



**Hadeed**  
ORIENTAL RUG CLEANING  
AND IN-HOME SERVICES

**PET DANDER.  
POLLEN. GET THE  
ALLERGENS OUT!**



**IN-PLANT ORIENTAL RUG CLEANING**  
Have 2 Rugs Cleaned And Get The 3rd Cleaned **FREE!**  
Save up to 35%

Valid on Our Signature Hand-Washing of Your Fine Rugs Or the Hanna Ayoub Express Expedited Service for Rugs that Qualify!  
- A Trusted Resource Since 1929!

**OUR BEST OFFER EVER  
EXTENDED  
BY POPULAR  
DEMAND!**

**703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY!** Expires 5/13/18. Same size or smaller rug free. Not valid w/any other offers. †Some restrictions apply.

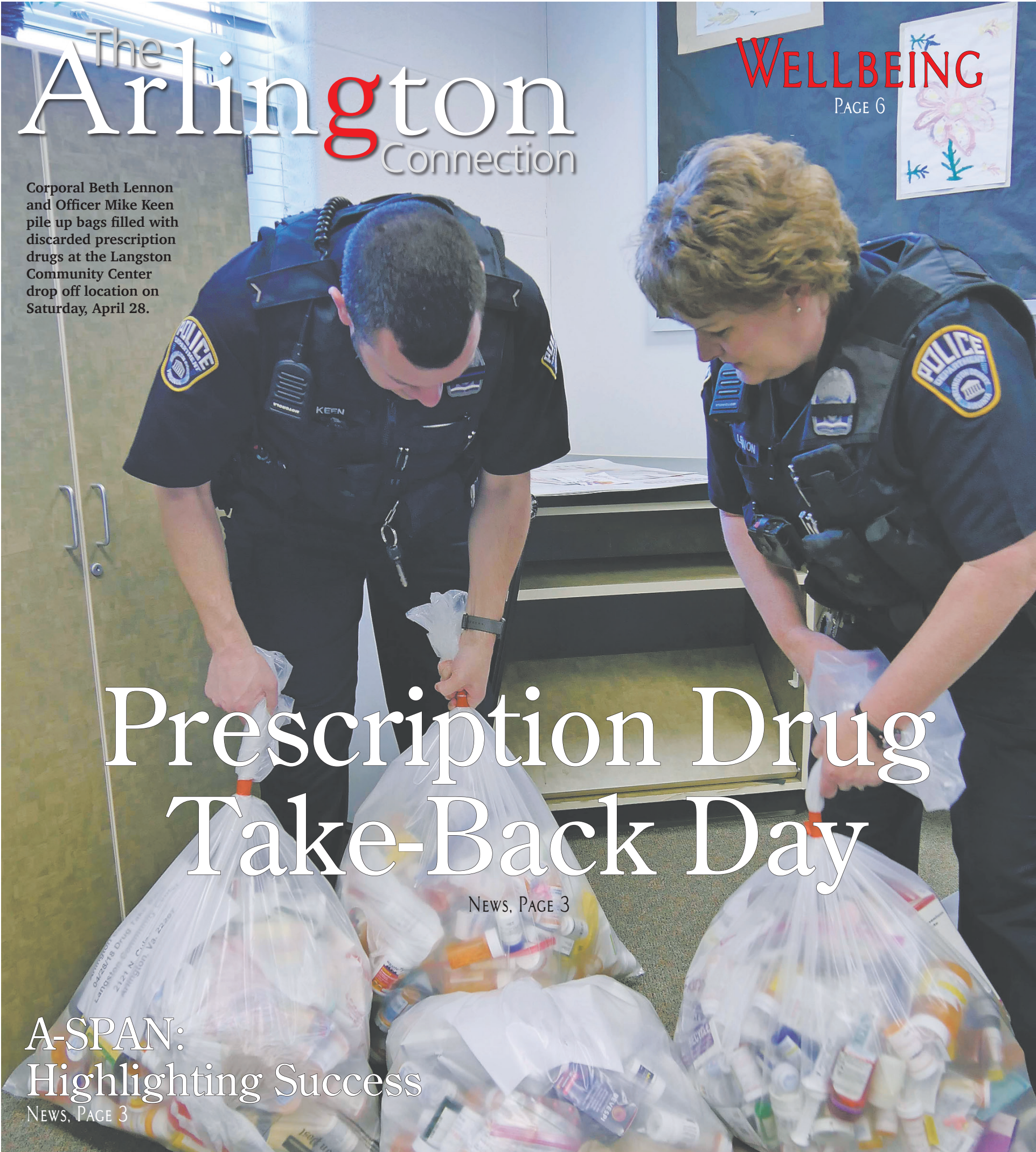


PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 8 ❖ CLASSIFIEDS, PAGE 10





# Shirlington Animal Hospital

We are a full-service veterinary hospital focused on high-quality medicine, surgery, and dentistry. We are located in the heart of Shirlington Village, across the stream from Shirlington Dog Park. Open 7 days a week for all your pet needs!

**703-570-6600**

2770 S. Arlington Mill Drive, Arlington, VA 22206

Mon-Fri 8 am-7 pm • Sat 8 am-2 pm • Sun 10 am-2 pm

[shirlingtonanimalhospital.com](http://shirlingtonanimalhospital.com)



Follow us on Facebook.



Adrienne Hergen, DVM



Amanda Snelgrove, DVM

- 🐾 Preventative Health Care
- 🐾 Surgical Services
- 🐾 Dental Care
- 🐾 Digital Dental Radiography
- 🐾 Digital Full Body Radiography
- 🐾 Ultrasonography
- 🐾 Full In-House Laboratory
- 🐾 Hospitalization For Sick Pets
- 🐾 Electronic Medical Records
- 🐾 Cooperation With Local Specialists
- 🐾 Microchip Identification



## You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.

Email [cats@lostdogrescue.org](mailto:cats@lostdogrescue.org).



## Consider Fostering

visit the website, click on Participate

Adopt/Donate/Volunteer at  
[www.lostdogrescue.org](http://www.lostdogrescue.org)

## THE CONNECTION Newspapers & Online

### UPCOMING SPECIAL SECTIONS

#### MAY

- 5/2/2018.....Mother's Day Dining & Gifts II
- 5/2/2018.....Wellbeing
- 5/9/2018.....HomeLifeStyle
- 5/9/2018.....McLean Day Pullout
- 5/16/2018.....A+ Camps & Schools
- 5/23/2018.....Summer Fun, Food, Arts & Entertainment
- 5/30/2018.....Connection Families

Email [SALES@CONNECTIONNEWSPAPERS.COM](mailto:SALES@CONNECTIONNEWSPAPERS.COM) for more specials, digital advertising options and pricing.



Have The Connection emailed directly to you every week!

[www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

**LOCAL MEDIA CONNECTION**  
Newspapers & Online  
703-778-9431  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

#### Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Oldtown/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Henderson Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection

**Tell us what you think**

submit your letter to the Editor to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)





## Highlighting Success

### A-SPAN looking for internships for the homeless.

BY EDEN BROWN  
THE CONNECTION

**M**ore than 300 local residents and community leaders attended A-SPAN's Coming Home breakfast, an annual event which celebrates those who have been able to leave homelessness behind. The attendees didn't come for the breakfast; they came for the other kind of nourishment: knowing a program designed to get people off the street was working.

County Board member Christian Dorsey talked about growing up near a rescue mission and never giving it a second thought; the backdrop of his remarks was a photo of him as a boy with his two siblings, sitting on the steps of a row house. A few years later, his cousin, Joey, a "really great guy" to whom he looked up, was seen in the neighborhood panhandling. Dorsey asked his family, "Hey, what's going on with Joey?" No one wanted to talk about Joey; they just told Dorsey Joey was a good example of what not to do. Some years later, he asked what had happened to Joey, and his family told him Joey had died. On the street. Homeless. "A few years ago I was privileged to serve on the board of A-SPAN," Dorsey said. "And it brought me to realize I had to connect in a way I couldn't for Joey: there is a lot we can do for the homeless."

