet care provider to their dogs or their friends.



Singer-songwriter Caroline Ferrante takes a break on stage at Bark in the Park to announce "Our Adoption Event." A volunteer heads to the front. "Here she is, Riva, I want Riva myself." Riva wiggles her whole body and returns to the ground waiting expectedly for her new home as Ferrante returns to the last song of this set ... "It's a great big world. Let's go up to the top and talk to God. He's been singing along."



Fur Get Me Not with dog petting services and training throughout the Northern Virginia area and D.C. offers a spinning wheel with pet-related prizes.



It was only 3:30 p.m. and Smoking Kow BBQ had already served almost 100 free barbecue sandwiches with choice of a side compliments of Clarendon Animal Care.

Busing 2.0?

Accusations of racial microaggressions in Options and Transfers Policy discussion.

BY VERNON MILES
THE CONNECTION

A push by School Board member Reid Goldstein to break down socioeconomic divides in Arlington Public Schools faced substantial backlash as other School Board members accused Goldstein of subtle racism.

At a School Board meeting on June 1, the board approved revisions to the Enrollment and Transfer Policy, among which was renaming it the Options and Transfers Policy. The policy simplifies and standardizes the application process to transfer between schools or apply for admission to options schools, programs like H-B Woodlawn, International Baccalaureate, Montessori, and immersion programs without fixed boundaries.

During the approval process, Goldstein made an effort to add new language to the policy to "include steps to enhance diversity across our option schools and through our neighborhood transfer practices." According to Goldstein, the new language would be part of an ongoing effort

to reduce the segregation of Arlington Public Schools. Among ways to increase diversity, Goldstein proposed providing transportation to help balance the amount of students receiving free and reduced lunch across the schools, ideally to around 20 percent per school. But while Goldstein said the policy was not an attempt to recreate the cross-town busing from the 1970s, for others on the School Board it didn't seem much different.

"There's so many things wrong with this," said School Board member James Lander. "In my experience, families choose instructional programs, not how much money their neighbors make. Children should be treated as individuals. Color of skin or how much money their parents make has no relevance. I reject this amendment."

School Board member Tannia Talento went even further, saying Goldstein's proposal was offensive. "It's hard to listen to some of this," said Talento. There's some things in here that I feel are microaggressions that I am offended by ... So because I'm poor,

SEE BUSING 2.0?, PAGE 11

Interfaith Iftar To Share Ramadan with Community

Rock Spring UCC to host June 17 event.

BY SHIRLEY RUHE
THE CONNECTION

The American Palestinian Women's Association (APWA) is hosting an interfaith community event on June 17 at Rock Spring United Church of Christ (UCC). The event includes a five-course traditional Palestinian iftar, eclectic music from the countries of the Middle East and poetry shared about refugee experiences. The iftar is the traditional evening meal when Muslims break their daily Ramadan fast at sunset. Imam Hendi, the Muslim chaplain at Georgetown University, will offer the prayer and speak about the relevance of Ramadan.

Dr. Mai Abdul Rahman, president of the APWA, said Muslims fast every day during the month of Ramadan and break the fast each evening with healthy foods that have minerals such as dates that have a lot of magnesium. She says she was just telling a friend that you can't believe how tasty that

date is. "You regain the taste of food like never before. And," she added, "you understand that there are those around you who are hungry and that hunger can be painful."

She explains the purpose of fasting is not to deprive yourself of your health but to increase your sense of social justice and the sensitivity of others. "A huge part of it is to have a sense of connection to those who don't have. But you have to learn to eat what your body needs to fulfill what you have missed all day."

Rahman says the iftar at Rock Spring will have many of the usual dishes for a Palestinian meal. "We have olives with a lot of minerals, not the ones you generally see, but an earthy, very rich green olive. Then there is lentil soup because we raise lentils, humus — my mother's recipe was very simple, just two ingredients — rice pilaf with nuts and chicken. Finally the sweets and the special Palestinian tea, a calming drink that also assists with digestion."

The month of Ramadan is tied to the lunar calendar so it doesn't fall at the same time every year. In 2017 it began on May 27.

Rahman says her family emigrated to the United States in the late 1970s after Israel took over the West Bank in 1976 and the family lost their exit and entrance ability to return home. She and two other women set up APWA in 2005 "to raise awareness and educate people about who we are." She said, "We are a small group but our strength is in helping people, both individually and in groups."

APWA has supported a homeless shelter in Baltimore and last

SEE JOIN INTERFAITH,
PAGE 11

The American Palestinian Women's Association serves the traditional Palestinian iftar dinner to homeless in D.C. outside Catholic Charities in 2016.



PHOTO CONTRIBUTED

Democratic Candidates for Governor Run to the Left

Two candidates try to repackage themselves as hardcore progressives.

BY MICHAEL LEE POPE
THE CONNECTION

Regrets? Candidates for the Democratic nomination for governor have probably got a few. But Lt. Gov. Ralph Northam has too few to mention. During a debate on NBC4 late last month, Julie Carey asked the lieutenant governor what kind of mistakes he's made that he regrets during a recent televised debate, Northam did not talk about about his two votes for George W. Bush in 2000 and 2004. And he didn't talk about taking money from Dominion, the utility that wants to build controversial pipelines through the state.

"Well I tell you I don't really have any regrets, Julie," said Northam. "But what I did learn was when I started in Richmond in 2008 as a senator ..."

And then Northam told a story about his efforts to get a smoking ban passed in Richmond after initial opposition from Republicans. One of the old verities of political life in Virginia is that if you're explaining, you're losing. And the lieutenant governor was not about to start explaining his support for Republicans. And he wasn't about to start explaining the \$40,000 he's accepted from Dominion and its executives during his run for governor. So he changed the subject.

"Not sure that qualified as a mistake," responded Carey. "But let's try you Mr. Perriello on that."

That's when former U.S. Rep. Tom Perriello (D-5) talked about an issue that his critics have been focused on since the day he announced his candidacy earlier this year: a vote he made during his time in Congress to deny federal funding for abortions in taxpayer-subsidized health insurance plans under the Affordable Care Act. Supporters of Northam have been using Perriello's vote in favor of the Stupak-Pitts Amendment as a way highlight Northam's long history supporting women's reproductive rights.

"That amendment and the eventual compromise was highly restrictive, said Perriello

during the NBC4 debate. "And in working with reproductive justice advocates since then understanding just how much of a step backwards it was in that space."

THAT EXCHANGE reveals a curious phenomenon in the race for the Democratic nomination this year. Both candidates are trying to run to the left, abandoning their previously moderate or even center-right positions on a number of issues. So which candidate has a more difficult transformation? Opinions are divided. Virginia Tech political science professor Robert Denton says Perriello will have a more challenging time selling voters on his new progressive persona.

"He has to explain that at the time I wasn't countering my beliefs, attitudes or values related to abortion," said Denton. "But I was looking at my constituents in the Fifth Congressional District and therefore trying to represent them."

Others aren't so sure. University of Mary Washington professor Stephen Farnsworth says Northam is in a more perilous position explaining his votes for Bush.

"The anger that you see among Democrats really I think is going to create a sense that the votes for Bush were more problematic," said Farnsworth. "Perriello may be better able to explain away the very conservative nature of his old congressional district."

Perhaps the more thorny issue for Northam is his position on the controversial pipelines Dominion wants to build in Virginia. Despite being asked multiple times on the campaign trail, the lieutenant governor has yet to take a stand one way or the other. Northam says the multibillion projects could create jobs and boost the economy.

