

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 6/10/18. Same size or smaller rug free. Not valid w/any other offers. †Some restrictions apply.

WELLBEING
PAGE 7

The Arlington Connection

Karina de Leede (left) and Chloe Fugle (right), students at H-B Woodlawn and leaders of Students Demand Action, speak at the Wear Orange for Gun Safety rally outside County Board offices on June 1.

Wear Orange For Gun Safety

NEWS, PAGE 3

Find a Clue and Catch a Criminal

NEWS, PAGE 6

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 6-7-18

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY VERNON MILES/THE CONNECTION

JUNE 6-12, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



BISHOP IRETON'S

Class OF 2018

BISHOP IRETON IS PROUD TO ANNOUNCE OUR GRADUATES FROM THE CLASS OF 2018 HAVE EARNED MORE THAN \$15 MILLION IN SCHOLARSHIP MONEY (AND COUNTING!) AND ARE OFF TO PRESTIGIOUS COLLEGES, SERVICE ACADEMIES, AND UNIVERSITIES. WE WISH THEM ALL THE BEST IN THE JOURNEY AHEAD AND HOPE THEY CONTINUE TO *ADVANCE ALWAYS* IN THE LOVE OF GOD AND SERVICE TO ONE ANOTHER.

DR. THOMAS J. CURRY, HEAD OF SCHOOL
MRS. DENISE TOBIN, PRINCIPAL



BISHOP IRETON HIGH SCHOOL
ALEXANDRIA, VIRGINIA

WWW.BISHOPIRETON.ORG

- | | | |
|---|--|--|
| <p>The University of Alabama
American University
The University of Arizona
Assumption College
Auburn University
Austin College
Bard College
Baylor University
Belmont Abbey College
Boston College
Boston University
University of Bridgeport
Bucknell University
Butler University
California State University, Fullerton
California State University,
Long Beach
University of California, Irvine
University of California, Santa Cruz
Capitol Technology University
The Catholic University of America
Cedar Crest College
University of Central Arkansas
College of Charleston
University of Charleston
Christendom College
Christopher Newport University
The Citadel, The Military College
of South Carolina
Clemson University
Coastal Carolina University
College of Southern Maryland
University of Colorado at Boulder
Colorado School of Mines
Colorado State University
Columbia College Chicago
Creighton University
Curry College
University of Dayton
University of Delaware
Denison University
University of Denver
DePaul University
DeSales University
Dickinson College
Drexel University
Duquesne University
East Carolina University
Elon University
Embry-Riddle Aeronautical
University – Daytona Beach
Emory & Henry College
Endicott College
Fairfield University
Fairleigh Dickinson University
Ferrum College
Florida Institute of Technology
Florida Southern College
University of Florida
Fordham University
Franciscan University of
Steubenville
Franklin University Switzerland
Furman University
George Mason University
The George Washington University
Georgetown University
Gettysburg College
Goucher College
Hampden-Sydney College</p> | <p>Hampton University
High Point University
Hofstra University
Howard University
Ithaca College
James Madison University
Jefferson (Philadelphia University +
Thomas Jefferson University)
John Paul the Great Catholic
University
University of Kentucky
King's College
La Salle University
Lawrence University
Le Moyne College
Liberty University
Longwood University
Louisiana State University
Loyola Marymount University
Loyola University Chicago
Loyola University Maryland
Loyola University New Orleans
Lynchburg College
Lynn University
University of Maine
Manhattan College
Manhattanville College
Marion Military Institute
Marist College
Marquette University
University of Mary Washington
University of Maryland,
Baltimore County
University of Maryland
Marymount University
University of Massachusetts,
Amherst
McDaniel College
Menlo College
Miami University
University of Miami
University of Mississippi
Mount Saint Mary College
Mount St. Mary's University
College of Mount Saint Vincent
University of New Hampshire
at Durham
University of New Haven
North Carolina State University
Northeastern University
Northern Virginia Community
College
University of Notre Dame
Occidental College
Ohio Wesleyan University
Old Dominion University
Pace University, New York City
University of the Pacific
Pennsylvania State University
University of Pittsburgh
Purdue University
Quinnipiac University
Radford University
Randolph College
Randolph-Macon College
Regent University
Regis College
Rensselaer Polytechnic Institute
University of Rhode Island
University of Richmond</p> | <p>Roanoke College
Rochester Institute of Technology
University of Rochester
Sacred Heart University
Saint Augustine's University
Saint Joseph's University
Saint Michael's College
Salisbury University
San Diego State University
University of San Diego
University of San Francisco
Santa Clara University
The University of Scranton
Seton Hall University
Sewanee: The University
of the South
Shepherd University
Simpson College
Smith College
University of South Carolina
University of Southern California
Southern Methodist University
St. Bonaventure University
St. John's University
Stevens Institute of Technology
Stevenson University
Stonehill College
Stony Brook University
SUNY College at Potsdam
Susquehanna University
Sweet Briar College
Syracuse University
The University of Tampa
Temple University
University of Tennessee
Texas A&M University
Texas Christian University
The University of Texas, Arlington
The University of Texas, Austin
Towson University
Trinity College
Trinity University
Tulane University
United States Coast Guard Academy
United States Merchant
Marine Academy
United States Naval Academy
The University of the Arts
Ursinus College
University of Vermont
Villanova University
Virginia Commonwealth University
Virginia Military Institute
Virginia Tech
Virginia Wesleyan University
University of Virginia
Wake Forest University
Washington Adventist University
Washington and Jefferson College
Washington and Lee University
Washington College
West Virginia University
Widener University
College of William and Mary
Winthrop University
University of Wisconsin
Wittenberg University
Xavier University
York College of Pennsylvania</p> |
|---|--|--|

Sea of Orange Gun control rally draws a crowd.

BY VERNON MILES
THE CONNECTION

Karina de Leede remembered the Wear Orange event just a few years ago. It was also held outside the Ellen Bozeman Government Center, but the crowd was much smaller. There was a sense of frustration, that nothing would change on gun control and a concern that life with gun violence was just going to remain the status quo. But just a few years later and the crowd gathered in that same courtyard is six times the size. The entrance to the County Board offices on June 1 was filled with orange shirts and scarves, with some ralliers carrying signs advocating for more gun control.

The June 1 rally was part of a nationwide “Wear Orange” event. The event was organized by Moms Demand Action, a group that emerged from social media in the wake of the Sandy Hook shooting. Beth Fine, the organizer, said she’d always been concerned



Wear Orange for Gun Safety rally in Arlington on June 1.

about gun control but that her feelings on it were hardened when her friend was an innocent bystander who was shot and killed outside Ben’s Chili Bowl.

“We’re doing two things,” said Fine. “We’re raising awareness and giving people a roadmap to change.”

Fine said one of the local preconceptions is that Arlington is a liberal oasis, but Fine said that not everyone in Arlington is a Democrat and not every Democrat takes a strong stance supporting gun control.

“I’ve seen this get bigger every year,” said

de Leede. “We’re continuing to move forward.”

De Leede and her classmate Chloe Fugle attend H-B Woodlawn, where earlier this year they organized a discussion between students and local politicians on gun control. De Leede and Fugle, leaders of Students Demand Action, were invited to speak at the Wear Orange rally.

“It’s a little scary,” Fugle said, “I’ve never spoken in front of this many people. We’ve been talking to people we knew [at H-B Woodlawn] but we have to move outside

made a difference. They were victims, but they are present and articulate about what they went through.”

“There are too many people dying,” said Marielouise Pallansch, holding a gun control sign made by her son Paul with her husband Robert Pallansch. “It’s unnecessary. Our country leads in this kind of murder. We have to do something about it. I’m so proud of the young people. Today seems upbeat, like everyone is here and wants to be here, and wants to see change.”

PHOTOS BY VERNON MILES/THE CONNECTION



Moms Demand Action Arlington organizer Beth Fine



County Board member Christian Dorsey



Robert Pallansch (left) and Marielouise Pallansch carrying a sign made by their son, Paul.



Natalie Goldring with a sign advocating for gun control.

PEOPLE

Joining in Trans America Bike Race

Ride to raise research funds.

BY SHIRLEY RUHE
THE CONNECTION

Bruno Dedet has his Lynskey titanium bike all equipped and ready to board the plane to Portland for the Transamerica Bike Race. The race is scheduled to begin in Astoria, Ore. on June 2 at 6 a.m.

