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The Tree Stewards of Arlington and Alexandria showed off their mallets and tree tubes after three hours of work.

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# Tree Stewards Tube Trees for Posterity

**Volunteers  
tube trees in  
Bluemont  
despite heat.**

**T**he Tree Stewards of Arlington and Alexandria recently graduated a new class of tree stewards, which means volunteer projects won't go begging for the next few months. The group regularly donates labor to helping maintain trees, which need help keeping invasive species to a minimum and protection from damage.

— EDEN BROWN



**Tree Steward intern Jenny Johns just graduated from the Tree Stewards program and is now doing her volunteer hours to qualify for full Tree Steward status. At her side, "Juno," who likes helping the stewards, was feeling the heat.**



**The turnout for the tubing event was greater than expected, said Tree Steward Jo Allen, who organized it. Altogether the group performed 69 man hours of work to tube trees. Here Todd McKay moves discarded tubes back to where the county can pick them up for smaller saplings.**



**A swathe of land along the stream was retubed, protecting young trees as they grow over the summer.**

PHOTOS BY EDEN BROWN/THE CONNECTION

# Arlington Housing 1, Arlington Trees 0

**Arlington County Board votes for five-foot ADU setback rule.**

BY EDEN BROWN  
THE CONNECTION

**L**ocal tree protection advocates lost their battle to delay or reject the Arlington County Board vote on Accessory Dwelling Unit (ADU) setback when the board went ahead with a vote on Saturday, May 18, approving the five-foot setback for ADUs.

The vote was on amendments to Sections 12.9.2 and 16.2.4 of the Arlington County Zoning Ordinance (ACZO) to create new standards for establishing new detached accessory dwellings, to clarify standards for the creation of a detached accessory dwelling within existing accessory buildings, and to make other editorial amendments for clarity.

Tree canopy advocates argued the 5-foot setback for ADUs would reduce Arlington's shrinking tree canopy and increase storm water run-off. On smaller lots, where trees cluster around the perimeter and at the rear of lots, exactly where these ADUs would go, they noted, the trees would come down in favor of the building.

Arlington County planners believe the amendment will make it easier for homeowners to build ADUs which could function as additional lower cost housing. ADUs are usually designed for an older family member or children, but could also be for short-term rental.

Arlington Tree Action Group (ATAG) did not believe the ADU amendment would solve the problem of high housing costs in Arlington. Its view was that ADUs trump existing single family zoning by placing two dwellings for two families on a lot zoned for single-family dwellings. "A new ADU may be closer in proximity to a neighbor's home than to the home of the ADU's owner," according to ATAG. ATAG's second concern was for impervious surfaces, which they said was now at 45 percent of the county and climbing, exacerbating stormwater runoff.

In March 2019, the Urban Forestry Commission also weighed in, proposing the county explore ways to incentivize applicants to preserve mature trees or deter applicants from placing detached accessory dwellings near mature trees. The commissioners asked if there was a way to monitor the impacts to trees or report the loss of trees. The commission also sent the county a letter requesting further changes to the proposed amendment, including adding other requirements regarding tree preservation, monitoring of impacts to trees, and providing notice to adjacent neighbors regarding impacts to trees.



**A typical ADU, built as a mother-in-law suite, in Arlington.**

PHOTO BY EDEN BROWN/THE CONNECTION

amendment.

The Planning Commission voted unanimously for the ADU change but made recommendations that would require all trees above eight inches in diameter to be shown on the application drawing for any proposed accessory dwelling; that the applicant provide one replacement canopy tree for every two canopy trees above eight inches in diameter or more that would be removed due to the construction of the proposed new structure with the replacement tree(s) to be planted on a location within the property boundaries;

that the applicant provide one replacement understory tree for every one understory tree eight inches in diameter or more removed due to the construction of the proposed new structure with the replacement tree(s) to be planted on a location within the property boundaries. It was not clear how staff would address those concerns.

For the full documentation on this zoning change, see: <https://housing.arlingtonva.us/plans-reports/accessory-dwelling-ordinance-update/>

However, because accessory dwellings are a by-right use in the ACZO (Arlington County Zoning Ordinance), and the potential impact of a detached accessory dwelling is viewed as similar to the development of an accessory building, and because the recommended five-foot setback for a new detached accessory dwelling could potentially mitigate impacts to existing trees on neighboring properties, while also providing placement flexibility to the owner to minimize potential impacts to existing trees on their own lot, staff did not change the



# Forum Focuses on Democratic Primary Candidates

Voters have variety of choices at primary and School Board caucus.

By Shirley Ruhe  
The Connection

The Arlington Senior Democrats held a forum May 14 at Busboys and Poets, featuring the candidates who face a contested primary election on June 11 as well as the candidates for School Board who face a Democratic caucus on June 4, 6, or 8.

## STATE SENATE DISTRICT 31 Incumbent State Senator Barbara Favola

Characterizes herself as a pragmatic progressive running for her third term in the Senate after 13 years on the Arlington County Board. Favola comments she has passed over 40 bills in the State Senate “and that’s with Republican control of the House of Delegates and Senate.” She says she tries to define the problems together with Republicans when possible. Among her priorities are a health bill she introduced last session to require every health care plan to include certain care such as maternal care and prescription drugs. “I had a debt free community college bill that got a lot of attention.” In addition, Favola received the energy freedom award from the Sierra Club for her work to make solar power a reality. She worked to get teachers a 5 percent pay raise and to change the truancy laws. “That’s the flavor of who I am.”

## Challenger Nicole Merlene

Grew up here in Arlington, K-12. “A lot of different life events pull people to public service and mine was 9-11.” She explains she got involved in economic development in Georgia and came back here to serve business development districts, to work to have less taxpayer funds and more private. She says she joined her local civic association to improve sidewalks, access to the Metro, then to become a member of the Arlington Economic Development Commission. Merlene says a lot of what the county can do is limited. “We need to give them the authority. At the end of the day it is important to know I have on the ground policy experience on how policy impacts your day.” She says at the top of her list of priorities is ethics reform. “All of my work is bipartisan.”



State Senator  
Barbara Favola



Delegate Alfonso Lopez



Commonwealth’s Attorney  
Theo Stamos



Laura Saul Edwards for  
Reid Goldstein

## HOUSE DISTRICT 49 Incumbent Delegate Alfonso Lopez

Came up through the Arlington Democrats “that leaves no one behind.” In his 8 years in the state legislature he points out he has been patron or co-patron of 115 bills signed into law from tenant protection to small business. “I’m very concerned about health and wellness and social injustices.” One of his proudest achievements was passage of the Medicaid expansion that reached 400,000 Virginians and more than 5,600 in the community. He mentions endorsements from firefighters and Arlington teachers where he helped raise teacher salaries and supported in-



Nicole Merlene



Kim Phillips representing  
Julius D. Spain, Sr.



Parisa Dehghani-Tafti



David Priddy

creased funding for schools and early childhood education. Lopez says his policy is about helping people. Engaging with every group every day is important. With over 100 languages spoken in his district, with over 40 at Wakefield High School, “it is the most diverse in our state, and the 49th District is what’s best about Virginia.”

## Kim Phillips representing Challenger Julius D. Spain, Sr.

Spain is a retired Marine Corps veteran who believes in uplifting the community and fighting injustice and inequality. He has lived in the Penrose District of Arlington for 10 years. Phillips says

Spain advocates for diversity, not only in languages but also in race and culture in local government. She points out it’s not only what happens in the state legislature but also in your backyard, as an example if your street light is out. Among his other priorities are to protect the rights of everyone and invest in affordable housing and education. Phillips adds Spain is very concerned about health and wellness and social injustices.

