

The Arlington Connection

WELLBEING
PAGE 11

Seamstress Razia Bibi gets up at 3:30 a.m. to cook for her family during Ramadan. She might get some sleep later in the morning before she has to come to work at Sonia, a fashion and beauty shop on Lee Highway in the block which caters to South Asian clients.

Fasting for Ramadan

NEWS, PAGE 4

Arlington Scooter Poll: Convenience or Hazard?

NEWS, PAGE 2

Merlene vs Favola in 31st

NEWS, PAGE 3

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 14

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Arlington Scooter Poll: Convenience or Hazard?

Scooters are here to stay: but how to manage them?

BY EDEN BROWN
THE CONNECTION

Hugo Bonilla had some strong opinions when Alex Held asked him if he thought scooters were a good thing. “How about we just get rid of them?” he asked. Bonilla felt they are a hazard in many ways: people don’t seem to know how to ride them, they leave them on the bike paths and on corners where they can be tripped over, there doesn’t seem to be any rules about them.

He thought a 10-hour education course to teach people how to ride, where to park, and what not to do with scooters would be a good idea. Held put an orange sticker under “Education” on his chart.

Held was polling residents at the Westover Farmers Market on Sun-

day, June 2, because the Arlington pilot program on scooters is ending and it’s time to make decisions on what should happen as the county goes forward. “Scooters aren’t going away,” said Held. They do help with traffic congestion and they are making it easier to commute. The

issue is, do we want Arlington rules, or just go with what the State Assembly passed in their law?

Those rules are basic: there’s a 20 MPH speed limit on scooters, and there are no parking restrictions.

“We are having some issues with data on the use and misuse of scooters,” Held said. “People are a



Hugo Bonilla at first suggests “just get rid of them” when asked about scooters in Arlington. Later, he thought teaching responsibility would be a good solution for making them safer.

lot more vocal if they don’t like scooters than if they do.” How many accidents have the scooters caused? “Fewer than car accidents,” Held said. “But we need more data: some accidents are not reported.”

The more Bonilla heard about the issue, the more he believed scooters — if a necessary ingredient to the transportation mix — should be ridden by people who are going to take some responsibility for them. “If people become more responsible, then it’s no problem for me,” he concluded.

Residents who want to weigh in on scooters — both negative and positive — should go to: <http://bit.ly/scooterfeedback> by June 19.



PHOTOS BY EDEN BROWN/THE CONNECTION

Alex Held speaks with residents shopping at the Westover Farmers Market on June 2. He is a public engagement specialist with Arlington County.

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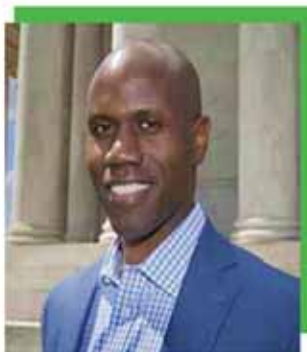
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Pay to Play or Legitimate Representation?

Senator's consulting business takes center stage in primary campaign.

BY MICHAEL LEE POPE
THE CONNECTION

Is two-term state Sen. Barbara Favola (D-31) a rising star, poised to become chairwoman of a Senate committee if Democrats seize control of the Senate? Or is she an opportunist capitalizing on insider influence for personal gain?

That's a question for voters this June in a primary that pits Favola against challenger Nicole Merlene, who says Favola's consulting business is the embodiment of everything that's wrong about Virginia politics. The allegation centers on two clients of the consulting business: Marymount University and the Virginia Hospital Center, both of which are in the Senate district she represents. Favola says she recently took down the website of the consulting business because she is no longer seeking clients, and she denies doing anything untoward.

“What I find really fascinating about the Favola versus Merlene race is that it looks in some ways a lot like the Alexandria Ocasio-Cortez versus Joseph Crowley primary of 2018.”

— Quentin Kidd,
political science professor at
Christopher Newport University.

“I have never represented a client or an individual before a state agency, so I don't know how you can say this is pay to play,” said Favola. “What I'm doing for these two organizations is very much internal to those organizations — raising scholarship money for students at Marymount, and the Virginia Hospital Center contract is over with. I helped them plan for mental health expansion.”

On the campaign trail, the tension between Favola's ability to have a job helping businesses in her district and the potential ethical questions it raises have put a renewed focus on Virginia's system of government. It's a debate that erupted in dramatic fashion during the trial of former Republican Gov. Bob McDonnell several years ago, a trial that led to conviction and ultimately an acquittal by the United States Supreme Court. Now voters in Arlington, Fairfax and Loudoun have a choice to make about whether Favola's consulting business should be a source of concern.

“What I find really fascinating about the Favola versus Merlene race is that it looks



Barbara Favola

in some ways a lot like the Alexandria Ocasio-Cortez versus Joseph Crowley primary of 2018, where a pretty well established and respected incumbent found themselves on their heels by a political newcomer who wasn't raising a lot of money but was able to tap into enough progressive voter frustration to win,” said Quentin Kidd, political science professor at Christopher Newport University. “The similarities are striking to me, regardless of who wins this primary.”

NICOLE MERLENE, 26, is a native of Washington, D.C., although she was raised in the Tara-Leeway Heights neighborhood of Arlington. She has a bachelor of arts in public policy with a minor in economics and a master of public administration, both from the University of Delaware. She's served on the executive committee of the Arlington



Nicole Merlene

County Civic Federation as well as the Arlington Economic Development Commission. Professionally, she spent several years as policy director for Invest in the USA, a trade association of small banks that make loans to distressed communities for economic development and job creation. On the campaign trail, she's been critical of Favola for being part of a pay-to-play culture in Richmond, where Merlene says the senator has been using her elected position to leverage her position in the legislature for personal gain.