"Obviously we want the pipeline to be built with science and transparency," Northam said during the first debate in April. "We also need jobs in the commonwealth of Virginia."

Perriello has made his opposition to pipelines a centerpiece of his campaign, and he's



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Lieutenant Governor Ralph Northam and former U.S. Rep. Tom Perriello (D-5) debate in Fairfax County.

pledged to reject campaign contributions from the utility. Perriello says all that money Dominion plans to spend on the two pipelines in Virginia could be put to better use. "I've opposed these two pipelines," he said during that first debate. "I believe for a fraction of that \$6.7 billion, we could put tens of thousands more people to work on clean energy, energy efficiency, localizing food production and other measures."

THE DEBATE over guns has also been a sticking point in the Democratic primary. On the campaign trail, Northam has criticized Perriello for changing his position on the National Rifle Association, a group that once endorsed his campaign for Congress. During one of the televised debates this year, Northam turned to Perriello and reminded voters that he has received support from the NRA during a time when concerns were mounting over gun control in America. "That was since 2010," said Northam. "You served in Congress from 2008 to 2010. That was after the Virginia Tech tragedy. What has changed about the National Rifle Association between 2010 and 2017?"

Perriello responded that times have changed.

"Well, you know, you and I have both have all done guns. You know that. You were a deciding vote after Virginia Tech on something that prevented Fairfax and other com-

Top Northam Donors

- ❖ \$200,000 from venture capitalist Michael Bills of Bluestem Asset Management LLC
- ❖ \$110,000 from Henrico-based Common Good VA, a committee set up by Gov. Terry McAuliffe in March 2014 to raise political donations during his time as governor
- ❖ \$77,000 from Thomas DePasquale of the software company Outtask LLC
- ❖ \$52,500 from Conrad Hall, retired president and CEO of Norfolk-based Dominion Enterprises
- ❖ \$50,000 from Washington-based DGA Action, a super PAC funded by Democratic Governor's Association

Top Perriello Donors

- ❖ \$500,000 from Sonjia Smith, Charlottesville philanthropist
- ❖ \$250,000 from George Soros of New York-based Soros Fund Management LLC
- ❖ \$230,000 from the New York-based activist network Avaaz Foundation
- ❖ \$125,000 from Alexander Soros, New York executive and philanthropist (son of George Soros)
- ❖ \$75,000 from Courtney Smith, financial advisor with New York-based East Rock Capital

munities from being able to demand fingerprinting on concealed carry permits. That was a deciding vote. There was never a moment where I was a deciding vote for the NRA."

Both of the candidates support free community college for Virginia students, although they differ on how to finance it. Northam says no tax increase would be needed to finance his plan; students would engage in public service to pay for free community college in high-demand areas.

"If they become certified in one of these areas, then they will give one year back in public service at which time they will get paid," said Northam. "So it's not like they're out there working for free."

Perriello says a tax increase will be needed, especially for those making more than half a million dollars a year. He says that would allow people who attend free community college to have the dignity to come home at night and tuck their children into bed.

"We don't need people giving back in service," said Perriello. "We have a private sector with jobs ready to hire people if we help them just a little bit to get that certificate and have the dignity of the kind of job they can support a family with."

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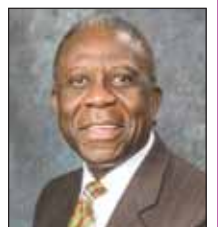
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Ed Gillespie
Age: 55
Experience: Chairman of the Republican National Committee and counselor to the President in the George W. Bush administration
Bachelor's Degree: The Catholic University of America
Place of birth: Mount Holly Township, New Jersey
Profession: lobbyist



Corey Stewart
Age: 48
Currently: Chairman of the Board of Supervisors, Prince William County
Bachelor's Degree: Georgetown University's School of Foreign Service
Juris Doctorate: William Mitchell College of Law
Profession: attorney



Frank Wagner
Age: 61
Bachelor's Degree: U.S. Naval Academy
Military service: nine years in U.S. Navy
Place of birth: Ruislip, England
Profession: businessman

Taxes Dominate GOP Race

In debate: Cut taxes or raise taxes?

BY MICHAEL LEE POPE
THE CONNECTION

You know that old saying that nothing is certain in life but death and taxes? Here in Virginia, there's another certainty: Every year is an election year.

This year features a primary fight between three Republicans running for governor, each with his own separate and distinct tax plan.

"Well this is really more of a conversation than Republicans usually have about taxes," said Stephen Farnsworth is a professor at the University of Mary Washington. "You have a candidate willing to increase taxes, a candidate willing to abolish the income tax and then, I guess, the Goldilocks plan, which is in the middle."

The Goldilocks in this campaign is former Republican National Committee Chairman Ed Gillespie. Back in March, he outlined a proposal that would lower the state income tax rate on people who make more than \$17,000 a year from 5.75 percent to 5.15 percent. For someone making more than \$60,000 a year, that would mean about \$400 less in taxes a year. Gillespie's proposal relies on revenue growth rather than spending cuts to pay for the tax cuts.

"Our rates were set in 1972," said Gillespie during the one and only debate of the primary season. "They have not come down in 45 years, and other states around us have been moving."

The idea is classically Republican: cut taxes and predict that will turbo charge the economy, creating jobs in the process. It's the kind of trickle-down economics that fueled the rise of President Ronald Reagan back in the 1980s. Gillespie is selling the tax cut plan as a clean break from the last four years of Democratic leadership in the Executive Mansion, a move to the center right for a state that's sharply divided.

"It would also result in hard-working Virginians who have had stagnant wages but rising costs over the past three, four, five years when our economy has been stagnant having nearly \$1,300 more in our pockets

to spend as we see fit."

ONE IDEA that's not classically Republican is raising taxes. But that's what state Sen. Frank Wagner (R-7) wants to do with the gas tax. He's proposing a plan that would raise the gas tax in an effort to raise money for building roads while avoiding high-cost tolls that have become prevalent in Northern Virginia and Hampton Roads.

"I can't remember a Republican candidate for statewide office in Virginia running on a tax increase," said Quentin Kidd, a political science professor at Christopher Newport University. "And there probably aren't a dozen nationally in the last decade or two decades who have run on a tax increase like Frank Wagner is right now."

Meanwhile, Wagner is suspicious of Gillespie's tax proposal. Specifically he's critical of how it's been sold. For example, Gillespie's plan would save \$1,300 a year for families that make more than \$100,000 a year. But that's well under the median household income in Virginia, which is \$65,000. On the campaign trail, Wagner has attacked Gillespie's plan as an irresponsible giveaway to the rich — one that isn't rooted in experience in government.

"Let me tell you something," Wagner said during the debate. "It's easy to say that when you're sitting here and you've never been in state government."

To solve the problem, Wagner is proposing raising the gas tax to pay for buildings roads. The proposal echoes an earlier era in Virginia politics, when Gov. Harry Byrd suggested using the gas tax as a way to finance building roads while avoiding debt. In Wagner's plan, raising the gas tax would avoid higher tolls on roads in Northern Virginia and Hampton Roads. Plus the proposal is built on a sliding scale, which would mean the tax would actually decrease when gas prices rise.

"We have an \$18 billion deficit in the Virginia Retirement System. We have a Rainy Day Fund for a recession that should be at \$2.4 billion. It's down to less than \$300 million right now."