Another board member asked, "How many of you have heard someone say about the homeless: why don't they just



**Kathy Siebert introduces Kenneth Florence to the audience at A-SPAN Coming Home breakfast.**

get a job? But it's a lot harder than you think: you are unstable, you have experienced trauma, you don't have a resume, you don't have an address, no place to dress and shower." The job start program is a way to end the cycle of failure.

Kenneth Florence was in that cycle. Arlington had been his home since 1992; "Many years ago I was living not too far from here, had a job with a military contractor and was working at Ft. Belvoir," he said. "And then my girlfriend suddenly died and I fell into a deep depression — I found myself making bad decisions."

"My job and family were not priorities. I lost my home and found myself living on the street. The past 4 years I was at the Emergency Winter Shelter in Courthouse, or wandering the streets looking for a place to eat or sleep."

"A-SPAN is one of the few organizations that really helped me change my life,"

SEE A-SPAN, PAGE 10

## On the Chopping Block

### Final budget approved, but with steep cuts.

BY VERNON MILES  
THE CONNECTION

**T**here were already plenty of strains on the budget — rising school costs, increased Metro funding, the regional affordable housing crisis — but the County Board added another: no tax rate increase. With taxes and fees for the average Arlingtonian still see an average \$296 or 3.5 percent increase, according to an estimate by County Manager Mark Schwartz, the County Board instead opted to look at cuts for the FY 2019 budget. At the budget's final approval on April 21, the few previously cut items found some returning investments, but in the final toll several programs will still go underfunded or cut.

"I believe raising the tax rate would have only deferred hard conversations," said County Board Chair Katie Cristol. "The pace of growth in needs is outpacing growth in assessed value. We have to find a way to show commitment to our values through better measuring of outcomes and impacts, not just input of dollars spent."

The County Board surpassed the Arlington Public School's budget request with \$2.5 million taken from renovations planned for the the Ellen M. Bozman Government Center. While the addition passes the official request from the School Board, Board member Nancy Van Doren said the schools had actually needed \$4.7 million to meet the needs of the growing school population.

The budget included a three percent increase in funding to the Metro, raising total operating support to \$73.1 million. Cristol noted that much of the funding transitioned into Metro funding isn't from new sources, but drawn from other regional

transportation funding projects. Much of the increase came from reductions in ART bus operations and elimination of stops. Routes through Crystal City, Long Bridge Park, and the Pentagon had all experienced chronic low ridership, averaging three passengers per hour, and were cut.

The \$1.3 billion general fund budget came with \$8.4 million in spending reductions. There were also \$6.6 million in fee and tax increases and \$5.5 million from funding realignment. Utility taxes will increase five percent, up to \$3 increase per month. This is separate from the household solid waste fees, increased \$2 for a total fee of \$316.16 per year. Parking meter rates also increased by \$0.25 per hour, with hours extended from 6 p.m. to 8 p.m. and fines increased to \$40.

Some of the most severe cuts to the budget were eliminations in the Office of Community Health in the Department of Parks and Recreation (\$483,000), reduction in Department of Health and Human Services employment services (\$825,000), and service cuts in the Department of Human Services (\$625,000).

"It wasn't all low hanging fruit," said County Board member Christian Dorsey. "There were substantial cuts. We have employees performing work who will no longer be part of our organization. We can't glibly ignore [that] sacrifice."

There were a few last minute restorations to programs that had been on the chopping block. Among the proposed cuts had been \$91,000 to Arlington Independent Media, a 20 percent cut to the nonprofit local broadcasting organization. Of that, \$70,000 was restored in one time funding to give the program a year to move towards self-sufficiency. The County Board directed Schwartz to put together a list of other public access media funded by the county and how it compares to other jurisdictions, not

SEE FINAL BUDGET, PAGE 11

## Bins Overflow with Drugs at Prescription Drug Take-Back Day

### Over 700 pounds of drugs collected.

BY SHIRLEY RUHE  
THE CONNECTION

**I**t's 11:15 a.m. on Saturday, April 28 and four large translucent bags bursting with discarded pills already sit in the corner at Langston-Brown Community Center on National Prescription Drug Take-Back Day. Four collection bins sit inside the door with "Don't Be the Dealer" plastered on the front.

Arlington County Police Officer Mike Keen says, "Last year we got more than 700 pounds of drugs,

and we seem to be on track to get even more this year."

The event is scheduled to run from 10 a.m. to 2 p.m. Corporal Beth Lennon, Arlington County First District Community Policing Team, has been doing this for years. This is the 15th opportunity in seven years for the public to anonymously dispose of unwanted or expired drugs through this nationwide program. Lennon says, "Langston seems to be the largest drop-off site. People seem to bring in prescription drugs from sick family members or the drugs are



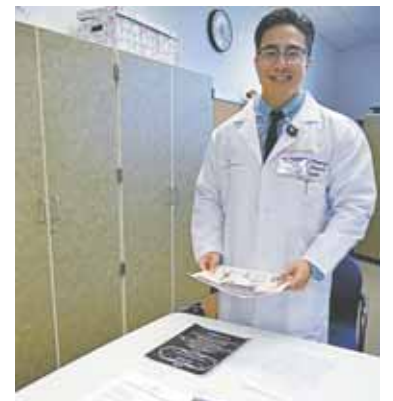
**Diane Kelly drops off an unopened bottle of pills left over from surgery. She says she didn't know what to do with it.**

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

expired and they don't know what to do with them."

Diane Kelly deposits a bottle of pills in the bin. She says, "I had some pills left over from surgery. They were unopened and I didn't know how to get rid of it." Steady streams of people walk through the door, some with one bottle, like Kelly, and others with large containers filled with pills of all colors and sizes.

"Any needles, insulin?" Lennon says this year they can also collect needles because the fire department bought Sharps Containers. She says at the end of the day, "We



**Nhon Ta, a pharmacist with the Virginia Hospital Center outpatient pharmacy, answers questions about drug interactions and proper disposal techniques.**

SEE DRUGS, PAGE 10



# OPINION

## Medicaid Expansion; It's Time

BY BARBARA FAVOLA  
STATE SENATOR (D-31)

The 2017 elections demonstrated that Virginians believe that individuals cannot work, take care of their families, or pursue happiness if they cannot see a doctor when they are sick. The candidates who heard this message and ran on expanding access to healthcare, won.

Those advocating for expansion are more than willing to compromise with lawmakers who may have legitimate policy concerns. We



percent of the poverty level.

Making health insurance available to more Virginians is the right thing to do and the sensible thing to do. The Federal government is offering to cover no less than 90 percent of

know that 33 other states have already opted to insure their working poor. It is time that our federal tax dollars stay here in Virginia to help cover approximately 400,000 hard-working families earning up to 138

### COMMENTARY

the costs of insuring Virginia's working poor. Virginia's hospitals are committed to covering the remaining 10 percent of the costs. Additional money flowing to Virginia under Medicaid expansion will enable the state to increase funding for schools and other needed services.

Another benefit of Medicaid expansion is the likelihood of smaller rate increases in our health insurance plans. Studies have shown that in states where more people are insured, the cost of uncompensated care drops. Yes, we will all benefit if more of us have access to healthcare. It is time to act.

## OAR Celebrates Decade of Second Chances

Nearly 600 people joined OAR to celebrate the 10th "Second Chance" Fundraising Breakfast on April 24 at the Crystal Gateway Marriott. Harold Clarke, director of the Virginia Department of Corrections was the keynote speaker with Senators Barbara Favola and Adam Ebbin as the honorary co-chairs.

"The event raised over \$101,000 in contributions and pledges and while this event is a huge success for us, we still need to raise about \$50,000 between now and the end of June to meet our budget for this fiscal year," said Heather Pritchett, OAR's director of development and outreach.