“As much as we hoot and holler about Trump leveraging his position for the Trump International Hotel in D.C., apparently you're allowed to do that in Virginia,” said Merlene. “We have an elected official who is breaking what in many other jurisdictions would be breach of ethics.”

If elected, Merlene has a long list of

agenda items she would like to accomplish. On transportation, she wants the General Assembly to facilitate a regional approach to bus transportation where neighboring jurisdictions would work together to coordinate routes and move passengers across Northern Virginia. On housing, she would like local governments to have more authority to require developers to deliver amenities that don't directly benefit the development. And on the environment, Merlene says she would like to see a regional recycling program for glass.

“Northern Virginia as a region can work together to do things like purchasing new technology that can do things like crush glass and turn it into pavement,” said Merlene. “This epitomizes the Green New Deal because pavement is a carbon-intensive process to make.”

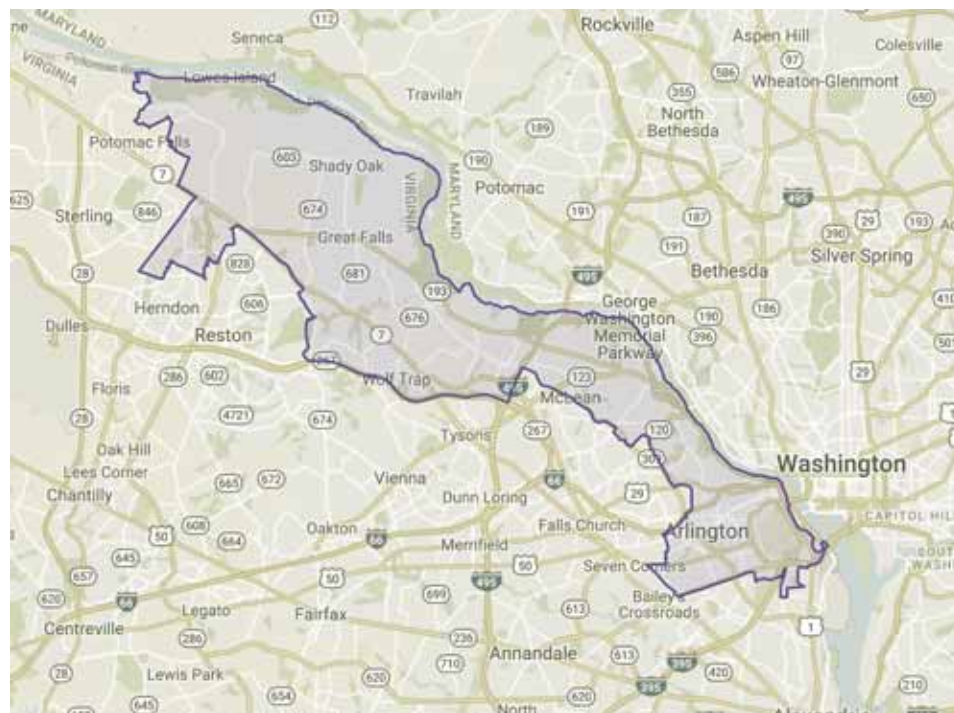
BARBARA FAVOLA, 63, is a native of Windsor Locks, Conn. She moved in Washington, D.C., in 1980 and then moved to Arlington in 1983. She has a bachelor of science in political science and economics from the Saint Joseph College in West Hartford, Conn., and a master of public administration from New York University. Professionally, Favola held a number of different jobs in the U.S. Department of Health and Human Services as well as serving as part of the professional staff of the House Budget Committee under Chairman James Jones (D-Okla.). She was on the Arlington County Board from 1997 to 2011, when she was first elected to the Senate. During her time in the Senate, she founded a consulting firm known as Pathway to 21st Century Communities — a group that took on clients including Marymount University and the Virginia Hospital Center.

“I do not sit on any committees that have oversight or hospitals or universities,” said Favola. “Nothing I have done — nothing — is by any stretch unethical.”

During her time in the Senate, Favola passed legislation requiring the state to participate in a federal program providing resources to foster youth who exit the system at the age of 18. She worked on legislation expanding mental health services in Virginia public schools, and she passed a law requiring individuals to forfeit guns if they violate protective orders.

If re-elected, Favola says, she would like to expand access to early-childhood education and expand home visits of registered nurses or social workers to low-income new mothers. Her top priority would be passing a bill that would allow for debt-free community college for people in certain fields like early-childhood education, teaching, nursing, cybersecurity and artificial intelligence. Favola says a pilot program limited to Northern Virginia would cost about \$25 million.

“We have 45,000 jobs that are unfilled, and many of those jobs do not require a four-year degree,” said Favola. “They require a highly technical skill set, which we apparently are not really producing here in Northern Virginia.”



MAP COURTESY OF THE VIRGINIA PUBLIC ACCESS PROJECT

Virginia's 31st state Senate District stretches from Arlington Mill through Lyon Park and Cherrydale into Langley and Great Falls.

Fasting for Ramadan in Arlington

A holy month of self-examination and devotion — not hunger.

BY EDEN BROWN
THE CONNECTION

Bilal Tabti gets up at 3:45 a.m. to eat breakfast before the sun comes up. Technically, the sun rises at 5:40 or so this time of year, but in most devout Muslim homes, the morning meal is also a time to spend with family, in the dark, and prepare for a long day of fasting, so Tabti takes his time to savor the atmosphere of the family together.

He often eats only fruit because he would have eaten heavily the night before at the “iftar,” when he came together with his family to break the long day’s fast. He drinks a bottle of water right after waking and again after eating. It’s important to stay hydrated because he won’t be able to drink for 16 hours. Tabti lives with his family of two brothers, their parents and their children. A brother and sister remain in Pakistan. He has two boys, one newborn. He goes to the mosque with his father, then he goes in to the Liberty gas station on Lee Highway to begin his day as a car mechanic and inspector.