## COMMONWEALTH’S ATTORNEY

### Incumbent Theo Stamos

Knocking on doors for the last several months, Stamos says she has found almost every door unlocked “that is a feature of our community.” Stamos points out the jail population is at an all time low and that she has worked on innovation and reform during her last two terms as Commonwealth’s Attorney. “We didn’t have a drug court.” She points to her efforts to establish Second Chance, a program that has allowed 500 youth to avoid prosecution. In addition, she cites her efforts working with other law enforcement officials on the opioid epidemic to establish the new Operation Safe Station program, which allows a person to turn in drugs 24/7 as long as he agrees to be connected to treatment. She points to the restorative justice program that has been in the Arlington schools for 31 years. Stamos says she doesn’t support prosecuting for marijuana possession but she took an oath of office and until things change she will uphold the law.

## Challenger Parisa Dehghani-Tafti

Parisa Dehghani-Tafti opens by citing the May 12 Washington Post endorsement where the Post asked both candidates three questions: if she has the right skills, if she has the right vision and will she continue to keep us safe. The Post endorsed Dehghani-Tafti. She says she has practiced from the state administrative court to the Supreme Court. She asks the question why other jurisdictions have policies like cash bail and mental health courts and Arlington doesn’t. “We need to stop treating poverty like a crime and end cash bail now.” She says the recidivism rate has gone down in Fairfax from 34-13 percent with their restorative justice program, which is “actual steps, a different system than the apology approach we have in

Arlington.” Dehghani-Tafti says she is concerned with youths with specific health problems who come into contact with the court system and the need for evidence-based programs to address these interactions. She says we should be prosecuting what the community is concerned with like violent offenses instead of marijuana possession. She concludes the Commonwealth Attorney yields enormous power so voters should pay close attention.

## SCHOOL BOARD

### Laura Saul Edwards representing Incumbent Reid Goldstein

Goldstein has been on the Arlington School Board since 2016 and Board Chairman since July 2018. Edwards points out that there are lots of reasons to support Goldstein including his 25 years plus of civic and school engagement, his transparency and interactions with students and teachers. “His commitment has produced remarkable achievements.”

## Challenger David Priddy

Priddy grew up in Arlington, is an alumnus of Wakefield and states one of the reasons that brought him back from L.A. is the Arlington school system. Priddy says he is currently a stay-at-home dad so the family could put his wife’s job first. Priddy says he spent 12 years running a construction company dealing with labor unions and operations, “and I have vision. I believe in equity, to give the right tools to create a learning environment for each kid. Second is the need to plan for the capacity crisis, and third transparency is a key value.”

Although School Board candidates run as independents on the ballot, they may be endorsed by local political parties. The Arlington County Democratic Committee (ACDC) will hold a caucus to select between Reid Goldstein (incumbent) and David Priddy in early June over a three-day period. This caucus event is not conducted by the Arlington Office of Elections. The Democratic Caucus for School Board will be held Tuesday, June 4 from 7-9 p.m. at Drew Model School, Thursday, June 6 from 7-9 p.m. at Key Elementary School and Saturday, June 8 from 11 a.m.-7 p.m. at the recently renamed Washington-Liberty High School. Election day is June 11 with absentee ballots available.



## NEWS

# Seniors, Teens Growing Together

## Planting under tutelage of Master Gardeners.

BY SHIRLEY RUHE  
THE CONNECTION

Step out the side door of Walter Reed Community Center into a garden with a large pot of healthy potatoes interspersed with a profusion of collard greens and lettuce, empty rows ready for bean and zucchini seeds, and fledging newly-planted tomatoes.

Luna Gamboa digs a hole several inches deep in a nicely composted plot of soil and carefully places a tiny carrot seed in the hole. She continues digging holes down the row. "I am planting a row of carrots beside a row of radishes because when the carrots are ready, I'll know the radishes are ready, too, since they take the same amount of time to grow."

Gamboa, a student at Thomas Jefferson Middle School, has been coming one Thursday a month since March as part of the intergenerational garden team at Walter Reed Community Center.

Margo Watters, team program supervisor, says she started this program five years ago. "The first year it was just me and one lady



PHOTO BY SHIRLEY RUHE/THE CONNECTION

**Margo Watters, team program supervisor, shows how big — or small — the watermelons grew a couple of years ago.**

with the teens and we just planted lettuce. But then later volunteers came from the Master Gardener program so we could plant different things such as potatoes, zucchini, and my personal favorite, collard greens."

Last year, Watters says, they had a lot of peppers and tomatoes. "Last year the toma

SEE SENIORS, PAGE 10

## 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**



## 2019 Contest Winner Announcement

### What Can We Do To Improve Our Watersheds?

This year hundreds of students competed to develop solutions to local watershed issues. Finalists presented their proposals at George Mason University's Center for the Arts on April 23rd.

Nutrien provided \$6,000 in cash prizes to this year's finalists to help students implement their project ideas.

Caring for Our Watersheds is implemented by international nonprofit Earth Force, whose mission is to engage young people as active citizens who improve the environment and their communities, now and in the future. The program empowers students to create solutions in their local watersheds, developing problem-solving, budgeting, community involvement, and presentation skills.



**1st Place Finalists Lanier Middle School**  
**Student Project Titled "Revitalizing Our Bioretention Cell"**

Final Winners	Award	Project	School Name
1st Place	\$1000	Revitalizing Our Bioretention Cell	Lanier Middle School
2nd Place	\$900	Bioswale	Kent Island High School
3rd Place	\$800	Rain Garden	Rachel Carson
4th Place	\$700	Utensil-Packet-Replacement	Kenmore Middle School
5th Place	\$600	Alternative to Rock Salt	Frost Middle School
6th Place	\$500	The Invasion of the Koi at Lake Anne	Dogwood Elementary School
7th Place	\$450	Students Water Conservation Society	George Washington Middle School
8th Place	\$400	Life Saver Solutions	School Without Walls at Francis Stevens
9th Place	\$350	Project Nature	Berlin Intermediate School
10th Place	\$300	Recycling Electronics and Batteries	Kenmore Middle School





# Choosing To Do Something

## Arlington residents meet up to “go green.”

BY EDEN BROWN  
THE CONNECTION

**A**s it became clear that glass recycling in Arlington was changing (and glass had not been recycled for some time) Meg Jarvis asked if fellow residents on the NextDoor listserv would be interested in getting together to talk about “going green” — to share ideas about what could they do to improve solid waste reduction, prevent plastic and chemical pollution, and give families a better chance to thwart climate change.

She was surprised at how many people felt the same way and joined an informal “meet up” at Westover Beer Garden on a Tuesday evening to compare notes with like-minded people.

One of the biggest issues, the group agreed, was educating residents about what could be done to slow climate change and plastic pollution. They learned that among their budding group was a woman who already composted and kept her garbage to a small sack, and another who was an advocate of Loop, a

**“You can either wake up in the morning and say I am going to do something ... or ... you can do nothing.”**

— Allan Shnerson, Solid Waste Committee member

sustainable take on e-commerce that gives shopping online a zero waste redesign.

Utilizing reusable containers, Loop changes the way people shop, and it can come to Arlington if enough people sign up. A third woman was a green home designer.

Allan Shnerson and others had been volunteers for EcoAction Arlington or 4R, but some had just grown up in families that composted and wasted less.

Starting with families and children is one of Shnerson and Jarvis’s goals. Building good habits early and volunteering at schools to teach children the 4Rs (Reduce, Reuse, Recycle, Rot) is crucial to changing how people recycle, they said. Shnerson is concerned Arlington residents don’t know enough about the initiatives that have been taken by Arlington County, and which need to be supported and expanded, in his view.

