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News, Page 3

NEWS

Surfing Away the Afternoon at Encore Spring Break Camp

BY SHIRLEY RUHE The Connection

ncore Spring Camp K-2 grade students showed off their surfing skills on Wednesday, April 17 at the end of the day for their audience of parents and friends. The day's theme was "Surf's Up," and they have been practicing their arm movements (1-2-3) and dance steps until one of them comments, "my feet just won't move anymore." The older children from grades 3-5 also present a short play.

Encore, "a theatre by kids for kids," held spring break camp to coincide with spring break for public school students April15-19 from 9 a.m. to 3 p.m. with such themes as Peter Pan and Aladdin and will hold camp for private school students from April 22-26 with such themes as Pinocchio, Trolls and Cars. Encore's main campus is located in the lower level of St. Andrew's Episcopal Church at 4000 Lorcom Lane in Arlington.

Encore was founded in 1967 to



K-2 grade children perform at spring break camp.

theatre by involving children in all aspects of theatre arts, both onstage and backstage. Its world premiere of the upcoming producbuild a lifelong appreciation of the tion of "The Talented Clementine"

will be held in conjunction with Kid Pan Alley at Gunston's Theatre One at 2700 S. Lang St. on Fridays May 31 and June 7 at 7:30 p.m., Saturdays June 1 and June 8 at

11 a.m. and 3 p.m. and Sundays talent show to raise funds for the June 2 and 9 at 3 p.m.

In "The Talented Clementine," Clementine gets nervous when her third grade teacher announces a

spring trip. But Clementine can't sing or dance or play an instrument like her friend Margaret. What will she do?

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- Special guest appearances by local street racers



Historic Cemetery Begins Major Renovation

New Wall of Memories proposed.

BY SHIRLEY RUHE
THE CONNECTION

arry Danforth cranks the 2-ton hoist three times and stands back a minute. "It's heavier than you would think," he comments to Walter Leathers as they work together to raise the first gravestone in the planned 5-7 year restoration of the historic Walker Chapel UMC cemetery. The dusty gravestone says "Robert Lee 1934-2001; Marie Agnes 1934-2014. Sweethearts Forever."

Danforth, a member of Walker Chapel, says he has been working for a few years planning the Historic Cemetery Project. "There has been a lot of research into who is buried in the cemetery, what spaces are still open, and a global design intended to upgrade and expand the cemetery."

He says the plans call for a new Wall of Memories replacing the current rotted wooden wall that was built in the mid-to-late 1980s. The new wall will run some 150 feet starting at the gate marked Circa 1848 to the cemetery and running down the hill. The wall



1883 grave marker for Nancy Walker whose son Robert and his wife Margaret deeded the property for a Methodist church.

will be faced with polished black granite and will have space for 900 memory tablets. It is intended to allow people to permanently mark special times or people in their lives that will recreate the memory over and over for them and all who see it

Danforth says there are 10 major projects in the Historic Cemetery Project including stone markers and restoration, a reflec-

tion garden, a new columbaria design and placement "since people like to be cremated today." Danforth says many community offices and groups are involved from the Historic Affairs and Landmark Review Board, The Arlington County arborists, Master Gardeners, Tree Stewards, Virginia Department of Transportation, Arlington Code Enforcement Of SEE CEMETERY, PAGE 7



Larry Danforth (right) and Walter Leathers lift the first gravestone in the Walker Chapel UMC 5-7 year renovation of the cemetery.

Arlington Teacher Knighted by French Embassy

Wakefield French teacher Katy Wheelock honored as "chevalier."

By Eden Brown The Connection

athryn ("Katy") Wheelock didn't expect to end up knighted by the French government. She just really loved the French language and wanted to give students in Arlington a chance to feel the same way. But at an investiture ceremony on April 5, presided over by Karl Cogard, attaché for Educational Affairs from the Embassy of France in the United States, Wheelock was officially inducted into the French republic's prestigious "Ordre des Palmes Académiques" (Order of the French Academic Palms) at the grade of "chevalier" (knight).

The Palmes Académiques was founded by Napoleon in 1808 to honor educators and is the oldest non-military French decoration. This distinction was initially awarded to outstanding members of the university community. Today, it recognizes the significant contributions of teachers throughout their teaching, scholarship and leadership over the course of their careers. The Palmes www.ConnectionNewspapers.com

Académiques is awarded by the Prime Minister of France, upon recommendation of the Minister of Education.

Wheelock began teaching French 25 years ago. She has been a Rotary Ambassadorial Scholar to Senegal, a trainer with African Union Peacekeepers, a Cultural Orientation trainer with African refugees, and engaged in collaborative projects with the Peace Corps. As a French teacher at Wakefield High School for the last 10 years, Wheelock led the French program to earn the status of Exemplary Program with Honors by the American Association of Teachers of French (AATF).

French Embassy Attaché Karl Cogard, who presented the honor to Wheelock, made formal remarks to give weight to the importance of the award. Cogard described the medal, which he later pinned on Wheelock's lapel: "It ranks just after the Legion of Honor and the Order of National Merit. The honor when given abroad is always a declaration of recognition and admiration for those who have dedicated their life, their energy, and their talent of the

French culture and language. The medal was originally made up of an olive branch and a laurel branch. The olive symbolizes strength, wisdom, depth, and peace. The laurel symbolizes victory. These branches are supported by a purple ribbon, a mixture of red and blue, two colors which are dear to France."

Cogard stressed Wheelock's devotion to French: "You have made miracles happen," he said. "You have more than doubled the enrollment for upper level and AP French classes, to the point where an additional French Level 5 class was opened this past year. I am consistently struck by your enthusiasm and leadership. You serve as a mentor for other world language teachers at Wakefield. You serve as an advisor for independent research projects, allowing students to engage deeply with French and Francophone history and culture, and you sponsor the local chapter of the National French Honor Society. You played a vital role in leveraging the Memorandum of Understanding between Virginia and the

SEE KNIGHTED, PAGE 14



Karl Cogard reads the citation honoring Katy Wheelock.







Seek and Ye Shall Find

By Shirley Ruhe
The Connection

nly 20 minutes to go and 1,500 Easter eggs to hide. That's over one egg per second. Molly Lane, chief bunny, is in charge of the team of her teenage friends who are distributing the eggs around the grounds of Little Falls Presbyterian Church on Saturday, April 20. Lane says she knows the church has been holding these Easter Egg Hunts for at least 10 years because she remembers hunting them in the churchyard herself when she was 5 years old.



Molly Lane, chief of the bunny team, hides one of 1,500 plastic Easter eggs.



Jennifer Greenleaf, ministry associate, stands by the door greeting the children bounding up the steps and swinging their baskets. "Kids, you're going to love this." She says she knows the church has been holding a version of this hunt for many, many years.

"Warm greetings," Senior Pastor Aaron Nagel welcomes the neighborhood and congregational families who have come with parents and grandparents. He says he just arrived last September, so this is the first Easter Egg hunt here for him.

Photos by Shirley Ruhe/ The Connection

Children file into the sanctuary, some wearing their jeans, some sporting bunny ears and others in their Sunday best. Greenleaf says they will begin by singing some songs and then hear the Easter story of Resurrection, and then probably sing some more songs while the Easter bunny finishes her work outside.

She says there is a special place for chil-



The Easter Egg Hunt at Little Falls Presbyterian Church attracted a crowd of egg-seekers on Saturday, April 20.

dren three and younger who will search for their eggs in the enclosed playground area. "Some of the plastic eggs are filled with candy of all kinds, some have a dollar bill and others have a voucher that can be exchanged for toys or stuffed animals." Nagel adds that they don't have anything with peanuts and all of the candy is individually wrapped.

Lane says on Tuesday she led a team of about 10 people who spent two hours stuffing the 1,500 eggs. "It was a lot of work, but it was fun."

The time has arrived. The church door swings open and children rush down the sidewalk. Ready, set — go.

Business



Photo Contributed

New Regional Office

On Thursday, April 4, local dignitaries and company leaders gathered to celebrate the opening of the Arlington regional office of Coldwell Banker Residential Brokerage. From left are: Greg Hamilton, chair of the Arlington Chamber of Commerce; Kate Bates, president and CEO of the Arlington Chamber of Commerce; Duff Rubin, president of Coldwell Banker Residential Brokerage in the Mid-Atlantic Region; Sandra Y. Stewart, branch vice president of the Arlington regional office; Nicholas Lagos, president-elect of the Northern Virginia Realtors; and Bruce Lipson, Virginia district manager of Coldwell Banker Residential Brokerage in the Mid-Atlantic Region. The Arlington office is located at 3000 10th St. North, Suite D, in Arlington. See ColdwellBankerHomes.com.