The day has been busy with a trip to his bike store in Bethesda and the usual errands since he will be gone for 20 days — an appointment to get his dog Laos his vaccines, a trip to get the car inspected before the sticker expires this weekend. “We were going to get a ticket.” And he is about to walk to Jamestown Elementary to pick up his daughter before heading back to the bike shop to get his Lynskey packed in a special box. “I have to protect the fragile parts.” Tonight he will create his Facebook and web page for the trip.



Bruno Dedet has his bike outfitted for the Transamerica Bike Race which began June 2 in Astoria, Ore.

Dedet will join 109 men and 6 women for the 4,263 mile bike race from Astoria, Ore. back to Yorktown, Va. and, “I hope I will be able to do 200 miles a day.”

He points to his front pack that contains a blow-up mattress and pillow. “I can sleep everywhere—

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Bruno Dedet sent back a picture of riders on first day in Oregon.

SEE BIKE RACE, PAGE 14

SLADE

townhomes

**CHECK EVERY BOX
AT ALEXANDRIA'S
FASTEST SELLING
TOWNHOME
COMMUNITY**

Schedule your private hardhat tour of Phase II today and learn how living here checks every box PLUS take advantage of our *limited time incentives* at **SLADE**.

703.991.5395 | SladeLiving.com
605 N. HENRY ST, ALEXANDRIA, VA 22314

✓ \$15,000 DESIGN CREDIT ✓ SPACIOUS LAYOUTS ✓ AMAZING LOCATION



NORTHFIELD

Structured Financing
provided by
GROSVENOR

McWilliams
Ballard





Supporting Seniors in Need

PHOTO CONTRIBUTED

Culpepper Garden's annual fundraiser, held on Saturday, June 2 at Culpepper Garden, raised funds and awareness for Arlington's underserved, very low income senior population. Honorary Chairs Suzie and Bill Buck encouraged broad community support from over 80 sponsors and 50 donors to raise \$140,000, surpassing past fundraising for this event. Funds support residents who are over age 62 in affordable housing; providing assisted living services to those who have exhausted their financial resources, and increasing wellness programs for all residents living in Culpepper Garden's 340 apartments. Above, from left are: Linda Kelleher (executive director, ARHC); Erik Gutshall (County Board); Susan Philp (chair, ARHC); John Vihstadt (County Board), Suzie Buck (honorary chair, Springtime Party); Bill Buck (honorary chair, Springtime Party); Barbara Green (board, ARHC); Betsey Wildhack, (board, ARHC); Ken Marshall (board, ARHC); Gregg Forte (board, ARHC); Ken Aughenbaugh (board, ARHC) and Jeanne Broyhill (board, ARHC).



'Parklet' Opens in Rosslyn

PHOTO CONTRIBUTED

Rosslyn and Arlington County's first permanent "parklet," or mini-park, opened to the public on May 31 following a ribbon-cutting ceremony with area leaders and public officials. Located at the corner of Wilson Boulevard and North Oak Street, the parklet is open to the public at all times and is the result of a partnership between Arlington County and the Rosslyn Business Improvement District (BID), which will maintain the space. At 30 feet wide — about the size of two parking spaces — the parklet has 18 chairs, five plaza tables, and four planter boxes.



Best Practices Award

PHOTO CONTRIBUTED

The Commonwealth Council on Aging presented its top Best Practices Award to Rebuilding Together Arlington/Fairfax/Falls Church for demonstrating the effectiveness of simple, low-cost repairs to correct health and safety hazards in low-income seniors' homes. Above, from left, are Patti Klein, executive director, Rebuilding Together-AFF; Christy Zeitz, executive director, Fellowship Square Foundation, who nominated Rebuilding Together; Dr. Richard Lindsay, chair of the Best Practices Committee of the Commonwealth Council on Aging, who presented the \$5,000 prize funded by Dominion Energy; and Don Ryan, director of Partnerships, Rebuilding Together-AFF. See rebuildingtogether-aff.org.

Congratulations, Class of 2018!



We're so proud of our incredible Burgundy graduates!

This fall, Burgundy's Class of 2018 will attend high school at: Bethesda-Chevy Chase, Bishop O'Connell, Collège du Léman (Switzerland), Burke, Edison, Episcopal, Flint Hill, Georgetown Day, Gonzaga, Justice, Madeira, Maret, McDonough (Maryland), National Cathedral, Rock Ridge, St. Andrew's School (Delaware), St. George's Independent School (Georgia), St. Paul's (New Hampshire), St. Stephen's & St. Agnes, Sidwell, T.C. Williams

Your child could be a Burgundy graduate too – space is available in some fall classes! Call 703.329.6968 to schedule a tour or learn more at www.burgundyfarm.org.



Burgundy Farm Country Day School
3700 Burgundy Road, Alexandria, VA
703.329.6968 | www.burgundyfarm.org

VINSON HALL RETIREMENT COMMUNITY

Independent Living at Vinson Hall

Vinson Hall Retirement Community is located in idyllic McLean, VA and offers independent residential living for military officers and government employees of equal rank. Our apartment residences offer all the luxurious comforts of home within a vibrant Life Plan community. Come see what's new!

www.VinsonHall.org
703-536-4344

1 and 2
BEDROOM
APARTMENTS
AVAILABLE!

OPINION

Trying To Reduce Aircraft Noise

BY JOHN VIHSTADT
LIBBY GARVEY
COUNTY BOARD MEMBERS

Dear Resident:

We are writing to let you know of an important new step the board is taking, in partnership with Montgomery County, to advance our efforts to respond to the increased commercial aircraft noise experienced in our community over the last few years to and from Reagan National Airport (DCA).

COMMENTARY

As you know, the Arlington County Board and county staff have been working in earnest on the issue of increasing levels of aircraft noise in our community since the implementation of NextGen for the D.C. Metroplex in 2014. We continue to hear loud and clear from our residents that the noise impacts have worsened significantly since this action and have had a substantial negative impact on their quality of life.

Since October 2015, the county has participated in the DCA Community Working Group,

convened by the Metropolitan Washington Airports Authority (MWAA), as the venue for a regional discussion on aircraft noise impacts and solutions. This effort mirrors those supported by the Federal Aviation Administration (FAA) which are being undertaken across the country in other communities facing the same issues that we face here.

Despite what look like promising recommendations for operations south of the airport, the fact remains that we do not appear to be any closer to a solution today for those communities north of the airport than we were when this effort was initiated.

In order to advance this effort, Arlington County and Montgomery County have committed the funding necessary to jointly engage a technical consultant to examine these issues. As county staff takes the necessary steps to execute this contract and complete the project in Fiscal Year 2019, we will keep you apprised of the project scope, timeline, and major milestones.

Simply put, our goal with the study is to quantify the noise impacts on our community, to determine what specifically is driving the

increase in those impacts in recent years and to identify and evaluate all actions that could reasonably be taken to reduce and mitigate them. It is our hope that this study will result in concrete recommendations to achieve the county's and the region's goal of reducing aircraft noise where possible and to equitably share it where necessary. These findings and recommendations will then be sent to the FAA through the DCA Community Working Group for their consideration and action.

Please keep current on our efforts by visiting the county's aircraft noise webpage (<https://departments.arlingtonva.us/cmo/airport-noise/>), which also provides the ability to sign up for email updates. As this initiative moves forward, we will provide updates via the website and email. In addition, you may continue to receive updates through your civic associations, as we meet regularly with those groups impacted by aircraft noise in order to provide information to, and receive feedback from, our residents.

Thank you for your continued interest in and advocacy on this important issue.

Find a Clue and Catch a Criminal

Arlington Women in Public Safety lead community event.

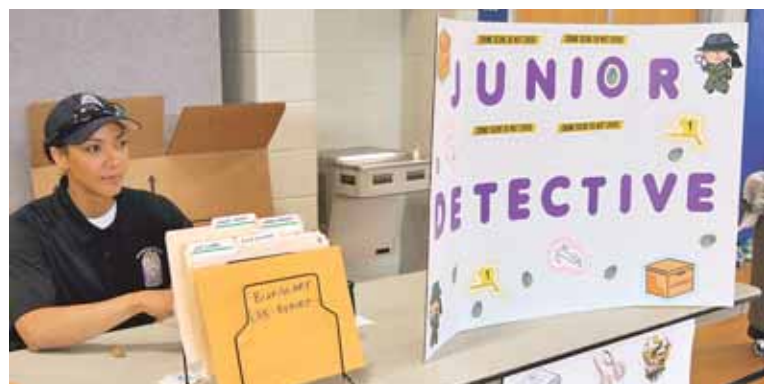
Two-year old Mateo Vilchez yells "high five" to Fire EMS Omar Herson from Fire Station 8 as his beanbag drops into the hole at the Arlington Women in Public Safety Community Event. It was held on June 2 at Arlington Traditional School.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION



"Over," Lilliana Rand is talking to the dispatch police officer at the Arlington Women in Public Safety Community Event on June 2. Rand says she has been getting stamps for the various activities, and her favorite was the fingerprinting where she discovered she has an arch pattern. "It is very rare, only 5-percent of the population." She is the only person so far today who has been identified with this unusual pattern.