The resolution on the prohibition of the purchase of plastic water bottles by the Arlington County Government, for instance, was passed by the Arlington

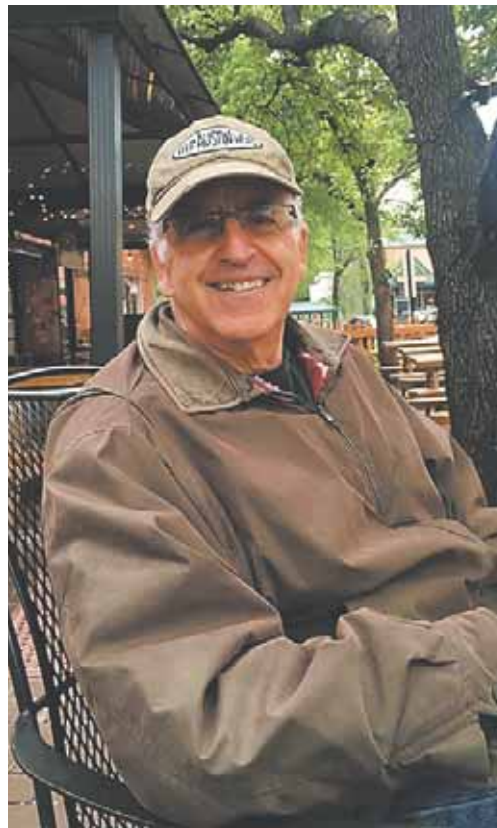


PHOTO BY EDEN BROWN/THE CONNECTION

**Allan Shnerson at the Westover Market Beer Garden at the initial GoGreen Meetup on May 14. Shnerson was a biology major in college and has always been passionate about enjoying and preserving our national parks and green spaces. He has been a volunteer with EcoAction Arlington for 20 years, and is a member of the Solid Waste Committee, working with a group of staff, citizens, and the head of the Solid Waste Division of Arlington to try to address the issue of solid waste reduction.**

County Board on June 16, 2009. The resolution goes into some detail about the use of plastic water bottles having grown 12 percent since 1997 and that approximately 2 million tons of #1 plastic bottles are not recycled, equating to nearly 18 million barrels of crude oil in lost energy value. It refers to plastic water bottles as a prime source of litter and pollution in the Anacostia and Potomac Rivers “causing great concern about the environmental impacts of bottled water plastics that may take thousands of years to degrade, while their components seep into our water supplies,” and it reminds residents that Arlington County is in the business of producing safe, healthy tap water that meets and exceeds all state and federal standards, while bottled water is largely unregulated.

But, Shnerson notes, while the county government doesn’t purchase water bottles, what about the libraries and schools which do allow plastic water bottles to be sold in vending machines in their buildings? Or the fundraising events that offer plastic water bottles to participants?

The group will be meeting regularly to come up with ideas for better management of waste and to assess how Arlington is moving forward.

## Eco-Action

*This is a 4-part series on what residents can do to lessen their impact on the environment and what Arlington County is doing or could do to improve the community’s solid waste profile.*

## Take the Quiz

### Are you doing the minimum to reduce waste?

Consider the following 10 statements:

- ❖ I never purchase single use plastic water bottles.
- ❖ I use beeswax wraps or foil instead of saran wrap.
- ❖ I use net bags when I buy produce.
- ❖ I use my own grocery bag when I shop.
- ❖ I buy beer and soda in cans not bottles.
- ❖ I don’t use plastic straws.
- ❖ I don’t eat meat on Mondays.
- ❖ I know and follow the county’s recycling guidelines.
- ❖ I have room to spare in my black bin each week.
- ❖ I have a reusable coffee/tea mug.

## Food Shopping and Eating

### Choosing to do something:

- ❖ Ditch the plastic straw. Tell your server not to put a straw in our water or drink. Use a bamboo straw or metal straw; join the StrawFreeArlington campaign.
- ❖ Carry your own wood or bamboo cutlery when out.
- ❖ Use cloth of bamboo/rayon towels instead of paper towels.
- ❖ Use tin foil (aluminum foil) — it’s recyclable
- ❖ Bring glass or plastic containers when you shop
- ❖ Pack lunch for your children or yourself
- ❖ Buy in bulk where feasible; bring your own containers
- ❖ Use reusable cloth bags for produce not plastic
- ❖ Let the shopkeeper know you can’t buy it if it’s in plastic
- ❖ Ask the butcher to wrap your meat and fish in paper
- ❖ Reuse or don’t use plastic bottles and fast food containers
- ❖ Buy a reusable water bottle
- ❖ Use tap water: its tested more thoroughly, not stored in plastic, and is cheaper
- ❖ Make your own sparkling water - it’s cheaper and fun
- ❖ Bring a reusable travel mug or thermos for coffee
- ❖ Bring your own shopping bags or use a backpack
- ❖ Shift to a vegetable-centric diet
- ❖ Eat less red meat
- ❖ Try meatless Mondays (<https://meatlessmonday.com>)
- ❖ Place the cloth grocery bags on the front or garage door so you won’t forget them
- ❖ Wash plastic party ware if you entertain; don’t throw it out
- ❖ Buy champagne glasses at the Salvation Army rather than flimsy plastic ones
- ❖ Use beeswax wrap instead of plastic wrap: it works and it’s washable.
- ❖ Shop in the farmers markets or butcher shops
- ❖ Ask for cardboard not styrofoam

If Arlington residents have found a good solution that works, submit those ideas at [www.connectionnewspapers.com](http://www.connectionnewspapers.com) to be included in this series. Joining EcoAction Arlington or R4 Action Group is another way to participate, or look for the next meeting of the GoGreen meetup on NextDoor. For more: see: [www.EcoActionArlington.com](http://www.EcoActionArlington.com), [www.R4ActionGroup.com](http://www.R4ActionGroup.com), [www.StrawFreeArlington.com](http://www.StrawFreeArlington.com) and to read the bottled water resolution, see: <https://countyboard.arlingtonva.us/1455-2/>

The  
**Arlington**  
Connection

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

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

**Published by  
Local Media Connection LLC**

**1606 King Street  
Alexandria, Virginia 22314**

*Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)*

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# ENTERTAINMENT

## ‘The Talented Clementine’ Encore Stage & Studio presents world-premiere musical for children.

BY STEVE HIBBARD  
THE CONNECTION

**W**ith a cast of 26 children, Encore Stage & Studio and Kid Pan Alley is presenting the world premiere of “The Talented Clementine” from May 31 to June 9. Clementine gets nervous when her third-grade teacher announces that her class will be putting on a talent show to raise money for the spring trip. She can’t sing or dance or play an instrument like her talented friend Margaret, and what talents she does have would not work on a stage. Clementine must find an act, any act, to perform before the night of the big show. But with only a few days to do so, can she put it together in time?

According to Music Director Sarah Markovits: “This is actually a collaboration that Encore is doing with Kid Pan Alley of Little Washington, Va. Paul Reisler actually composed and wrote this show specifically for this show at Encore. It’s a world premiere children’s musical based on the Clementine Books by Sara Pennypacker.”

She added: “This was such a unique thing because it was being written and composed while we were in rehearsal, so things were being changed and edited to work well with the kids we had. That was the biggest challenge — trying to figure out what was going to work best with this cast and work with the composer to make this songs



The cast of “The Talented Clementine” in rehearsal.

work.”

Added Co-Director Amanda Nell: “It has been difficult to work on a world premiere production when there’s nothing to go off of. It’s never been done before. It was left up to our creative liberties to determine which direction to take the characters and how to shape the show completely,” she said.

She added: “It’s been great to bring this story about third-graders to our students to be the first people to put on this show and tell the story in a musical form as it is a world premiere production.”

Nyla Elder, 12, of Arlington plays the lead

role of Clementine. The Williamsburg Middle School sixth-grader said, “Clementine has a really big imagination and doesn’t really pay attention in class but she notices the little things. She’s very smart but she can’t really focus that well. She always likes to be moving. She thinks she doesn’t have any talent but really she has lots of talents; she just hasn’t discovered them yet.”

As far as challenges, she said: “It’s very hard sometimes to portray a third-grader because I’m three years older than that. I have to preserve my vocal cords; I have to mouth the words, and kind of lip sync.”