Stop Shaking and Start Living



Bill Espinosa was virtually paralyzed by Parkinson's disease.

"I couldn't move, swallow, or even blink an eye," he recalls. Deep brain stimulation (DBS) unlocked Bill's muscles right away. Thanks to the physicians at MedStar Georgetown University Hospital—and DBS—his motor symptoms improved immediately and he stood up and walked. Bill is now back to enjoying his full, active life.

To learn if you might be a candidate for DBS, call 855-546-1890 or visit MedStarGeorgetown.org/StartLiving.



MedStar Georgetown University Hospital



OPINION

Are Glass Bottles Being Recycled?

To be sure they don't end up in landfills, take them to a designated area.

By Eden Brown The Connection

fter months of speculation about whether glass bottles are being recycled or dumped in a landfill, Arlington County will come out with its formal policy on recycling after the County Board meeting this week. According to the Department of Environmental Services, after months of education and analysis, the county is moving in the direction of enabling the removal of glass from the recycling stream. A complete guide to what can and cannot be recycled will be available once the policy is set.

Bulletin Board

Operation Fire Safe. Through Oct. 5.

going door to door offering home

safety checks to include inspecting

smoke and carbon monoxide (CO)

tips. For homes not protected by

alarms and giving relevant fire safety

smoke alarms, firefighters will install

working smoke alarms free of charge.

Visit www.arlingtonva.us for more.

Arlington County firefighters will be

In the meantime, residents who want to be sure their glass bottles are being recycled should take them to one of the designated drop off locations in Arlington, and not put glass into their streetside blue

Arlington has two glass-only containers at Recycling Drop-Off Centers (N Quincy Street and Washington Boulevard; 2700 S Taylor St.). Glass from these locations is crushed and recycled for projects in Northern Virginia. Residents who are interested in the recycling changes should contact the County Board and leave com-

See https://countyboard.arling tonva.us/.



The Quincy Park glass recycling container where glass bottles can be recycled.

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

community members to a meeting to brainstorm possible solutions. There will be refreshments, including Brazilian hors d'oeuvres and cocktails. Visit chicosnaturalpetmarket.com for

THURSDAY/APRIL 25

ANNOUNCEMENTS

Public Planning Open House. 6-8 p.m. in classroom 7 at the Madison Community Center, 3829 N. Stafford St., Arlington. The National Park Service (NPS) is preparing for the next chapter of the Claude Moore farm area of Turkey Run Park with a public planning effort. The community, former farm volunteers and any interested parties are invited to share their vision for the park's future. After gathering information and hearing from the public, the NPS will develop a range of concepts for future use and enjoyment of the Claude Moore farm area of Turkey Run Park. Visit go.nps.gov/

ClaudeMooreFuture. Rescheduled: Towers Park Renovation Feedback Session. 7-8:30 p.m. at Carver Community Center, 1415 S. Queen St. Based on the suggestions from the community survey for the Towers Park Playground Renovations, draft design concepts have been developed. The county is looking for feedback on how the park is used and how the community would like to see it updated to help develop a final concept design for the playground. Prior registration is not required to participate in this event. Sign up for reminders at www.eventbrite.com/e/ towers-park-feedback-session-tickets-60157533803.

Chico's Natural Pet Market. 8 p.m. at 6349-A Columbia Pike, Barcroft Plaza. Chico's Natural Pet Market, is struggling with challenges – a rent increase and the withdrawal of the store's investor – but is not going down without a fight. The company's founder and president, Danielle Areco, is inviting customers and

SATURDAY/APRIL 27

Volunteers Needed. 8 a.m.-4 p.m. National Rebuilding Together Day needs volunteers to help paint, repair, and landscape a neighbor's home. For privacy concerns, the exact location of the Westover area home will be announced after registration. Visit www.signupgenius.com/go/4090b45a4aa23a1fb6-20195 to register or email Jane.Shafran@StMarysArlington.org and to find a just-right job.

Spring Forward. 8:30 a.m.-2 p.m. at Colgan Hall, George Mason University Science and Technology Campus, 10900 University Blvd., Manassas. Spring Forward Family Fun Day offers adoptive, foster and kinship families a day of fun and learning about tools and solutions. Found Families Forward is partnering with NewFound Families, the Virginia Department of Social Services (VDSS), and VDOE's Training and Technical Assistance Center. While the kids enjoy activities, parents, caregivers and professionals will be treated to keynote Family Strong: Five Ways to Fight the Fear, Beat the Burnout, and Stay Focused for the Long Haul by presenter Wendy Besmann Following the keynote, parents and caregivers chosse from a variety of breakout sessions. \$0-\$40. Visit www.eventbrite.com/e/springforward-family-fun-day-and-regionalconference-tickets-54145770457 for

National Prescription Drug Take-Back Day. 10 a.m.-2 p.m. The Arlington County Police Department, Arlington County Sheriff's Office and the Drug Enforcement Administration (DEA) give the public the opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. This

disposal service is free and anonymous, no questions asked. The DEA cannot accept liquids, needles or sharps. Only pills or patches will be accepted. To safely dispose of sharps, Arlington County recommends placing the item in a hard-plastic container, such as a detergent bottle, securing the container and placing it in household trash cart. Drop-off sites include:

- ❖ Fire Station #2, 4805 Wilson
- Fire Station #9, 1900 S. Walter Reed Drive
- * Courthouse Parking Lot, 14th Street N. at N. Courthouse Road Anonymous substance use support is available 24/7 by calling 703-527-

Health Fair. 10 a.m.-2 p.m. at the James Lee Community Center, 2855 Annandale Road, Falls Church Screenings and activities include: vision, hearing, blood pressure, dental, diabetes, healthy living, zumba wellness, exercise demos and women's health. Free, open to the public. Call 571-216-3289 or visit www.novancnw.org

Delegate Candidate Debate. 2:30-4 p.m. at Columbia Pike Branch Library Westmont Room, 816 South Walter Reed Drive. The League of Women Voters of Arlington along with the Nu Xi Zeta Chapter, Alexandria, and the AAUW Arlington Branch, is sponsoring a debate between General Assembly District 49 candidates Del. Alfonso Lopez and Julius Spain, Sr.

Free. Reserve tickets at www.eventbrite.com/e/candidatedebate-delegate-alfonso-lopez-and-julius-spain-sr-tickets-59000117941. Visit lwv-arlingtonva.org for more.

SATURDAY-SUNDAY/APRIL 27-28

Aprilfest Sale. Saturday, 9 a.m.-3 p.m.; Sunday, 12:30-6 p.m. at Walker Chapel UMC, 4102 N. Glebe Road. Stop by the Aprilfest sale at Walker Chapel where mulch, flowers (annual bedding plants and perennials), hanging baskets; beautiful, gently used books for children and adults; and CDs, DVDs, and computer games will be offered for sale, along with a bake sale and breakfast/lunch cafe on Saturday. This annual sale

benefits local and global charities and church benevolence programs. All are welcome. Visit www.walkerchapel.org/aprilfest for

SUNDAY/APRIL 28 **Community Interfaith Forum on**

Hate & Bigotry. 4-6 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Panelists include: Imam Abd Ar-rafa, All Dulles Area Muslim Society (ADAMS); Andrea Miller, Virginia Tri-Chair, Poor People's Campaign; Rev. Michelle Thomas, Holy and Whole Life Changing Ministries, and President, Loudon County NAACP; Rabbi Jeffrey Saxe, Temple Rodef Shalom; Rev. Angela Martin, Itinerant Elder, A.M.E. Church, and Maryland Tri-Chair, Poor People's Campaign; Dr. Randall Robinson, Spiritual Assembly of the Bahá-ís of Falls Church; Rev. Stuart Scott, Church of Jesus Christ of Latter-Day Saints; and Ronald Halber, Jewish Community Relations Council of Greater Washington. Free. Visit www.eventbrite.com/o/naacpfairfax-county-12397167937.

TUESDAY/APRIL 30

Application Deadline. 5 p.m. Leadership Center for Excellence (LCE) is now accepting applications and will hold information sessions for the Leadership Arlington Class of 2020. Find more information about the program, as well as the application, at leadercenter.org/ programs/leadership-arlington/.
Audition/Application Deadline.

Opera NOVA invites young people ages 12-18 to try out for its summer institute to be held in Arlington July 22-28. The week includes intensive opera training and education in acting, diction, ear training/theory, music history, voice lessons and movement. It will be followed by a performance on July 28 at 1 p.m. at the Woman's Club of Arlington. Cost is \$250, with financial aid available. Applicants may audition in person or submit a video audition via YouTube. Email Summeroperanova@gmail.com or call 703-209-4546.