SEE GOP RACE, PAGE 15



Building Better Conversations with the Whole Family When a Loved One Has Dementia

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Dementia knows no boundaries. It not only erodes memory but also imposes stressors on the whole family. Because a family is a blend of personalities, perspectives and priorities, it can become difficult to agree when care and lifestyle decisions need to be made. Longstanding dynamics often become exaggerated or change altogether, and then, conversations can get messy. Please join us for a discussion led by Dr. Vivek Sinha and Mikki Firor to help your family talk and interact productively as dementia progresses. Topics include:

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- Ideas and techniques to ensure everyone's voice is heard
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- Determining how much participation your loved one should have in decision-making conversations
- Identifying resources to offer additional support



Vivek Sinha, MD, is the Co-Founder & Chief Medical Officer of Bellevue Medical Partners. Dr. Sinha's "House-Call" practice provides care to patients in their homes or assisted living residences.



Mikki Firor is the president of Trovato, LLC, a dementia consulting company. Mikki provides education, support and guidance to help families and professionals navigate the diagnosis, prognosis and full experience of dementia.



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OPINION

Vote On or Before June 13

In-person absentee voting continues through June 10.

On June 13, every Virginia voter has the opportunity to vote in the Primary Election to choose the candidates for their chosen party for governor and lieutenant governor.

Ralph Northam and Tom Perriello are vying to be the Democratic nominee for governor.

EDITORIAL Ed Gillespie, Cory Stewart and Frank Wagner are seeking the Republican nomination for governor.

For lieutenant governor, Justin Fairfax, Gene

Rossi and Susan Platt are seeking the Democratic nomination.

Bryce Reeves, Glenn Davis Jr. and Jill Vogel compete for the Republican nomination for lieutenant governor.

The filing deadline for independent and non-primary party nominees is June 13 at 7 p.m. for the November general election.

For in person absentee voting in Arlington, available through June 10, see <https://vote.arlingtonva.us/absentee>. For more information on voting in Arlington, see vote.arlingtonva.us/elections

Send Father's Day Photos

Father's Day is Sunday, June 18, and once

again the Connection will publish a gallery of Father's Day photos.

Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to arlington@connectionnewspapers.com.

Holding the Center to Avert Our Fate

BY DEBORAH WUNDERMAN

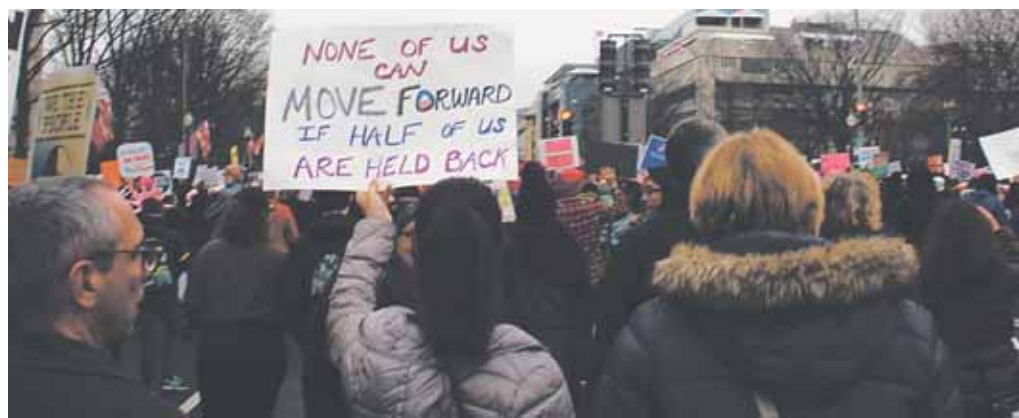
Cerman Chancellor Angela Merkel is right when she says Europe must "take its fate into its own hands" because the United States is turning its back on its destiny and succumbing to its fate as polarized fractions submerge our role as a world leader. Perhaps the biggest divide has emerged between forces of globalism that have pushed the world into complicated, interrelated relationships (a place humanity is destined but the

COMMENTARY movement has been too intense and fast) and forces of nationalism and populism that are turning our nation's attention back to times of former greatness. This looks safer than pressing forward into an unknowable future, but this is an illusion, for no one can step into the same spot of a river twice because it constantly flows forward, just as consciousness flows forward through time. Turning our backs on where we are going is as good as sailing blind into oncoming rocks.

We are undergoing a "pretty big" identity crisis where the thin veneer of what we thought was a normal and healthy democracy is cracking, and now we boldly step into the children's fairy tale of the "Emperor Wearing No Clothes" (or perhaps this is just liberals feeling this way today as conservatives used this same metaphor eight years earlier). Regardless of whether liberals are justified to feel this way now or conservatives were justified to feel this way before, the more important question is what do we do when more than half of the country feels left behind?

I don't have answers, but protest is a start. It is a sign our democracy is still resilient and flexible enough to self-correct when the pendulum swings too far to the left or right. Protest is a counter force that emerges to hold the center when the collective balance gets knocked off center. After protest, comes the hard work of finding a way forward that does not exclude, abandon, or diminish any group of people in this country (or world) — one that can stay cohesive and evolve.

When I made a documentary of the Women's



The Women's March on Jan. 21.

March, I didn't understand any of this, but rather was compelled by a fictional narrative (begun five years earlier) to go down to the mall and gather voices of the hopes, fears, and concerns of people coming from all over the country to the march. I am not a journalist, a film-maker, or community activist, but this moment felt bigger than me and, like so many of the people I talked with, this is a time when we are called upon to get involved in ways that don't always feel comfortable but are essential to hold the center on our core democratic values such as truth, justice, and human dignity. This includes holding the center for middle class Americans who are being squeezed out of the economy by globalism. It also means holding the center for every person regardless of if they are black, white, brown, rich, poor, Muslim, Jewish, Christian, Buddhists, immigrant, legal, or "illegal" for every person is part of our collective reality and essential to the fabric of this moment in time. When even one person is left behind, injured (physically or psychologically), expelled, or banned from entering our country due to fear and discrimination, our collective fabric is ripped. Thus, the work of moving forward needs to include every voice so a bigger, better narrative can form, one that is more conscious than the one Trump has temporarily tapped into — a strangely one-sided, warped, off-center, immature, and backwards looking story. Why is this important? Because narratives are powerful

devices that act like high-powered antennas capturing and focusing an individual's attention onto narrow bandwidths that can be harnessed by the narrative creators for good or bad.

To move forward and recover our destiny, we need to create a new narrative that unites our voices. We do this by listening to each other — and, most importantly, understanding and respecting diverse points of view. In this way we can repair the damage being inflicted through the current rhetoric, rebuild a bridge where true discourse can take place again, and wrestle back control of our collective destiny from forces that have taken advantage of healthy differences between the left and the right, made them starker, widen the natural gap, and then pushed both sides to the very edge of the chasm that opened where the destructiveness of the human psyche looms larger and more threatening than it has in a long time — hurtling us into this moment. As one of the march signs so eloquently says, "None of us can move forward, if half of us are left behind." We choose the quality of the thread we contribute to our shared reality — so infuse yours with wisdom.

Deborah Wunderman, an Arlington resident, is a grant/proposal writer and author of an unpublished novel about a near future world where humanity does not make the decisions needed to avert worldwide climate disasters. She has made several citizen-style documentaries of recent protests motivated by her novel's narrative. See www.youtube.com/channel/UC2sNIMUCEbYV3hNrSrEu47g.

The
Arlington
Connection

www.ConnectionNewspapers.com

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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LETTERS

Primary Choice Is Clear

To the Editor:

The past four years have not been easy for millennials in Virginia. Our Commonwealth has fallen to the bottom five in the country for economic growth, and too many young people are burdened by debt and

fewer opportunities to thrive. Graduates of Virginia's schools are flocking to more business-friendly states where jobs are more plentiful.