Alannah Hjelm, 13, of Arlington plays the role of Margaret. The Williamsburg Middle School seventh-grader said: “She is kind of obsessed with herself; kind of stuck up and she is talented at everything and she’s Clementine’s best friend in the show.”

She said some of her challenges were that some of her lines are silly. “It’s like taking it seriously and actually acting — acting serious even though the lines are silly,” she said.

Sofia Parfomak, 14, of Arlington plays the role of Mrs. D’Matz. The St. Ann Catholic School eighth-grader said: “I believe she is a really outgoing teacher who really cares for her students and wants them to have fun learning and not being dragged down by school. She’s trying to be their friend and also a mentor.”

As far as challenges, she said: “I’m a very introverted person and Mrs. D’Matz is very outgoing and goofy and tries her best to entertain people. I have to put away my personal feelings of acting goofy and act the way Mrs. D’Matz would if she were talking to a bunch of third-graders.”

“The Talented Clementine” will be performed at Gunston Arts Center – Theatre One. Performances will take place Fridays, May 31 and June 7 at 7:30 p.m.; Saturdays, June 1 and 8 at 11 a.m. and 3 p.m.; and Sundays, June 2 and 9 at 3 p.m. Tickets are \$15/adults; \$12/children students, military and seniors. Gunston Arts Center – Theatre One is at 2700 S. Lang St., Arlington. Visit [www.encorestageva.org](http://www.encorestageva.org).

### CALENDAR

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

#### ONGOING

##### Art Exhibit: 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](http://arlingtonartscenter.org) for more.

##### 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](http://arlingtonartscenter.org) for more.

**Spring SOLOS.** Through June 7, gallery hours in the Main Galleries at Arlington Arts Center, 3550 Wilson Blvd. Artists Brian Barr, Emily

Campbell, Noel Kasewitz, 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](http://arlingtonartscenter.org) for more.

**Richard III.** Through June 16, at Synetic Theater, 1800 South Bell St. Paata Tsikurishvili’s modern cyberpunk 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](http://www.synetictheater.org) or 866-811-4111.

**Spunk.** Through June 26, in Signature’s ARK Theatre, 4200 Campbell Ave. Guitar Man and Blues Speak Woman interweave three tales of the early 20th century African American experience, from the fierce determination of a resilient 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](http://www.SigTheatre.org).

**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. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

#### SATURDAY/MAY 25

##### Central Arlington History Tour.

9 a.m., meet at Clarendon Metro Station (top of escalator). Walk 1-12 miles (1-8 hours) visiting parks and historic sites in Clarendon, Ballston, Glencarlyn and surrounding areas. Tour historic locations dating from colonial times to early 20th century. Bring lunch and water. Wear comfortable shoes. eisurely; many stops. No reservations necessary. Sponsored by Center Hiking Club. \$2 (non-member fee). Contact Bernie Berne at [bhberne@yahoo.com](mailto:bhberne@yahoo.com) or 703-243-0179.

**Patriotic Entertainment.** 1-3 p.m. on the Metro Level of the Fashion Centre at Pentagon City. Saturdays in May, families can listen to live music by local bands. May 25 features Kenny Holmes Trio. Visit [simon.com/fashioncentreatpentagoncity](http://simon.com/fashioncentreatpentagoncity) for more.

#### MONDAY/MAY 27

##### Netherlands Carillon Recital

**Series.** 2-4 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists play patriotic music, jazz, and pop on

the carillon’s 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit [www.nps.gov/articles/600288.htm](http://www.nps.gov/articles/600288.htm) for more.

#### THURSDAY/MAY 30

**Walk with a Ranger.** 10 a.m. at Arlington Ridge Park, George Washington Memorial Parkway. Meet at the Marine Corps War Memorial and join a National Park Service Ranger for a 3-mile hike around the edge of the Arlington National Cemetery to Memorial Avenue, down to the Mount Vernon Trail, up to Theodore Roosevelt Island and around to Rosslyn and back to the starting point. The hike will take approximately 2.5 hours. Bring walking shoes, sunscreen and drinking water. Visit [www.nps.gov/gwmp](http://www.nps.gov/gwmp) for more.

#### FRIDAY-SUNDAY/MAY 31-JUNE 2

**The Talented Clementine.** Friday, 7:30 p.m.; Saturday, 11 a.m. and 3 p.m.; Sunday, 3 p.m. at Gunston Arts Center-Theatre One, 2700 S. Lang St. Encore Stage & Studio and Kid Pan Alley present the World Premiere of The Talented Clementine. Clementine gets nervous when her third grade teacher announces that her class will be putting on a talent show to raise money for the spring trip. The talent she has would not work on a stage. Recommended for ages 6 and older. \$15, adults; \$12, children, students, military, and seniors. Visit [www.encorestage.org](http://www.encorestage.org) or call 703-548-1154.

#### SATURDAY/JUNE 1

##### Fort C.F. Smith Park Walking

**Tour.** 9-10 a.m. Meet at the Fort C.F. Smith Park parking lot, 2411 N. 24th St. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. Learn about the park’s history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. For information: 703-228-4775. Free. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642759-A.

**Walk with a Ranger.** 10 a.m. at Arlington Ridge Park, George Washington Memorial Parkway. Meet at the Marine Corps War Memorial and join a National Park Service Ranger for a 3-mile hike around the edge of the Arlington National Cemetery to Memorial Avenue, down to the Mount Vernon Trail, up to Theodore Roosevelt Island and around to Rosslyn and back to the starting point. The hike will take approximately 2.5 hours. Bring walking shoes, sunscreen and drinking water. Visit [www.nps.gov/gwmp](http://www.nps.gov/gwmp) for more.

**Microbes Hike.** 10:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families ages 8 and up. Register children and adults; children must be accompanied by a registered adult. Microbes are too small to see with the naked eye, but there are signs that they are all around. Hike in search of signs of microbes and discover just how



# Concert Supports Renovation of Walker Chapel

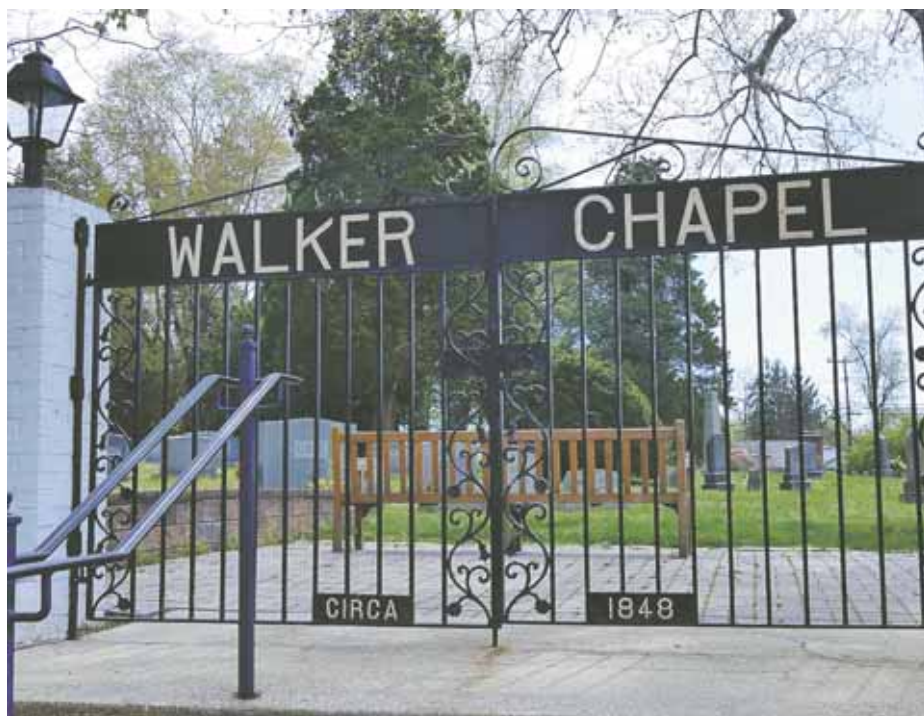
BY SHIRLEY RUHE  
THE CONNECTION

**W**alker Chapel United Methodist Church (UMC) will host a concert on Sunday, June 2, at 2 p.m., with Opera NOVA to mark the day it formally moves forward with the Historic Cemetery Project to enhance and expand the Chapel's cemetery for the neighborhood and community. The project will include 10 new projects including stone markers and restoration, a reflection garden, a new Wall of Memories and a new columbaria design and placement.