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Cemetery Begins Renovation

fice as well as the leadership of Walker Chapel, the District office of the United Methodist Church and their state Sen. Barbara

Today's project is to restore and straighten the stones and markers worn by time and weather. Danforth says most of the stones are sitting on dirt and sink over

The process is to remove the gravestone and pour concrete into a form to set a firm foundation. After the concrete is set, they will place the stone back and fill in around it.

Danforth and Leathers started work at 7:30 a.m. on Wednesday morning, April 17 and except for a break for a meeting, he and Leathers finished the gravestone at

around 2 p.m. "Our speed improved as we became more familiar with the equipment and the techniques to wrap and lift the stones."

He says they research the gravestones and trace the family tree to find a living relative to see if the relative is willing to fund the restoration since the stones and markers are the owner's personal prop-

"We started with the two stones that were in the worst condition where we had been successful in



Gravestones at Walker Chapel range from over 150 years ago to 3-year old Talmage Cedar Brock buried in 2013.

reaching a living relative. One was leaning at a 45 degree angle and the other the base had sunk into the ground and the top stone was sliding off."

Currently there are an estimated 676 burials in the cemetery from potential slave burial sites to Nancy Walker's 1883 obelisk lying flat on the ground, to the stone lined with rows of matchbox cars and a plant growing out of a tiny shoe of 3-year old Talmage Cedar Brock in 2013.

Walker was the mother of Robert Walker who, with his wife Margaret, deeded the grounds for the purpose of forming a Methodist church.

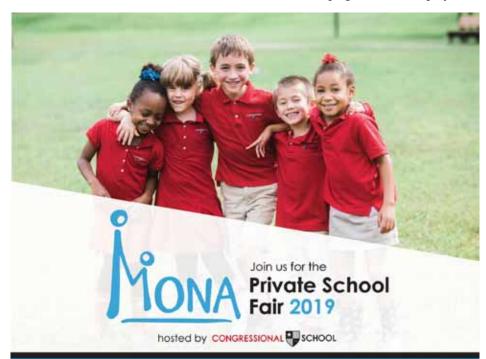
Danforth says he found her marker under a heavy growth of ivy and boxwoods, flat on the ground but well preserved.

Danforth says they also have an obligation to provide burial sites to the community.

In the next 30 days Walker Chapel will be awarding a contract to provide landscape architectural services, survey services, civil engineering services to come up with a global design as well as to obtain Historical Affairs and Landmark Review Board approval and building permits to proceed with construction. Danforth says it will take a major fundraising campaign to fund the project.



Rendering of planned Memory Wall in Walker Chapel cemetery restoration.



Mothers of North Arlington (MONA) is pleased to announce its 3rd annual Private School Fair at Congressional School! With 40+ local private schools represented, its never been easier to discover the private school options for your child in the DC Metro area. Free admission. RSVP at the link below.

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depending on selections. *Burial includes basic services of the funeral director and staff, transfer of remains to funeral establishment, and transportation of remains to cemetery. Price quoted does not include any merchandise, such as casket, or cemetery property or services. Prices may vary based on selections.

ENTERTAINMENT

The Arlington Players Presents 'Curtains'

Set in 1959 Boston, this is a "whodunnit" show within a show.

BY STEVE HIBBARD The Connection

classic case of "whodunnit?" the Kander and Ebb musi cal, "Curtains," follows Lt. Frank Cioffi as he tries to find the murderer who's offing cast members around a new show, "Robin Hood," in 1959 Boston. The show starts off with a bang when lead actress Jessica Crenshaw is murdered and the bodies begin to quickly pile up. Lt. Cioffi must find a way to stop the killer before it's too late. The Arlington Players (TAP) is presenting "Curtains" from April 26 to May 11.

According to Producer Barbara Esquibel: "I decided to produce 'Curtains' because the last show I produced was a very heavy play, and I felt I needed to produce a show with fun and levity. This show delivers. There is nothing serious about this show, and I think everyone needs some laughter right now."

Director Lisa Bailey said the reason they chose this play was that they decided that the community needed an opportunity to laugh and "Curtains" delivers in this department. "It also has lots of great parts for the actors and a very, very busy ensemble — everybody gets to shine," she said.

She added that it's a pretty technical show and that was a challenge as well as trying to make each character unique.

Carrie Kirby is playing the role of Georgia Hendriks, the lyricist



The ensemble of TAP's production of "Curtains," which runs April 26 to May 11.

and one-half of the writing duo who is unexpectedly thrown into the starring role of the showwithin-a-show. "She is this intriguing, intelligent, fierce woman who is finally given a chance to shine in a way she never expected, and has to decide how she will respond to this sudden change in her plan, something she isn't used to en-

countering," she said.
She added: "Her heart gets her into trouble, but she is hardworking, quick-witted, and smart, which ultimately helps her find her happiness. I love playing her because every time I do a scene, I think I've got nailed, I discover something new and more interesting about her that makes me stop and rethink the way I'm

portraying her."

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/.

She said she hopes the audience takes away two things from the production: "That even in moments of uncertainty or fear there will always be humor to help you see the light, and that finding the truth may not be simple or easy, but it is always worth it," she said.

Eric Kennedy is playing the role of Lt. Frank Cioffi, who works in the homicide division of the Greater Boston Police Department. "He's called to a theater late one evening to investigate the sudden and suspicious death of a lead actress on opening night. The case presents the perfect combination of his two passions, causing him to vacillate between police investigator and theater devotee. While he's determined to solve the case, he doesn't mind spending a little extra time getting to know his fellow theater enthusiasts (a.k.a., suspects) and soaking in the electric atmosphere of a professional musical production," he said.

He added: "Cioffi's good at his job, but finds himself incredibly distracted by his love for the stage. Finding the right balance between his two passions can be a challenge."

Shakil Azizi said the writing team of "Robin Hood" is comprised of Aaron Fox, the composer, along with his ex-wife and lyricist Georgia Hendricks. "In the process of the show, Aaron suddenly loses his writing partner and has to deal with the trauma of writing alone, and being alone," he said.

He added: "I've always been fond of piano and I got really excited when I learned I was able to play some piano on stage. With that being said, I still get nerves and it's an element of performance I still will continue to work on even after the show."

Maura Lacey plays the role of Niki Harris, a sweet, dedicated actress who has worked in the chorus most of her career but dreams of getting to Broadway. "While most of the cast begrudges having to work on a show that is below their pay grade, Niki is just thrilled for the chance to be there and be a part of a show that's heading to the Big Apple. She's proper and polite, and tries to help with the investigation where she can. Along the way, she develops a charming attachment to the detective and ends up falling for him," she said.

She said that remembering the correct lyrics with the correct song has been a bit of a challenge for her. "Kander and Ebb (same writers as "Chicago" and "Cabaret") have created such an enjoyable libretto for the show, but since a few of the songs have several different variations throughout the show, remembering the correct lyrics and notes (not to mention the choreography) for the correct version is a bit of a challenge," she

The Arlington Players (TAP) is presenting "Curtains" from April 26 to May 11. Show times are Fridays and Saturdays at 8 p.m.; and Sundays at 2:30 p.m. Tickets are \$15 to \$25. The venue is located at Thomas Jefferson Community Theater, 125 S Old Glebe Road, Arlington. Visit www.thearlingtonplayers.org.

Calendar

ONGOING

Arlington Art Truck. Through May 11, various locations. Packed with digital and traditional creative tools, the "Truck" is a curated mobile toolbox for five artists-in-residence throughout the season. For the start of the second Arlington Art Truck season, artist Rachel Schmidt transforms the inside of the Arlington Art Truck using discarded plastics from her everyday life wrapped in paper printed with original photography of Arlington's fauna by Drew Model and Discovery School students. Visit arts.arlingtonva.us arlington-art-truck/ for times and

Art Exhibit: The Binding Ties.

Through June 2, gallery hours in the Wyatt Resident Artists Gallery at Arlington Arts Center, 3550 Wilson Blvd. In The Binding Ties, Roxana Alger Geffen presents sculptures created in part with objects and

materials drawn from her family, ordinary things found in her own attic or her grandmother's junk drawer. Visit arlingtonartscenter.org

The deadline is noon on Friday. Photos/artwork encouraged.