For millennials like me, the choice in the June 13 primary is clear. Ed Gillespie is the only candidate for governor with a plan to remove barriers to job creation and incentivize economic growth in Virginia.

By strengthening our workforce development and education system, Ed's plan will train Virginians to fill the most in-demand jobs and attract new employers to our Commonwealth. Ed will reduce individual income

taxes by 10 percent across the board, resulting in more than 53,000 new private sector jobs.

Ed's policy-focused agenda is a breath of fresh air in today's political climate. It will deliver real results for my generation and help Virginia become competitive in today's modern economy.

This fall, we have the opportunity to elect a candidate who believes that Virginians deserve better than four more years of failed policies.

I hope you'll join me in voting for Ed Gillespie on June 13.

Elizabeth Minneman
Arlington

Ready on Day One

To the Editor:

Next Tuesday, June 13, Virginia Democrats will select our nominee for governor. I strongly believe the best candidate is Ralph Northam.

His record and policy priorities, first as a senator, and now as lieutenant governor, are key reasons that he is my choice. He has worked hard to build the Virginia economy, prepare children for school by investing in quality pre-Kindergarten programs, prevent gun violence, and safeguard the personal liberties of women and our LGBT community.

Working alongside Ralph, I've seen him change minds in the General Assembly, and I know he'll continue doing that as our 73rd governor.

In 2012, with Democrats in the

minority in the State Senate and Gov. Bob McDonnell in the Governor's Mansion, Ralph led the fight against a bill mandating transvaginal ultrasounds for Virginia women seeking abortions. Leveraging his background as a doctor, he convinced Republicans to back down and drop the transvaginal mandate. That's one reason why he has earned the endorsement of NARAL Pro-Choice Virginia.

Ralph passed the law that banned smoking in bars and restaurants — bringing both Democratic and Republican legislators together. He's also helped lead the fight for expanding Medicaid in Virginia, to provide healthcare for up to 400,000 more hard-working Virginians. With the future of the Affordable Care Act under assault, we need Doctor Northam as our next governor.

Ralph's fought for better gun safety laws in Virginia too. When Democrats from rural parts of the state balked at closing the gun show loophole back in 2009, Ralph didn't. He treated wounded soldiers during the first Gulf War, and children who were victims of gun violence in Hampton Roads. Ralph will carry those experiences into the Governor's office. That's why the Coalition to Stop Gun Violence is behind him 100 percent.

Ralph will continue to fight to reform Virginia's criminal justice system, and break the school-to-prison pipeline. He'll keep up the fight to raise the felony larceny level (we're tied for the lowest in the country right now in Virginia), end the suspension of driver's licenses when people can't afford to pay court costs, and to decriminalize marijuana.

Ralph has been a longtime ally of LGBT Virginians, which is why he's been endorsed by Equality Virginia. He signed onto my non-discrimination bill his first month as a state senator, and introduced legislation to outlaw all forms of discrimination on the basis of sexual orientation or gender identity.

Ralph is the first statewide official in Virginia to oppose offshore drilling — not afraid to break with other Democrats on that issue — and he's been a leader on cleaning up the Chesapeake Bay. He's served on climate change commissions for Governors Kaine and McAuliffe, and he's fought to expand renewable energy, including a mandatory renewable energy portfolio standard.

We need Ralph Northam because he will hit the ground running in January 2018 on all these issues. I've seen him do it day-in and day-out for the past nine

SEE LETTERS, PAGE 14

JUNE 10TH

HOME RENOVATION

Are You & Your Family Enjoying the Most From Your Home?

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Saturday, June 10th, 2017- 10am-2pm

Where: Sun Design Corporate Office
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Seminars:

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ENTERTAINMENT

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

ONGOING

Rosslyn Rocks Concerts. Through June 29, 6-8 p.m. at Central Place, N. Moore Street at Rosslyn Metro Station. Free live music every Thursday evening in June at Central Place Plaza. Each week will feature a different cover band. Beer and wine will be available for purchase. June 1 features local band White Ford Bronco. Visit www.rosslynva.org for more.

Artists Exhibit. Various times through June 10 at Metro Micro Gallery, 3409 Wilson Blvd. Artist Austin Shull presents “Reflections on Ardor,” curated by Cara Rose Leepson. Visit www.metromicrogallery.com for more.

“Hunchback of Notre Dame.” Various times through June 11 at Synetic Theater, 1800 S. Bell St. \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Group discounts are available. Visit synetictheater.org/ for more.

“Jesus Christ Superstar.” Extended through July 9 at the Signature Theatre, 4200 Campbell Ave. Visit www.sigtheatre.org for more.

“King Lear.” Various times through June 25 at Gunston Arts Center, Theatre Two, 2700 S. Lang St. Shakespeare’s mature classic with local actor Rick Foucheux. Visit wscavantbard.org, or call 703-418-4808.

Arlington Farmer’s Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

Cycling Volunteers Needed. The 20th annual Armed Forces Cycling Classic needs volunteers for the June 10-11 race. Email info@arlingtonsports.org for more.

Outdoor Zumba. 6-7 p.m. on Wednesdays through May 24 at Freedom Park, Entrance on Lynn St. at Wilson Blvd. \$20 for all five classes. Visit www.rosslynva.org for more.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit www.crystallcity.org for more.

Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive & 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystallcity.org for more.

Crystal Ball: Street Hockey. 6:30 p.m. Thursdays at 1900 Crystal Drive. A coed social league, in partnership with the DC Fray, hockey enthusiasts compete competitively and recreationally in Crystal City. Games are played weekly and champions are crowned at the end of each season. Visit www.crystallcity.org for more.

Healthy Lifestyle Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners



Food Truck Party

This Saturday, June 10 is the first of several West End Food Truck Parties, 11 a.m.-2 p.m. at Columbia Pike and Four Mile Run Drive. Members of the Columbia Forest Civic Association in the Pike’s west end planned a series of Food Truck Parties from April through October. Visit www.columbiaforest.org for more.

with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Culinaire’s Winter Lunch. Tuesdays through Thursdays, 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu on Tuesdays, Wednesdays and Thursdays. Visit www.artinstitutes.edu/arlington 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, 3-7 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.

Open Mic Comedy. Wednesdays 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 St. and Washington Blvd. 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 p.m. and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit 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.

JUNE 2-11

The Jungle Book. various times at Thomas Jefferson Community Theatre, 125 S Old Glebe Road. Mowgli is taught the ways of the jungle by a bear named Baloo and Bagheera, a panther, and Kaa the snake. He’s got those bear necessities. Visit www.encorestage.org or call 703-548-1154 for more.

JUNE 2-AUG. 25

Rosslyn Cinema and Pub in the Park. 6 p.m. at Gateway Park, 1300 Lee Highway. On Fridays, Rosslyn Cinema brings you games, drinks, dinner and free outdoor movies this summer. Visit www.rosslynva.org for more.

JUNE 5-JULY 1

Summer Bootcamp. 2-7 p.m. Monday and Wednesday; 9:30-10:30 Saturday at Gateway Park, 1300 Lee Hwy. \$35. Visit www.rosslynva.org/do/summerbootcamp for more.

THURSDAY/JUNE 8

Phoenix Bikes Open House. 6-8 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. Phoenix Bikes educates youth, promotes bicycling, and builds community. Visit www.columbia-pike.org for more.