Tabti started fasting when 10 and was living in Pakistan. He went right to a whole day of fasting (most young people are allowed to fast for half a day in the beginning).

What is the one thing he would want people to know about Islam? “Islam is about peace,” said Tabti. “Islam is about doing good deeds”. He loves his religion and marvels at its role in his life. “One beauty of Qu’ran,” he said, is that every time you listen or read a “surah” (chapter), you learn something. I can read the same sura 10 times and on the 10th time, I learn something new.”

A surah is the term for a chapter of the Qu’ran. There are 114 surahs in the Quran, 86 are classified as Makki, while 28 are Madini. All but one chapter start with “In the Name of God, the Merciful, the Compassionate.”

“Another beauty of the Qu’ran,” he continued, “is that it teaches us how to live. The Qu’ran taught us that washing hands and brushing teeth are important. It’s the first thing in the Qu’ran.”

“I like to study the Qu’ran,” he said. “When I get a break, I read the Qu’ran or I listen to it in my car. Qu’ran gives you guidance. If I am worried about something or don’t know what to do, I read the Qu’ran and I get an answer. If someone dies, for instance, there are many great hadiths about death. In my opinion, the Qu’ran is Life and Life is the Qu’ran.”

The Hadith are a collection of traditions containing sayings of the prophet Muhammad which, with accounts of his daily practice (the Sunna), constitute the major source of guidance for Muslims apart from the Qu’ran.

What does he miss during the month of



Bilal Tabti works full time as an auto mechanic at Liberty gas station on Lee Highway. He is about to open his first gas station with a partner — the Shell station on Glebe Road across from the Wells Fargo bank.

fasting? Nothing. “Ramadan is not about missing things. It’s fine, no coffee, no water. You just don’t think about it, you stay busy and do something positive.” Tabti doesn’t have time to think about hunger: he is starting his own business in Arlington, on Glebe Road across from the Wells Fargo bank.

Mostafa Ozfeca, who works with food all day in his catering and farmers market business, was happy to be at the end of Ramadan. As he served customers his grape leaves and his “Turkish pretzel,” he said, with a big smile, “I feel like it’s a test and I passed it. It’s hard, but it’s also a time to reflect on your beliefs and how strong your faith is: do you get angry when you’re hungry? Do you keep up your work? Is your health strong enough?” Ozfeca said the big difference between fasting in the U.S. and his native Turkey is that there is more pressure from the public in Turkey than from God himself: but in the U.S. it is totally voluntary, so you do it out of faith, not fear of condemnation.

Farid Sali of Reed’s Tailors on Lee Highway was ironing in the back of his shop. He had given the others time off to rest. “How do I cope with Ramadan? I enjoy it. It cheers me up. You get used to it after the first or second day. It is hard the first day because I drink coffee and I smoke cigarettes. The first day I can hardly hold my head



Bilal Hussein and Kabir Humayoun, at Aladdin restaurant, prepare food and watch people eat all day while fasting. They have special iftar meals to take away or eat there.

up because of the lack of coffee, but by the third day I’m OK. Ramadan is about patience. We are supposed to learn from the hunger how to manage our desire to eat. I have gotten so much better at managing



Mostafa Ozfeca said Ramadan is different in the U.S. — here you fast because you want to fast. In Turkey, you pretty much have to fast because the social pressure to fast is so intense (and there is no food available during the day, anywhere).

PHOTOS BY EDEN BROWN/THE CONNECTION



Farid Sali, the owner of Reed’s Tailors, on Lee Highway, became a more diligent observer of Ramadan after the 9/11 attacks.

that. I used to go home at the end of the day during Ramadan, and if nothing was on the table I’d go crazy. Where’s the food? But I learned, and there is no place for anger during Ramadan. Now I just fix dinner myself, because I know my wife is busy. Even complaining is not in the spirit of Ramadan. You should not say things like, ‘I’m starving’ or ‘I’m so tired and weak from not eating.’ No. Ramadan is a time to show our best side, our strong side. The spirit of Ramadan is: not feeling we are without something, but rather that we have something even better.”

“It’s definitely healthier to fast. You have to do it right, that’s all. You have to get up early — I get up at 3:30 a.m. to eat — I mostly hydrate and eat dates. But I didn’t always fast. I grew up in a religious family. My father was a Maulana — a very educated man who knew the Qu’ran inside and out. He fasted, and prayed five times a day. But even with a maulana for a father — I didn’t fast, I didn’t go to the mosque. Then the 9-11 attacks happened, and a lot of Muslims in this country — myself included — embraced Islam more because they couldn’t believe what had happened, how Islam was distorted by those attacks. Even my wife started covering her head: I was so against it. I said, ‘This is America, you shouldn’t cover your head.’ Later, I just backed down and saw that she too was embracing Islam more than before because of 9-11.”

“What do I do for Zakat? I usually count the number of people in my household and multiply

SEE RAMADAN, PAGE 15

House Whip Faces Democratic Primary

Spain criticizes Lopez's work for federal immigration officials, relationship with embattled governor, presence in community.

BY MICHAEL LEE POPE
THE CONNECTION

If Democrats seize control of the House this November, Del. Alfonso Lopez (D-49) is poised to be in a leadership position helping to guide the agenda of a party that has not been in power since the 1990s. But that's only if he makes it through the primary. Former Marine Julius Spain Sr. is challenging Lopez, currently the House minority whip, for the Democratic nomination to be on the ballot this fall. On the campaign trail, Spain is accusing Lopez of lacking transparency about his work with federal immigration officials, failing to distance himself from the controversial governor and essentially being a no-show in the community.

"Spain's general criticism of Lopez doesn't seem to be on policy but rather seems to be more on focus and orientation, more like a purity test than anything else," said Quentin Kidd, political science professor at Christopher Newport University. "While that could be a winning strategy with an energized



MAP COURTESY OF THE VIRGINIA PUBLIC ACCESS PROJECT
The 49th House District stretches from Seven Corners through Bailey's Crossroads into Pentagon City.

progressive base of voters, it seems unlikely to me."