Art Exhibit: Onwards and

Upwards. Through June 2, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Organized by instructor Faylinda Kodis, Onwards and Upwards presents work by H-B Woodlawn seniors who have made a commitment to the visual arts. concentrating on creating a portfolio throughout their time as high school students. As they prepare for graduation and their school moves from its longtime location on Vacation Lane to a new building in Rosslyn, these five students reflect on the experience of moving on and consider the history, ideology, and accomplishments that shape both the school and their time as students. Visit arlingtonartscenter.org for

Spring SOLOS. Through June 7, gallery hours in the Main Galleries at Arlington Arts Center, 3550 Wilson Blvd. Artists Brian Barr, Emily Campbell, Noel Kassewitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC's seven main gallery spaces. The artists tackle timely environmental issues draw on their own experiences of childhood, and create installations that shift viewers' perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. Visit arlingtonartscenter.org for more.

THURSDAY/APRIL 25

Rosslyn Reads! Book Festival, 10 a.m.-10 p.m. at Central Place Plaza, 1800 N. Lynn St. In addition to celebrating community (entertainment, food and drink for

all ages) and giving (all proceeds benefit Turning the Page), the festival will honor: women's fight to obtain the right to vote with an author talk and book signing with Elaine Weiss, author of The Woman's Hour; Bring Your Child to Work Day with Tunes & Tales (a musical story hour), craft activities and the Magic of Zain. Visit www.rosslynva.org/do/ rosslyn-reads-book-festival for more

FRIDAY/APRIL 26

City Nature Challenge. Cities around the world will be competing to see who can make the most observations of nature, find the most species and engage the most people in the 2019 City Nature Challenge. There are lots of options to get involved in Arlington, Go to arlingtonya.us. search city nature challenge to learn

Barcroft Mini BioBlitz. 10 a.m.-1 p.m. Meet at Barcroft Sports &

Fitness Center. Join Arlington County staff for a fun global citizen science challenge. This year, more than 100 cities are documenting species observations by posting pictures of plants and animals to the City Nature Challenge using the free iNaturalist app. Sightings made over the fourday challenge will count for the DC Metro team. Free. Registration not required. Learn more at citynaturechallengedc.org. **Digital Preservation.** 2-3 p.m. at

Westover Library, 1644 North McKinley Road. Learn how to store, preserve, and organize a photo collection. Join the Center for Local History as they give advice on how to best care for and preserve both physical and digital photo collections. Free. Visit arlingtonva.libcal.com/ event/5107879 or call 703-228-6327.

2019 Crystal City 5K Fridays. 6:30 p.m. Run a low key race after work on Friday and meet up for happy hour after the run. Runners will

Entertainment

receive post-race drink tickets that can be used at select Crystal City watering holes. Individual races \$20-\$25; series \$60-\$75. Visit www.runpacers.com/race/crystalcity-5k-fridays/.

Slithering Snakes Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families. Register adults and children; children must be accompanied by a registered adult. 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! For information, call 703-228-6535. \$5. Register online at registration.arlingtonva.us, #632959-

Plant Order Deadline. St. Mary's is raising travel scholarship funds to send their choristers to England's Lincoln Cathedral this July. Buy flowers and plants to support the choir's pilgrimage. Order online at stmarysarlington.org/pilgrimmayflower by April 26. Pick up (and pay by cash or check) by May 11 or 12 at St. Mary's (2609 North Glebe Road). Email Chorister Anne Veigle at AVeigle@gmail.com for more.

FRIDAY-SUNDAY/APRIL 26-28

"Curtains." Friday-Saturday, 8 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players presents "Curtains." The Colonial Theatre is host to the opening night performance of a new cowboy musical, Robbin' Hood. When the leading lady mysteriously dies on stage, the entire cast and crew are suspects. Enter Lt. Frank Cioffi, a local detective who just happens to be a musical theatre fan. The May 4 performance will be ASL interpreted. \$15-\$25. Visit www.thearlingtonplayers.org.

Planetarium Shows. At the David M. Brown Planetarium, 1426 N. Quincy St. Space telescopes are the focus of the April 26-28 weekend at the planetarium. Join for spectacular full-dome shows, an insightful lecture on NASA's TESS mission, and the fan favorite, Magic Tree House: Space Mission. Tickets for all events are available at

friendsoftheplanetarium.org.

SATURDAY/APRIL 27

Independent Bookstore Day. At

One More Page Books, 2200 North Westmoreland St. Independent Bookstore Day marks its fifth year of celebrating independent bookstores nationwide, with literary parties around the country. One More Page Books will be celebrating with the return of their Bookseller Bake-off at 3 p.m. Then from 4-6 p.m., Sip & Swoon, a Romance-inspired happy

hour. Throughout the day, customers are invited to participate in an instore scavenger hunt, selfie station, and hourly giveaways. Visi

www.onemorepagebooks.com. EcoAction Arlington Earth Day

Cleanup. 9 a.m.-12 p.m. at the Bon Air Park Shelter, 850 N. Lexington St., Arlington. Join the community in celebration of Earth Day as we bike, walk, and plog (picking up trash while jogging) to remove litter from our parks, trails and streams. This event is free. For registration or more information, visit www.ecoactionarlington.org.

City Nature Challenge 2019. 10-

11:30 a.m. Adults, families ages 8 and up. Register children and adults; children must be accompanied by a registered adult. The City Nature Challenge 2019 includes over 75 cities on six continents, in a contest to see who can document the most nature with the most citizen scientists. Learn the basics of using iNaturalist, the app for this challenge. Then go out into Gulf Branch Natural Area in search of nature observations to contribute. This is the second day of a four-day challenge. Call 703-228-3403. Meet at Gulf Branch Nature Center. Free. Register online at

registration.arlingtonva.us, #632859-

Bike Rodeo. 10 a.m.-noon at The Woman's Club of Arlington Parking Lot, 700 South Buchanan St. Bring children and their bikes to participate in: safety helmet check; bike maintenance check; and games to teach basic biking skills. Two riding courses of varying levels; and balancing bikes available for preschooler use. Donate unwanted bikes to Phoenix Bikes that day. Free. Call 703-553-5800 or email womansclubarlington@gmail.com for more

Handmade Arlington 2019. 10 a.m.-4 p.m. at Swanson Middle School, 5800 N. Washington Blvd. Handmade Arlington 2019 will feature more than 60 high-quality, professional arts and crafts makers and local food trucks: The Big Cheese, Rocklands Barbeque, and Captain Cookie and the Milkman. Free admission. Visit www.handmadearlington.com for more

Arlington Home Show and Garden Expo 2019. 10 a.m.-4 p.m. at Kenmore Middle School, 200 S. Carlin Spring Road. Come get tips on how to make a home more beautiful, valuable, and energy efficient. Featuring home remodelers, architects, energy auditors, realtors, master gardeners, banks, nonprofit organizations and Arlington County housing, zoning and inspection representatives. Visit www.arlingtonhomeshow.org or call

 $\textbf{Complete Dogness.} \ 4 \ p.m. \ at \ The atre$



Jane Franklin Dance Presents EyeSoar

EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat non-gentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. Saturday, April 27, May 4, and May 11, 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. \$22-\$35. Visit www.janefranklin.com/eyesoar or call 703-933-1111.

on the Run, 3700 S Four Mile Run Drive. A family friendly performance about a dog with bad habits who learns new tricks. Featuring Andie deVaulx, Kelsey Rohr, Brynna Shank, and Rebecca Weiss of Jane Franklin Dance. Tickets \$15 adults; \$10 children under age 10; \$45 family of four. Visit www.janefranklin.com or call 703-933-1111.

ACF Annual Gala. 6-11 p.m. At The Ritz-Carlton Pentagon City, 1250 S. Hayes St., Arlington. Join the Arlington Community Foundation's "Building Bridges for Arlington's Future" Annual Spring Gala. Celebrate the community connections that make Arlington a special place. Enjoy a cocktail reception, silent and live auctions, and live entertainment, showcasing Nova Payton. \$300. Visit

www.arlcf.org for more.

Jane Franklin Dance Presents

EyeSoar. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat nongentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves

Free Estimates

around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$22-\$35. Visit www.janefranklin.com/eyesoar or call 703-933-1111.

SATURDAY-SUNDAY/APRIL 27-28

Go Camping. Saturday, 4:30 p.m.-Sunday, 9:30 a.m. at Bluemont Park. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Introduction to camping outdoors overnight. Bring a tent to set up (tentelves can assist) then enjoy some free time for relaxing or exploring the park. Bring a picnic dinner and nature center staff will lead songs, stories and S'mores around the campfire. Breakfast will be provided before breaking camp. Registration fee includes food. Some family-sized loaner tents available for an additional \$25, paid in cash on site. Call 703-228-3403. \$15. Register online at registration.arlingtonva.us, #632859-I

SUNDAY/APRIL 28

Adaptive Family Hike. 10:30 a.m.noon, meet at Barcroft Park, 4200 S.
Four Mile Run Drive. Families.
Register children and adults; children
must be accompanied by a registered
adult. All are welcome to join us on a
leisurely paced hike through a park.
The forested trails will be accessible,
smooth and shaded for a fun hike to
explore and examine whatever
participants discover. Take a break
half way. Call 703-228-6535.Free.
Register online at
registration.arlingtonva.us, #632959-

Visit Long Branch's Animal
Hospital. 2:30-3:30 p.m. at Long
Branch Nature Center, 625 S. Carlin
Springs Road. Ages 6-9. Visit the
center's rescued animals and see how
they are medically treated, including
recovering reptiles and amphibians.
Call 703-228-6535. \$5. Register
online at registration.arlingtonva.us,
#63200 H.