Gwen, formerly incarcerated five times, sat anonymously in the audience listening to her experiences recounted by a storyteller. Gwen had bounced from Registered Nurse to credit card theft and fraud and had ended up on the street and in shelters until landing a job at Macy's. Her criminal background kept her from be-



OAR "Second Chance" fundraising breakfast

PHOTO CONTRIBUTED

ing able to sign a lease and she ended up back in shelters and avoiding her parole officer. Along the way a social worker suggested she go to OAR where they helped her apply for job openings, gave her Metro fare and assisted with her application for a housing grant. "I've been slowly piecing my life back together and the entire

OAR team has been with me every step of the way."

OAR was founded in 1974 as a community-based nonprofit organization. It provides alternative sentencing through Community Service to men and women returning to the community from incarceration and supports participants both pre- and post-release includ-

ing case management, employment assistance, housing, food and clothing. OAR serves Arlington, Alexandria and Falls Church. In fiscal year 2017 OAR served 2,232 individuals, including 1,584 community service participants and 733 reentry participants.

— SHIRLEY RUHE

### BULLETIN BOARD

#### VOLUNTEERS WANTED

**Taste of Arlington** takes place Sunday, May 20. Arlington's biggest block party attracts 25,000+ visitors and has raised \$180,000 for local charities to date. Volunteers are needed in each section of the festival in 3-4 hour shifts, starting Saturday afternoon through Sunday evening. Select which non-profit to represent and preferred shift during the registration process. Volunteers for Taste of Arlington, will receive a t-shirt to wear on the day of the festival and five free food and drink tickets. Visit [www.ballstonbid.com/taste/volunteer](http://www.ballstonbid.com/taste/volunteer).

#### WEDNESDAY/MAY 2

**Learn About Solar.** 6:30 p.m. at the Navy League Building, 2300 Wilson Blvd. Solar United Neighbors of Virginia works to help community

members go solar and fight for their energy rights. Solar United Neighbors is partnering with Arlington County, Arlingtonians for a Clean Environment, and VA Clean Cities to sponsor the group. Free information meeting. Visit [www.solarunitedneighbors.org/virginia/](http://www.solarunitedneighbors.org/virginia/) for more.

#### SATURDAY/MAY 5

##### Kentucky Derby Day Fundraiser.

Northern Virginia GOP celebrates 18th Annual Kentucky Derby Day Fundraiser. Join as a "Sponsor" of the event for as little as \$100, which includes two tickets or at the higher levels, such as Patron (\$250, five tickets), Benefactor (\$500, 10 tickets) or Co-Host (\$1,000, 20 tickets). Visit [www.NorthernVirginiaGOP.com](http://www.NorthernVirginiaGOP.com).

**Free Shredding Event.** 9 a.m.-noon at Office of McEneaney Associates

Realtors, 4720 Lee Hwy., Arlington. Free. Have old bills, account statements or anything else that has sensitive information on it that you want to get rid of? The trucks will be in the parking lot directly in front of office.

#### MONDAY/MAY 7

##### Nauck Town Square Public Art

**Meeting.** 7:30 p.m. at Drew Model School, 3500 S. 23rd Street, Arlington. Walter Hood will be attending the regular public meeting of the Nauck Civic Association to show the final design design concept for the public art piece entitled Freed. He will be discussing his ideas behind this concept and how it will be incorporated into Nauck Town Square.

#### TUESDAY/MAY 8

##### Creating a Pitch Deck that Gets Funded.

5:30-8:30 p.m. at Navy League Building, Ground Floor Conference Center, 2300 Wilson Blvd., Arlington. This is a high profile series designed to give MITEF members and area entrepreneurs practical information when founding a startup company. Cynthia Traeger will describe in detail what is necessary for creating a fund-able pitch deck and the critical touch points in presenting successfully to investors. Cost is \$10/members; \$20/nonmembers. \$25 at door.

**Parenting Today vs Yesterday.** 7-8:30 p.m. at The Sycamore School, 4600 North Fairfax Drive, Suite 300. Why being a parent today is different: Navigating new issues and connecting to your kids. Free. Call

SEE BULLETIN, PAGE 7

The  
Arlington  
Connection

[www.ConnectionNewspapers.com](http://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](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Steven Mauren**

Editor

703-778-9415

[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Jean Card**

Production Editor

[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**Vernon Miles**

Reporter

757-472-3435

[vmiles@connectionnewspapers.com](mailto:vmiles@connectionnewspapers.com)

**Eden Brown, Shirley Ruhe**

Contributing Writers

[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

#### ADVERTISING:

For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**

Display Advertising/National Sales

703-778-9444

[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**

Marketing Assistant

703-778-9431

[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

#### Classified & Employment Advertising

703-778-9431

#### Editor & Publisher

Mary Kimm

[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

@MaryKimm

#### Executive Vice President

Jerry Vernon

703-549-0004

[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

#### Editor in Chief

Steven Mauren

#### Art/Design:

Laurence Foong, John Heinly,  
Ali Khaligh

#### Production Manager:

Geovani Flores

#### CIRCULATION

[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





# 'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for May 6-12.

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

**Senior trips:** Revolutionary War reenactment, Mount Vernon, Sunday, May 6, \$52; Patrick Henry's Red Hill home, Brookneal, Va., Tuesday, May 8, \$95 (includes lunch); Marietta Tour and Tea, Glen Dale, Md., Thursday, May 10, \$25; National Symphony Orchestra breakfast concert, Friday, May 11, \$32; strawberry and vegetable picking, Hollins Farms, Delaplane, Saturday,

May 12, \$6. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

## NEW PROGRAMS:

**Armchair tour of artist Cezanne's portraits,** Monday, May 7, 1:30 p.m., \$1, Aurora Hills. Register, 703-228-5722.

**AARP's tips on making homes safe,** Monday, May 7, 10 a.m., Walter Reed. Register, 703-228-0955.

**Individual hearing screenings,** Monday, May 7, 10 a.m.-2 p.m., Langston-Brown. Free. Call for appointment, 703-228-6300.

**Introduction to Medicare,** Tuesday, May 8, 10 a.m., Arlington Mill. Register, 703-228-7369.

**Factors that affect balance,** Tuesday, May 8, 11 a.m., Langston-Brown. Register, 703-228-6300.

**History roundtable to feature "The Gilded Age,"** Tuesday, May 8, 11:15 a.m., Lee. Details, 703-228-0555.

**All about Amazon's tech features,** Wednesday, May 9, 7:30 p.m., Arlington Mill. Register, 703-228-7369.

**Bird watching basics,** Wednesday, May 9, 10 a.m., Walter Reed. Register, 703-228-0955.

**Appraiser Matthew Quinn,** Wednesday, May 9, 1-3 p.m., Langston-Brown. Details, 703-228-6300.

**Author Carol Waite,** "Taken in Hong Kong, December 8, 1941," Wednesday, May 9, 1:30 p.m., Aurora Hills. Details, 703-228-5722.

**Inside or out...**



**...Tech Painting's got you covered!**



Serving:  
VA  
DC  
MD  
OBX

**703-684-7702**

**www.techpainting.com**

Since 1987

**Home of the \$6,850 Bathroom Remodel**

**From Now to WOW in 5 Days Guarantee**

**TWO POOR TEACHERS**

**Kitchen and Bathroom Remodeling**

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



**Free Estimates**  
**703-214-8384**



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

LEAD-SAFE  
SEPA  
CERTIFIED FIRM

Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

 **THE UNITED STATES AIR FORCE BAND | WASHINGTON, D.C.**


Colonel Larry H. Lang, Commander and Conductor

**Heritage to Horizons**

**Wednesday, May 16 at 7:30 p.m.**

**"Readiness and the Joint Fight"**

featuring The United States Air Force Band and Honor Guard Drill Team



Upcoming Heritage to Horizons Concerts: June 8 (Air Force Alliances and International Partnerships)  
July 13 (Innovation); August 24 (Military Families)

**FREE!** All concerts begin at 7:30 p.m. Air Force Memorial, 1 Air Force Memorial Drive, Arlington, VA

**www.usafband.af.mil**



## Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

Dr. Sowerwine has specialized training and experience to find out what causes your allergies, prevent and treat symptoms, and help keep them under control.