Lopez dismisses the idea that he's not engaged in the community with a chuckle,

adding that he often attends two or three events a day. As for his relationship with embattled Gov. Ralph Northam, Lopez has already called for him to resign. That's a



Alfonso Lopez



Julius Spain Sr.

position he says he has not backed down from, even though some other lawmakers have. In terms of his contract with federal immigration officials, Lopez says he worked to improve conditions at a Farmville detention facility, adding that a nondisclosure agreement prevents him from going into detail.

"I was brought in to try and improve overall conditions for people stuck in a horrible situation," says Lopez. "Every year, I'm the one who leads the charge on the floor against divisive, ugly and wrongheaded legislation that would demonize new Americans and immigrants."

SEE LOPEZ VS SPAIN, PAGE 7

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OPINION

Prepared for College with Poise, Etiquette

BY ASHLEIGH DORFMAN
OLD DOMINION COTILLION

This spring, an estimated 3.6 million seniors will graduate high school. Born at the turn of the century (2000), the Class of 2019 are members of Generation Z, the first true digital natives who have experienced the Internet, social media and mobile connectivity since they were young. Always on, they navigate their mobile devices to think, learn and communicate, often toggling between IG, YouTube and Snapchat and help from virtual assistants, Siri and Alexa!

Whereas Gen Z is by far the most tech-savvy generation, there is considerable concern for their soft skills. With so much time glued to their phones and posting in 140 characters or less, their interpersonal abilities may be limited. In other words, they may be challenged to hold a sincere face-to-face conversation. Are they really ready for college or work?

A few outliers exist, like the Post-Debutante



Hirsch



McCabe

class of the Old Dominion Cotillion (ODC). Through social development classes and ample opportunity for practice, these young women are prepared for the future with poise and confidence to make introductions, shake hands, engage in thoughtful conversation, maintain eye contact and conclude with “thank you.”

Ellie McCabe, daughter of Sandi and Nicklas McCabe of Arlington, is graduating from HB Woodlawn Secondary Program and will attend the University of Virginia in the fall. Asked about the college application experience, she responded that she had a campus interview at

Wake Forest University, where she was also accepted. Ellie said, “I felt very prepared for the conversation since Cotillion has allowed me to practice having formal conversations.”

Likewise, Amanda Hirsch, daughter of Alexis and Andrew Hirsch of McLean, had a similar college experience. Amanda looked forward to the personal interviews and talking with the admission staff. She graduated with honors from Christchurch School in Saluda, Va. and will attend Christopher Newport University in September.

Unlike many of their Gen Z counterparts, Ellie, Amanda and other ODC Debs, are ready to embrace the future with technology ... as well as poise and etiquette. To learn more about our social development program, please visit www.olddominioncotillion.org or email info@olddominioncotillion.org. ODC values friendship, fun and philanthropy as cornerstones of social development, which culminates at the 28th Annual Debutante Ball on Saturday, July 13, at Westfields Marriott Hotel in Chantilly.

Ashleigh Dorfman, is on the board of Old Dominion Cotillion.

Wakefield Triumphs with ‘Chicago’

BY BETHANY YARED
SAINT JOHN PAUL THE GREAT
CATHOLIC HIGH SCHOOL

“Give ‘em the old razzle dazzle.” This is exactly what Wakefield High School did in their production of “Chicago.” From murders to dance numbers, this is one show you wouldn’t have wanted to miss.

Set in Chicago during the 1920s, the show satirizes corruption in the criminal justice system. The

musical originally premiered in 1975 with Bob Fosse as the choreographer. His style of “Fosse Jazz” is more prevalent in this show than any other. Its later 1996 revival takes the number one spot as the longest-running musical revival and second-longest-running American musical in Broadway history.

Popular nightclub star Velma Kelly is thrown in jail after killing her husband and sister, who were having an affair. Billy Flynn, the best attorney in Chicago, is set to defend her in court. However, when married Roxie Hart kills her secret lover, Flynn takes on her case as well. Roxie’s name is the headline of every newspaper in Chicago, leaving Velma as a “washed up celebrity.” Then the question arises: Will Roxie end up lying her way out of jail with Billy Flynn by her side, or will she meet the same fate as Velma?

The cast of “Chicago” brought an enthralling energy to the stage.



From left: Dahlia Vicens, Elena Cura, Chiara Luepke, Xavier Molina, Lauren Smith, and Danielle Sassin in Wakefield High School’s production of “Chicago” last month.

Samantha Rios, as Roxie Hart, commanded the stage with poise and elegance like no other. Together Samantha Rios and Xitlalli Dawson (Velma Kelly) made a strong impression on the crowd with their indescribable vocal control and phenomenal dancing abilities. Specifically, their duet “My Own Best Friend” was filled with passion and rawness. Xavier Molina (Billy Flynn) mastered the art of facial expressions, and his light-hearted personality and enthusiasm shone throughout the show. Oliver Gaither (Amos Hart) was a lovable character who faced

the challenge of making the audience feel both sympathy and joy, and did it with ease. Actors such as Gidget Shirley (Mary Sunshine) even went as far as going into the audience and interacting with the crowd. The ensemble worked together beautifully, especially in the songs “We Both Reached for the Gun” and “Cell Block Tango.”

With a dazzling city background and movable jail sets, Wakefield High School managed to truly bring this iconic show to life. Choreography in this production was outstanding, and was at a level of professional quality. Dancers in the

ensemble such as Kayla Fluitt did a mixture of different dance styles and proved how much effort and time went into each dance scene. Props such as shimmering hats and canes added more depth and intrigue to the show. The symphonic music was played by The Wakefield Pit whose musicians also interacted with performers on stage. Both the music and sound effects, such as gunshot sounds, were timed perfectly with the actors.