TUESDAY/APRIL 30

"Oh No! My Habitat!" 6 p.m. at
Carlin Springs Elementary School,
5995 S. 5th Road. Educational
Theatre Company (ETC), in
conjunction with long-standing
partner Carlin Springs Elementary
School, is proud to present an
original play created by and starring
3rd-5th grade students. Oh No! My
Habitat!, part of ETC's Main Stage
Residency Program, uses a STEAM
approach to reinforce science
Standards of Learning (SOLs). Free
admission, donations are welcome.
Visit educationaltheatrecompany.org
for more.

An Evening With Civil Rights Activist Joan Mulholland. 7 p.m. at Reinsch Library Auditorium, Marymount University, 2807 N. Glebe Road. The Black Heritage Museum of Arlington and the Marymount Department of History & Politics present: An Evening With Civil Rights Activist Joan Mulholland. Mulholland is an American civil rights activist and a Freedom Rider from Arlington. She is known for taking part in sit-ins, being the first white to integrate Tougaloo College in Jackson Mississippi, joining the Delta Sigma Theta, joining Freedom Rides, and being held on death row in Parchman Penitentiary. Free and open to the public. Visit arlingtonblackheritage.org for more.

APRIL 30-JUNE 26

Spunk. in Signature's ARK Theatre, 4200 Campbell Ave. An unearthly Guitar Man and Blues Speak Woman tantalizingly interweave three tales of the early 20th century African American experience, from the fierce determination of a resilient

April 27, 2019, 8:00 A. M. Running to help others!

Where:

Clarendon United Methodist Church 606 N. Irving St., Arlington, VA 22201

Who: Ci

Competitive Runners; Fitness/Frequent Runners; Joggers/Recreational Runners; and Walkers/Strollers.

Website:

www.ArlingtonBunnyHop.org.

Children's Activities: 5K finisher medals will be given to all children crossing the finish line. A family style block party will be featured after the race with characters, free food, bounce houses and live music.

About: The race's mission is to provide an opportunity for people of all ages to enjoy a fun, healthy, spring weather activity together and to raise support for local Arlington charities. Bridges to Independence will be the beneficiary of all net proceeds from registration, donations, sponsors and expenses—\$59,132.88 in 2018. Join us for a romp through the historic and eclectic Ashton Heights neighborhood near Clarendon.

Costumes: Costumes are welcome and encouraged for this fun, family event. Medals will be awarded to three finishers with the best costumes.

Course Info & Registration: Course and registration information is available on our web site. For further information contact the Race Director at ArlingtonBunnyHop@gmail.com, 703-527-8574.

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Entertainment

washerwoman, to the zoot suit struts of 1940s Harlem, to the bittersweet innocence of young married love. Specialty nights: discussion nights -May 29 and June 4; pride nights – May 31 and June 7; and open captioning - June 2. Call 703-820-9771 or visit www.SigTheatre.org.

FRIDAY-SUNDAY/MAY 3-5

2019 Spring Concert. Friday-Saturday, 7:30 p.m.; Sunday, 3 p.m. at Kenmore Middle School, 202 S. Carlin Springs Road, Arlington. BalletNova will be performing a fun and humorous ballet 'La Fille Mal Gardée' and 'Steps in the Street' - a masterpiece by Martha Graham. Guest performers include Reston's Gin Dance presenting their contemporary ballet 'L.E.O.' Guest choreographer Matthew Powell will create the new production of La Fille Mal Gardée. \$12-35 (\$3 more at the door). Visit www.balletnova.org for

"Curtains." Friday-Saturday, 8 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players presents "Curtains. The Colonial Theatre is host to the opening night performance of a new cowbov musical, Robbin' Hood, When the leading lady mysteriously dies on stage, the entire cast and crew are suspects. Enter Lt. Frank Cioffi, a local detective who just happens to be a musical theatre fan. The May 4 performance will be ASL interpreted. \$15-\$25. Visit www.thearlingtonplayers.org.

SATURDAY/MAY 4

Running Against Racism. 9 a.m.noon at Bluemont Park, 601 N. Manchester St. 5K Run-Walk "Running Against Racism" honors Arlington heroes who stood up against racism. Packet pick-up at 8:30 a.m.; race start 9. Registration: \$25 18 and under; \$25 for adults before April 15, after, \$35; day-ofrace \$40 (cash only). Visit www.ChallengingRacism.org/5K.

Organic Vegetable Garden Open **House.** 10 a.m.-3 p.m. at Organic Vegetable Garden, Potomac Overlook Regional Park, 2845 N. Marcey Road. Learn organic vegetable gardening techniques. Get tips on composting, early planting, selecting best varieties, and more. Free. Questions? Contact Extension Master Gardeners at 703-228-6414 or

mgarlalex@gmail.com. Native Plant Sale. 1-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Improve a yard for local birds and butterflies by growing native plants accustomed to local climate and wildlife, for sun to shade and even deer resistant plants. There will also be a wider selection to choose from on the day: Dutchman's breeches, Virginia Bluebells, Wild Geraniums, White wood Aster, and more. Pre-order favorites by Wednesday, April 24, 4 p.m. Cash, check or credit cards accepted. Rain date May 5. Call 703-228-6535 for



Brian Barr, Installation View, Fictionhearted, 2018

Spring SOLOS

Artists Brian Barr, Emily Campbell, Noel Kassewitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC's seven main gallery spaces. The artists tackle timely environmental issues, draw on their own experiences of childhood, and create installations that shift viewers' perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. April 13-June 7, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. An opening reception will take place Saturday, April 13, 6-9 p.m. Visit arlingtonartscenter.org for more.

Complete Dogness. 4 p.m. at Theatre on the Run, 3700 S Four Mile Run Drive. A family friendly performance about a dog with bad habits who learns new tricks. Featuring Andie deVaulx, Kelsey Rohr, Brynna Shank, and Rebecca Weiss of Jane Franklin Dance. Tickets \$15 adults; \$10 children under age 10; \$45 family of four. Visit www.janefranklin.com or call 703-933-1111.

May the 4th. 7-11:30 p.m. at Reagan National Airport. An outer space themed dance party in celebration of Star Wars Day in the Terminal A Historic Lobby of Reagan National Airport. \$45. Visit www.Maythe4thDC.com or call 202-536-4495

Jane Franklin Dance Presents

EyeSoar. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat nongentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$22-\$35. Visit www.ianefranklin.com/evesoar or

The Contemporaries. 7:30 p.m. at Gunston Arts Center (Theater One), Gunston, 2700 South Lang St. The National Chamber Ensemble's "Musical Adventures Through The Time Machine" season comes to a conclusion with "The Contemporaries." The season finale features genres from classical to contemporary to pop/rock, including the world premiere of Alexander Goldstein's Introspective Piano Trio for violin, cello, piano and computer. The composer will be NCE's special guest for this premiere event. A reception follows the performance.

SUNDAY/MAY 5

Community Garden Spring

www.nationalchamberensemble.org.

 $\begin{tabular}{ll} \textbf{Celebration and Plant Sale.} & 10 \\ \end{tabular}$ a.m.-3 p.m. at Glencarlyn Library Community Garden, 300 South Kensington St. The sale will include native and locally propagated plants, compost tea, local honey, hand-made pots, hand-made reusable bags, tshirts, and nature related items (please note that some items may be cash or check only). Extension Master Gardeners will be available to help with plant selection and gardening questions. All proceeds

support care and maintenance of the Glencarlyn Library Community Garden. Free. Questions? Contact Alyssa Ford Morel at 703-907-9318, Elaine Mills at 703-244-7309 or glencarlynlibrarygarden@gmail.com.

WEDNESDAY/MAY 8

Commonwealth Attorney Debate. 7

p.m. at Phelan Hall - Marymount University, 2807 N. Glebe Road. The Arlington Committee of 100 will host a debate for the office of Commonwealth Attorney for Arlington and the City of Falls Church. Come hear and ask questions to incumbent Theo Stamos and challenger Parisa Dehghani-Tafti. This debate will be moderated by Nancy Tate, former Executive Director of the League of Women Voters. All are welcome. To purchase dinner, reservations must be made no later than Sunday, May 5, 2019. Visit www.arlingtoncommitteeof100.org/ get-involved/make-a-reservation.