Allergy Patch Testing • Asthma • Hives • Allergy Eczema  
Food & Environmental Allergy Testing • Sinusitis  
Insect Venom Allergy Testing • Immunotherapy • Allergic Rhinitis

Accepting New Patients

1800 Town Center Dr., Ste. 415 Reston, VA 20190  
1715 N. George Mason Dr., Ste. 105 Arlington, VA 22205

Phone 703-709-1492 • Fax 703-709-5111

www.dermspecialistsva.com

## WELLBEING

# Erasing the Stigma

Mental Health advocates work to tear down barriers to treatment.

BY MARILYN CAMPBELL

It was during college when Laura Greenstein began to notice that something was not quite right. “I noticed that things that were creating anxiety on a daily basis, they weren’t just situational,” she said. “My anxiety was grabbing onto anything that it could. If I was running late, I would start to panic. Any small thing became a big issue.” “My mother has always been supportive, but when [my anxiety] got to a certain point some close friends and family began to stigmatize it,” said Greenstein, who now works for the National Association for the Mentally Ill (NAMI) in Arlington. “They would say, ‘You’re not doing enough.’ It was difficult to feel that I wasn’t being fully accepted.”

After months of therapy and recent session with a psychiatrist who prescribed medication, Greenstein said that she is beginning to feel some relief. She even began blogging about her experience. “This was my first time sharing my story,” she said. “It’s been a really validating process. Being open can really improve your outlook.”

During May, Mental Health Awareness Month, Greenstein and other mental health advocates are sharing the ways in which negative perceptions about mental illnesses can impact those who suffer from it. NAMI reports that approximately 1 in 5 adults and children in the United States are experiencing mental illness in a given year. Only 41 percent of those adults received mental health treatment, while slightly more than half of children aged 8-15 received those services. One of the roadblocks to treatment, say mental health professionals, is the stigma surrounding mental health.

“Micro-aggressions towards individuals with mental illness are very common, such as assuming that someone with a mental illness is inferior, stupid, or not in control of their own behaviors,” said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. “Because of our society’s misperceptions of mental illness, many individuals struggling with mental health problems feel ashamed and isolated. They may even feel like it is not appropriate to seek help. “[And] being on the receiving end of these hurtful comments and beliefs actually worsens symptoms.”

With a theme of “Cure Stigma,” NAMI activists are encouraging people to educate themselves and eradicate the stigma which can be a roadblock to those who suffer from mental illness to get the treatment they need. They were afraid of being labeled, so they suffered in silence.

This is particularly true with teenagers and pre-teens, advises Stacie Isenberg, Psy.D., a child psychologist who specializes in anxiety disorders. “A mental illness stigma may cause a teen or pre-teen to be hesitant to admit to her or himself that they are having a mental health problem, to share with a parent, teacher, or pediatrician about their problem, and to seek mental health treatment,” she said.

The stigma surrounding mental illness is an important issue that often goes unrecognized, says McLaughlin. “Individuals with mental illness face both overt and covert discrimination,” she said. “For



PHOTO COURTESY OF LAURA GREENSTEIN

**Laura Greenstein is using her personal experience with anxiety to help others who suffer from mental illness.**

example, there is an assumption that people with mental illness are violent or crazy, which is not true. However, our belief in these myths can affect someone’s ability to find employment or obtain housing.”

“Education is a powerful tool in combating mental health stigma, and community-wide, mental health awareness campaigns are helpful,” added Isenberg. “Individually, kids often search online to check out what their symptoms mean. Education from credible websites, and those of mental health organizations often provide clarity and guidance for those seeking help.”

Allowing those who might be experiencing symptoms of a mental illness to speak freely about their condition without fear of judgment can remove barriers to treatment advises McLaughlin. “That means asking how we can help, listening with an open mind, and being nonjudgmental,” she said. Sometimes it

can be a tremendous help just to let someone know that they have someone to lean on and that they are not alone.”

People can also fight the stigma of mental illness by being accepting and supportive of people who are experiencing mental health issues, and by modeling this acceptance for their children, suggests Isenberg. “Employers can encourage employees to use mental health days as needed, and to permit longer lunch hours or flexible dismissal or arrival at times to accommodate therapy appointments,” she said. “Similarly, schools can work with families to allow kids to use free periods, lunch periods, etc. to attend therapy when an after-school time is not available and the need for treatment is significant.”

A family’s attitude about the mentally ill can affect a child’s willingness to ask for help, advises Isenberg. “A child who comes from a family that does not consider mental health issues to be real or problematic may be reluctant to share with her or his parents,” she said. “Similarly, kids whose friends stigmatize mental health issues, or kids who don’t talk much about personal issues with friends, are often unsure about sharing with their friends. On the contrary, kids who believe their families and friends will be sensitive and supportive to them are more likely to be open with them about any concerns they are having.”

McLaughlin says the conversation needs to happen on a national level. “One of the most important things our nation could do is make therapy services more easily accessible,” she said. “We should encourage individuals to seek treatment, not make them feel embarrassed. There is nothing more courageous than someone who is willing to advocate for their own mental health.”

More

See [www.nami.org](http://www.nami.org)

# HADEED

SINCE 1955

ORIENTAL RUG CLEANING & IN-HOME SERVICES

HANNA & AYOUB

ORIENTAL RUG CLEANING CO.

SINCE 1929

**POLLEN. PET DANDER. GET THE ALLERGENS OUT!**

SAVE UP TO 35%

**OUR BEST OFFER EVER!**

**In-Plant Oriental Rug Cleaning**

Have 2 Rugs Cleaned And Get The 3rd Cleaned **Free!**

Valid on Our Signature Hand-Washing of Your Fine Rugs Or the Hadeed Express Expedited Service for Rugs that Qualify!

In-Plant Rug Restoration

**10% OFF\***

\*Hurry, Offer Expires 5/13/18.

Wall to Wall Carpet Steam Cleaning

**20% OFF\***

\*Hurry, Offer Expires 5/13/18.

Hardwood Floor Cleaning & Polishing

**20% OFF\***

\*Hurry, Offer Expires 5/13/18.

**Free Pickup & Delivery!**

Includes: Furniture Moving & Rolling & Laying the Rugs!†

**We Hand-Wash Your Fine Oriental Rugs!**

535 W. Maple Avenue Vienna, VA

4918 Wisconsin Ave. DC/MD

3206 Duke Street Alexandria, VA

6628 Electronic Dr. Springfield VA

3116 W. Moore Street Richmond VA

**703-836-1111 | JoeHadeed.com**

\* Expires 5/13/18. (3) for the price of (2) same size or smaller rug free. Not valid w/any other offers. †Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.





FILE PHOTO BY CRAIG STERBUTZEL

The Tampa Bay Buccaneers selected former Yorktown standout MJ Stewart, seen in this 2012 file photo, on April 27 in the second round of the 2018 NFL Draft.

## Buccaneers Draft Yorktown Grad Stewart

**M**J Stewart was an unstoppable force on high school football fields around Northern Virginia and a record-breaking performer at the Division I college level. Now, the 2014 Yorktown High School graduate will have the opportunity to prove himself on football's grandest stage.

The Tampa Bay Buccaneers on April 27 selected Stewart with the 53rd overall pick in the second round of the 2018 NFL Draft. The 5-foot-11, 200-pound Stewart was one of two cornerbacks drafted by the Buccaneers in the second round. Tampa Bay used five of its eight draft choices on defense after surrendering 382 points in 2017 and finishing last in the NFC South with a 5-11 record.

Stewart played for Bishop

O'Connell High School as a freshman before transferring to Yorktown. Stewart, an all-region running back, defensive back and kick returner, led the Patriots to a pair of region championship game appearances in his three seasons with the program. He rushed for 1,428 yards and 24 touchdowns as a senior. As a junior, he totaled 1,842 rushing yards, 323 receiving yards and 32 touchdowns.

Stewart went on to play defensive back at the University of North Carolina and set the school record for pass breakups in a career with 41.