Officer Lillian Hammond on the Arlington County Outreach Team is in charge of the Junior Detective Table. She says this is the second year for this community event. Today's crime is a burglary and the task is to find the person who committed the crime. "You walk through the crime scene, find evidence and a fingerprint and footprint. You compare them to the possibilities."



Corporal Patrick Smichgali demonstrates how to identify a particular fingerprint between the loop (65 percent of the population), the whirl (30 percent) and the arch, only 5 percent.



Maci Cowan is customizing a sheriff's badge. She says her favorite activity so far has been the safe room. It was pretty complicated involving a book with a key inside — but she solved the crime.

The
Arlington
Connection

www.ConnectionNewspapers.com

@ArlConnection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Steven Mauren

Editor

703-778-9415

smauren@connectionnewspapers.com

Jean Card

Production Editor

jcard@connectionnewspapers.com

Vernon Miles

Reporter

757-472-3435

vmiles@connectionnewspapers.com

Eden Brown, Shirley Ruhe

Contributing Writers

arlington@connectionnewspapers.com

ADVERTISING:

For advertising information

sales@connectionnewspapers.com

703-778-9431

Debbie Funk

Display Advertising/National Sales

703-778-9444

debfunc@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Classified & Employment

Advertising

703-778-9431

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Jerry Vernon

703-549-0004

jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Art/Design:

Laurence Foong, John Heinly,

Ali Khaligh

Production Manager:

Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com



WELLBEING

Families Meditating Together

Family mindfulness practices can boost overall wellbeing.

BY MARILYN CAMPBELL

Sitting on cushions in a dimly lit corner of the living room, a family of five struggles to relax. But when a lithe woman in flowing yoga pants and a pale grey ballet-wrap top brings her hands together and the gentle sound of Tibetan meditation cymbals fills the air, their eyes close, their shoulders relax and they begin to breathe deeply.

"This is how I like to begin all of my family sessions," said meditation teacher Pleasance Baechli of Transcendental Meditation and Mindfulness Center in Bethesda, Md. "It allows people to calm their minds and bring their attention to the breath and what's going on in their bodies. For a moment, there's nowhere else they need to be and nothing that they need to do."

This is the nature of a family mindfulness session, a chance for families to unplug and disconnect from a world of tablets, smart phones, long commutes, sports practices, homework and errands. Such sessions, says Baechli, offer opportunities for families to reconnect with one another and strengthen their bonds, and are not as difficult to establish as one might think.

"Mindfulness can sound complicated and confusing, especially for children," she said. "But it's simply a state of awareness, and that just means noticing what we're feeling and what we're sensing at the present moment. And it's noticing those thoughts and feelings without judgement or criticism. It's accepting them and letting them pass through our bodies."

Carving out time to meditate in a overloaded schedule can be tall order, but simplicity can help overcome that roadblock. "Unfortunately, the older the kids get and the more activities they have, the harder it gets to make time for quiet and meditation, even though we need it more, of course," said Elizabeth Rees, a mother of three and the associate rector and leader of meditation practices at Saint Aidan's Episcopal Church in Alexandria. "I try to teach my kids breathing techniques and we have a few favorite meditations that we practice periodically before bed. There are also some great [smartphone] apps [like] Insight Timer, Calm and Headspace."

Understanding what mindfulness is and what it is not can help avoid frustration from unmet expectations. "Grasping the concept of mindfulness is tough for some kids and sitting still for long periods of time to practice can be torture," said Baechli. "Mindfulness is simply focusing on your thoughts and feelings as they are right in this moment. That's it. Mindfulness is not a cure-all. Don't expect it to turn your high-energy son into a quiet child or your daughter



PHOTO BY MARILYN CAMPBELL

Cymbals and meditation cushions are tools that mindfulness teacher Pleasance Baechli uses in her family mediation sessions.

who has trouble paying attention and is struggling in school into a straight-A student. That's probably not going to happen."

What it can do however, when practiced over time, is help regulate emotions and strengthen one's ability to concentrate and focus, advises Anne Navolio, Ph.D., a child psychologist based in McLean. She points to a 2012 study by researchers at the University of Washington which credits weekly mindfulness sessions with an improved ability to concentrate. She also references a 2016 study by the University of Wisconsin which showed that even a five minute meditation session each day can increase one's ability to deal with stressful situations. "For beginning a daily practice, start with shorts sessions, especially for young children. Even one-minute of sitting can be beneficial," she said. "And if your kids aren't even interested in that, don't force it."

Incorporating meditation music and concepts that children can understand can make the process easier, advises Baechli. "I like to use cymbals at the beginning of a practice or sound a bell," she said. "Those sounds usually last about 30-45 seconds and sometimes I tell kids to sit quietly and focus on what they're hearing until they can no longer hear it. I also tell kids, especially boys, to use their superhero senses to determine what they can hear and smell all around them."

Spending time outside, either on a hike, nature walk or a trek through the park, can be an opportunity to practice mindfulness as a family, says Navolio. "Simply walking in silence for even a few short minutes and noticing birds, squirrels and cars that are passing or even the scents of freshly mowed grass or food cooking in a restaurant you pass can be a mindfulness practice."

Leading by example can get children engaged in mindfulness practices. "I encourage and model gratitude and attention to small things in the world around us," said Rees. "I definitely think the more mindful and present we can be, the less angst we will have about the past and the future, neither of which we have much control over."

"Unfortunately, the older the kids get and the more activities they have, the harder it gets to make time for quiet and meditation, even though we need it more, of course."

— Elizabeth Rees, Associate Rector, Saint Aidan's Episcopal Church

OURway FORWARD COME LEARN MORE ABOUT **OVARIAN CANCER**

Join us for a live ovarian cancer educational event.

<p>Tuesday, June 12, 2018 Registration: 6:00 AM Start Time: 8:30 AM</p> <p>Kyra Walters TESARO Oncology Nurse Educator</p>	<p>Tysons Corner Marriott 8028 Leesburg Pike Tysons Corner, VA 22182</p> <p>Nancy K., Patient Ambassador Living with Ovarian Cancer</p>
--	---

Call 1-844-747-1614 to Register for this Free Event!

Complimentary parking and refreshments will be provided.
Friends and family are welcome!

TESARO ©2018 Tesaro, Inc. All Rights Reserved. PP-05 US-0065 | 02/18

SHILLELAGHS
THE TRAVEL CLUB

Celebrating our 52nd Anniversary

Cape Cod, Aug. 10-13	\$969
Includes Boston Pops Performance on the Cape!! Includes Motorcoach from Vienna or Rockville, 3-nights hotel in Hyannis with daily breakfast & dinner, Sightseeing, Cruise & Dune Tour.	
Northern Ireland, Sept. 25-Oct. 2	\$2,879
Includes air from Dulles, 6-nights hotel, Full Irish Breakfast daily, 5 dinners, Sightseeing Call for detailed itinerary.	
West VA Trains! July 10-12	\$599
Includes Motorcoach from Vienna or Rockville, 2-nights hotel with breakfast & dinner plus one lunch Train rides, Sightseeing & Entertainment.	

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180
703.242-2204 1-800-556-8646
Please visit our Web site at: www.shillelaghtravelclub.com
for a listing of all our upcoming trips and socials.

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 1715 N. George Mason Dr., Ste. 105
Reston, VA 20190 Arlington, VA 22205

Phone 703-709-1492 • Fax 703-709-5111

www.dermspecialistsva.com

ENTERTAINMENT

Independence Ave. & 1st St., SE, Washington, D.C. In this "celebration of words," presented by Arlington's Teatro de la Luna, guest renowned Spanish-language poets are accompanied by audience members of all ages who recite, read or interpret their own work or that of well-known poets. To share poetry in Spanish with the audience, send it by fax at 202-291-2357 or email info@teatrodelaLuna.org by May 31 (space is limited). In Spanish only. Free admission, donations accepted. Visit teatrodelaLuna.org.

Outdoor Movie Festival. At Gateway Park in Rosslyn. See the movie, "Legally Blonde." Movie starts at dusk; the fun starts at 5 p.m. with games and the Pub in the Park.