FRIDAY-SATURDAY/MAY 10-11

"Curtains." Friday-Saturday, 8 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, The Arlington Players presents "Curtains." The Colonial Theatre is host to the opening night performance of a new cowboy musical, Robbin' Hood. When the leading lady mysteriously dies on stage, the entire cast and crew are suspects. Enter Lt. Frank Cioffi, a local detective who just happens to be a musical theatre fan. The May 4 performance will be ASL interpreted. \$15-\$25. Visit www.thearlingtonplayers.org.

SATURDAY/MAY 11

International Migratory Bird Day Festival. 9-11 a.m. at Lacey Woods Park, 1200 N. George Mason Drive. Tiny hummingbirds and fierce osprey are all migrating back from South America. Come learn about these and other fabulous fliers. There will be hands-on activities, games, crafts, bird walks, bird-friendly coffee and more. Free pairs of pocket binoculars for the first 25 families. Meet at Lacey Woods Park Picnic Shelter. Free. No registration required. Visit parks.arlingtonva.us/events/ international-migratory-bird-dayfestival/ or call 703-228-3403.

Arlington Mill Farmer's Market. Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Visit columbiapike.org/fm-arlington-mill.

Ask a Gardener. 10-11 a.m. at the Organic Vegetable Garden, Potomac Overlook Regional Park, 2845 N. Marcey Road. Have questions regarding growing vegetables in Northern Virginia? Come to the Organic Vegetable Garden in Potomac Overlook Regional Park to talk all things vegetable with an Extension Master Gardener. Free. Call 703-228-6414 or email mgarlalex@gmail.com.

Rosslyn Blooms! Flower Festival. 10 a.m.-5 p.m. at Rosslyn Central Plaza, 1800 N. Lynn St. The market will feature flowers from local growers in Virginia and Maryland, live music, a pop-up café on the plaza and a table of live plants dubbed "impossible to kill." Throughout the day, The Lemon Collective, a workshop space focused on creativity, curiosity, teaching and learning, will be hosting a series of hands-on, DIY activities. Fees to participate in the workshops range from \$20-\$30 and pre-registration is required. Visit RosslynVA.org/blooms for more.

Argentine Festival 2019. 4 p.m. at Kenmore Middle School Auditorium, 200 S. Carlin Springs Road. The 32nd Annual Argentine Festival is a colorful, fun, and food-filled celebration of Argentine culture. Along with musical performances, the festival will include vendors and craftsmen from traditional crafts. from jewelers to weavers. \$20. Visit www.Festivalargentino.org or call 703-212-5850.

Jane Franklin Dance Presents **EyeSoar.** 6:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run

Spring Gala To Raise Funds for Arlington Community Foundation

et a sneak peek inside the auction items for the Arlington Community Foundation's "Building Bridges" annual spring gala on April 27. If you've been looking for the

The Connection bid on a \$1,000 gift certificate for dinner at Alexander Ovechkin. the famous Inn at Little Washington with a limo service for six to get you there and back.

> Or, if you prefer, bid on a two-night stay at the Salamander Resort framed by the mountains located in Middleburg, Va. You may be a rabid sports fan who would like a

BY SHIRLEY RUHE big splash for your special occasion, you can Washington Caps jersey signed by captain

The fundraiser will be held at the Ritz-Carlton Pentagon City at 6 p.m. with Arlington County Board chair Christian Dorsey as MC. Enjoy a cocktail reception while Helen Haves award winner Nova Payton entertains the crowd.

The Arlington Community Foundation is an independent charitable organization that raises funds for grants and scholarships to meet community needs. They have awarded more than \$15 million in college scholarship and grants to nonprofit organizations.

See www.arlcf.org.

Entertainment

Drive. EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat non-gentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$22-\$35. Visit www.janefranklin.com/eyesoar or call 703-933-1111.

MONDAY/MAY 13

Mosquitos and Ticks:

Identification and Control. 7-8:30 p.m. at Central Library, 1015 N. Quincy St. Extension Master Gardeners and Master Naturalists will teach participants to identify the mosquitoes and ticks that are common in this area, as well as learning about their life cycle, how they reproduce, and where they go in the winter. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

WEDNESDAY/MAY 15

Spring Concert. 7:30 p.m. in the Wakefield High School Black Box Theatre, 1325 S. Dinwiddie St. "Sing On!" is the theme of the Arlington Community Chorus Spring Concert. The chorus will perform a variety of classical, contemporary and world music including compositions by Joseph Haydn and Antonín DvoYák, African American spirituals, South African songs and more. Free and open to the public. Visit www.apsva.us/arlington-community-learning or call 703-228-7200.

MAY 15-JUNE 16

Richard III. At Synetic Theater, 1800
South Bell St. Paata Tsikurishvili's modern cyber-punk adaptation explores King Richard III's Machiavellian rise to power is a movement-driven and action-packed display of stunning physicality and powerful visuals. Starring Alex Mills as Richard III and Irina Tsikurishvili as Queen Elizabeth. Tickets start at \$35 at www.synetictheater.org or 866-811-4111.

FRIDAY/MAY 17

Bike to Work Day 2019. Pit stop

times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

SATURDAY/MAY 18

JK Community Farm's Plantathon.

8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help support the work of the farm, a nonprofit started by JK Moving Services to alleviate hunger in the community. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit jkcommunityfarm.org/event/ plantathon/.

ACF Home Tour. 11 a.m.-3 p.m. at Arlington Ridge. Join the 3rd Annual



Complete Dogness

A family friendly performance about a dog with bad habits who learns new tricks. Featuring Andie deVaulx, Kelsey Rohr, Brynna Shank, and Rebecca Weiss of Jane Franklin Dance. Saturday, April 27 and May 4, 4 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Tickets \$15 adults; \$10 children under age 10; \$45 family of four. Visit www.janefranklin.com or call 703-933-1111.

Arlington Community Foundation Home Tour presented by Washington Fine Properties. Tour elegant homes in the beautiful Arlington Ridge neighborhood and support the local Community Foundation. Tickets online at \$35, \$40 at the door. Call 703-243-4785 or visit arlcf.org/ hometour.

Quarterfest Crawl. Noon-6 p.m.
Attendees are invited to travel the neighborhood while sampling food at a variety of venues. The crawl requires a wristband to participate. Purchasing a Quarterfest Crawl wristband will include the ability to sample free food at different locations in Ballston, plus a chance to win a prize for turning in a completed Crawl map. Two free drink tickets to use at the Quarterfest Street Pub on Wilson Blvd. Visit www.quarterfestballston.org/quarterfest-crawl for more.

SATURDAY-SUNDAY/MAY 18-19

Quarterfest. Noon-6 p.m. The first annual Quarterfest presented by Dittmar is a family-friendly, two-day festival with a free concert, restaurant crawl and street pub. Gather friends and family over a weekend in Ballston to sip and savor a great time. Proceeds from Quarterfest will benefit BallstonGives.Purchase tickets at www.quarterfestballston.org/tickets . Sign up to volunteer, and browse the new Quarterfest website, www.quarterfestballston.org, to learn more about the band line up and more.

TUESDAY/MAY 21

Container Gardening for Food, Fun and Beauty. 7-8:30 p.m. at

Westover Library, 1644 N. McKinley Road. Learn to grow edible and ornamental plants in containers on a porch, deck, balcony or patio. This workshop will cover soil, containers, maintenance and selection of suitable plants. This class is offered by Extension Master Gardeners. Free. Advance registration requested at

mgnv.org. Questions? Call 703-228-6414 or email mgarlalex@gmail.com.

Master Gardener Training
Information Night. 7-8:30 p.m. at
Fairlington Community Center, 3308
South Stafford St. Learn about
becoming an Extension Master
Gardener and what the requirements
of the volunteer training program
include. Meet the Extension Agent
and Program Coordinator, as well as
many of dedicated volunteers. Free.
Call 703-228-6414 or email
mgarlalex@gmail.com.

SUNDAY/JUNE 2

Open House for Sunny and Shade Demonstration Gardens. 1-3

p.m. at Bon Air Park, 850 N. Lexington St. Both the Quarry Shade Garden and the Sunny Garden will be open. Find plant selections, combinations, and ideas for any yard conditions. Extension Master Gardeners will be on hand to provide growing tips. Free. Call 703-228-6414 or email mgarlalex@gmail.com.

MORE ONGOING

Arlington Historical Museum. Wednesdays, 12:30-3:30 p.m.;

Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit arlingtonhistoricalsociety.org.