Tampa Bay opens the 2018 regular season on Sept. 9 at New Orleans. The Buccaneers will host the Washington Redskins on Nov. 11 and will travel to Baltimore to face the Ravens on Dec. 16.

— JON ROETMAN

### BULLETIN BOARD

FROM PAGE 4

703-717-5360 or visit [thesycamoreschoolva.org/events/free-lecture-for-parents-navigating-new-issues](http://thesycamoreschoolva.org/events/free-lecture-for-parents-navigating-new-issues).

#### FRIDAY/MAY 11

**Observance of Peace Officers Memorial Day.** 8 a.m. in the Arlington County Justice Center Plaza, 1425 North 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 seven law enforcement officers of Arlington County who gave their lives in service to their community. Learn more about Arlington County's fallen officers at [police.arlingtonva.us/about/hall-honor/](http://police.arlingtonva.us/about/hall-honor/).

#### MAY 14-AUG. 2

**English Placement Exams.** At Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the May 14 - Aug. 2 English (ESL) classes. Afternoon and evening classes available. Tuition is \$200 for people who live or work in Arlington; \$350 for people who do not live or work in Arlington. Exams are free. Exams are on the following Mondays: April 30 and May 7 at 5 p.m. Call 703-228-4200 or visit [www.apsva.us/reep](http://www.apsva.us/reep).



Residents since 2012 & 2015

At Westminster at Lake Ridge, a vibrant and exciting world awaits you. The retirement lifestyle you deserve is shared with the active and engaged friends and neighbors who make our community home, all with peace of mind that comes with on-site health care.



Now accepting wait list deposits.  
Call 703-791-1100 or visit us today!

Westminster at Lake Ridge is a CARF accredited, not-for-profit, continuing care retirement community.



703-791-1100 | [www.wlrva.org](http://www.wlrva.org)  
12191 Clipper Drive | Lake Ridge, VA



"We've made a lot of good friends since moving to Hermitage"

### Enjoy the Carefree Lifestyle You Deserve

Meet Carol and MJ. Carol and MJ are great buddies. They are also next door neighbors. Carol is 88 years old and MJ is 79. Carol moved to Hermitage Northern Virginia from Arlington about a year before MJ, who came from Montgomery County, Maryland. After moving, the two friends discovered a shared love of outdoor walks on the grounds of the community and around the quiet neighborhood streets. Carol focuses on her balance with a functional fitness class 4x a week and MJ enjoys reading in the library. Carol likes the many interesting people and MJ enjoys the many excursions and the reading club. It feels like a family here at Hermitage Northern Virginia.

For more information, call 703-797-3814

HERMITAGE

NORTHERN VIRGINIA

PINNACLE LIVING

[www.hermitagenova.org](http://www.hermitagenova.org)





# ENTERTAINMENT

## Signature Presents 'Girlfriend,' 'A Hopeful Story'

Play is a homosexual love story and musical set in small-town Nebraska in 1993.

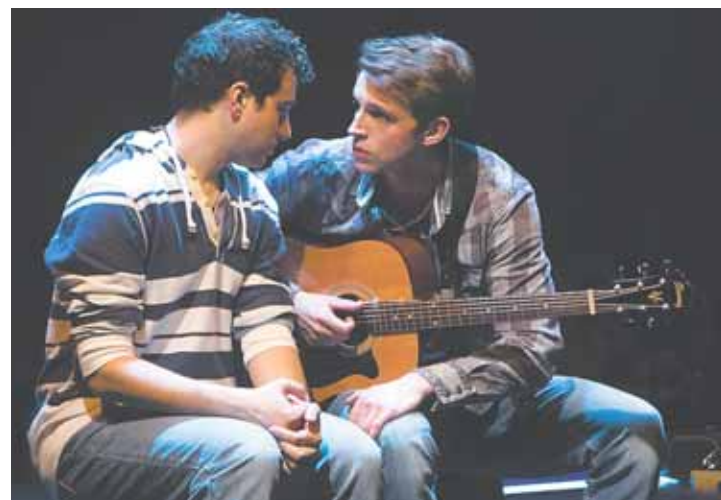
BY STEVE HIBBARD  
THE CONNECTION

**S**ignature Theatre is presenting "Girlfriend," a homosexual love story and musical by Todd Almond and Matthew Sweet, from now through June 10 at its Ark Theater.

The play is a coming-of-age musical duet from when flannel was the height of fashion and mix tapes were the language of love. The setting takes place in 1993 in small-town Nebraska during the summer between high school and whatever comes next. College-bound jock Mike and self-assured but aimless Will find themselves drawn to each other. Their rush of first-time love, full of excitement, confusion and passion, is captured by the power-pop precision and frayed guitar emotion of Matthew Sweet's alternative rock album "Girlfriend."

"Girlfriend" is the piece of theatre that I needed as a young gay man and one that simply didn't exist. Here is a love story about two boys that does not involve AIDS or gay bashing," said Director Matthew Gardiner.

He continued: "Plays like 'Angels in America' and 'Normal Heart' are vital stories, but I always wanted to see a piece of theater where the gay story didn't involve that layer of suffering. 'Girlfriend' is a hopeful story. Some gay men might say it's idealistic. For me, it was the kind of story I wanted and needed as a young man. A love story is not uncommon in musical theatre,



PHOTOS BY CHRISTOPHER MUELLER

**Jimmy Mavrikes (Will) and Lukas James Miller (Mike) star in "Girlfriend" at Signature Theatre.**

a love story from the gay perspective is."

What he hopes the audience takes away from this depends on who they are, he said. "I think for most, it will bring them back to this awkward, exciting and terrifying moment in life of first love. For most, I think the story will feel nostalgic. For those who don't have many LGBTQ influences around them, I hope the piece shows how much more we are alike than different. But more than anything I hope that the young LGBTQ youth in the audience who may feel uncomfortable in their own skin feel a sense of courage and hope after seeing this show," he said.

Lukas James Miller plays the role of Mike, a closeted gay teenager who just graduated from high school in Nebraska. "He is riding this high of newfound freedom and confidence that comes with the summer after high school before moving away for college, and in this time explores his feelings for classmate Will starting with the sharing of a mixtape," he said.

"This entire process has been streamlined and productive thanks to the direction and vision of Matthew Gardiner leaving very little room for challenges. However, one thing that I focus on is honoring the arch of the entire relationship throughout the piece and never becoming too comfortable with the progression of events. I'm hoping to keep each performance fresh and relatable to every life experience," he said.

He hopes that everyone who sees this production walks away with a very full heart and wonderful memories of their lives at this vulnerable time. "Most importantly, I hope that audiences will be happy to see a homosexual love story that is a heavy drama centered around the nature of the relationship. Love stories don't need to be this hetero-normative concept; love is love," he said.

Jimmy Mavrikes plays the role of Will, who he says takes it one step at a time. "Throughout the course of the show he realizes he's meant for more, and Michael

helps him realize that. While I would like to think that Will goes off to be wildly successful in something after the show ends... I don't think he does. Ha-ha. I think Will is strong, goofy, and someone we all know," he said.

He said the show is a two-person musical "where neither of us really leave the stage. It was difficult to memorize and learn the sequence of the show. There's always an element of 'Oh God, what if I start the wrong scene?'" he said.

Signature Theatre is presenting "Girlfriend" from now through June 10. Tickets are \$40 to \$80. Show times are Tuesdays through Sundays at 7:30 and 8 p.m.; with 2 p.m. matinees on Saturdays and Sundays, and Sundays at 7 p.m. Specialty Nights are Discussion Nights on May 8, 16 and 23; Pride Nights on May 11 and 18; and Open Captioning on June 3 at 2 p.m. The venue is located at 4200 Campbell Ave. Call the Box Office at 703-820-9771 or visit [www.sigtheatre.org](http://www.sigtheatre.org).

### CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

#### ONGOING

**Art Exhibit: "That's Why I'm Here."** Through May 5 at Cody Gallery, 1000 North Glebe Road, 2nd Floor. Marymount University's Cody Gallery will host an opening reception for the exhibition "That's

Why I'm Here," which features work by Kyle Bauer, Cynthia Connolly (Curator at Arlington Arts), Elizabeth Huey, Kim Llerena, and Jordan Rathus. Works in the exhibition are marked by experiences drawn from the environment, both real and imagined. Call 703-284-1500 or visit

[www.marymount.edu](http://www.marymount.edu) and search "Cody Gallery."

**Wordless Shakespeare: "Titus Andronicus."** Through May 27, Wednesday-Saturday, 8 p.m.; Sunday matinee, 2 p.m. at Synetic Theater, Crystal City, 1800 S. Bell St. Synetic Theater's Founding Artistic Director

Paata Tsikurishvili will present the 13th installation of his Wordless Shakespeare series, "Titus Andronicus."

The revenge-driven tragedy tells the bloody tale of Titus and Tamora with all of the fiery passion, energy, and vengeance only Synetic Theater can

deliver. Recommended for ages 16 and older for violence and mature content. \$35 and up. Student tickets start at \$15. Seniors and military, \$5 off. Visit [synetictheater.org](http://synetictheater.org).

SEE CALENDAR, PAGE 9



**Award-Winning Senior & Assisted Living Community**

Where **Quality** Meets **Affordability**



**Culpepper Garden**

4435 N. Pershing Drive  
Arlington, VA 22203  
703-528-0162  
VA Relay # 800-828-1120  
[www.culpeppergarden.org](http://www.culpeppergarden.org)

Coordinated Services Management, Inc.  
Professional Management of Retirement Communities since 1981










# CALENDAR

FROM PAGE 8

## THURSDAY/MAY 3

**Rock the Loop.** 6:30-8:30 p.m. at Market Common Clarendon, 2800 Clarendon Blvd., Arlington. Free. Join Market Common Clarendon on Thursday evenings, May through July, for a series of free concerts on The Loop. Email Hilary Shure at HilaryShure@RegencyCenters.com or call 703-442-4341. Visit: <http://marketcommonclarendon.com/2018/04/rock-the-loop-live-music-thursday-630p-830p/>

## FRIDAY/MAY 4

**Barcroft Magnolia Bog Tour.** 10 a.m.-1 p.m. at Meet at Barcroft Community Center by the parking garage, 4200 S. Four Mile Run Drive. Adults. Explore a globally rare plant community – rediscovered 15 years ago in Arlington. Botanist Rod Simmons and Arlington Natural Resources Manager Alonso Abugattas will lead the tour and share the challenges and successes in conserving and restoring this hidden gem. Terrain may be uneven and muddy. Teens ages 16 and up are welcome, but must be accompanied by a registered adult. For information: 703-228-3403. \$15. #632848-I. Register at 703-228-4747 or [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Free Kids' Concerts.** Fridays from 10:30-11:15 a.m. at Market Common Clarendon, 2800 Clarendon Blvd., Arlington. Join Market Common Clarendon on Friday mornings, May through August, for a series of free concerts for children on The Loop. Any children celebrating a birthday that week will receive a free ice cream scoop from Nicecream! Contact Hilary Shure at HilaryShure@RegencyCenters.com or call 703-442-4341. Visit the website: <https://www.facebook.com/events/170715040413840/>

**Benefit Concert.** 6:15 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. In support of the Dream Project-VA, an organization with the mission to empower students whose immigration status creates barriers to education. The annual concert seeks to unite immigrants and all communities in solidarity. Visit [www.dreamproject-va.org](http://www.dreamproject-va.org).

**Magical May.** 6:30-8 p.m. at Langston-Brown Community Center, 2121 N. Culpeper Street, Arlington. Families of children with disabilities ages 4-17 can drop by for Magical May. No pre-registration is required during this drop-in event. Families will be immersed into a monthly theme featuring various therapeutic activity stations including gross motor, sensory, art, large games, a quiet room and more. \$1.50 per person. Email TR Office at [trinfo@arlingtonva.us](mailto:trinfo@arlingtonva.us).

**Choral Concert.** 7 p.m. at Kenmore Middle School in Arlington. Presented by Encore Chorales of Langston Brown, Alexandria, Fairfax and Goodwin House Baileys Crossroads. The chorales will perform a variety of pieces including 'Swingin' with the Saints, West Side Story, Viva La Musical and more. Conductors for the performance include Jeanne Kelly, Jeff Dokken and Brian Gendron and Maribeth Gowen at the piano. No tickets or reservations required. Visit the Encore website at <http://encorecreativity.org>, call 301-261-5747 or email [info@encorecreativity.org](mailto:info@encorecreativity.org).

## SATURDAY/MAY 5

**Fort C.F. Smith Park Walking Tour.** 9-10 a.m. at Fort CF Smith Park, 2411 N. 24th St. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. For information: 703-228-7033. Free. #632758-C. Register online at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**New Farmers Market.** Through October, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. Columbia Pike will be the place to shop local on the weekends for the freshest produce, meats, goods and treats with the grand opening of a second farmers market at Arlington Mill Community Center. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

**ACF Hometour.** 11 a.m.-3 p.m. Check in at 2777 Fort Scott Drive, Arlington. Second annual Arlington Community Foundation Home Tour in the Arlington Ridge neighborhood. Presented by Washington Fine Properties. Tickets are \$35 online/\$40 at door. Visit [arlcfc.org/hometour](http://arlcfc.org/hometour).

**Free Play Days - May.** 1-2:30 p.m. at Gulf Branch Nature Center, 625 S. Carlin Springs Road. Ages 5 to 9. Register child only. It's an early release day, give children unstructured time they can call their own. Children will love this chance to explore our woods, make mud pies, throw rocks in the creek and just be free. For information: 703-228-3403. Meet at Gulf



## Argentine Festival

**Cesar Barria and Monica Totino will perform at the the 31st Annual Argentine Festival on Saturday, May 12 at Kenmore Middle School Auditorium, 200 S. Carlin Springs Road. See [www.Festivalargentino.org](http://www.Festivalargentino.org).**

Branch Nature Center. Free. #632828-C. Register online at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Spring Native Plant Sale.** 1-4 p.m. at Long Branch Nature Center, 2411 N. 24th St. Gorgeous natives for sun to shade and even deer-resistant plants. Pre-order plants online at [registration.arlingtonva.us](http://registration.arlingtonva.us). On the day of the sale, there will also have a wider selection on-site. Payment can be made by cash, check or credit card. Rain date Sunday, May 6. Call 703-228-6535.

**Plant Clinic.** Wednesdays, through Oct. 24, 6:45-8:45 p.m. at The Arlington Central Library, east lobby, 1015 N. Quincy St. Visit [mgmv.org](http://mgmv.org).

**Black & White Ball.** 7-11 p.m. at Army Navy Country Club, 1700 Army Navy Drive. Leadership Center for Excellence presents Black & White Ball, formerly Monte Carlo Night. This annual gala is an evening of dancing, dining and bidding on exciting auction items to support the Leadership Arlington Youth Program for area high school students. \$250. The ticket includes access to the open bar and a buffet dinner. Visit [leadercenter.org/gala](http://leadercenter.org/gala).

## SUNDAY/MAY 6

**Spring Celebration and Plant Sale.** 10 a.m.-3 p.m. at Glencarlyn Library Community Garden, 300 South Kensington St. The annual Plant Sale at Glencarlyn Library Community Garden is expanding this year to include more nature-related products. This Master Gardener demonstration garden will be offering a wide range of plants cultivated on site. The sale raises funds to keep the demonstration garden operating, and admission is free to the public. Email [glencarlynlbrarygarden@gmail.com](mailto:glencarlynlbrarygarden@gmail.com), call 703-244-7309 or visit [www.mgmv.org](http://www.mgmv.org).