Wakefield High School’s production of “Chicago” truly did justice for this well-known show, while still being unique in its own way.

PHOTO BY DANAH ALKHAFAI

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Lopez vs Spain

FROM PAGE 5

JULIUS SPAIN SR., 46, is a native of Conway, S.C. He served in the United States Marine Corps from August 1990 until December 2016, retiring as a master gunnery sergeant. He has a bachelor of science in political science from the University of Maryland University College, and he was a congressional fellow serving in the office of U.S. Sen. Johnny Isakson (R-Ga.) He was senior legislative advisor at the Marine Corps Office of Legislative Affairs at the Pentagon and an investigator at the Office of Inspector General at the Department of Defense. He is currently an analyst for E3/Sentinel in McLean and the president of the Arlington branch of the NAACP. In an interview, Spain said Lopez “pandered to certain groups,” although he declined to be specific.

“I’ve seen him with certain groups, which I’m not going to call out here on the interview,” said Spain. “I just haven’t seen him engage enough with the Bangladeshi community, the Ethiopian community, Muslim community, the African-American community. I mean that what makes Arlington unique.”

If elected, he says, he would work toward decriminalizing marijuana, which he says is getting young people needlessly caught up in the criminal justice system. He also wants to invest in community-based housing as a way to solve the affordable-housing crisis, using money from the commonwealth to help people own housing rather than rent. Spain says he wants to increase mental health services for children and young adults, although he doesn’t have details on that yet.

“It would be premature for me to come up with an exact number and say we need X amount of dollars because I haven’t done the analysis on that,” said Spain. “But that’s the thing with any good leader: You bring the right people to the table.”

LOPEZ, 48, is a native of Williamsport, Penn., although he was raised in the Middleridge neighborhood of Fairfax County. He has a bachelor’s degree in American Studies from Vassar College in New York and a juris doctorate from Tulane University Law School in New Orleans with an environmental law certificate. Professionally, he worked as a lobbyist for Alcalde & Fay as well as a director at a federal contracting

firm known as Capitol Bridge LLC. He’s currently a partner at the Penrose Lopez Group, where he is a federal lobbyist and business consultant. He says Spain’s criticism of him as disengaged is mistaken.

“To be the delegate from the 49th District, you have to be omnipresent in the community,” said Lopez. “All you have to do is look at my Facebook feed, and you’ll see that I’m always in the community, engaging with folks and going to events — not just during campaign

“Spain’s general criticism of Lopez doesn’t seem to be on policy but rather seems to be more on focus and orientation, more like a purity test than anything else.”

— Quentin Kidd, political science professor at Christopher Newport University

season, but year round.”

If elected to a fifth term, Lopez says he would work to have Virginia join the Regional Greenhouse Gas Initiative, an effort that Republicans have blocked in recent years. He says he would also like to change how small-business procurement is conducted in Virginia, abandoning what he calls Virginia’s “one-size-fits-all” model that prevents businesses owned by women and minorities from getting contracts. His top priority if Democrats take control of the House, he says, will be ensuring undocumented students to get in-state tuition, adding it to the code of Virginia so that a future attorney general wouldn’t be able to change the rules.

“Dreamers are our future leaders,” said Lopez. “We have educated them every step of the way from K through 12. We should not put up a stop sign and say that you cannot continue chasing your dreams and pursuing an education.”

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

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 for more.

Richard III. Through June 16, at Syntetic Theater, 1800 South Bell St. Paata Tsikurishvili's modern cyber-punk adaptation explores King Richard III's Machiavellian rise to power as 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.syntetictheater.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.

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.

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 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 for more.

Walking Tour: Rosslyn Public Art. 6-7:30 p.m. meet at Central Place Plaza, 1800 N. Lynn St. Join artist-in-residence Graham Coreil-Allen to discover the history, design and

purpose of Rosslyn's works of public art. Taking advantage of Rosslyn's pedestrian-friendly character, the tour will also explore a robust network of spectacular and hidden public spaces. Immediately following the tour, join a social at the Rosslyn Rocks! concert at Central Place Plaza. Enjoy live music and share thoughts about the walking tour. The tour is free and open to the public, however registration is encouraged at www.eventbrite.com/e/rosslyn-public-art-walking-tour-tickets-61991010782.

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 or email pwirth@suffragistmemorial.org.

FRIDAY/JUNE 7

Rosslyn Cinema: Spider Man: into the Spider-Verse. 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 blockbusters. 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 for more.

First Friday Wine Tasting. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Visit www.onemorepagebooks.com 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 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. 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 or call 703-548-1154.

Charlotte's Web (The Musical). Friday, 7:30 p.m.; Saturday, 3 and 7:30 p.m.; Sunday, 3 p.m. at St. Andrew's Church, 4000 Lorcom Lane. The St. Andrew's Players present their 47th annual production — Charlotte's Web (The Musical), the



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 for more.

tale of an unlikely friendship between a little pig and a spider. Suggested donation: \$20 (adults); \$10 (12 and under). Tickets will not be available in advance. Visit www.standrewsarlington.org or call 703-522-1600.

SATURDAY/JUNE 8

Boundary Stone Bike Tour. 9:15 a.m., meet at the entrance to East Falls Church Metro Station (under I-66 on Sycamore Street). Bike for 35 miles visiting boundary stones and parks. See 12 historic D.C. boundary stones in Arlington, Alexandria, and Fairfax County. Leisurely; many stops. May travel all day. Easy to moderate; few long uphill climbs. Paved streets and bike trails. Bring lunch, water, and any type of bike. No reservations necessary. Sponsored by Center Hiking Club (www.centerhikingclub.org) \$2 (non-member fee). Contact Bernie Berne at 703-243-0179 or bhberne@yahoo.com.

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 are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. 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 8th classroom instruction, June 15th 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, 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 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 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 ngaralex@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.