Walker Chapel cemetery was established in 1848, and currently there are an estimated 676 burials in the cemetery.

The concert will begin with a pause in remembrance of friends and family who have died and have been entrusted to the historic Chapel's care. Celeste Cabbage and Summer Bryant will sing accompanied by Claudia Porter, filling the sanctuary with their young voices and piano.

The concert will then continue by featuring Opera NOVA Artistic Director Jose Sacin (Baritone) with Tenor Pablo Henrich, Soprano Desiree Dodson and Mezzo-Soprano



FILE PHOTO BY SHIRLEY RUHE

**Historic Walker Chapel begins renovation.**

Jinghai Cui. All are recognized opera professionals. The singers will be accompanied by concert pianist Hai Jin. They will perform classic opera passages and art songs

from European and American composers as well as musical and Broadway tunes. A catered reception will follow in Fellowship Hall to meet with the performers and mem-

bers of the community.

Opera NOVA was founded in 1992 as a volunteer-based non-profit charitable organization to bring the joy of the opera to residents of the Northern Virginia Community. A part of its mission is to educate adults and children by producing 3-4 operatic productions a year.

This is a ticketed event to benefit the Historic Cemetery Project and Opera NOVA. Information and tickets are available online at [www.walkerchapel.org/concert](http://www.walkerchapel.org/concert) where an optional down-loadable mail-in ticket request form is available. Tickets for adults are for a \$25 donation. Youths under 20 and children are free. You may also make a donation to the project with or without a ticket.

Larry Danforth, a member of Walker Chapel who has been working on this project for several years with a number of other members of the congregation and civic groups, says a contract has been awarded to the design/survey/engineering firm that will take Walker Chapel from design up to the point of contract award to the construction firms.

"It's a nice story of two community nonprofits coming together for the arts," Danforth said.

## CALENDAR

important they are to the ecosystem and humans. For information: 703-228-3403. Meet at Gulf Branch Nature Center. \$5. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642859-H.

**Fort Scott Park Walking Tour.** 11-11:30 a.m. Meet at Fort Scott Park, 2800 Fort Scott Drive. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while discussing how and why the fort was built. For information, call 703-228-4775. Free. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642759-F.

**Gardening for Pollinators.** 11 a.m.-noon at Glencarlyn Library Community Garden, 300 South Kensington St. Learn from Extension Master Gardener interns how they designed and installed a trellis and selected native plants to serve as nectar and host plants for a variety of pollinators in the renovation of the Pollinator Bed at Glencarlyn Library Community Garden. Free. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**75th Anniversary Celebration.** Noon-4 p.m. at Hilton Garden Inn Arlington/Courthouse Plaza, 1333 North Courthouse Road. The League of Women Voters of Arlington is 75 years old this year. All are invited to attend their annual member meeting and join the celebration with an anniversary luncheon featuring Elaine Weiss author of *The Woman's Hour: The Great Fight to Win the Vote*, followed by the annual League business meeting. Visit [lwv-arlingtonva.org](http://lwv-arlingtonva.org) to RSVP.

**Netherlands Carillon Recital Series.** 6-8 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists play patriotic music, jazz, and pop on

the carillon's 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit [www.nps.gov/articles/600288.htm](http://www.nps.gov/articles/600288.htm) for more.

**SATURDAY-SUNDAY/JUNE 1-2**  
**Rose and Photography Competition.** Saturday, 1:30-6



## Rose and Photography Competition

Arlington Rose Foundation presents a friendly rose and photography competition, a celebration of roses in more than 50 categories. Ask advice of award-winning exhibitors, vote for best fragrance, bid in a silent auction and plan a rose garden. Saturday, June 1, 1:30-6 p.m.; Sunday, June 2, 11 a.m.-4 p.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. Free and open to public. Visit [www.arlingtonrose.org/](http://www.arlingtonrose.org/) for more.

p.m.; Sunday, 11 a.m.-4 p.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. Arlington Rose Foundation presents a friendly rose and photography competition, a celebration of roses in more than 50 categories. Ask advice of award-winning exhibitors, vote for best fragrance, bid in a silent auction and plan a rose garden. Free and open to

public. Visit [www.arlingtonrose.org/](http://www.arlingtonrose.org/) for more.

## SUNDAY/JUNE 2

**Bird Walk for Beginners.** 8-9 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Learn the basics of binoculars, field guides, bird identification and finding birds. Then get a little birding practice on a walk in the park. Loaner binoculars are available. For information: 703-228-6535. Free. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642959-N.

**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](mailto:mgarlalex@gmail.com).

**17th Annual Green Home and Garden Tour.** 1-5 p.m. Various homes and gardens in Arlington. This tour offers participants new ideas to go green in their homes through energy-efficient technologies, solar power, and watershed-friendly gardens. \$5 registration fee. Register only at [www.ecoactionarlington.org](http://www.ecoactionarlington.org) by noon on May 31. Day of tour registration at the Arlington Central Library, 1015 N. Quincy St., 12:30-3 p.m.

## MONDAY/JUNE 3

**New Play Readings.** 7 p.m. At Signature Theater, 4200 Campbell Ave., Arlington at Ali's Bar in the Mead Lobby. Free. Reading of the play "Soldiers of the Cross," by Caleen Sinnette Jennings. When black activist Asha Brown's brothers marry outside of their race, she experiences the pain, compromises

and joys of a new kind of family in a serio-comedy about intermarriage in Trump's America. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

## TUESDAY/JUNE 4

**Fern Foray.** 10 a.m.-1 p.m. at Scott's Run Nature Preserve, 7400 Georgetown Pike, McLean. Adults. Join naturalist Rachael Tolman for a walk and hands-on experience with ferns. Discuss the history of these ancient plants and how they have survived thus far. This program will include some hiking off trail. Teens ages 16 and up are welcome but must be accompanied by a registered adult. For information: 703-228-6535. \$10. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642949-A.

**An Evening with Ascend Afghanistan.** 5:45 and 7:45 p.m. at Trade Roots, 5852 Washington Blvd. Trade Roots is sponsoring, with Dunya Restaurant and Arlington Kebab, a benefit dinner for "Ascend," an Arlington-based nonprofit building leadership in Afghan women through mountaineering. \$35. Visit [www.eventbrite.com/e/an-evening-with-ascend-afghanistan-tickets-60866378978](http://www.eventbrite.com/e/an-evening-with-ascend-afghanistan-tickets-60866378978) for tickets.

## WEDNESDAY/JUNE 5

**Northern Virginia Bird Club Walk.** 8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. For information: 703-228-6535. Meet at the Long Branch Nature Center's parking lot. Free. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642949-B.



# ENTERTAINMENT

## THURSDAY/JUNE 6

**Walk with a Ranger.** 10 a.m. at Arlington Ridge Park, George Washington Memorial Parkway. Meet at the Marine Corps War Memorial and join a National Park Service Ranger for a 3-mile hike around the edge of the Arlington National Cemetery to Memorial Avenue, down to the Mount Vernon Trail, up to Theodore Roosevelt Island and around to Rosslyn and back to the starting point. The hike will take approximately 2.5 hours. Bring walking shoes, sunscreen and drinking water. Visit [www.nps.gov/gwmp](http://www.nps.gov/gwmp) for more.