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





Join in National Prescription Drug Take-Back Day

s National Prescription Drug Take-Back Day, the Arlington County Police Department, Arlington County Sheriff's Office and the Drug Enforcement Administration (DEA) will give the public its 17th opportunity in eight years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs on Saturday, April 27, from 10 a.m. to 2 p.m. This disposal service is free and anonymous, with no questions asked.

The Arlington County Police Department will be collecting prescription drugs at the following

- ❖ Fire Station #2, 4805 Wilson Boulevard;
- ❖ Fire Station #9, 1900 S. Walter Reed Drive:
 - ❖ Courthouse Parking Lot, 14th Saturday, April 27.



Arlington Police are participating in National Prescription Drug Take-Back Day on

Street N. at N. Courthouse Road.

The DEA cannot accept liquids, needles or sharps. Only pills or patches will be accepted. To safely dispose of sharps, Arlington County recommends placing the item in a hard-plastic container, such as a detergent bottle, securing the contained and placing it in the trash.

24/7 anonymous substance use support is available by calling 703-527-4077. If you or someone you know is struggling with addiction, there are numerous treatment resources are available in Arlington County and through the Department of Human Services. Assistance is also available through Operation Safe Station, a designated safe environment where individuals wishing to seek help with their drug use can self-report and receive services, without fear of prosecution and incarceration.

More Than Just Books at NoVa Teen Book Festival

Gaining insights by talking with authors.

By Catherine Frondorf THE CONNECTION

he main lobby of Marshall High School in Falls Church bustled with activity on March 30 as teens carried tote bags laden with books. Youth volunteers in red t-shirts sporting "NoVa Teen Book Festival" popped out from behind corners and walls.

Table kiosks lined the walls of the lobby with logos emblazoned on the front banners: Fairfax County Library, Prince William Library, Arlington County Library — a party of libraries. Smiling librarians stationed themselves behind each kiosk and offered an array of "swag" that could be won by spinning a wheel. Spinner-winners (everyone) could choose from stickers, notepads, bookmarks, stylus pens, candy, or a free book — the most sought after prize.

Other kiosks housed non-profits such as HeadCount, a non-partisan organization ticipation in democracy, created by Bob Weir of The Grateful Dead (headcount.org).

One More Page Books in Arlington generated the most commotion around its plethora of books (88 titles) laid neatly out on tables for teens to pick and choose from, priced around \$10. The tables faced directly out into the courtyard, looking onto the

food trucks whose smells wafted through the doors — deep fried donuts, empanadas, and grilled cheese. Bookworms gathered in the courtyard, noses deeply entrenched in books, barely paying notice to the food when they already had food for thought.

Back in the hallways, classrooms held writing workshops and "breakthrough sessions" where for 40 minutes readers could ask authors a multitude of questions about their characters and the processes of writing.

Colleen Harrison, 25, thought it was interesting how the authors get inspiration for their books. Some pulled inspiration from real-world issues such as "oppressive societies, dictator-esque governments; or

that works with musicians to promote par- with personal issues, a lot of the characters can be seen channeling their rage, which doubles as an excellent conductor for directing the story," she said.

"Black Wings Beating" author Alex London and Dhonielle Clayton of "The Belles" answered to a classroom full of young adults, giving a glimpse into the lives of a writer. Many questions were broad at first:

"... who says that the way someone looks is to mean they are any less capable or less worthy than another?"

— Dhonielle Clayton, author of "The Belles"

"Why did you want to become a writer? How do you start writing? What's your routine? How do you come up with the names for your characters? How do you come up with your story idea?"

However, as each question unraveled a unique story or insight, it prompted more specific questions. A young girl prefaced her particular question by giving a little background on a theme in the book "The Belles."

The teen said, "Everyone wants to be made beautiful by the important Belle (a female with beauty-bestowing powers) but then there are other Belles (women) that just aren't as beautiful ... in real life, we judge people's capabilities based on their appearance. How do you want us to get past this — to look at someone and not think that they can't do something as well as an-

> other person based on their looks?" The classroom fell silent for a moment.

> Clayton responded, "Well, I wanted you to question that, so you've found the essential question. You've done the work. Continue to ask yourself, why do I feel the way I feel about another

person, why do I make these shortcuts in my brain based on the way they look, where did I get that programming or how did I develop it, who says that the way someone looks is to mean they are any less capable or less worthy than another? I can't give you an answer but I just want you to ques-

To which London responds, "Everyone needs to see themselves as a hero."

Flourishing After 55

"Flourishing After 55" from Arlington Office of Senior Adult Programs

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: Stoystown, Pa., Flight 93 Memorial, Monday, May 6, \$12; Round House Theatre, Bethesda, Md., Wednesday, May 8, \$47; The Point Crab House, Arnold, Md., Thursday, May 9, \$6 (transportation only); National Capital Radio and Television Museum, Bowie, Md., Saturday, May 11, \$7. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NÉW PROGRAMS

local and world news, Monday, May 6, 10 a.m., Walter Reed. Details, 703-

Folk music sing-along, Monday, May 6, 1:30-3:30 p.m., Lee. Details, 703-228-0555.

Just Plavin' Country musicians. Monday, May 6, 11:15 a.m. - 1:15 p.m., Lee. Details, 703-228-0555

Pickleball for absolute beginners, Mondays, 9 a.m., Arlington Mil. Details, 703-228-7369.

The Evergreens violin-piano duo to lead a sing-along, Tuesday, May 17, 11 a.m., Arlington Mill. Details, 703-

Civil War forts hikes, Wednesday, May 8, Saturday, May 11, 9:30 a.m., Fort Ethan Allen to Fort Marcy, for ex-Details, hikers.

703-228-4878.

The study of words, Wednesday, May 8, 10:30 a.m., Lee. Details, 703-

AARP driver safety class, Wednesday, May 8, 10 a.m. - 6 p.m., Walter Reed, \$20 (\$15 AARP members). Register, 703-228-0955.

Partner dance lessons, Wednesdays, 2 p.m., beginners, intermediate-advanced, 2:45 p.m., Lee. Register, 703-228-0555.

Creating storage space, Thursday, May 9, 10 a.m., Walter Reed. Register, 703-228-0955

Mother's Day celebration, lunch and entertainment. Thursday, May 9, 11 a.m. - 1 p.m., \$6, Langston-Brown. Register early, 703-228-6300.

Contra Dance, Friday, May 10, 1-3 p.m., Lee. Register, 703-228-

Encore Chorale Spring Concert, free, Friday, May 10, 7-8 p.m., The Falls Church Episcopal, 115 E. Fairfax St., Falls Church. Details, 703-228-4878.

Senior Living

The Emotional Side of Leaving the Workforce

Getting ready for retirement requires more than financial preparation.

BY MARILYN CAMPBELL THE CONNECTION

nn Corbett worked for more than 20 years as the principal of a Catholic school. Her days were filled with leading children in morning prayer and other faith-based activities. After she retired, Corbett, who lives in Bethesda and worked in Washington, D.C., had difficulty maintaining the daily connection to her faith.

"My job was the way that I stayed connected to my faith and people who shared my faith," she said. "I think I took it for granted because when I retired, I lost all of that. I was no longer leading prayers and teaching children about their faith. When I retired, I really struggled to regain my footing and feel grounded in my spiri-

While financial planning is often associated with retirement preparation, emotional preparedness is equally as important, but often overlooked, say mental health professionals. Like other significant life transitions, retirement can require an emotional adjustment, and even those who feel ready

to leave the workforce can feel caught off guard by the adjustment to it.

"Most people are thinking that they need to save, save, save and have a comfortable nest egg before retire and that's important, but they don't realize that they're going to experience social and structural voids after they retire," said Alexandria psychotherapist Monica Kleinman, Psy.D. "If you think about it, most of our interpersonal connections and social opportunities revolve around our jobs. Going to work every day give us structure and a predictable routine."

Kleinman adds, "Those who are thinking about retirement or know that retirement is in their near future should ask themselves, 'How will I spend my time?' 'What will my daily routine look like?" "

A person's identity and sense of self-worth is often connected to their job, says Kleinman. "That might not be healthy, but it's a reality for a lot of people," she said. "Our jobs give us a sense of purpose, and for some people, their job is a status symbol. When you go to a party, think about the number of time times you're asking what you do for a living."

Volunteer work is one way that marriage

and family counselor Tiffany Grimm suggests retirees maintain a sense of purpose. "If you were an attorney, you can volunteer with an organization that allows you to offer legal services to people who can't afford an attorney. If you're a teacher, you could volunteer with a learn-to read type program or teach English-as-a-second language type classes," she said.