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.

Launch Party: Kristen Burnham. 3 p.m. at One More Page Books, 2200 North Westmoreland St. Celebrate the launch party of "Hart & Seoul," the K-pop inspired debut novel of Young Adult author Kristen Burnham. Merilee Hart is doing her best to keep things together, but when her neighbor's enigmatic and mysterious nephew Lee arrives from South Korea, she finds herself drawn to him - until she discovers he's a runaway member of a K-pop mega-group. The event will feature tasty treats, the ultimate K-pop fan giveaway, and a brief Q&A with the author, followed by a book signing. Visit www.onemorepagebooks.com for more.

Cool Creek Critters. 3-4:30 p.m. at Lubber Run Park, 200 N Columbus St. Ages 5 to 10. Dress to get wet and spend some time exploring waterfalls, trying to catch water striders, and taking a closer look at some creek critters. Free. Register at parks.arlingtonva.us, activity #642829-A.

"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 arlington sisters cities.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.

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/gwmp/planyourvisit/netherlandscarillon.htm for more.

Wondroous Wasps Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families. Register children and adults; children must be accompanied by a registered adult. The whole family is invited to join us at the Gulf Branch fire ring for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores! For information: 703-228-3403. Meet at Gulf Branch Nature Center. \$5. Register at parks.arlingtonva.us,

ENTERTAINMENT

activity #642859-A.

ISDC Film Fest 2019. 7-9 p.m. at Sheraton Pentagon City Hotel (Galaxy Ballroom), 900 S Orme St., 16th Floor. Screening of the “Best Documentary” award-winning film “Chesley Bonestell: A Brush With The Future” about the “Father of Space Art” whose art helped inspire America’s space program. Free, open to the public. Call 202-424-2899 or visit isdc2019.nss.org/home/about/special-events/.

Rated Art 2019. 8-11 p.m. at Arlington Arts Center, 3550 Wilson Blvd. An evening of art-inspired cocktails and delicacies from area restaurants, along with art and creative happenings. Participate in a silent auction and engage with AAC residents in their studios. Music by DJ Esso. All proceeds benefit AAC’s exhibition, education, and resident artist programs. VIP cocktail hour and sneak preview, 7-8 p.m. Tickets start at \$90; visit www.eventbrite.com/e/rated-art-2019-tickets-57137415548.

SUNDAY/JUNE 9

Notable Nature. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Lessons in nature journaling and sketching. Construct a nature journals, hone writing and drawing skills and talk about the season while hiking. For information, 703-228-6535. Meet at Long Branch Nature Center. Free. Register at parks.arlingtonva.us, activity #642959-H.

TUESDAY/JUNE 11

Birding Shenandoah National Park. 7 a.m.-5 p.m. Meet vans at the Barcroft Sports & Fitness Center parking lot, 4200 S Four Mile Run Drive, Arlington. Adults. Travel with to the mountains to search for nesting songbirds at Shenandoah National Park. Keep an eye out for black bear, bobcat and other wildlife. Participants should dress for the weather and bring binoculars, a bag lunch, a drink and snacks for the day. The trip will include walking over uneven terrain and gentle slopes. For information: 703-228-6535. \$50. Register at parks.arlingtonva.us, activity #642949-D.

Bugs Storytime. 10:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 2 and up. Register child only, but caregivers must attend. Fly on by for stories and more all about beetles, bugs, and butterflies. For information: 703-228-6535. Meet at Long Branch Nature Center. Free. Register at parks.arlingtonva.us, activity #642919-V.

WEDNESDAY/JUNE 12

Rainbow Hike. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 5 to 12. Put observation skills to the test and come follow the rainbow on this colorful hike. Participants will join a naturalist to find all the colors of the rainbow in nature. For information: 703-228-6535. Meet at the Long Branch Nature Center. Free. Register at parks.arlingtonva.us, activity #642929-A.

THURSDAY/JUNE 13

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 for more.

Rosslyn Rocks: White Ford Bronco. 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 for more.

Deep Dive: Homes Made of Mud. 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults. Take a Deep Dive into natural history that scratches more than just the surface. From wasps to crayfish to birds, discover the animals that use mud to construct their homes. Explore the adaptations and behaviors that enable these creatures to make unique constructions. For information: 703-228-3403. Meet at Gulf Branch Nature Center. \$5. Register at parks.arlingtonva.us, activity #642849-A.

FRIDAY/JUNE 14

Rosslyn Cinema: Paddington. 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 blockbusters. 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 for more.



Live Comedy: Hari Kondabolu

Hari Kondabolu is a Brooklyn-based comedian and writer who has performed on Comedy Central, Conan, Jimmy Kimmel Live, and The Late Show with David Letterman. His Netflix stand-up special “Warn Your Relatives” made a number of Best Of lists. He is also a public radio favorite on shows including Wait Wait Don’t Tell Me, Morning Edition, All Things Considered and more. Friday, June 14, 7:30 and 10 p.m.; Saturday, June 15, 7 and 9:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. \$20. Visit arlingtondrafthouse.com or call 703-486-2345.

FRIDAY-SATURDAY/JUNE 14-15

Live Comedy: Hari Kondabolu. Friday, 7:30 and 10 p.m.; Saturday, 7 and 9:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Hari Kondabolu is a Brooklyn-based comedian and writer who has performed on Comedy Central, Conan, Jimmy Kimmel Live, and The Late Show with David Letterman. His Netflix stand-up special “Warn Your Relatives” made a number of Best Of lists. He is also a public radio favorite on shows including Wait Wait Don’t Tell Me, Morning Edition, All Things Considered and more. \$20. Visit arlingtondrafthouse.com or call 703-486-2345.

JUNE 14-AUG. 19

Art Exhibit: Escape Velocity. Gallery hours at The Fred Schnider Gallery of Art, 888 N Quincy St., Suite 102. “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. An opening reception is planned for Friday, June 14, 6-8 p.m. Free, open to the public. Visit www.fredschnidergalleryofart.com for more.