FRIDAY JUNE 9

W. Kamau Bell Comedy. Two shows, 7:30 p.m. and 10 p.m. at Arlington Drafthouse, 2903 Columbia Pike. CNN host W. Kamau Bell is on tour this summer in support of his show “United Shades of America” and the release of his first book, “The Awkward Thoughts of W. Kamau Bell.” 21 and older. \$35-\$63. Call 703-486-2345 or visit www.arlingtondrafthouse.com.

SATURDAY/JUNE 10

Central Arlington Walking Tour. 9 a.m. at the Clarendon Metro Station (Top of Escalator) S.W. Corner of Wilson Blvd. and N. Highland St. Walk from 1 to 12 miles (1 to 8 hours) visiting parks and historic sites in Clarendon, Ballston, Glencarlyn and surrounding areas. Bring lunch and water. Wear comfortable shoes. Call 703-243-0179 or email bhberne@yahoo.com.

Arlington Student Film Fest. 10 a.m.-4 p.m. at HB-Woodlawn Auditorium and Blackbox, 4100 N. Vacation Lane. 150 short films created by over 350 students from 24 Arlington Public Schools. Free. Call 703-228-6363 or visit hbwoodlawn.apsva.us for more.

Create Unity Banner. 11 a.m.-1 p.m. at the Aurora Hills Library, 735 South 18th St. Use paint to create colorful hand prints symbolizing the diversity among us. For grades K-5. Call 703-228-5715 for more.

West End Food Truck Party. 11 a.m.-2 p.m. at Columbia Pike and Four Mile Run Drive. Members of the Columbia Forest Civic Association in the Pike’s west end planned a series of Food Truck Parties from April through October. Visit www.columbiaforest.org for more.

Meet the Author. 3-4:30 p.m. at Arlington Central Library, 1015 N Quincy St. Mitchell Yockelson, an investigative archivist at the National Archives and Records Administration, talks about his recent book “Forty Seven Days: How Pershing’s Warriors Came of Age to defeat the German Army in World War One.” Call 703-228-5990 for more.

SUNDAY/JUNE 11

Crescendo Concert. 4 p.m. at the Rosslyn Spectrum Theatre, 1611 N Kent St. Admission is free; good will donations are accepted. Visit www.rosslynva.org/ for more.

MONDAY/JUNE 12

Crystal City BID Annual Gala. 5 p.m. at BID Office, 2011 Crystal Drive, 11th Floor. 2017 Annual Meeting, celebration and social. Visit www.crystallcity.org for more.

TUESDAY/JUNE 13

Celebrate Pride Month. 5-6 p.m. at the Central Library, 1015 N. Quincy St. Celebrate the end of the first year of the LGBTQIA+ Book Club with

ENTERTAINMENT



Live Music

Tuesday, June 20, Frank Herman Martin Concert, 8:30-9:30 p.m. at Ireland's Four Courts, 2051 Wilson Blvd. A resident of Silver Spring, Md., Frank is a winner of the 2016-2017 Artist and Scholars Grant, sponsored by the Arts and Humanities Council of Montgomery County, Maryland. Visit www.irelandsfourcourts.com/ for more.

button making, music, pizza and cake. Call 703-228-5946 or lcsgrove-davies@arlingtonva.us for more.

WEDNESDAY/JUNE 14

Conversations With Tyler Cowan and Sen. Ben Sasse. 6:30-8 p.m. at Arlington Campus Founders Hall, 3351 Fairfax Drive. Ben Sasse, U.S. Senator, author, Uber driver (for charity), and former president of Midland University, will join Tyler Cowan for a wide-ranging dialogue. Visit www.mercatus.org for more.

FRIDAY/JUNE 16

Outdoor Concert Series. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Series kicks off with The Grandsons in concert. Concerts run through Sept. 27. Free. Visit www.arlingtonarts.org for more.

SATURDAY/JUNE 17

Champion Trees Bike Ride. 10 a.m.-noon at the Long Branch Nature Center, 625 S. Carlin Springs Road. Marvel at some of Arlington's trees on this ride while stopping at points of natural and environmental interest along the way. Visit parks.arlingtonva.us/ for more.

Columbia Pike Blues Festival. 1-8:30 p.m. at 2611 Columbia Pike. Musicians such as Bettye LaVette, Rufus Roundtree and Da B-more Brass Factory; Full Power Blues Band; Sol Roots with Carly Harvey, and Jonny Grave. Visit www.stayarlington.com or call 703-892-2776.

Outdoor Concert Series. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Cubano Groove in concert. Concerts run through Sept. 27. Free. Visit www.arlingtonarts.org for more.

SUNDAY/JUNE 18

Mr. Knick Knack Concert. 11 a.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Concerts run through Sept. 27. Free. Visit www.arlingtonarts.org for more.

Father's Day Auto Festival. 2-6 p.m. at 220 20th St. S. This family-friendly festival features a variety of automobiles including sports cars, electric vehicles, classic muscle cars, antiques and more. Free. Visit www.crystallcity.org.

TUESDAY/JUNE 20

Frank Herman Martin Concert. 8:30-9:30 p.m.

www.CONNECTIONNEWSPAPERS.COM

at Ireland's Four Courts, 2051 Wilson Blvd. A resident of Silver Spring, Md., Herman is a winner of the 2016-2017 Artist and Scholars Grant, sponsored by the Arts and Humanities Council of Montgomery County, Maryland. Visit www.irelandsfourcourts.com/ for more.

FRIDAY/JUNE 23

Jogo Project Concert. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Concerts run through Sept. 27. Free. Visit www.arlingtonarts.org for more.

JUNE 23-24

Dance Presentation. 5 p.m. at the Signature Theatre, 4200 Campbell Ave. Dancers will celebrate the life of Arlingtonian, Rita Andelin. Visit www.SIGtheatre.org for more.

SATURDAY/JUNE 24

Caz in Concert. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Concerts run through Sept. 27. Free. Visit www.arlingtonarts.org for more.

SUNDAY/JUNE 25

Arlington Philharmonic Concert. 6 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. This performance, their 3rd Annual "Pops for Pets" is a benefit for both the Arlington Philharmonic and Animal Welfare League of Arlington Free. Visit www.arlingtonarts.org for more.

JULY 11-AUG. 29

Drawing: The Natural World. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. This eight-week course will focus its attention on the natural world, and teach you to record what you see, using materials like graphite, charcoal, and ink. \$250. Ages 18 and older. Call 703-248-6800, or visit www.arlingtonartscenter.org for more.

JULY 12-AUG. 30

Drawing and Painting: The Figure. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Beginning, returning, and advanced students learn drawing and painting in this course on the human form. \$280. 18 and older. Call 703-248-6800 or visit www.arlingtonartscenter.org.

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Getting Hurt in the Gym

Prevent and treat workout injuries.

BY MARILYN CAMPBELL

While sustaining an injury isn't on anyone's list of fitness goals, a recent study by the Center for Injury Research and Policy shows an increase in gym-related injuries in recent years. Corrective exercise is among the strategies for recovering from workout-related injuries, but fitness experts are also emphasizing prevention.

"Generally speaking, at some point it's good following an injury to perform corrective exercises to rehab injured muscles," said Joel Martin, Ph.D., Exercise, Fitness and Health Promotion Graduate Program coordinator and assistant professor of Kinesiology at George Mason University.

"Depending on the stage of the healing process the exercises may focus on getting blood flowing to the injured area, regaining strength in injured muscle or correcting poor movement patterns that contributed to the injury."

One of the most common causes of sports or workout related injuries is performing an exercise incorrectly, says Martin. "You

should take the time to learn proper form and seek the help of an exercise professional for advice as to how to perform various exercises," said Martin. "Investing the time to learn how to move well at the beginning of an exercise program will pay off in the long run."