SATURDAY/JUNE 9

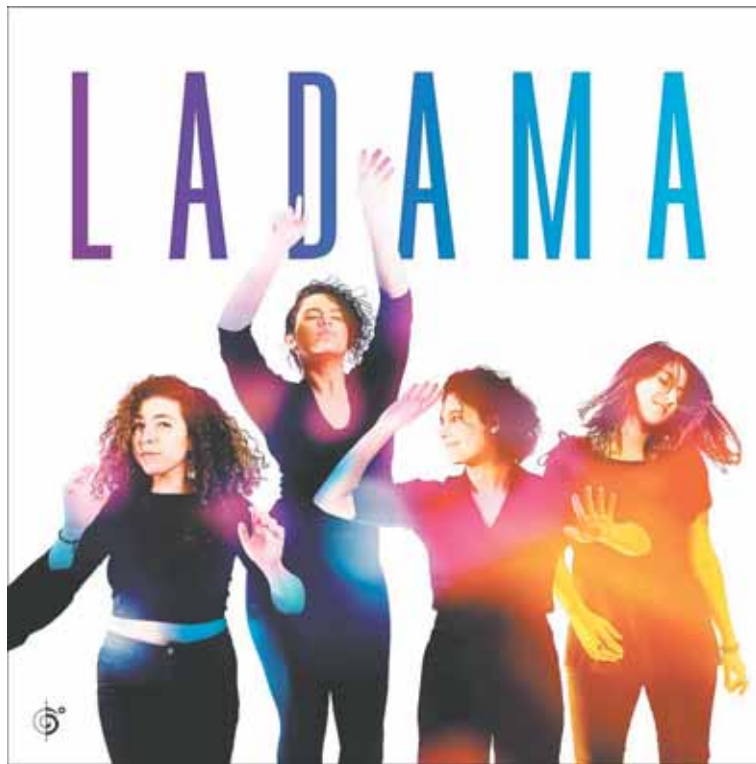
Volunteer in the Parks - RIP. 9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Join other community volunteers in protecting the local environment from invasive plants. This project seeks to reclaim the natural area near Gulf Branch Nature Center from invasive plants. Call 703-228-3403 or visit parks.arlingtonva.us/locations/gulf-branch-nature-center/.

Organic Vegetable Garden. 10-11 a.m. at Potomac Overlook Regional Park, 2845 N. Marcey Road, Arlington. Have questions about growing vegetables in Northern Virginia? An Extension Master Gardener will answer questions and discuss such things as composting, soil preparation, seed selection, and protecting crops from insects and animals. Free. Call 703-228-6414 or email mgarlalex@gmail.com.

Author Michelle Neyland. 11 a.m. at One More Page Books, 2200 N. Westmoreland St., #101 Arlington. Neyland celebrates the launch of her new book, "A Nursing Love Poem." Call 703-300-9746.

Poetry Marathon - "La Pluma y la Palabra." 2-8 p.m. at Casa de la Luna, 4020 Georgia Avenue, NW, Washington, D.C. In this "celebration of words," presented by Arlington's Teatro de la Luna, guest renowned Spanish-language poets are accompanied by audience members of all ages who recite, read or interpret their own work or that of well-known poets. To share poetry in Spanish with the audience, send it by fax at 202-291-2357 or email info@teatrodelaLuna.org by May 31 (space is limited). In Spanish only. Free admission, donations accepted. Visit teatrodelaLuna.org.

Boisterous Bubbles. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 5 to 10. Love suds, foam, froth and bubbles? Explore the nature and science of bubbles through hands-on experiments. Make and take home a



LADAMA weaves acoustic and electric instruments to produce an infectious, danceable sound rooted in Afro-Latinx styles from their countries of origin, Brazil, Colombia, Venezuela and the United States.

Ladama

Weaving acoustic and electric instruments to produce sound rooted in Afro-Latinx styles from Brazil, Colombia, Venezuela and the U.S. Friday, June 15, 7 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Visit parks.arlingtonva.us for more.

bubble kit. \$5, registration required. Call 703-228-6535 or visit parks.arlingtonva.us/locations/long-branch-nature-center-park.

Netherlands Carillon Concerts:

Donald R. Traser. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

Bats & Bloodsuckers Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. The whole family is invited to meet at the Long Branch Amphitheater for lots of old-fashioned fun. Activities may include stories, special animal guests,

games, songs and of course, S'mores. \$5, registration required. Call 703-228-6535 or visit parks.arlingtonva.us/locations/long-branch-nature-center-park.

Jane Franklin Dance: Charlotte Hollister Annual Gala. 7-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Join creative peers for an arts-filled evening in support of Jane Franklin Dance, a local nonprofit whose 2018-19 season includes both cutting-edge collaborations and wide-ranging community outreach. Performances await plus food and refreshment including a wine tasting and light supper. Cost is \$40-\$200. Visit www.janefranklin.com/ or call 703-933-1111 to purchase a student ticket.

SATURDAY-SUNDAY/JUNE 9-10

The Armed Forces Cycling Classic. Events on Saturday will take place in Clarendon and on Sunday will take

place in Crystal City. The weekend's family-friendly event begins on Saturday with the Clarendon Cup, one of the nation's premier professional bike race traditions. The action continues Sunday. Free races for children 9 and under will be held both days, in addition to the lifestyle and sponsor expo. Visit cyclingclassic.org for more.

SUNDAY/JUNE 10

Boundary Stone Bike Tour. 9:15 a.m. Meet at entrance to East Falls Church Metro Station (Under I-66 on Sycamore Street). Cost is \$2. Bike for 35 miles visiting boundary stones and local parks; see 12 historic D.C. boundary stones in Arlington, Alexandria and Fairfax County. Bike at a leisurely pace with many stops. Bring lunch, water and bike. No reservations necessary. Visit www.centerhikingclub.org or call Bernie Berne at 703-243-0179.

FACS Sustainability Showcase. 3-5 p.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. Faith Alliance for Climate Solutions presents a Sustainability Showcase featuring local organizations' sustainability initiatives, with a keynote address and presentation of Sustainability Champion Awards. Free. Email info@faithforclimate.org or visit www.faitforclimate.org for more.

Young Adult Panel with Carrie DiRisio. 2 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. In conversation with local author Lindsay Smith (A Darkly Beating Heart, Web of Frost). Call 703-300-9746. Visit www.onemorepagebooks.com.

THURSDAY/JUNE 12

20th Anniversary Celebration. At Army Navy Country Club in Arlington. Leadership Center for Excellence will celebrate 20 years of community service and leadership development. Attendees will celebrate the organization's history, honor the founders and pay tribute to LCE's Founding President and CEO, Betsy Frantz. Early bird ticket price of \$125 is available through Friday, June 1. After June 1, the price per ticket increases to \$175. Visit leadercenter.org/anniversary.

WEDNESDAY/JUNE 13

Coffee and Conversation. 10-11 a.m. at Langston Brown Community Center, 2121 North Culpeper St. Open to all - bring your own coffee, learn about aging in place with Arlington Neighborhood Village, and hear one of the speakers listed below. No RSVP needed. Free parking is available in the parking lot adjacent to the Center. Visit arlnvil.org for

more.

Meet Author Kate Messner. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Author of the Brilliant Fall of Gianna Z. and The Exact Location of Home. Call 703-300-9746. Visit www.onemorepagebooks.com.

THURSDAY/JUNE 14

Immigration Talk. 7 p.m. at Reinsch Library Auditorium, Marymount University, Arlington. "Immigration and its Impact on World War I and Arlington." Visit arlingtonhistoricalsociety.org.

FRIDAY/JUNE 15

Meet Author Jenny Milchman. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Jenny Milchman shares from her latest thriller Wicked River. Call 703-300-9746. Visit www.onemorepagebooks.com.

Ladama. 7 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Group weaves acoustic and electric instruments to produce sound rooted in Afro-Latinx styles from Brazil, Colombia, Venezuela and the U.S. Visit www.parks.arlingtonva.us.com.

SATURDAY/JUNE 16

Prostate Cancer Run/Walk. 8:15-10 a.m. at Pentagon Row Courtyard, 1101 S. Joyce St. The 2018 ZERO Prostate Cancer Run/Walk invites you to a 5K run/walk, 1 mile walk, Kids' Superhero Dash for Dad, and virtual Snooze for Dudes program. 5K (All Ages): \$35 1 Mile (All Ages): \$20 Kids Superhero Dash for Dad (Kids ages 0-9): \$15 Snooze for Dudes (Participate virtually and sleep in to fight prostate cancer): \$15 5K (ZERO's Heroes Patient/Survivor): \$25 Race Day Volunteer: Free. Call 202-334-9058 or visit zeroprostatecancerun.org/dc.