**Rosslyn Rocks: Party Like It's.** 6-8 p.m. at Central Place Plaza, 1800 N. Lynn St. Rosslyn Rocks! Concerts are back again this June. Check out favorite local acts for free on Central Place Plaza every Thursday. Enjoy the concerts while sipping on a glass of wine or having a beer in downtown Rosslyn's outdoor space. Visit [www.rosslynva.org/do/rosslyn-rocks-concert-series](http://www.rosslynva.org/do/rosslyn-rocks-concert-series) for more.

**Silent Sentinel Awards.** 6-9 p.m. at Army Navy Country Club (Arlington), 1700 Army Navy Drive, Arlington. Turning Point Suffragist Memorial Association is bestowing the Silent Sentinel Award upon seven people who exemplify suffragist strength in pursuit of equal rights. The evening's festivities include a cocktail reception, dinner, and a live performance of Elizabeth Cady Stanton: "Cyrano of the Suffragists." The evening also includes a silent auction as well as a live auction led by the Honorable Ken Plum. \$200. Seating is limited, reserve space at [www.eventbrite.com/e/countdown-to-suffrage-centennial-and-silent-sentinel-awards-gala-tickets-59388838615](http://www.eventbrite.com/e/countdown-to-suffrage-centennial-and-silent-sentinel-awards-gala-tickets-59388838615) or email [pwirth@suffragistmemorial.org](mailto:pwirth@suffragistmemorial.org).

## FRIDAY/JUNE 7

**Rosslyn Cinema: Spider Man: into the Spider-Verse.** Pub in the Park opens at 5, movies start at dusk in Gateway Park, 1300 Lee Highway. Rosslyn Cinema outdoor movies in Gateway Park feature some classics and some surprises, including recent blockbuster. Bring blankets and folding chairs and a picnic or purchase food and drinks at different food trucks every week, including a popcorn truck. Child and dog friendly. Free admission. Visit [www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival](http://www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival) for more.

## FRIDAY-SUNDAY/JUNE 7-9

**Private Joy: Prince.** Local author Eric S. Townsend brings his Prince collection to the people as part of a unique event called Private Joy. The main event is the VIP party on Friday evening, June 7 (7 p.m. doors). Enjoy the collection, a vinyl listening party, a book reading with signed copies, and some of Prince's favorite treats. Limited to 150 attendees. On Saturday and Sunday afternoons (noon-5 p.m.), browse the collection, free and open to the public. Tickets for the VIP Party, \$25. Visit [spookyelectric.ltd/tickets](http://spookyelectric.ltd/tickets) to reserve.

**The Talented Clementine.** Friday, 7:30 p.m.; Saturday, 11 a.m. and 3 p.m.; Sunday, 3 p.m. at Gunston Arts Center-Theatre One, 2700 S. Lang St. Encore Stage & Studio and Kid Pan Alley present the World Premiere of The Talented Clementine. Recommended for ages 6 and older. \$15, adults; \$12, children, students, military, and seniors. Visit [www.encoresstage.org](http://www.encoresstage.org) or call 703-548-1154.

## SATURDAY/JUNE 8

**R.I.P.-Remove Invasive Plants.** 9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults, teens and families ages 8 and up. Work parties are held every month. No registration required. Free. For information: 703-228-3403. Meet at Gulf Branch Nature Center.

**Capture Arlington's Wildlife with a Camera.** 10 a.m.-noon at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults. This class will provide tips on finding wild subjects for your camera and capturing quality images. Requires a camera with a 10X zoom or equivalent, and camera know-how. June 8: Classroom instruction, June 15 field practice. Teens ages 16 and up are welcome but must be accompanied by a registered adult. For information: 703-228-6535. \$10. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642949-C.

**Walk with a Ranger.** 10 a.m. at Arlington Ridge Park, George Washington Memorial Parkway. Meet at the Marine Corps War Memorial and



**Chee-Keong Kung's High Noon Overdrive I (Dispersion No 29), 2019 Ink & acrylic on canvas.**

## Art Exhibit: Escape Velocity

"Escape Velocity" showcases abstract paintings on canvas by Singapore-born artist Chee-Keong Kung. Kung is influenced by his formal education in art and architecture as well as his upbringing in multi-ethnic Singapore. Exhibit runs June 14-Aug. 19, gallery hours at The Fred Schnider Gallery of Art, 888 N Quincy St., Suite 102. An opening reception is planned for Friday, June 14, 6-8 p.m. Free, open to the public. Visit [www.fredschnidergalleryofart.com](http://www.fredschnidergalleryofart.com) for more.

join a National Park Service Ranger for a 3-mile hike around the edge of the Arlington National Cemetery to Memorial Avenue, down to the Mount Vernon Trail, up to Theodore Roosevelt Island and around to Rosslyn and back to the starting point. Visit [www.nps.gov/gwmp](http://www.nps.gov/gwmp) for more.

**Organic Vegetable Garden.** 11 a.m.-noon at Potomac Overlook Regional Park, 2845 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 [mgaralex@gmail.com](mailto:mgaralex@gmail.com).

**Tinner Hill Music Festival.** 11 a.m.-9 p.m. in Cherry Hill Park in the City of Falls Church. The 26th Annual Tinner Hill Music Festival will have Northern Virginia rocking with music and fun festivities. Festival-goers will be treated to an array of "villages" throughout the park, including the Artist Village showcasing painters, photographers and jewelers selling their works. Family fun is assured in the Kids' Village, with water play, an musical petting zoo, face painting, puppy petting party, and more. Find tickets and information at [www.tinnerhill.org](http://www.tinnerhill.org).

**Grand Opening Celebration.** Noon-6 p.m. at Scout & Molly's, Ballston Quarter Shopping Center. Visitors will have the chance to select a surprise egg, with a discount or gift waiting inside. The first 50 guests will receive a \$15 gift card. Call 703-717-9706.

**"Versailles at 100: Lessons and Legacies."** 3-5 p.m. at the Auditorium of Arlington Central Library, at the Auditorium of Arlington Central Library, 1015 North Quincy St. The Arlington Sister City Association presents a lecture by Professor and author Steve Brady. Brady is a diplomatic historian, with special interests in German-American relations, early United States foreign relations, and Congress and foreign policy. Visit [arlingtonsisitercities.org](http://arlingtonsisitercities.org) for more.

**2019 Springtime Party.** 5:30-8 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Culpepper Garden will host its Annual Springtime Party at the Unitarian Universalist Church of Arlington. The event includes light fare, a beer and wine bar, live music, a silent auction and a short program to launch the 50th Anniversary celebration. \$100 per person. Call 703-528-0162 or visit [culpeppergarden.org](http://culpeppergarden.org).

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**May 31 - June 2, 2019**  
Friday 10-6  
Saturday 10-5  
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\$20 for 3-day pass  
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International Teachers - Petra Prins from The Netherlands  
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## THE UNITED STATES AIR FORCE BAND WASHINGTON, D.C.

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# SUMMER CONCERT SERIES

### May 31 – August 27

**Tuesdays at 8 p.m. | U.S. Capitol West Steps**  
**Fridays at 7:30 p.m. | Air Force Memorial**  
**Saturdays at 7 p.m. | National Harbor**

**FREE! No tickets needed.**

No concerts on June 8, 14, 25, July 2, 5 & 26, August 9 & 20.  
Outdoor concerts subject to weather cancellation. For more info, please visit our website.

[www.usafband.af.mil](http://www.usafband.af.mil)



# Seniors and Teens Growing Together

FROM PAGE 5

atoes grew like crazy. We had to have sticks up. They were small but delicious." They also had eggplant and jalapeño peppers. The year before she says they tried watermelon "but they only grew this big;" she holds her hands up to indicate about six inches.