Failing to do warm-up exercises before a workout and increasing the intensity of the exercise too quickly — either within the exercise session or across multiple exercise sessions — are among the leading causes of workout injury, says Martin. Not following safety procedures is another.

"Some of the most serious exercise injuries happen from not using common sense," he said. "These can come in a variety of forms, but may be due to trying to show off, not wearing proper shoes or equipment for the exercise mode, exercising in unsafe environments, or not using a spotter for heavy lifts."

Even with safety measures in place, Parker Bryant, a personal trainer based in Bethesda, Md., tells his clients that injuries can happen, even to the most cautious athletes. "For many common injuries, especially a muscle that's sore because it's been over-used, I usually advise clients to apply ice for about 20 minutes several times a day to reduce any swelling and to rest the injured body part," he said.



PHOTO COURTESY OF GEOFF ROBISON

Geoff Robison of Custom Kinetics in McLean shows a client how to use corrective exercise.

For those dedicated to fitness, being told to rest can be hard to hear, says Geoff Robison of Custom Kinetics in McLean, but he says that it is possible to be active while recovering from an injury. "One of the hardest things for a runner with an injury to hear is that they have to stop running," Robison said. "But one of the worst things you can do when you have an injury is lay down and not move. Movement, when done properly, can be very healing. It can bring blood flow and realign your body."

Exercise can be used to help heal some workout or sports related injuries, says Robison. "Everyone who walks in our door gets taken through an assessment," he said. "Whether it's low back pain, a knee problem or shoulder pain, we find the root cause of the problem."

Once the problem is identified, Robison and his team of trainers work to create an exercise program that is designed to decrease pain and build fitness.

One example that he uses to explain his therapeutic strategy is knee pain, which he says is one of the injuries he sees most often in clients. He observes the client's movements to help determine the cause of the problem. "Maybe it's coming from the foot, because the foot is not strong enough, so your knees cave in when you squat," he said. "Maybe your glutes [gluteal muscles] are weak or maybe your quads [quadriceps] are weak. Strengthening these muscles can help stabilize the leg and help relieve knee pain."

Robison builds an exercise regimen that is designed to address a specific issue or injury. "One exercise that I might use is the clam shell where clients lie down on their side and open and close their knees," he said. "When it's a case of muscle overuse, I might use a foam roller or resistance bands to loosen and strengthen the muscles."

Bryant says that an injury can be an opportunity to try a new type of workout. "For example, if you're a runner, but your knees are bothering you, stop running for a while and try swimming to give your knees a rest," he said. "After you're been pain-free for more than a week, you're probably healed. When you do return to your normal exercise routine, don't dive in with the same intensity as before your injury. Gradually work your way back so that you don't reinjure yourself."



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NEWS

June 1	School Board adopts policy revisions
Fall 2017	<ul style="list-style-type: none"> • APS proposes, seeks community feedback on the definition of option schools/programs and lotteries for Board consideration • Board receives Annual Update with recommendations to address capacity
2017-18	APS Boundary Change processes
2017-18	Policy in place for students applying for admission in 2018-19 to <ul style="list-style-type: none"> • option school/programs or • transfers to a neighborhood school accepting transfers

Timeline for Options and Transfers Policy implementation.

Busing 2.0?

FROM PAGE 3

I am a burden? That is very hard for me to swallow. ... I recognize that we are not legally allowed to determine these things by race, but the truth of the matter here in Arlington the majority of those on free or reduced lunch are minorities."

Under the auspices of busing students receiving free and reduced lunch, Talento said the program would be busing students by race.

"Our goal is to provide excellent high quality education to every single student who walks through our doors, regardless of gender, sex, race, immigration status," said Talento. "They are a child. We educate them. My goal, to ensure every student has excellent education."

Goldstein's motion received support from School Board member Barbara Kanninen, but was attacked by School Board Chair Nancy Van Doren for its introduction during the final approval after a several month process.

"This could have been brought forward and discussed," said Van Doren. "Instead, it's brought forward at the 11th hour. I would have welcomed this conversation

in community, in drafts, to determine whether or not wording or intent is something we wanted to do ... but we haven't had enough conversation."

Goldstein's motion was defeated in a 3-2 vote, but the Options and Transfers Policy was unanimously approved.

The new Options and Transfers Policy also faced criticism during the public comments by parents from Arlington Science Focus School (ASFS), an elementary school focused on science, technology, engineering and math principles into the curriculum. Under the new policy, ASFS would be reclassified as a neighborhood school, and many parents worried that children attending the school as an option would no longer be available to students who live outside the surrounding neighborhood.

"ASFS is not your typical public school," said Benjamin Harris, a parent at ASFS. "I am very worried the vote will change what has taken years to build. There is no reliable analysis about how it will affect my children and hundreds of others at science focus. I understand the intention, it's honorable, but we need evidence-based [decisions]."

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Join Interfaith Iftar

FROM PAGE 3

year held several Iftar homeless feedings in front of Catholic charities in D.C. Rahman is a lecturer, organizer, activist, writer and researcher whose own particular focus is homeless youth.

Rick Hale, a Rock Spring member and one of the organizers of the event, said, "Rock Spring and the wider UCC Conference have a deep interest in interfaith relations." Members of the congrega-

tion have taken a couple of trips to Israel and Palestine in recent years and partner with a church in Jerusalem.

As a congregation they have recently focused on the struggles of refugees, particularly the plight of Muslims. The iftar event is being held in Carpenter Hall of Rock Spring UCC at 5010 Little Falls Road. It will begin promptly at sundown. For more information, contact Rick Hale at randkhale@comcast.net.

Stuck in the Middle

Healthcare reform could leave Virginia with a widening Medicaid gap.

By VERNON MILES
THE CONNECTION

While the healthcare debate rages in Washington D.C., in Northern Virginia many of the most vulnerable are left wondering how the reform will impact their access to medical care. For 400,000 Virginians who currently fall in the gap between the poverty-level Medicaid and insurance markets, it means the end to any hope of expanding Medicaid in Virginia. For Arlingtonians either on Medicaid or in the private insurance market, cuts to entitlement programs and federal subsidies for the insurance market could start to push them into the Medicaid gap.

"If the House Republican bill were to become law it would have an enormous impact on the poor and uninsured in [Northern Virginia] both short-term and long-term," said Richard Merritt, former director of the Intergovernmental Health Policy Project at George Washington University and chair of the Alexandria Public Health Advisory Commission. "Short term, it would likely scuttle any possibility of the Virginia General Assembly expanding the Medicaid program, as permitted under Obamacare ... Over the long term, if federal payments for Medicaid are block granted or capped to the states as the bill calls for, it will mean a huge shift in responsibility for the health care needs of the poor to states and localities, most likely leading to even greater restraints on access to care for the poor."

Dr. Basim Khan, the executive director of Neighborhood Health Virginia, helps provide healthcare to residents of Arlington, Alexandria, and Fairfax County.

Neighborhood Health provides primary medical care, internal medicine, family medicine, pediatrics, dental and mental health services.

"We have about 16,000 patients we serve every year with 50,000 visits," said Khan. "The vast majority of are low income. About half are uninsured and the other half have insurance, primarily Medicaid, Medicare, and insurance."

Khan said in Alexandria, Neighborhood Health Virginia is the only provider for many of these services, while in Arlington the Free Clinic also provides care.

"The biggest concern related to health reform is that if people lose insurance, it will increase the demands for our services, which are already pretty high," said Khan. "We're trying to grow to meet the demand, but if people lose insurance, it will reduce their access to healthcare. Specialty care in particular can be a challenge for someone without insurance."