Columbia Pike Blues Festival. 1-8 p.m. at South Walter Reed Drive and Columbia Pike, Arlington. Fat Possum recording artist Don Bryant is the headliner. The Festival features a full line up of blues, R&B and funk performers of national and regional note, including: Nikki Hill, King Soul Band, Caz Gardiner, and Three Man Soul Machine. Admission is free. Visit columbia-pike.org/bluesfest/.

Netherlands Carillon Concerts:

Edward M. Nassor. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and

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

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

ENTERTAINMENT

free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

Summer Exhibitions Opening Reception. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Meet the artists participating in Open World and Within/Between and visit resident artists in their studios. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O'Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit arlingtonartscenter.org/events/2018/06/summer-exhibitions-opening-reception/.

JUNE 16-JULY 28

Art Exhibit: "Peregrination." Gallery hours at The Margaret W. and Joseph L. Fisher Gallery on the second floor of the Rachel M. Schlesinger Center on the Alexandria campus of the Northern Virginia Community College, 4915 E. Campus Drive (off Beauregard Street), Alexandria. Arlington-based fine artist Bryan Jernigan's solo show – "Peregrination" – will run June 16-July 28, with a meet-the-artist reception on Saturday, June 23, 2-4 p.m. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. Visit www.nvcc.edu/schlesingercenter.

JUNE 16-SEPT. 29

Art Exhibit: "Open World" and "Within/Between." Gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O'Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit arlingtonartscenter.org for more.

MONDAY/JUNE 18

Summer Junior Jam. For ages 11-16. Make new friends and enjoy summer field trips, special events, sports, swimming, music, arts, cooking, group games and tournaments. Each session will be different, so register for as many as fit your schedule. Summer Junior Jam program is available at Walter Reed, Langston-Brown and Drew Community Centers. For program information, call Margo Watters at 703-228-0945.

TUESDAY/JUNE 19

Mosquitoes and Ticks: Identification and Control. 7-8:30 p.m. at Westover Branch Library, 1644 N. McKinley Road, Arlington. Learn the lifecycle and science of how best to control mosquitoes and ticks, keeping them away from you and your family. Extension Master Gardeners will teach you how to identify the mosquitoes and ticks that are common in this area. Free. Advance registration requested at mgmv.org. Call 703-228-6414 or email mgaralalex@gmail.com.



Jane Franklin Dance

Charlotte Hollister Annual Gala

Join creative peers for an arts-filled evening in support of Jane Franklin Dance, a local nonprofit whose 2018-19 Season includes both cutting-edge collaborations and wide-ranging community outreach. Fine performances await plus food and refreshment including a wine tasting and light supper. Saturday, June 9, 7-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Cost is \$40-\$200. Visit www.janefranklin.com/ or call 703-933-1111 to purchase a student ticket.

WEDNESDAY/JUNE 20

National Hike with a Geek Day. 9:30-11 a.m. Meet at Gulf Branch Nature Center, 3608 Military Road, Arlington. Wear your best nature or science T-shirt with pride and learn scientific names while searching for "flora and fauna." Discover apps to use to list the species seen along the way. Register online for \$5. Visit www.parks.arlingtonva.us.com. Call 703-228-3403.



Don Bryant is the headliner for the Columbia Pike Blues Festival.

Columbia Pike Blues Festival

Fat Possum recording artist Don Bryant will headline the 2018 Columbia Pike Blues Festival. The festival features a full line up of blues, R&B and funk performers of national and regional note, including: Nikki Hill, King Soul Band, Caz Gardiner, and Three Man Soul Machine. Saturday, June 16, 1-8 p.m. at South Walter Reed Drive and Columbia Pike, Arlington. Admission is Free. Visit columbia-pike.org/bluesfest/

703-228-3403. **Coffee and Conversation.** 10-11 a.m. at Langston Brown Community Center, 2121 North Culpeper St. Open to all – bring your own coffee, learn about aging in place with Arlington Neighborhood Village, and hear one of the speakers listed below. No RSVP needed. Free parking is available in the parking lot adjacent to the Center. Visit arlnvil.org for more.

THURSDAY/JUNE 21

Wakefield Golf Tournament. 7:30 a.m. at Reston National Golf Course, 11875 Sunrise Valley Drive, Reston. The Wakefield HS Golf Team & the Wakefield HS Education Foundation present their 10th Golf Tournament to benefit Wakefield's students and scholarships on. This is a 9 a.m. shotgun start. Registration opens at 7:30 a.m., driving range and practice area open at 8 a.m. The day includes golf, prizes and a fun-filled awards luncheon. Visit www.planmygolfevent.com/31783-CopyofWakefieldHSGolfTeamEducati/ for more.

FRIDAY/JUNE 22

Solstice Hike and Campfire. 7:30-9 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up, enjoy the extra daylight with an evening hike and campfire. Hike the hills and dales of the park as we keep an eye out for late night residents. Then head back to the campfire to sing songs and roast marshmallows. Register for just \$7. Visit www.parks.arlingtonva.us.com.

SATURDAY/JUNE 23

Meet the Artist: "Peregrination." 2-4 p.m. at The Margaret W. and Joseph L. Fisher Gallery on the second floor of the Rachel M. Schlesinger Center on the Alexandria campus of the Northern Virginia Community College, 4915 E. Campus Drive (off Beauregard Street), Alexandria. Arlington-based fine artist Bryan

Jernigan's solo show – "Peregrination" – will run June 16-July 28. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. Visit www.nvcc.edu/schlesingercenter.

Netherlands Carillon Concerts:

Jesse Ratcliffe. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

Meet Authors Jessica Spotswood and Tiffany Schmidt. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Authors of *The Last Summer of the Garrett Girls* and *Bookish Boyfriends: A Date With Darcy*. Call 703-300-9746. Visit www.onemorepagebooks.com.

SUNDAY/JUNE 24

Meet Authors Greer Macallister and Jenni L. Walsh. 3 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Authors of *Girls in Disguise* and *Side by Side*. Call 703-300-9746. Visit www.onemorepagebooks.com.

Stories of Scottsboro Today. 5 p.m. at Busboys and Poets - Shirlington, 4251 Campbell Ave., Arlington. The Scottsboro trials inspired a generation of Civil Rights activists, and the injustices these nine young men faced still resonate in the era of Black Lives Matter and the fight for a fair and effective criminal justice system. Join in a panel discussion about the impact of the Scottsboro trials and the state of the American criminal justice system today. Visit www.busboysandpoets.com.

Pops for Pets Concert. 6 p.m. at

Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Free. Presented by the Arlington Philharmonic and the Animal Welfare League of Arlington. Visit www.arlingtonphilharmonic.org or email info@arlingtonphilharmonic.org.

10th Annual Firefly Festival. 7:30-9:30 p.m. at Fort C.F. Smith, 2411 24th St., N., Arlington. Celebrate summer's natural night lights and learn all about these bioluminescent beetles. Activities include bug hunts, games, crafts, walks and talks about fireflies. Bring a picnic blanket and dinner and wait for sunset and the natural lights to come out. Cancelled if raining. \$7 per person. Visit www.parks.arlingtonva.us.com.

MONDAY/JUNE 25

Summer Arts Camps. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. For ages 4-18. Thematic and technique-focused camps return for children and teens. Line, color, shape, texture, space, and form will all be emphasized through creative projects based on campers' observations and imaginations. Visit www.arlingtonartscenter.org.

Washington-Lee HS Golf

Tournament. Shotgun start at 10 a.m. at Country Club of Fairfax, 5110 Ox Road, Fairfax. Prizes, auction and raffle items available. 100 percent of the proceeds goes directly to W-L HS Athletic Dept. Registration includes breakfast and lunch. For more information or sponsorship opportunities, contact: evan.rodger@apsva.us. Register at www.planmygolfevent.com/31815-W-LHS_Golf_Tourney/.

Dance Technique for Performers.

7 p.m. at Signature Theatre, 4200 Campbell Ave., Arlington. A structured technique class focusing on style, storytelling, and personal artistry. Through a warm-up combining yoga, isolations, ballet, and jazz, dancers will strengthen technique, followed by jumps and turns across the floor. The class will be taught by Signature Artistic Associate and Resident Casting Director, Kelly Crandall d'Amboise, and a roster of guest artists including Broadway gypsies, visiting performers to the area and the Signature stage, and local artists. \$5 per class. Sign-ups available one week before class date, online only. Visit www.sigtheatre.