## MONDAY/MAY 7

**Principles of Government Service Awards.** 7 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. The Arlington County Police Department will hold its annual ceremony recognizing the achievements of police personnel in service to the community and highlights the Department's dedicated pledge of duty, honor and commitment. Nominated by their peers for their acts of service over the previous calendar year, police officers and civilian staff will be publicly recognized. Visit [police.arlingtonva.us](http://police.arlingtonva.us).

## WEDNESDAY/MAY 9

**Ladies' Night Out.** 7-9 p.m. at Trek Bike Store, 2731 Wilson Blvd., Arlington. The event brings together the women cycling community to learn and talk about all things fitness and cycling, while enjoying free refreshments. Local partners participating include the Washington Area Bike Association, Bike Arlington, Trade Roots, House of Steep, Sun and Moon Yoga, female-owned nutrition and PT organizations, and more. Raffle prizes from partners as well as items donated by Trek. Visit [www.facebook.com/events/169283493718985](http://www.facebook.com/events/169283493718985)?

# CELEBRATE

— to observe or commemorate with festivities —



RSVP to join us for a delicious Sunday brunch

## The Kensington Falls Church

### Brunch Open House

### May 13, 2018

### noon-3:00pm

RSVP to (703) 992-9868  
or [conciergefs@kensingtonsl.com](mailto:conciergefs@kensingtonsl.com)

## CELEBRATING ALL MOTHERS!

Whether by birth or by choice, your story begins with her. She is a miracle on earth, gifted to you. She is your teacher, your comforter, your confidante. She is your champion, your cheerleader, your rock. Her lap is your haven. Her arms are your fortress. Her heart is your lifeline. She is your Mom, your HERO. Today and always, we celebrate her.

Join us for brunch in honor of the woman whose love helped shape who you are today.



## THE KENSINGTON

An Assisted Living Community

---

### FALLS CHURCH

(703) 992-9868

700 West Broad Street, Falls Church, VA 22046

[www.TheKensingtonFallsChurch.com](http://www.TheKensingtonFallsChurch.com)

Kensington Park, another Kensington community located nearby in Kensington, MD








**Announcements**

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

**Find us on Facebook**  
**and become a fan!**  
[www.Facebook.com/](http://www.Facebook.com/connectionnewspapers)  
[connectionnewspapers.com](http://connectionnewspapers.com)  
**THE CONNECTION**  
Newspapers & Online  
The Connection to Your Community  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

**Employment**

**Forget Daily Commuting**

**Print and digital media sales consultant for area's most popular and trusted local news source**

Manage your own hours from home  
Enjoy flexible schedule plus no daily commute  
Help local businesses grow  
Unique opportunity to be a voice in your community  
Competitive compensation

**Call Jerry Vernon**  
**703-549-0004**  
Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

**Announcements**

**Announcements**

*Help for people with*

**MACULAR DEGENERATION**

DMV offers special permit allowing low vision patients to drive with bioptic telescopic glasses.  
Call for a FREE phone consultation with Dr. Armstrong, Optometrist



Offices in: Roanoke, Harrisonburg, Wytheville, Virginia

Learn more at [www.VirginiaLowVision.com](http://www.VirginiaLowVision.com)  
Dr. David L. Armstrong (866) 321-2030

**Announcements**

**Announcements**

**NEW CARD.**  
**Same Medicare.**  
**1-800-938-8885**

**New Card! New Number!** Mailing in 2018

**Current Medicare Card**

**NEW Medicare Card**

**MEDICARE HEALTH INSURANCE**

**NAME/Nombre: JOHN L SMITH**

**1EG4-TE5-MK72**

**Entitled to/Con derecho a:**  
HOSPITAL (PART A) 03-01-2016  
MEDICAL (PART B) 03-01-2016

**Medicare.gov**

**NEWS**

# A-SPAN Seeks Internships

FROM PAGE 3

Florence said. "I have been clean and sober now for over 3 years and so proud to have the keys to my very own apartment. I started my new life and signed an apartment lease with the help of A-SPAN in September 2015, after spending 10 months at the Homeless Services Center."

"A-SPAN got me into the Job START internship program, which helped train me, made me responsible, taught me accountability, coached me to be reliable, and paid me as I got job skills. The internship changed my life."

Tom Lapham is the AUTO Stop owner who offered Florence the job. They are located on S. Four Mile Run in Arlington. As Florence said,

"Now I had an experience to be proud of and could put on my resume."

Florence talked about how he had worked at AUTO Stop, doing tune ups, oil changes, and changing light bulbs. Then he was soon helping to diagnose the vehicle, working on brakes and changing out the engine. After the internship, the company offered him a job. He now works 20 hours a week and hopes to get 40 hours a week soon. He has his own tools, his own uniform, is studying to get his GED, and got a grant to go to Northern Virginia Community College to become an auto mechanic technician.

Florence ended his comments with a tribute to his A-SPAN caseworker, Bianca, and Lapham. "I'm now working with the best auto mechanics in Arlington and none of it would have been possible without A-SPAN. You gave me a future, you gave me a pur-



**Kenneth Florence works on an engine at AUTOStop. An internship there gave him marketable skills.**

pose. For once in my life, I'm not stressed. I feel blessed."

Attendees at breakfast were asked if they could offer an internship. It could be clerical, custodial, cooking oriented, or landscape work, they were told. A-SPAN would pay for the internship: there would be no cost to the person providing the work. Kathy Siebert, executive director of A-SPAN, noted there were more and more veterans on the street. "We are finding the veterans are older, sicker, and more unstable because of trauma," she said. For more about A-SPAN and to donate money, time, or offer an internship, see [www.a-span.org](http://www.a-span.org).

# Over 700 Pounds of Drugs Collected

FROM PAGE 3

will take all of our bags to the state police where they will weigh what we got and then incinerate it."

This year a pharmacist has been added to the event to answer questions about drugs. Nhon Ta, a pharmacist with the Virginia Hospital Center outpatient pharmacy, says most of the questions have been about the safest way to dispose of drugs if you miss the official drug disposal option. A pamphlet includes a list of medicines recommended for disposal by flushing as well as instructions for disposing of fentanyl patches or inhaler products. It also details the emergency response for opioid overdose.

"People have also been asking about expiration dates since drugs are generally good for a few years more but it's not recommended," Ta says drugs just keep piling up.

Ta explains, "We're hoping to raise awareness that we can answer medical questions about drug interactions. You can bring your medications to the Virginia Hospital Center outpatient pharmacy to get information about interactions. You don't have to be in the hospital; it's open to the whole county."

The Arlington County Department of Human Services representatives at a nearby table are answering questions about substance abuse. "Mostly questions from people about a family member like your children." They were also publicizing the upcoming Town Hall, "One Crisis, One Community, One Conversation." It is scheduled for May 2 at Kenmore Middle School from 7-9 p.m.

According to Keen, a late afternoon count totals 744 pounds of prescription drugs collected this year in the county.

**Announcements**

**Announcements**

## STORM PROOF METAL ROOFING

- ✓ WE MANUFACTURE METAL
- ✓ WE INSTALL METAL
- ✓ WE FINANCE METAL

SUPERIOR DURABILITY - ENERGY EFFICIENT  
40 YEAR WARRANTY ON THE FINISH  
SENIOR CITIZEN DISCOUNT

[WWW.METALROOFOVER.COM](http://WWW.METALROOFOVER.COM)

**CALL 800-893-1242**

FREE ESTIMATE!  
CALL TODAY!

**CALENDAR**

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

**Let us know about an upcoming event**

[connectionnewspapers.com/Calendar](http://connectionnewspapers.com/Calendar)





PHOTO BY SHIRLEY RUHE/THE CONNECTION

## Summer Sausage Stand

**“With or without sauerkraut?” Heidelberg Bakery has opened its outside summer sausage stand early this year with a selection of freshly grilled wursts, German potato salad and pretzels. Just add the German mustard, grab a napkin and you’re set.**

## Final Budget

FROM PAGE 3

ing that further cuts may come down the line.