Because Medicaid never expanded in Virginia, Khan and Merritt both noted that those in the Medicaid gap are unlikely to see much difference, but that pool could start to get larger at each end as more restrictions are put on who can receive Medicaid and more people lose access to insurance plans from the Obamacare private exchange market.

"Things never got much better for [those in the middle]," said Khan. "The effect on Virginia might not be as large as other states, but frankly we were in a difficult position to start with."

"There's not much of an impact [for the working poor]," said Merritt.

"You're taking away something that was never granted to them. Even under Obamacare, these people never qualified."

Merritt said the continued decision not to expand Medicaid in Virginia left those with an income above 50 percent of poverty level without coverage.

"That shows you how stingy Medicaid levels are in Virginia," said Merritt. "This population is not going to be affected because they never had Medicaid to begin with. In the long term, the impact will be the same: they're not likely to get it."

Meanwhile, for the existing Medicaid budget, "Virginia could lose more than \$314 million from its general fund budget if the new Congress and President make good on their promise to repeal the Affordable Care Act, according to estimates by Virginia's Medicaid director: Cynthia B. Jones, director of the Department of Medical Assistance Services," said Frank Shafroth, director of the Center for State and Local Government Leadership at George Mason University, in an email. "The estimated losses — \$123.2 million in the next fiscal year and \$191.2 million in the budget year that begins in mid-2018 — reflect an outright repeal of the healthcare law, without knowing what would replace it."

For those on Medicaid, Merritt said it means the state could be forced to decide whether it will provide healthcare for the elderly and disabled or mothers and children.

"The people on Medicaid now will be at risk of having their Medicaid eligibility curtailed," said Merritt. "70 percent of those who qualify are moms or children, but only consume 20 percent because their needs are not as expensive."

The other group, Merritt said, are the elderly and disabled who are fewer in number but consume more of the cost. Most of those expenses go towards nursing homes.

"This will create huge pressures on the states," said Merritt. "They're going to be pitting the elderly and the disabled against the moms and the kids. It's not going to happen next year or year after, but it's the likely outcome. Costs will continue to go up, and the state won't have matching payments. States are going to have to cut back on those services or raise taxes, which is not likely to happen. Will have to choose between cutting back on nursing home services or services for children/moms."

Meanwhile, Northern Virginia hospitals are closely watching the discussion in Washington D.C. but say there's still much to be seen as the bill works through the Senate.

"The honest answer is that it is too soon to tell," said Robin Norman, senior vice president and chief financial officer for the Virginia Hospital Center. "The new direction of healthcare legislation is not clear at this time."

Having said that, I will say that the anticipated impact on healthcare providers is that reimbursement will remain tight and at Virginia Hospital Center we will continue to provide the highest quality care at the best value for our community."

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1:30 PM Spanish Liturgy

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

JOBS PORTAL

Hire Autism Now Open. The Organization for Autism Research (OAR) today announced the launch of its new employment initiative, Hire Autism, for its test run in Northern Virginia. Hire Autism is an online jobs portal that helps individuals with autism of all capacities connect with businesses and employers willing to consider them as candidates for competitive employment. Visit HireAutism.org or www.researchautism.org for more.

SUNDAY/JUNE 11

Guest Pastor. Various times at Rock Spring Congregational UCC, 5010 Little Falls Road. Diana Butler Bass, author, speaker, and independent

scholar specializing in American religion and culture, will offer fresh and varied perspectives on the Bible and issues facing the community and the world in a series called "Other Voices." Visit rockspringucc.org.

TUESDAY/JUNE 13

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 5-Sept. 23 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$200-\$285 for people who live or work in Arlington; \$350-\$470 for people who do not. Exams are free. Call 703-228-4200 or visit www.apsva.us/leep.

WEDNESDAY/JUNE 14

Gardening Talks &

Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit www.afac.org/plot-against-hunger/pah-events/.

DEADLINE JUNE 16

Make a Difference. 6:30-8 p.m. at Arlington Campus Founders Hall, 3351 Fairfax Drive. Arlington County's Neighborhood Complete Streets Program is encouraging the public to submit nominations of "problem streets" for project funding consideration. Visit projects.arlingtonva.us/ for more.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for June 12-17.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior trips National Gallery of Art, D.C., Wednesday, June 14, \$9; Montpelier Home & Gardens, plus lunch; Thursday, June 15, \$46; Hollywood Casino, Charles Town, W.Va., Friday, June 16, \$8; St. Michael's Cruise from Annapolis, Saturday, June 17, \$80. Call Arlington County 55+ Travel, 703-228-

4748. Registration required.

NEW PROGRAMS:

Organ donation information, Monday, June 12, 1 p.m., Walter Reed. Register, 703-228-0955.

Legal health care decisions, Monday, June 12, 11 a.m., Langston-Brown. Register, 703-228-6300.

Common foot problem and treatments, Monday, June 12, 1:30 p.m., Aurora Hills. Register, 703-228-5722

New ways to enjoy spring fruit, Tuesday, June 13, 11 a.m., Langston-Brown. Register, 703-228-6300.

Impact of film and movies prior

to 1980, roundtable discussion, Tuesday June 13, 11:15 a.m., Lee. Register 703-228-0555.

Informed investing and avoiding fraud, Tuesday, June 13, 6:30 p.m., Walter Reed. Register, 703-228-0955.

Estate planning for singles, Tuesday, June 13, 1 p.m., Lee. Register, 703-228-0555.

Volunteer with AFAC (Arlington Food Assistance Center), Wednesday, June 14, 11 a.m., Langston-Brown. Register 703-228-6300.

How sugar affects the brain, Thursday, June 15, 10 a.m., Walter Reed. Register, 703-228-0955.

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**Arlington County
City of Falls Church**

Public Meeting

Tuesday, June 13, 2017, 6-8 p.m.

Yorktown High School

5200 Yorktown Boulevard, Arlington, VA 22207

The Virginia Department of Transportation will host a follow-up public meeting to present a bridge option, based on input received during a planning workshop held on April 5, 2017, for the W&OD Trail Pedestrian and Bicycle Bridge over U.S. Route 29 (Lee Highway).

Stop by between 6 p.m. and 8 p.m. to learn more about the project and discuss your questions with VDOT staff. VDOT will hold a short presentation beginning at 6:30 p.m.

Provide written comments at the meeting or submit them by **May 18, 2017** to Ms. Amanda J. Baxter, Special Projects Development Manager, VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. You may also e-mail comments to Transform66@VDOT.Virginia.gov. Please reference "W&OD Trail Bridge" in the subject line.

For more information please visit
www.Transform66.org.

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State Project: 0066-96A-417, P101, R201, C501
Federal Project: NHPP-066-1(356) UPC: 108424

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LETTERS

FROM PAGE 7

years, and that's why I urge you
to vote for him on Tuesday, June
13.

Adam P. Ebbin
State Senator (D-30)

**Virginia's
Economy**

To the Editor:

For the last five years, Virginia's
economic growth has trailed the
national average. Five years ago,
Virginia was number one on
CNBC's list of best states for busi-
ness, but last year, we were ranked
in the bottom 10.

Virginia also ranks 33rd in the
Tax Foundation's State Business
Tax Climate Index. It's no coinci-
dence. We have to turn things
around.