WEDNESDAY/JUNE 27

Coffee and Conversation. 10-11 a.m. at Ballston BID Offices, 4600 North Fairfax Drive, Ballston. Open to all – bring your own coffee, learn about aging in place with Arlington Neighborhood Village. Tina Leone, CEO, Ballston BID will provide an update on the BID's activities and what's the latest in Ballston. No RSVP needed. Parking is available in the Holiday Inn parking lot. Visit arlnvil.org for more.

FRIDAY-SATURDAY/JUNE 29-30

Opera Festival. At Gunston Middle School Theatre I, 2700 South Lang Street; Arlington. Featuring performances of Rossini's comic opera *La Cenerentola*. Show times are: June 29, at 10:30 a.m. Performance for families, home schoolers, summer campers, students from summer schools, children; June 29, at 2 p.m.: Performance for seniors and scouts; June 30, at 2 p.m.: Performance for families of military personnel (current and retired), widows of the fallen, and children of imprisoned parents; and June 30 at 6 p.m.: Performance for the general public. Call 703-536-7557 or email mcdm1@verizon.net.

CIP and Residents

Public engagement opens up for Capital Improvement Plan.

BY VERNON MILES
THE CONNECTION

Arlington County Capital Improvement Plan (CIP) is moving into its approval process, with discussions swirling about how the county addresses its myriad needs. But there's one voice the county is still waiting to hear from before the CIP goes to its final approval.

Residents. Before the CIP is approved on July 10, the Arlington County Board is looking for public input on the county's long-term future. It's no secret the county is in financial straits, with the proposed CIP putting on hold or cancelling many public projects to fulfill the increased Metro demands. At a town hall on May 31, County Manager Mark Schwartz and heads of various county agencies talked with members of the public about what the financial challenges mean for various county divisions.

"Legislation alone will cost us \$120 million directly in NVTA regional and local funding," said Dennis Leach, director of transportation. "The local funding was particularly important ... it was the source for paying of a lot of structures. We've had to prioritize. Our priorities are if we had existing grants, let's complete them. That's long

standing commitments for the Columbia Pike Corridor and places like Rosslyn, which produce a lot of commercial revenue."

But Leach said other programs, like Complete Streets and Bike Arlington/Walk Arlington, have been trimmed back or put on hold.

Like transportation, Parks Planning Division Chief Lisa Grandle said the county's parks department has had to focus on fulfilling its highest priorities and putting everything else on hold.

"The squeeze for us is land acquisition," said Grandle. "The plan of attack is to use existing balances. We typically have \$3 million per bond, but in this CIP there's no new land acquisition dollars. We're fortunate to have some things as high priorities because we just completed plans, like the Jennie Dean project. We'll be bringing the Master Plan Final Design guidelines forward in September."

Schwartz also said the schools will inevitably feel the crunch of the tightening belt.

"It's going to require choices," said Schwartz. "I'm not downplaying the significance, but each year in the proposed CIP there is a seat deficit at the elementary, middle, and for most years at a high school level. Relocatables are part of the strategy. The aspirations for the school to meet seating capacity is built on the assumption that

there will be no relocatables, but relocatables will be part of our landscape for the next 10 years. Everyone will get an education ... but it may not be in a new brick and mortar structure, it may be in relocatables."

The public hearing on the CIP will be held on June 27 at the County Board offices. County Board Chair Katie Cristol has also announced that over the next month, the county will be hosting Big Idea Roundtables, forums meant to facilitate discussions between Arlingtonians about how the county should grow.

"We've had so many opportunities to weigh in on specific policies, but underlying those are often tensions on big questions about how Arlington is growing," said Cristol. "This is an opportunity to share what's always on our minds."

Cristol said these kinds of tensions often come out in land use discussions, like the location of elementary schools and the development of new public facilities. But these conversations are often dominated by one interest group fighting against another, like the parks community in opposition to a school plan. By hosting a roundtable discussion not centered around a specific policy proposal, Cristol said she hopes the county can help those groups have less confrontational discussions about the broader ques-

tions of Arlington's needs and priorities.

"People spend a lot of time on one side of the fence on an issue or the other," said Cristol. "I hope people have an opportunity to share with others how they see things and what our challenges are."

While Cristol said the focus of the roundtables is facilitating discussions between neighbors, Cristol also said the County Board will be listening in to better assess what the "pain points" are for the county. Cristol said these might be issues where the county is out of touch with what the public really needs. One example Cristol pointed to was Arlington's immigrant and lower income populations.

"We don't often see lower income voices," said Cristol, "[at these roundtables] we want to see them speak for themselves, like the Buckingham Neighborhood. We're asking questions like 'What would it take for you to stay?' because we make a lot of assumptions about what equality means in Arlington."

The next Big Idea Roundtable will take place on Saturday, June 9 from 9 a.m. to 11 a.m. at Arlington Mill Community Center. The next roundtables will be at the Ellen Bozman Government Center on June 11 from 6:30 p.m. to 8:30 p.m. and at the Lubber Run Community Center on June 20 from 9 a.m. to 11 a.m.



SUMMERFEST
AT GAYLORD NATIONAL

FEATURING
an ALL-AMERICAN CELEBRATION

Enjoy endless family activities this summer on the Potomac!
Now - September 3, 2018

- Live music every Friday featuring the best in Jazz, Adult Contemporary, R&B & more!
- Movies Under the Stars and Great American Road Trip Atrium Show, both presented by bubly™
- Water Splashing Fun, Star-Spangled Clues Scavenger Hunt & A National Haunting Ghost Tour
- Seasonal spa treatments, unique dining events and a Silent Disco Party
- Additional entertainment experiences just steps away in National Harbor

Book Your Getaway Today!
GaylordNational.com/SummerFest
(301) 965-4000

GAYLORD NATIONAL RESORT
PRESENTED BY AQUAFINA

AQUAFINA is a registered trademark of PepsiCo, Inc., © 2018 BUBLY and the Bubly Design are trademarks.

Tell us what you think
submit your Letter to the Editor to editors@connectionnewspapers.com




LIVING HEALTHY LONGER

Northern Virginia Senior Olympics
Sept. 15-26, 2018

Register now
thru Aug. 24
@ www.nvso.us
or call 703-901-2028

To volunteer please call RSVP Northern Virginia at 703-403-5360 or visit www.rsvpnova.org

50+

NVSO
NORTHERN VIRGINIA SENIOR OLYMPICS
LIVING HEALTHY LONGER

Knock Down/Build Up for Affordable Housing

Berkeley redevelopment to create 217 affordable housing units.

BY SHIRLEY RUHE
THE CONNECTION

Del. Alfonso Lopez adjusts his white AHC hard hat and picks up a sledge hammer at the “Knock Down the Berkeley” event on May 31. He takes a swing at the brick wall of the now vacant Berkeley housing development on S. Glebe Road. A crowd of Arlington County and elected officials as well as staff and guests stand ready to take a turn at the wall. Lopez represents Virginia’s 49th district where the Berkeley is located.

“Watch out, it’s coming down,” someone yells. A Link Belt bulldozer sits nearby ready to begin the real demolition work.

Amid piles of dirt and miscellaneous boards scattered around the cracked concrete, John V Snyder, vice chair of Arlington Housing Corporation, Inc. announces to the crowd, “Today we have the opportunity to knock down the Berkeley.” The Berkeley was built in the 1950s and housed 137 families with 110 committed affordable units.

“Today we are kicking off the \$100 million redevelopment of the site, which will provide 256 new units by 2020” (217 com-



PHOTO CONTRIBUTED BY HARKINS BUILDERS

Former state Sen. Mary Margaret Whipple takes a whack at the wall of the Berkeley during the Knock Down event May 31.

mitted affordable using the traditional definition). He says the two new five-story buildings will just about double the capac-

ity.

Snyder points out some unique features of the project are the inclusion of the “miss-

ing middle” housing which is for 60-80 percent of Average Median Income (AMI). In addition, the project will provide much needed family size living with 81 percent of the apartments including two or three bedrooms.

Berkeley I will contain 125 units with a management office, playground, sport court and community lounge. Berkeley II will contain 131 units with a fitness room, and both units will share amenities. Underground garage parking will allow for expansion of the footprint of the facility. All Berkeley families have been relocated with the help of financial relocation assistance. Construction on Berkeley I will begin immediately with completion scheduled for spring of 2020 with Berkeley II scheduled to be completed in the fall of 2020.