"And we also plant herbs," she

adds, pointing to boxes sitting on top of a wall. "One of the teenagers told me last week she took home mint and used it in her tea. We let the teenagers and the volunteers take home the produce and at the end of the season, we'll have a party with salad and appetizers from the garden."

Watters says the program runs

with a team of teens and the senior volunteers and Master Gardeners. "The teens plan what to plant and then the Master Gardeners give us suggestions."

"Anyone want to help with the spinach?" Suiana Fernandez, also from Thomas Jefferson Middle School, is replanting spinach seeds. She explains that the senior citizens volunteering at Walter Reed were watering the plants between meetings but without a schedule so the spinach seeds got overwatered and didn't survive. So they are trying again.

Ramoni Lukstele, an intern Master Gardener, says she just started the Master Gardener program last fall and is now working on the intergenerational project as part of her training. She helps the teens decide what to plant. Lukstele observes a plot of several-inch high tomato plants and comments that the tomatoes are planted too close together and will crowd each other out as they grow bigger. "So we'll remedy that. Of course, they aren't all tomatoes; there are marigolds filling in to attract the good bugs like aphids and repel the bad ones."

Paul Diehl, a beekeeper for decades, is also on the scene to answer questions about bees. It depends on whether a plant needs pollination.

"Some people don't understand." He says he has about 10 hives out in the county. He says every bee keeper does things differently; if you got rain, plants just don't produce pollen and nectar so you won't get anything for the bees and have to make syrup for food.

Karole Lieber, who is a volunteer with the intergenerational garden, says the volunteers go to classes so they can assist with adult su-



PHOTO BY SHIRLEY RUHE/THE CONNECTION

**Luna Gamboa plants a row of carrots at the Walter Reed Community Center intergenerational garden on Thursday, May 16.**



**Paul Diehl, a beekeeper for decades, is on hand to answer questions about bees and pollination.**



**Ramoni Lukstele, an intern Master Gardener, checks out the bin of potatoes and speculates on when they might be ready to dig up.**



**Suiana Fernandez reviews the list recording the details of dates for planting, watering and the progress of growth.**

pervision on decisions about what to plant when, what are the enemies or friends of plants. "And we learn a lot by our own mistakes." She says they help the teens record everything so they can keep track of the dates each seed is planted,

when they are watered and measure how the plants are progressing.

This program is co-managed by the Arlington County Department of Parks and Recreation Office of Senior Adults and Office of Teens.

## BULLETIN BOARD

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

### MAY 25-SEPT. 8

**Metro Station Closures.** Starting Saturday, May 25, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. To expedite construction and minimize customer inconvenience, the following stations will remain closed through Sunday, September 8, 2019. Read more at [www.wmata.com/service/rail/PlatformProject/](http://www.wmata.com/service/rail/PlatformProject/).

### WEDNESDAY/MAY 29

**Fabric Donation Deadline.** Visiting artist Amanda Browder will create a large-scale fabric installation for the facade of Arlington Arts Center, on view from June 22 to July 21. Help create this unique work by donating fabric with bright, fluorescent, saturated colors and patterns, in non-stretchy, opaque materials like cotton, rayon and velvet. All donations should be at least 12-inch squares. Volunteers are also needed to help sew. Email [exhibitions@arlingtonartscenter.org](mailto:exhibitions@arlingtonartscenter.org) or visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more. Donation locations include: Arlington Mill Community & Senior Center, 909 S Dinwiddie St.; Columbia Pike Branch Library, 816 South Walter Reed Drive; Lobby of the Ellen M. Bozman Government Center, 2100 Clarendon Blvd.; or Arlington Arts Center, 3550 Wilson Blvd.


### FRIDAY/MAY 31

**Application Deadline.** Leadership Center for Excellence (LCE) is accepting applications for its 6th Annual 40 Under 40 awards. The awards honor 40 emerging leaders under the age of 40 who demonstrate personal and/or professional impact through their leadership in the Northern Virginia region. Self-nominations, including previous applicants, are encouraged. Previous winners are ineligible. Email Caitlin McKelway at [cmckelway@leadercenter.org](mailto:cmckelway@leadercenter.org) or visit [www.leadercenter.org](http://www.leadercenter.org).

**Application Deadline.** The Leadership Arlington Youth Program, powered by Leadership Center for Excellence, is currently accepting applications for the next cohort of high school leaders. Every participant is matched with a mentor who has

SEE BULLETIN, PAGE 11

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



## I-395 Shirlington Interchange Improvements Study

### Arlington County City of Alexandria

#### Public Information Meeting

Wednesday, June 12, 2019  
7 p.m. – 9 p.m.  
Presentation starts at 7:30 p.m.

Drew Model Elementary School  
3500 23rd Street South  
Arlington, VA 22206

**Find out** about a study to improve safety and operations at the I-395 Shirlington interchange, including the ramp from South Glebe Road to southbound I-395, the South Shirlington Road and South Arlington Mill Drive traffic signal, and the four-way stop controlled intersection of Gunston Road and Martha Custis Drive.

**Stop by** between 7 p.m. and 9 p.m. to view displays and learn more about the study. VDOT will hold a presentation beginning at 7:30 p.m. Project staff will be available to answer your questions.

**Review** project information at the VDOT project website ([www.virginiadot.org/projects](http://www.virginiadot.org/projects)), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2318 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **June 24, 2019** to Olivia Daniszewski, EIT, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "I-395 Shirlington Interchange Improvements Study" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Olivia Daniszewski at 703-259-2318.

State Project: 0395-100-842, P101  
UPC: 107831  
Federal: OC-395-4 (187)



# News



PHOTO BY EDEN BROWN/THE CONNECTION

## Seen Too Often

What not to do with a dog poop bag. Some Arlington dog owners keep bending the rules on safe disposal of dog poop. A common sight in this north Arlington neighborhood is the discarded poop bag, often near a storm drain. This practice adds plastic and poop to the streams in the area, leading to the Potomac and Chesapeake. Residents who bother to pick up their dog's poop in a plastic bag might consider finishing the job by placing the bag in a trash container where it will stay out of the water supply.

## BULLETIN BOARD

FROM PAGE 10

graduated from a civic Leadership Program and receives a personalized college recommendation letter from the Leadership Center's President and CEO. The program will start with a one week (July 29-Aug. 2, 2019) experience. Program tuition is \$500 and includes materials and supplies for the summer week. Limited scholarship support is available. Learn more at [leadercenter.org/youth-program](http://leadercenter.org/youth-program) or call 703-528-2522.

**SATURDAY-SUNDAY/JUNE 1-2**  
**Church Open House.** Saturday, June

1, 10 a.m.-4 p.m. for tours and drop off point for the service project; 6-9 p.m. for an interfaith musical fireside, building tours and drop off point for service project at Church of Jesus Christ of Latter Day Saints, 727 23rd St. S., Arlington. Tour the new building for the Church of Jesus Christ of Latter Day Saints. Guests can donate items for school care packs and hygiene kits, learn about family history work and enjoy refreshments. Free. Email [candaceharmanlds@gmail.com](mailto:candaceharmanlds@gmail.com) for more. Visit [tinyurl.com/y6y47qys](http://tinyurl.com/y6y47qys) for needed items.



Westminster at Lake Ridge is changing! Transformations are currently underway and will bring a renewal of amenities and décor to the community. Near the historic town of Occoquan, the serene location has all the small town charm and friendliness you desire, yet is just a few miles from the excitement of our nation's capitol.

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# AHC Graduates All Head to College

**A**HC will be celebrating its 2019 graduates on June 13. This year, its 11th, it has 24 high school seniors in its program and all are going to college.

The students' success reflects their determination combined with the encouragement and support from AHC's tutors and staff. Not only are its seniors graduating from high school and going to college, they are also beating the odds by persisting in college at above average numbers. For instance, 80 percent of AHC's high school graduates are either still enrolled in college or have graduated. This compares to 56 percent of first-generation students nationally and 74 percent of students with college-educated parents.