FRIDAYS-SATURDAYS/JUNE 14-AUG. 24

Summer Movie Nights. Fridays at Arlington Mill Community Center and Saturdays at Penrose Square. The Columbia Pike Revitalization Organization (CPRO) is proud to announce the theme for its popular Summer Movie Nights for 2019, “Heroes and Sheroes: Movies with a Mission.” From hidden math heroes to fantasy flying figures, enjoy a summer of 22 films that feature comic book heroes and icons of social justice. All films are rated G, PG, or PG-13. Visit www.Columbia-Pike.org for schedule.

SATURDAY/JUNE 15

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 for more.

Columbia Pike Blues Fest. 1-8:30 p.m. at Columbia Pike and S. Walter Reed Drive. Great music, local food, and arts & crafts vendors. Also featuring community groups, local businesses, kids’ activities. Line up includes: Funky Miracle, Lauren Calve Band, Hardway Connection, Thornetta Davis, and Sugaray Rayford. Free admission. Visit columbia-pike.org/bluesfest for more.

Cookout Campfire. 5-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 5 and up. Register adults and children; children must be accompanied by a registered adult. Come for dinner by the fire. While it cooks, learn some camp meal tips, how to pack a cooler, what cookware to bring, and how to clean up afterward. Also prepare some make-ahead snacks and sides. For information: 703-228-6535. Meet at Long Branch Nature Center. \$10. Register at parks.arlingtonva.us, activity #642959-A.

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/gwmp/playyourvisit/netherlandscarillon.htm for more.

SUNDAY/JUNE 16

Adapted Nature Hike. 10:30 a.m.-noon at Long Branch Nature Center, 625 S. Carlin Springs Road. Families. Register children and adults; children must be accompanied by a registered adult. All are welcome to join a leisurely paced hike through a park. The forested trails will be accessible, smooth and shaded for a fun hike to explore and examine discoveries. Restrooms and water fountain/bottle filler inside accessible building and paved trails in mostly in shade, but not flat (there are inclines/hills), benches for rest along the way. For information: 703-228-6535. Meet at Long Branch Nature Center. Free. Register at parks.arlingtonva.us, activity #642959-K.

R.I.P.-Remove Invasive Plants. 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults, teens and families ages 8 and up. Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Help make it happen. For information: 703-228-6535. Meet at Long Branch Nature Center. Free.

Spellbinders Story Fest. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. For information: 703-228-6535. Meet at Long Branch Nature Center. Free. Register at parks.arlingtonva.us, activity #642959-O.

MONDAY/JUNE 17

Power of Books in Translation. 3-4:30 p.m. at Arlington County Central Library located, 1015 N. Quincy St. Encore Learning presents a lecture on the Power of Books in Translation with Katherine E. Young and Rich Kauzlarich. They will tell the story of Akram Aylisli, a novelist and playwright, who is now under defacto house arrest in his home country of Azerbaijan. He is being persecuted for using his writings to



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TUESDAY/JUNE 18

Birding Flag Ponds & Battle Creek Cypress Swamp. 7 a.m.-4 p.m. Meet at Barcroft Sports & Fitness Center parking lot, 4200 S. Four Mile Run Drive. Adults. Search Calvert County, Md., for nesting summer residents such as Scarlet Tanagers and Hooded and Kentucky Warblers. Participants should dress for the weather and bring binoculars, a bag lunch, drinks and snacks for the day. The trip will include walking over uneven terrain and gentle slopes. For information, call 703-228-3403. \$50. Register at parks.arlingtonva.us, activity #642849-D.

JUNE 18-JULY 14

Blackbeard. At Signature Theatre, 4200 Campbell Ave. The world premiere musical commissioned by Signature Theatre sets sail with the most infamous pirate of all time. After learning he's a wanted man by the British army, Blackbeard and his merry crew of maritime marauders embark on a fantastical journey across the globe to raise an undead pirate army from the depths of the sea. Visit SigTheatre.org for tickets.

THURSDAY/JUNE 20

Rosslyn Rocks: The Jarreau Williams Xperience. 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 for more.

FRIDAY/JUNE 21

Rosslyn Cinema: Casablanca. 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 blockbusters. 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 for more.

Romance Roundtable. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Take a look at some of One More Page's favorite YA picks for summer at the Summer Lovin' Romance Roundtable - YA Edition. Grab a tasting of wine and chocolate before joining authors

Kristina Forest ("I Wanna Be Where You Are"), Erin Hahn ("You'd Be Mine"), and Nina Moreno ("Don't Date Rosa Santos") to discuss the wonders of summer love, moderated by One More Page's Anna Bright ("The Beholder"). Visit www.onemorepagebooks.com for more.

Solstice Hike and Campfire. 7-8:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families. Register children and adults; children must be accompanied by a registered adult. Enjoy the extra daylight with an evening hike and campfire. Hike the hills and dales of the park and keep an eye out for late night residents. Then head back to the campfire to sing songs and roast marshmallows. Call 703-228-6535. \$7. Register at parks.arlingtonva.us, activity #642959-B.

CD Release Show. 8-10 p.m. at Cowork Cafe, 2719 Wilson Blvd. Guitarist J.P. Reali, a veteran of the DC music scene for 30 thirty years, will perform music from his new EP, "A Highway Cruise" featuring a musical road trip across genres of blues, country and good old rock 'n' roll. No cover charge. Visit www.jpreali.com for more.

JUNE 21-AUG. 31

Rosslyn Putt-Putt + Candy BAR. Fridays, 5-9 p.m.; Saturdays, 10 a.m.-6 p.m. at 1401 Wilson Blvd. Arlington's newest pop-up, Rosslyn Putt-Putt + Candy BAR, will feature mini golf and a retro snack stand. Play nine holes of mini golf (\$3) featuring constructions of favorite neighborhood landmarks. The adjoining Candy BAR will be serving up beer, wine, candy and popsicles. There will also be carnival games and old-school video games indoors. Visit www.rosslynva.org/putt for more.