Snyder also points out this is the first new construction on the waterfront, referring to the nine-mile Four Mile Run stream overlooked by the Berkeley. The redevelopment was designed to fit in with the Four Mile Run Master Plan which aims to integrate natural areas with active urban areas with the goal of turning the corridor into a model of urban ecological restoration. It incorporates green design as well as outdoor space and increased access to a widened pedestrian/bike trail.

SEE AFFORDABLE UNITS, PAGE 13

You can read any of this week’s 15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs



Let us know about an upcoming event

connectionnewspapers.com/Calendar

ATTENTION ADVERTISERS:

expand your audience beyond our weekly print edition with

THE CONNECTION DIGITAL

- ▶ Email Marketing
- ▶ Social Media
- ▶ Sponsored Content

FOR MORE INFORMATION
CALL 703.778.9431

OR VISIT
CONNECTIONNEWSPAPERS.COM/ADVERTISING



Helping Animals Find Their Way Since 2001

lost (adj): 1. unable to find the way.
2. not appreciated or understood.
3. no longer owned or known

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.

Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington’s Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Corral View
- Danville Connection
- Fairfax Connection
- Fairfax Station/Olton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Gainesville Connection

Creating 217 Affordable Units

FROM PAGE 12

Mary Claire Davis, Berkeley project manager, told the crowd it has taken a long time to get to this point. "Really special projects like this take a good simmering." She says this project will include a playground, fitness area, community center, access to buses and modern amenities the old building couldn't provide.

The project is being developed by AHC, Inc. in cooperation with its community partners. It is being financed by a \$20.9 million loan from the Arlington Affordable Housing Investment Fund (AHIF) and mixed 9 percent and 4 percent Low-Income Housing Tax Credits from Virginia Housing Development Authority (VHDA).

AHC is a nonprofit affordable housing developer created in 1975 by Arlington citizens concerned about lack of affordable housing. AHC serves low and mixed income housing communities in Alexan-



PHOTO CONTRIBUTED BY HARKINS BUILDERS

John Snyder presents Arlington County Board Member Erik Gutshall (left) and Del. Alfonso Lopez engraved bricks for their service on behalf of affordable housing.

dria, Falls Church and Fairfax and Montgomery Counties with the largest concentration of properties in Arlington (24).

Over the years, AHC has developed 53 properties serving more than 7,300 individuals and families.

BULLETIN BOARD

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

VOLUNTEERS NEEDED

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

LGBTQ RESOURCES PAGE

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

MONDAY/JUNE 11

Placement Exams for ESL Classes.

9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd., #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 9-Sept. 28 session. Classes to be held at Syphax Education Center. Morning 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/reep.

Advance Directives Seminar. 2-3 p.m. at Westover Library, 1644 North Mckinley Road. What is an Advance Directive? Where do I start? Get the answers to these and other questions at an Advance Directives seminar, hosted by Joy Walker, RN, BSN of Capital Caring. Free, registration required at arlingtonva.libcal.com/event/4178015. Email mmowen@arlingtonva.us or call 703-228-6327 for more.

Application Deadline: Canopy Trees. Concerned about the declining tree canopy in Arlington?

In 2009 the Tree Canopy Fund was launched to address the decline by providing grants to individuals and community groups to plant and maintain trees on private property. Since its inception, 1,213 trees have been planted. Visit www.ecoactionarlington.org/community-programs/trees/.

TUESDAY/JUNE 19

Veterans Hiring Event. 10 a.m.-2 p.m. at The Association of the United States Army, 2425 Wilson Blvd. The Association of the United States Army is holding a hiring event for Veterans, transitioning Soldiers and family members. There are 46 prospective employers, military-friendly and ready to hire, participating. There is no cost for job seekers, pre-registration required. Visit www.ausa.org/jobfair.

JULY

Summer Safety Patrol Camp. 8 a.m.-2:30 p.m. at Carlin Springs Elementary School, 5995 5th Road S.

SEE BULLETIN, PAGE 15

HADEED

SINCE 1955

Oriental Rug Cleaning & In-Home Services

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!**

Offer Valid On 1 - Week Express Services or Signature Hand-Washing of Fine Rugs!

EXPRESS SERVICE! Machine Made Synthetic Rugs	EXPRESS SERVICE! Machine Made Wool Rugs	EXPRESS SERVICE! Hand Made Tufted Rugs	SIGNATURE SERVICE! Hand Made Wool Rugs HAND WASHED
---	--	---	---

CHOOSE THE SERVICE THAT'S BEST FOR YOUR RUG!

FREE PICKUP & DELIVERY!
Includes: Furniture Moving & Rolling & Laying the Rugs! †

We Hand-Wash Your Fine Oriental Rugs!

<p>In-Plant Rug Restoration</p> <p>10% OFF*</p> <p><small>*Hurry, Offer Expires 6/10/18.</small></p>	<p>Wall to Wall Carpet Steam Cleaning</p> <p>20% OFF*</p> <p><small>*Hurry, Offer Expires 6/10/18.</small></p>	<p>Hardwood Floor Cleaning/Polishing</p> <p>20% OFF*</p> <p><small>*Hurry, Offer Expires 6/10/18.</small></p>
--	--	---

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 6/10/18. (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.

THE CONNECTION
Newspapers & Online

Special Edition

PET Connection

Publishes: July 25, 2018 • Ads close: July 19, 2018

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on July 25, 2018, and photos and stories of your pets with you and your family should be submitted by July 19.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

Find more information about submissions online at www.connectionnewspapers.com/pets.

For advertising information, call 703.778.9431 or Email SALES@CONNECTIONNEWSPAPERS.COM for more specials, digital advertising options and pricing.

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Castle View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Glenn-Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac/Arlington
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

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

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

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

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/
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

THE CONNECTION

Newspapers & Online
The Connection to Your Community
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

Employment

BRAZILIAN FLOORS, LLC

FINE FLOOR COVERINGS

**Flooring Installation Company,
specialized in Hardwood, Ceramic
and Carpet Flooring Installation.**

Available position: Sales

Responsibilities: Visit construction
areas and customer offices to offer
the services provided by the compa-
ny. Prepare and negotiate proposals
and assist clients with everything
related to the project.

Requirements: Previous experience
in sales of wood floors, Ceramic
and Carpet. (We are willing to train)

Fluent in speaking and writing

English. Basic knowledge of

Excel and Word and

very good presentation.

Call **703.712.8060**

Legals

ABC LICENSE

GRG 515 Inc trading as Los Tios Grill
Restaurant, 515 S 23rd St, Arlington, VA
20220-2517. The above establishment is
applying to the VIRGINIA DEPARTMENT
OF ALCOHOLIC BEVERAGE CONTROL
(ABC) for a Wine and Beer On Premises,
Mixed Beverage Restaurant license to
sell or manufacture alcoholic beverages.
German Mejia, President. NOTE:
Objections to the issuance of this license
must be submitted to ABC no later than 30
days from the publishing date of the first
of two required newspaper legal notices.
Objections should be registered at
www.abc.virginia.gov or 800-552-3200.

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

Announcements

OUTER BANKS, NC - VACATION RENTALS



Over 600 vacation
homes from
S. Nags Head
to Corolla's 4x4!

**Brindley
Beach**

VACATIONS & SALES

877-642-3224

www.brindleybeach.com

**TELL US
WHAT
YOU
THINK**

SUBMIT YOUR LETTER TO THE EDITOR HERE

www.ConnectionNewspapers.com/contact/letter

PEOPLE

In Trans America Bike Race

FROM PAGE 4

in field, house, motel, stuff like that." He says he has to do it all on his own. "I am not supported by price (sponsors). I think it will cost \$50 a day, maybe \$70 without the cost of the flight or the bike."

Dedet's bike has a small pack on the back with two pairs of black bike shorts and T-shirts, socks, a toothbrush and a few small items. Everything on the bike has a function. A small tire gauge is tucked aside the pedals. Two small pouches fastened on the crossbar for easy reach will hold almonds, granola bars and other snacks while two water bottles are fastened nearby. "I'll have to stop every time I can to eat at an Exxon, or a restaurant or a house or wherever there is food." He can't pack it with him. His bike with all of the gear weighs less than 20 kilograms.

A long zippered pouch located on the side of the bike's crossbars has two leg and two arm warmers, a lightweight rain jacket and small stocking cap. Dedet says the bike also includes a device providing electricity every time he pedals allowing him to "charge the iPhone, GPS and light so I can ride at night."