The June 13 event will be held 7-8 p.m. at Walter Reed Community Center, 2906 16th Street South. Buffet dinner begins at 7 p.m. The program begins at 7:30 p.m. Speakers include Christian Dorsey, chair, Arlington County Board and Roger Mensah-Cooley, 2019 graduate.

The 24 high school graduates are the first in their families to achieve this milestone. The students are planning to attend a variety of schools, including George Mason University, James Madison University, Kent State University, Northern Virginia Commu

SEE AHC GRADUATES, PAGE 15



PHOTO CONTRIBUTED

Wearing new college t-shirts and big smiles, AHC Inc.'s high school seniors announced their college decisions at the nonprofit organization's annual "College Signing Day" on May 16. The 24 students, participants in AHC's College and Career Readiness Program, are the first in their families to continue their education and attend college. AHC students are with School Board member Monique O'Grady, Arlington Public Schools Equity and Excellence coordinators, and Linda Linnartz, Project Discovery of Virginia. AHC Inc. provides a variety of onsite educational and social services for residents, including education programs for youth.

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## THE CONNECTION

Newspapers & Online

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#### April

4/24/19.....Senior Living/Mother's Day Celebrations,  
Dining & Gifts/Spring Outlook

#### May

5/1/19.....Mother's Day Dining & Gifts II  
5/8/19.....HomeLifeStyle  
5/15/19.....A+ Camps & Schools  
5/22/19.....Senior Living  
5/29/19.....Connection Families: Fun, Food,  
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## Senior Living

# Skincare after 55

Adjusting the regimen for senior skin as one ages.

BY MARILYN CAMPBELL

From fine lines to age spots, normal changes in the skin are inevitable as it matures. Skincare after 50 doesn't need to involve plastic surgery or products with a high price tag. There are simple options for treating the conditions that appear as one ages.

"Everyone ages differently, but you may notice your skin is drier and thinner and starting to look like paper," said dermatologist Shelly Hall, M.D. "You may notice that you're developing more age spots wrinkles and creases. Your skin might be blotchier and irritated easily. You also might notice that your skin heals more slowly."

One of the top recommendations for aging skincare is sunscreen. "For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun," said Susan Yohe, gerontology nurse for the Fairfax County Health Department. "In addition to using a high-SPF sunscreen, we also recommend long, loose fitting clothing that covers the skin, and a wide-brimmed hat when outside. This will help keep you safe and preserve your skin."

"Wear sunglasses to reduce lines around eyes," added Hall. "Slather on sunscreen that offers broad-spectrum protection and stay out of the sun between 10 a.m. and 2 p.m. It's so important because the sun can age your skin prematurely. Indoor tanning and sun lamps expose your skins to UV rays which can also make your skin age faster."

Watch for skin cancer that can occur because of too much exposure to the sun, warns Hall. "Everyone should see a dermatologist for a skin care exam at some point."

Wash your face twice a day, but avoid using soap, suggest Hall. "Use warm water and a mild cleaner, but don't scrub."

"Vitamin A cream can reduce fine wrinkles," said Hall. "It also helps with rough skin and hyper-pigmentation or discoloration that comes with aging and overexposure to the sun. Products that contain Vitamin C can lead to healthy skin and may reverse the negative effects of aging."

Getting adequate sleep promotes healthy skin, says Hall. "It gives our body and skin time to refresh and renew."

Diet and lifestyle also play a role in the way one's



PHOTO BY MARILYN CAMPBELL

**Berries of all types are rich in antioxidants.**

**"Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."**

**— Sara Ducey, Professor of Nutrition, Montgomery College**

skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients necessary for healthy, glowing skin, says Sara Ducey, professor of Nutrition at Montgomery College.

"Water is especially important for keeping skin hydrated," she said.

"Fish is particularly important, especially fatty fish that are rich in Omega-3 fatty acids like salmon and tuna. Berries are great for the skin because they help keep inflammation down."

Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

A simple and holistic approach is the foundation of skincare, advises Hall.

"The bottom line is maintaining a healthy lifestyle, eating a healthy diet and practicing sun protection," she said.



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

[www.ConnectionNewspapers.com/PDFs](http://www.ConnectionNewspapers.com/PDFs)

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## Legals

Sprint is proposing to modify telecommunications equipment at centerline heights of 85 and 89 feet on an existing building located at 4501 Arlington Blvd, Arlington, Arlington County, Virginia (N38° 52' 9.2"; W77° 6' 32.3"). Sprint invites comments from any interested party on the impact the proposed undertaking may have on any districts, sites, buildings, structures, or objects significant in American history, archaeology, engineering, or culture that are listed or determined eligible for listing in the National Register of Historic Places under National Historic Preservation Act Section 106. Comments pertaining specifically to historic resources may be sent to Environmental Corporation of America, ATTN: Dina Bazzill, 1375 Union Hill Industrial Court, Suite A, Alpharetta, GA 30004. Ms. Bazzill can be reached at (770) 667-2040 x.111 during normal business hours. Comments must be received within 30 days of the date of this notice. V0713 RJE

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who knows some of the  
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can be made in his subject  
and how to avoid them.  
**-Werner Heisenberg**

## Legals

### Proposed Rooftop Collocation

WA23XC366 - Town of Arlington, Arlington County

Sprint proposes to collocate antennas onto an existing 77.0-foot rooftop telecommunications facility located at 333 South Glebe Road, Arlington, VA, 22204.

In accordance with the National Historic Preservation Act of 1966, as amended and the 2005 Nationwide Programmatic Agreement for Review Under the National Preservation Act; Final Rule, Sprint is hereby notifying the public of the proposed undertaking and soliciting comments on Historic Properties which may be affected by the proposed undertaking. Accordingly, if you would like to provide specific information regarding potential effects that the proposed undertaking might have to properties that are listed on or eligible for listing in the National Register of Historic Places and located within one mile(s) of the above address, please submit the property's address and your comments to: (Tarek Aboueid, 323 Washington Avenue N, Minneapolis, MN 55401, 224-425-0917).

## Legals

### Proposed Rooftop Collocation

WA54XC487 - Town of Arlington, Arlington County

Sprint proposes to collocate antennas onto an existing 69.5-foot rooftop telecommunications facility located at 4241 Columbia Pike, Arlington, VA, 22204.

In accordance with the National Historic Preservation Act of 1966, as amended and the 2005 Nationwide Programmatic Agreement for Review Under the National Preservation Act; Final Rule, Sprint is hereby notifying the public of the proposed undertaking and soliciting comments on Historic Properties which may be affected by the proposed undertaking. Accordingly, if you would like to provide specific information regarding potential effects that the proposed undertaking might have to properties that are listed on or eligible for listing in the National Register of Historic Places and located within one mile(s) of the above address, please submit the property's address and your comments to: (Tarek Aboueid, 323 Washington Avenue N, Minneapolis, MN 55401, 224-425-0917).

## Legals

### Proposed Rooftop Collocation

WA73XC054 - Town of Arlington, Arlington County

Sprint proposes to collocate antennas onto an existing 113.0-foot rooftop telecommunications facility located at 4300 North Carlin Springs Road, Arlington, VA, 22203.

In accordance with the National Historic Preservation Act of 1966, as amended and the 2005 Nationwide Programmatic Agreement for Review Under the National Preservation Act; Final Rule, Sprint is hereby notifying the public of the proposed undertaking and soliciting comments on Historic Properties which may be affected by the proposed undertaking. Accordingly, if you would like to provide specific information regarding potential effects that the proposed undertaking might have to properties that are listed on or eligible for listing in the National Register of Historic Places and located within one mile(s) of the above address, please submit the property's address and your comments to: (Tarek Aboueid, 323 Washington Avenue N, Minneapolis, MN 55401, 224-425-0917).







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