"When I retired, I

really struggled to

regain my footing

and feel grounded."

— Ann Corbett

Retirees often experience loneliness, says Kleinman who suggests developing a strong social network before retiring. "Loneliness and isolation can be a killer," she said. "Before you retire, reconnect with old friends and develop new

friendships outside of work. Go out and socialize in ways that are not connected to your job. Invitations to events that are tied to your job tend to dry up when you leave, so it's very important to socialize frequently outside of work and to keep doing that after you retire."

Kleinman also recommends building and maintain strong relationships with family

members "One way to combat loneliness and the shock of retirement is having a connection with family members, especially your adult children and your grandchildren," she said. "Think about taking your grandchildren to the park or a museum or on a vacation with you and spending uninterrupted quality time with them. Have

> lunch or dinner with your adult children."

Engaging in activities with groups, like social or religious clubs help retirees avoid feelings of isolation, says Grimm. "Whether it's a stamp club or weekly Bible study group, you have to be connected to groups of

people in a regular, consistent and predictable way, just like you were when you worked," she said. "It's important to our overall wellbeing to be connected to a wide variety of people and personalities in a positive way. Think about things you enjoy doing or any hobbies that you have or would like to have, and join groups with people who share your interests."

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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

News



From left: Susan Haley, French teacher at Wakefield; Elisabeth Harrington, supervisor of World Languages, APS; Frances Lee, assistant principal at Wakefield High School who oversees World Languages and HILT and is Wheelock's direct supervisor; Dr. Chris Wilmore, principal at Wakefield High School; Dr. Tara Nattrass, assistant superintendent of Teaching and Learning; and Superintendent of Schools Dr. Patrick Murphy, with Katy Wheelock.

Knighted by French Embassy

From Page 3

Académie de Reims, maintaining you own school's partnership with the Lycée Chanzy." This has allowed for pedagogical exchanges with two French high schools through Sister Cities International.

Cogard's remarks indicated Wheelock didn't just teach French, she taught application of French language skills in real life. Because Wheelock spent a large part of her professional life studying Francophone literature in Senegal and working with African Union

Peacekeepers in Senegal, Mali, and Burkina Faso, she has shared this passion with her students, coordinating special collaboration projects for them with Peace Corps Senegal.

Wheelock offered her thanks to her family and colleagues who supported her along the way. She noted that she and her friends back in Pennsylvania had to choose a language at age 14: they all wanted to take German, she chose French. She met her hus-



The medal with its two branches and purple ribbon.

band, Austin, because of her departure to study in France, and she thanked her parents for being willing to let her go abroad. Now, with two children in high school, French is still part of the Wheelock family life, from choice in food to watching French TV. Moreover, Wheelock made it clear she could not have been so single-minded about her devotion to French without the constant support and encouragement of her family — from children to parents to brothers, and, of course, Austin. Devo-

tion like this, with frequent travel, is not easy. She also thanked Muriel Farley Dominguez of the Sister Cities Arlington-Reims Committee, who encouraged her to become a leader with the AATF and proposed her for the knighthood.

Wheelock will be recognized by the Virginia Department of Education School Board at its meeting on April 25 and at the Arlington School Board meeting on April 23.



From left: Valencia Parker, Ellen Franzen and Feben Lemma attended the ceremony to honor Katy Wheelock. They are all AP French Language students, seniors at Wakefield, and Société Honoraire de Français officers. Two of them also traveled to France on the Sister Cities Arlington-Reims exchange program as well.



Elisabeth Harrington, supervisor of World Languages at APS and a fluent French speaker herself, celebrate the honor. As Katy Wheelock noted, French is spoken by 300 million people on five continents and ranks second place in the world of languages most studied. In 2050, there will be 700 million French speakers in the world, and even today, it is the fifth most often spoken language in the world.

hotos by Eden Brown/The Connecti

Observance of Peace Officers Memorial Day

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 the community. This ceremony is held each year ahead of National Police Week which recognizes those law enforcement officers throughout the United States who have lost their lives in the line of duty for the safety and protection of others and provides support to their survivors.

Members of the public are invited to participate in the Observance of Peace Officers Memorial Day, on Friday, May 10, at 8 a.m. at the Arlington County Justice Center Plaza located at 1425 North Courthouse Road.

Prison Follows Cocaine Purchase

An Arlington man was sentenced Tuesday, April 2, to nearly four years in prison for his role in purchasing 2 kilograms of cocaine from undercover detectives.

According to court documents, Pascal Laporte, 40, intended to purchase 2 kilograms of cocaine from undercover Fairfax County Police detectives who purported themselves as members of a drug cartel based in Mexico. For over a year, Laporte expressed to a confidential source his need for a cheaper supplier of cocaine who could provide him with kilogram quantities. Laporte first met the undercover detectives in early August 2018 at a restaurant in Tysons Corner, to discuss pricing per kilogram and the quantity Laporte desired. Laporte told the undercover detectives it would take him a week to sell off 1 kilogram of cocaine.

In the weeks leading up to his arrest, Laporte communicated with the confidential source his desire to start with the purchase of 2 kilograms of cocaine, and if the arrangement went well, he would then purchase 10 kilograms, and then upwards of 100 kilograms per month.

Laporte was arrested in August 2018 as he was inspecting the cocaine that he was to purchase. He brought \$45,000 to the meeting, as partial payment for the 2 kilo-

Basic Training Grad

U.S. Air Force Airman Kyle Staten graduated from basic military training at Joint Base San Antonio-Lackland,



Staten is the son of John Staten of Alexandria and husband of

Munksetseg Otgongonbayar of Arlington. He is a 2006 graduate of Hayfield Secondary School, Alexandria.

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-Thomas Fuller

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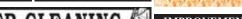
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Label Me **Determined**



By KENNETH B. LOURIE

Like anyone with a name and an address, no doubt over the years, you readers have received unsolicited gifts/inducements in a kind of presumptive exchange for charitable contributions from many organizations with which you are probably familiar. And among the many good deeds they offer are the manufacture and subsequent mailing at no cost or obligation to the recipient, of self-adhesive, return-address labels.

I have, over the years, made a below-average level of contribution despite having maintained an above-average level of use. Still the labels arrive, regularly. And given their accumulation in my home office, I have become ever more determined to not die until I have used every one of those labels. In a manner of speaking/referencing, this pursuit has sort of become my white whale. I'm sure Captain Ahab could relate.

Years ago, around the time of my diagnosis, I was likewise determined, given where I live in Montgomery County, to not die until the Inter County Connector (a long-planned-for, cross-county highway connecting Interstate 270 in Montgomery County to Route 1 in Prince George's County) was completed. I never thought, given my "13 month to two-vear" prognosis in 2009, that I'd live to see its completion and to attach its transponder and pay its tolls. But I

And though I am not a regular driver on this road, I am nonetheless emotionally connected to it. It's as if we both overcame something.

Which brings me back to the other emotional connection I've mentioned: the return-address labels

It's not because of the specific charities or the design of the labels or anything in particular (they all tend to blend together after a while), it's that they all have my name and almost always have it spelled correctly, which is not always the case in mail addressed to Lourie. And below that correctly-spelled name, is an equally correct return address.

All combined on a label which doesn't require any licking or stamping or writing. All of which when combined creates a certain functionality which for a non-millennial, baby-boomer like myself who actually mails envelopes rather than types them online, provides an incredibly helpful asset.

And as a cancer patient, any asset that simplifies my life is an asset worth mentioning.

There are many mailers of a certain age who live, almost thrive in a non-paper-free environment. We still write our own checks, hand-address our own envelopes, buy and stick our own stamps and finally go to the Post Office to mail our correspondence.

I can't say whether many of us "balance our checkbooks," but as for myself, I do review the various entries in my check register with my paper statements to confirm their familiarity and accuracy. If this all sounds a bit antiquated to some of you younger readers, some of what you do sounds far-fetched and sort of redundant to me, which probably minimizes your appreciation for something as mundane as a correctly-spelled and properly-addressed return-ad-

I imagine there's a path down the middle somewhere, but it's not important that we all correspond.

But for those of you who do correspond with hard copies instead of computerized soft copies, these return address labels can be a vital cog in the mailing machine. Intended recipients are not always where you thought they were and mail that you thought you had properly addressed stands a better chance of being returned to sender.

A properly-affixed and accurate return address label might not save the sender time or money, but it might do so for the recipient; and let's be honest: who doesn't like to receive mail?

And what's the first thing you look at? The return address. If it were not for the return address, label or otherwise, the reason for its delivery might lose some

For me, living beyond the correspondence on which that final label will be affixed is very appealing. Because considering the number of labels I still have at home, I'm going to be living for a long time. Cancer be damned.

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

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