Ed Gillespie understands this,
and he knows what Virginia needs
to start growing again. In March,
he released the "Cutting Taxes for
All Virginians" Plan, which in-
cludes a 10 percent across-the-
board individual income tax rate

Responding to June 3 Attacks

*The Most Reverend Michael F. Burbidge, Bishop of Arlington released the fol-
lowing statement:*

The horrific attacks in London and the ongoing violence through-
out our world sadly remind us of the urgent need to pray daily
and fervently for God's peace in every land and nation. May the
Lord grant eternal life to those killed, heal those who were in-
jured and, in his divine mercy, transform the hearts of those who
seek to do harm to others. On this Pentecost Sunday and always,
we ask the Holy Spirit to guide our leaders so they may work
together in securing our protection, freedom and unity. Mary,
Queen of Peace, pray for us.

cut.

His plan will spark natural, or-
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sify our economy, and it puts Vir-
ginia on a path toward meaning-
ful local business tax reform. It will
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tor jobs in five years.

The best part? An independent
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would put nearly \$1,300 back into
the pocket of an average family of
four. That's real money.

Ed wants to raise take-home pay

for hard-working Virginians
squeezed by stagnant wages and
higher costs, orient our economy
toward start ups and scale ups,
entrepreneurs, and small busi-
nesses, and make Virginia more
competitive and attractive to busi-
nesses, retirees, and veterans.

He's the right person to get our
economy growing again, and that's
exactly why I'm supporting him.
Join me in casting your ballot for
Ed in the June 13 primary.

Nathan Pick
Arlington

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News

GOP Race

FROM PAGE 5

REPUBLICANS USUALLY run on cutting taxes. And although Gillespie has a moderate plan for cutting taxes, another candidate in the race has an extreme proposal, one that some Republicans are calling unworkable. Prince William County Board of Supervisors Chairman Corey Stewart wants to eliminate the income tax.

“Virginia hasn’t had a significant surplus in revenues, unanticipated unaccounted for revenues, in 10 years,” said Stewart during the televised debate. “Ed’s plan is completely dependent on that. It hasn’t happened. It’s a charade.”

Stewart’s solution? Ask state departments to identify how they would slash their budgets 30 percent, and then use those cuts as a menu to reduce spending.

“My tax plan is dependent on a cut in spending,” he said. “We are going to reduce the rate from 5.75 percent to 4.75 percent in a single year.”

Within a decade, Stewart says, the income tax would be eliminated altogether.

“That’s wishful thinking,” said Republican strategist Dan Scandling. “That’s not going to happen because what are you going to replace it with? Are you going to do something on property taxes and push it all onto the localities? I don’t think that’s going to go over very well.”

Top Gillespie Donors

- ❖ \$1.5 million from Let’s Grow Virginia, a Henrico-based PAC, funded in part by Hilton Worldwide and Carly Fiorina’s super PAC
- ❖ \$100,000 from Dwight Schar, a McLean-based homebuilder with NVR Homes
- ❖ \$50,000 from Florida-based private prison company GEO Group, which operates Lawrenceville Correctional Center, Virginia’s only private prison
- ❖ \$50,000 from Edward St. John of the Maryland-based commercial real-estate agency St. John Properties Inc.
- ❖ \$40,000 from Richard DeVos of the Michigan-based investment management firm Windquest Group (husband of Education Secretary Betsy DeVos)

Top Wagner Donors

- ❖ \$205,000 from Wagner’s Senate campaign committee, funded in part by the Virginia Senate Republican Caucus and the Republican Party of Virginia
- ❖ \$23,000 from William Magann of the Portsmouth-based concrete contractor W.F. Magann Corp
- ❖ \$10,000 from Stephen Ballard of the Virginia Beach-based general contractor S.B. Ballard Inc
- ❖ \$10,000 from Kenneth Allen Hall of the Virginia Beach-based Hall Pontiac GMC
- ❖ \$10,000 from Virginia Beach-based commercial real estate firm Pembroke Enterprises

Top Stewart Donors

- ❖ \$429,000 from Stewart’s Prince William County committee, funded in part by the Republican Party of Virginia and the Republican Party of Prince William County
- ❖ \$35,000 from Christopher Ekstrom of the Texas-based private equity firm Ekstrom Properties LLC
- ❖ \$30,000 from Manassas-based information technology company Progeny Systems Corp
- ❖ \$20,500 from Charles Robbins of the Newington-based home health care company CR Associates
- ❖ \$10,000 from Ahmet Aksoylu, an Oakton-based Realtor with Aksoylu Properties

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I Hope I'm Right



By KENNETH B. LOURIE

Having been a cancer “diagnosee” now for eight years and exactly three months — as I sit and type on May 27, 2017, a lifetime considering the original “13 month to two-year” prognosis I was given on February 27, 2009, I have learned much about cancer that I didn’t know. In fact, I’ve learned everything about cancer I know now because previously I knew nothing. Growing up I heard/experienced very little about cancer. My parents were healthy as was my immediate family (aunts, uncles, cousins).

And even though I spent many Sundays with my parents visiting my grandparents in nursing homes, the diseases/afflictions I remember hearing most about were diabetes, Parkinson’s, Leukemia and high cholesterol. Never cancer or any condition that I associated with cancer. I realize now how lucky we all were. I wouldn’t say I took good health for granted, but I might have taken it as a given. Not any more.

Everyday I wake up, as my father used to say, is a good day; and ever since I was diagnosed in early 2009, most days — all things considered, and I do consider all things, have been good days. I have been extraordinarily fortunate in how my body and mind has reacted to being diagnosed with a “terminal” disease: non-small cell lung cancer, stage IV. Rarely have I ever gone one step forward and then two steps backward.

Oh sure, the early hairless days of heavy-duty chemotherapy (infused for six hours every three weeks) were challenging, but it was a process I had to endure — so far as I knew (I know a bit more now and there are many more choices/protocols than ever before).

It reminds me of a long-ago M*A*S*H episode in which “Hawkeye” met a South Korean woman after she drove — a Cadillac — into the 4077th. She needed medical help for her family. Col. Potter ordered “Hawkeye” to return with the woman back to her home.

Begrudgingly he went along, mistakenly thinking she felt a sense of entitlement. After a short time treating her family he learned how wrong he had been. Later that day, “Hawkeye” saw the woman walking up a nearby trail carrying buckets of water on a pole. When he asked her why she was doing that (getting the water that way, from wherever); she replied:

“Because that’s where the water is.” It struck him — and apparently — it struck me, too. As a cancer patient/survivor, that has always been my approach/attitude. “Next man up,” a common sports refrain; no excuses, keep moving forward.

Over the years, I have met many cancer patients; at the Infusion Center, at conferences, at work and at play. And I may be biased (no ‘maybes’ about it), but I have to say, we’re a fairly hearty and resilient bunch. Getting diagnosed with a terminal disease — frequently out of the blue, is not exactly the stuff of which dreams are made. Quite the contrary.

Nevertheless, many of the cancer patients I’ve met seemed to have faced their demons and are standing tall against the worst kind of adversity. Bette Davis is often credited with the quote: “Old age is not for sissies.” Well, neither is cancer. It seems to be for everybody, everywhere. Unfortunately, cancer is an indiscriminate, equal opportunity destroyer; all ages, all races, all ethnic groups, all populations.

According to “Medical News Today,” “One in two people will develop cancer in their lifetimes.” So getting cancer is either a matter of time, inevitable or a random-type miracle if it doesn’t affect you. For many of us who’ve been affected already, we’ve come to learn that cancer isn’t the automatic death sentence it used to be, especially for us lung cancer patients. The research dollars and enthusiasm going into defeating this scourge are at their most significant in decades, perhaps ever.

Now is not the time to give up hope. It’s time to embrace it.

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

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