One of the more contentious proposed cuts had been a scaling back of the Lee Highway planning process by \$500,000, a long-term plan to transition the residential and retail along Lee Highway into an archipelago of redeveloped mixed-use communities. The reduction would decrease the scope of the planning process to a smaller section of commercial development with consultant support potentially curtailed. Of the cut funding, \$365,500 was restored.

The board also restored \$40,000 in one-time funding to support the Neighborhood College program, a free, civic leadership program for Arlington residents who want to be more involved in their communities. Dorsey noted that the funding will allow the program to continue to operate at its current capacity.

Two law enforcement related cuts were restored. The board doubled the current \$20,000 funding to Legal Justice Service for the legal support of immigrants in detention in Arlington to \$40,000. Arlington County hosts one of the largest immigration courts in Virginia. The board also approved \$200,000 to purchase a new body scanner for the county jail.

Finally, the popular free paper shredding program was salvaged, with \$20,000 in one time funding.

On May 3, the School Board will adopt its FY 2019 budget.

WWW.CONNECTIONNEWSPAPERS.COM

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

### LANDSCAPING

#### A&S CONSTRUCTION

SOD, Mulch, Clean-Up  
Leaf Removal  
Hauling.  
703-863-7465

Good is not  
good, where  
better is  
expected.  
-Thomas Fuller

### 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

### GUTTER

### GUTTER

#### GUTTER CLEANING

Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

#### PINNACLE SERVICES

lic/ins 703-802-0483 free est.  
email jamie@lawnsgutters.com  
web: lawnsandgutters.com  
Friendly Service with a Friendly Price!

### IMPROVEMENTS

### IMPROVEMENTS

#### Power Washing

Go from green to clean, do you have  
mold on your siding rotten wood that's  
a hoia violation? We do houses, decks,  
fences, side walks, etc. Deck and fence  
repair, deck staining and sealing.

Licensed & Insured • Free Estimates

email: jnave@comcast.net

703-987-5096

#### 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



#### 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



Find us on Facebook  
and become a fan!

www.Facebook.com/  
connectionnewspapers

THE CONNECTION

Newspapers & Online

The Connection to Your Community

www.connectionnewspapers.com

### LANDSCAPING

### LANDSCAPING

#### Patios & Drainage

Your neighborhood company since 1987

703-912-6886

#### J.E.S. Services

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

### TILE / MARBLE

### TILE / MARBLE

#### BATHROOM REMODELING

by Brennan Bath and Tile

Partial or Full. Kit. Floors, Backsplashes.  
Specializing in Ceramic, Porcelain, Glass Tiles  
and Natural Stones. Also repair work. 35 yrs exp.

www.brennan-tile.com

703-250-2872

Licensed • Bonded • Insured

### TILE / MARBLE

### TILE / MARBLE

#### Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

#### Spring Cleanup...

Tree removal, topping & pruning,  
shrubby 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

### PAVING

### PAVING

#### GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,  
Flagstone, Concrete

FREE ESTIMATES

Licensed, Insured, Bonded

703-250-6231

### 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

An expert is someone  
who knows some of the worst mis-  
takes that can be made in his subject  
and how to avoid them.  
-Werner Heisenberg

## You Mean Next Week Tuesday?

By KENNETH B. LOURIE



Today, Sunday, April 22, I am not on any real – or imagined, deadline pressure, quite different than my previous column (“You Mean Tomorrow Tuesday?”), published April 25. This column isn’t due until nine days from now, since my copy editor returns from vacation that Tuesday. And of course, since there’s no abbreviated/immediate-type deadline, and it’s a relatively quiet weekend at home (as opposed to the “triple threat” Tuesday I wrote about last week), Chino, in addition to any of our other four cats, are nowhere to be found. Certainly, they’re all sleeping. I mean, it is 12:30 pm. In fact, as I get up to investigate, Chino is sleeping on the very same chair he ended up on last week. This week however, when I have minimal deadline pressure, Chino has minimal Kenny interest. At present, he is not the least bit involved in the creative process, other than as a point of reference, that is.

And just as Chino is minding his own business – for now, I am able to mind mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossroads for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as pen is put to paper. No cat interruptions or interference whatsoever. To quote my late father, I have no “encumbrances” – at the moment.

More so even than Chino walking right to left across my desk (and back of course). I just received an email from my oncologist, yes on the weekend, telling me that my two scans taken on Wednesday, April 18, continue to show “stable.” News, with which I’m extremely fond of writing – properly, I can live. As much as I could likewise live with tumor “shrinkage” as well, I am ALWAYS pleased when I see my new favorite word: “stable,” in any communication from my doctor. For a cancer patient still undergoing treatment – as I am, or for any cancer patient in remission, a “stable” result is hardly the problem. The problem is growth and/or movement or appearance elsewhere in the body. (For lung cancer patients, movement to the brain, which occurs in approximately 30 percent of patients, is the predominant worry. As such, I get a brain MRI regularly.)

So, no scan-result pressure. No post-chemo side-effect pressure. No newspaper and/or deadline pressure. And no cat-related pressure compounding any of the aforementioned pressures. Ergo, the ‘pressure’ is officially off. And when the ‘pressure’ is off, my creativeness is on. Though this may not be the best column I’ve ever written, it’s certainly been one with the least amount of ‘encumbrances.’

And speaking of my father, Barry, who died in 2006, and now my mother, Celia, who died two years later, almost to the day, what I am particularly grateful for is the timing of my diagnosis/prognosis: it all happened after they had died. They never knew. My first symptom manifested four weeks after my widowed mother was laid to rest. They both know now though as I regularly update them when I visit their gravesites at the cemetery. And though the conversations are mostly one-sided, still, it brings me comfort and a peculiar sort of joy to share the details of my treatment and the miscellaneous pressures I experience, some of which I’ve mentioned and some of which I haven’t. Many of those my parents knew about, and were often topics of discussion – while they were alive.

I was lucky then and I continue to be lucky now. Great parents before and an amazingly fortunate post-cancer-diagnosis after. Whoever I have to thank: thank you.

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



# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S  
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3  
TIRES  
AND  
GET ONE**



**FREE**

See Service  
Advisor for details.

**GOT TIRES?**

INCLUDES ROAD HAZARD PROTECTION, TIRE  
WARRANTY, AND FREE COURTESY INSPECTION.

**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 5/31/18

**CHECK ENGINE  
LIGHT DIAGNOSIS**

**NO  
CHARGE**

INITIAL DIAGNOSIS

WE WILL RETRIEVE  
VEHICLE CODES  
& GIVE YOU  
AN ESTIMATE  
OF REPAIR COSTS.



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 5/31/18

*Jack Taylor's*  
**ALEXANDRIA  
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305



**SERVICE & PARTS DEPT HOURS:**

Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.  
THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare**  
Customers

Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000

**Now Available** Mile Services  
Call your ASM for details

**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

**OIL & FILTER CHANGE**

**\$29<sup>95</sup>**

NON-SYNTHETIC

**\$44<sup>95</sup>**

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*,  
inspect windshield wipers, check tire condition, check battery (with  
print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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 5/31/18

**BRAKE SPECIAL**

**\$79<sup>95</sup>**

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

MACHINE ROTORS ADDITIONAL

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 5/31/18

**SIGHT LINE  
WIPER BLADES**

**\$10 OFF**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA  
TOYOTA. PARTS CENTER ONLY. GOOD THRU 5/31/18

**FREE**

**BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of  
battery condition. Includes battery condition 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 5/31/18

**TRUESTART™ BATTERIES**

**SPECIAL  
OFFER**

**\$99<sup>95</sup>**

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement,  
24 month free roadside assistance.  
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 5/31/18

**ALIGNMENT SPECIAL**

**\$64<sup>95</sup>**

Your car's alignment suffers, and can  
cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts  
& shocks, tire condition and set tire pressure.

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 5/31/18

*Jack Taylor's*

**ALEXANDRIA TOYOTA**

Check your windshield. Does your sticker say **2/18, 3/18,**  
or **4/18**? If so, your VA Safety Inspection is now due

**VIRGINIA STATE INSPECTION**

**FREE**

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 5/31/18

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**