Dedet explains he is a gynecological surgeon in France, and he moved to Arlington with his wife and two children and Laos just over a year ago. He says the family came because of his wife's job as CEO of a French company. But he is unable to perform surgery in America because of the law, so he flies back to France every 2-3 weeks to continue his surgery practice there. "I used to do a lot of research but I can't do it anymore since I'm not living in France full time." So his bike ride will raise funds for research through a French association. "This is the way I can continue research."

Dedet has been practicing for this race for the past year since he arrived in America. His practice route is often along the W&OD path to Purcellville and sometimes a loop around Arlington. He said during his training period he tried to do 80-100 miles every couple of days and has been riding every day for the last month.

"It will be epic really. I will see beautiful lands." Dedet traces his finger on the map route through Colorado where it will be high and across Kansas where it will be windy. Dedet hopes his daughter Lucie and his son Arthur will follow his progress every day. He says if anyone wants to follow along they can access the Transamerica Bike Race website and look for number 110 — all in black.



PHOTO, CONTRIBUTED

Bruno Dedet records a scene along the coast as he predicted, "I will see beautiful lands."



PHOTO, CONTRIBUTED

Bruno Dedet stops by to stock up on energy snacks along the ride.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

A map of the 4,263 bike race from Astoria, Ore. to Yorktown, Va. is on Dedet's wall at his home on Old Dominion Drive in Arlington.

BULLETIN

FROM PAGE 13

The Arlington County Police Department's School Resource Officer Unit is currently accepting applications to the Summer Safety Patrol Camp. This weeklong camp is offered to incoming 4th and 5th grade students who want to participate in safety patrols during the upcoming 2018-2019 academic year. Four week-long sessions of the Summer Safety Patrol Camp will be held. \$95 per student. Visit police.arlingtonva.us/safety-patrol-camp/.

MONDAY/JULY 16

Nomination Deadline. March of Dimes is accepting nominations for the 18th annual Heroines of Washington awards program, honoring women in the D.C. region for their dedication to and leadership in community service. Nominees must live in Maryland, Northern Virginia or Washington, D.C. Self-nominations will be accepted. Visit www.marchofdimes.org/heroines.

FRIDAY-SUNDAY/SEPT. 7-9

W-L Reunion Planning. Alumni from Washington-Lee High School Classes of 1957 and 1958 will be celebrating their 60th reunion on Sept. 7-9 at the Key Bridge Marriott. Highlights of the weekend include a Friday night social, picnic at the Potomac Boat Club Saturday afternoon, dinner, dialogue and dancing on Saturday evening, and a farewell breakfast Sunday morning. For further information, contact Al Richmond (Class of '57) or Kitty Sherwood Richmond (Class of '58) at 703-276-4699 or wlhs1857@yahoo.com or wlhs1958@yahoo.com.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for June 10-16.

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: Bolshoi Ballet, Regal Theatres, Potomac Yards, Alexandria, Sunday, June 10, \$29; Longwood Gardens, Kennett Square, Pa., Wednesday, June 13, \$60; National Symphony Orchestra coffee concert, The Kennedy Center, Friday, June 15, \$38; Lil' Country Store and miniature Horse Farm, Ronks, Pa., intergenerational, Saturday, June 16, \$68 (includes lunch). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Classical music group to focus on German composer Georg Philipp Telemann, Monday, June 11, 1 p.m., Langston-Brown. Details, 703-228-6300.

Pickleball beginners, Mondays, 9 a.m., Arlington Mill; 9:45 a.m., Walter Reed. Details, 703-228-4771.

Basics of automobile maintenance, Tuesday, June 12, 10 a.m., Walter Reed. Register, 703-228-0955.

Free hearing screenings, Tuesday, June 12, 10 a.m. - 2 p.m., Walter Reed. Call for appt., 703-228-0955.

Basic movements of Middle Eastern dance, Tuesdays, 12:15 p.m., Lee. Register, 703-228-0555.

History of quilts, samples of modern quilts, Wednesday, June 13, 10:30 a.m., Lee. Register, 703-228-0555.

Staying cool with cold soups, Wednesday, June 13, 11 a.m., Walter Reed. Register, 703-228-0955.

Arlington Walking Club to walk in Glen Echo Park, Md., Wednesday, June 13, 9:30 a.m., \$4. Details, 703-228-4403.

Drop-in basketball for women, Wednesdays, 7-9 p.m., Langston-Brown. Details, 703-228-4771.

Emergency preparedness for the home, Thursday, June 14, 10 a.m., Walter Reed. Register, 703-228-0955.

Arlington Mill Walkers, Thursdays, 9 a.m., W&OD and Four Mile Run Trails. Details, 703-228-7369.

Five Wishes Living Will, Friday, June 15, 1 p.m., Aurora Hills, Register, 703-228-5722.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller		LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-912-6886	
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 letrkman28@gmail.com		Free Estimates - Fully Licensed & Insured <ul style="list-style-type: none"> 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	
GUTTER GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		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, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service	
IMPROVEMENTS IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar 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 <ul style="list-style-type: none"> 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		PAVING PAVING GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231	
RYAN 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		MASONRY MASONRY Alfredo's Construction Company, Inc. <ul style="list-style-type: none"> 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 mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg	

Creature Comforts



By KENNETH B. LOURIE

Can you hear that? Of course you can't. You're there and I'm here. And exactly where am I? As usual on a Saturday morning, I'm sitting at my desk, staring out my window onto to "Belly Acres" (our two acres) waiting for creative lighting to strike.

What it is that you can't hear is the sound of Chino, one of my three male, domestic shorthair cats (there are two other females making for a total of five), purring. Purring so loudly, in fact, and positioned so strategically that I can't look across to my computer screen, grab a tissue from atop my printer or press any keys on my keyboard without seeing him, touching him and/or most definitely, hearing him.

Lying on his side with his back to the computer and his front facing me, I am semi-entranced by the heave-ho of his stomach, the alertness of his ears and the occasional stare and gradual closing of his eyes. Still the purring persists.

Knowing cat behavior, as I've come to after 40-plus years of ownership/cohabitation, I've learned to appreciate their sights and sounds and signs of affection (Chino has now rolled over with his back now facing and touching me, yet another sign of affection and trust, and dare I say, love and devotion). The purring has now stopped because Chino has fallen asleep in his "rocking chair, good buddy," to invoke some old-fashioned CB-Radio-type chatter. Perhaps in Chino's serenity will I find some creative juices to flow.

If you're a cat owner/cat "understander," this behavior is as good as it gets: proximity and tolerance. Cats may not exactly come when you call them, sit on command or fetch, but they most definitely can express love. And it's in these behavioral expressions of love that us cat owners find the greatest joy and the most comfort, so long as we interpret it as such. Nor should we get mad when they exhibit contrary behavior, like ignoring you or walking away when approached or occasionally biting/scratching/clawing the hands that feed, pet and play with them. That's par and it's their course we're playing.

As an experienced "feliner," I am accustomed to and mostly amused by, this behavior. It is a behavior, among many that cats exhibit where you have zero (I was going to say minimal, but let's be honest) control. Accepting that may give you a greater sense of anticipation concerning their behavior. And it's when you can correctly anticipate that behavior where you can find some real satisfaction.

Not that correctly anticipating said behavior will become a reliable part of future interactions, nevertheless; it is understanding that being equal parts right and wrong concerning their behavior - and finding humor in it, is what will make you an enlightened cat owner. It's somewhere between expecting the unexpected and accepting that being wrong twice doesn't necessarily make you right once - and appreciating the difference. It's possible that this awareness may help clarify the cat's meow. Then again ... ?

But so what? Because of their frequently inexplicable shenanigans, I am continually bemused, and as an aside, with five cats in the house full time, never alone. And it's that never being alone that I find the most comforting.

Whether it's feeding time, litter time, petting/playing/sleeping time, shopping time or veterinarian time, I am regularly engaged. Now, whether they're happy about any of it or not, I can't say for sure. Still, it gives us all something to do, someone to see - and something to hear.

Chino has now awakened from his nap. He has positioned himself so that he is laying across my writing tablet, resting almost entirely on my non-writing left hand and purring as loudly as he was at the beginning of this column. But now that I'm nearly finished, I guess he figures he can get in my way, which doesn't bother me in the least. After all, he is a cat; I wouldn't expect anything less.

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

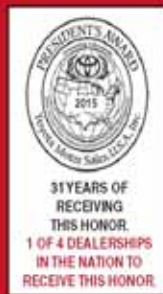
WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.



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

HOW AVAILABLE Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$29⁹⁵

NON-SYNTHETIC

\$44⁹⁵

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

\$79⁹⁵

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

\$99⁹⁵

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

\$64⁹⁵

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**