SATURDAY/JUNE 22

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/gwmp/planyourvisit/netherlandscarillon.htm for more.

WEDNESDAY/JUNE 26

Fossils of Long Branch. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 6 to 10. Thanks to the Appalachian Mountains, fossils are everywhere and right there at Glencarlyn Park. Learn how fossils are made, then search for them in the creek. Must wear closed-toe shoes in water. For information: 703-228-6535. \$5. Register at parks.arlingtonva.us, activity #642929-B.

New Managing Director at Syntetic

Jason Najjoum has been named managing director of Syntetic Theater. A graduate of the MFA program at Yale School of Drama with an MBA from Yale School of Management, Najjoum will lead Syntetic's administrative and artistic teams in supporting the vision of company co-founders Paata and Irina Tsikurishvili. Najjoum's hiring follows the previously planned departure of Syntetic's managing director of over three years Linda Holder.

Najjoum was recently the managing editor for the Yale Theater Management Knowledge Base, where he oversaw its strategic planning process and designed the first integrated people development system for an arts organization. Previously, he served as company manager for Yale Repertory Theatre, Public Service Fellow for New Haven's Department of Arts, Culture, and Tourism, and Management Fellow for Baltimore Center Stage.

Prior to joining New Haven's nonprofit arts community, he served as producing director for New York Theatre Barn in New York City, where he developed the work of more than 50 musical theater writers through NYTB's new work development and community building program. Najjoum has served numerous other theater and arts or-



Najjoum

ganizations across the country as a producer, general manager, and casting director including Prospect Theater Company, The Cell, and New York Music Theater Festival.

Most recently, he was a senior associate at McChrystal Group, a global advisory services and leadership development firm advising a global energy company on internal communications, culture change, and decision-making. Prior to that, he was a senior management associate for Bridgewater Associates, where he was trained in their principles-based management system.

He earned a Master of Fine Arts in Theater Management from Yale School of Drama, a Master of Business Administration from Yale School of Management, a Bachelor of Arts in Music and History from Emory University, and is a graduate of the Commercial Theater Institute. He co-founded the Analyzing and Mobilizing Privilege Group at Yale School of Drama and previously served on the board of directors of an Integrated Refugee and Immigrant Services nonprofit in New Haven, Conn. He is trained as an intercultural group facilitator and is an active member of Resource Generation, a multiracial membership community of young people with wealth or class privilege committed to the equitable distribution of wealth, land, and power. He is a native of Northern Virginia, and currently resides in the U Street Corridor of Washington, D.C.

See www.syntetictheater.org.

MVPs) Jessica Spotswood ("A Tyranny Of Petticoats," "Toil & Trouble") and Robin Talley ("Pulp") as they share their experiences writing and editing stories from all genres. Visit www.onemorepagebooks.com for more.

SUNDAY/JUNE 23

Steps to Save Lives 5K Walk/Run. 7:30-10:45 a.m. at Bluemont Park. ECAN (Esophageal Cancer Action Network) will be hosting a Steps to Save Lives event. The event is open to everyone, including wheelchairs and strollers. The fun atmosphere includes a DJ, pre-race warm-up and stretch, prizes and awards for the fastest runners and top fundraisers. Parking is free. Visit dc.stepstosavelives.org for more.

Virginia Wildlife Symbols: The Eastern Oyster. 3:30-5 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Learn about this Virginia coastal two-shelled mollusk resident with activities. Includes a shell craft. For information, call 703-228-3403. \$5. Register at parks.arlingtonva.us, activity #642859-L.

MONDAY/JUNE 24

Golf Tournament. 10 a.m. (shotgun scramble) at Country Club of Fairfax, 5110 Ox Road, Fairfax. Proceeds will go to the Washington-Lee High Athletic Department. With the proceeds of this event, student athletes are given better equipment, clothing, sport camps/clinics, and scholarships. The 2019 goal is to raise \$10,000. Contact evan.rodger@apsva.us for more information or to discuss sponsorship opportunities. Register at www.planmygolfevent.com/32440-13th_Annual_WL_HS_Golf

Tournament/.

FRIDAY/JUNE 28

Horde of the Flies. 4-5 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 6 to 10. "Time flies like an arrow. Fruit flies like a banana." Get to know this important and underrated insect order, meet a maggot, and learn what makes flies fabulous. For information: 703-228-3403. \$5. Register at parks.arlingtonva.us, activity #642829-D.

Skittering Skinks Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families. Register children and adults; children must be accompanied by a registered adult. The whole family is invited to meet at the Gulf Branch fire ring for lots of old-fashioned fun. For information: 703-228-3403. \$5. Register at parks.arlingtonva.us, activity #642859-B.

Rosslyn Cinema: Jumanji: Welcome to the Jungle (2017). 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 blockbusters. Bring blankets and folding chairs. Child and dog friendly. Free admission. Visit www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival.

SATURDAY/JUNE 29

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. Free and open to everyone. Visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

Pop-Up Putt-Putt Course to Open

Hosted by the Rosslyn Business Improvement District (BID), in partnership with Monday Properties, Cannon Design and Capitol Dry Wall, Rosslyn Putt-Putt brings to life a summer pastime for all ages in the heart of Rosslyn's urban core.

Located at 1401 Wilson Blvd., and occupying the adjacent park space, the BID's latest pop-up will be open Fridays and Saturdays from June 21 through the end of August/beginning of September.

For \$3, adults and children can enjoy the outdoor nine-hole mini-golf course decorated with

recreations of Rosslyn landmarks including Dark Star Park, Key Bridge, Potomac Tower and others. The indoor cafe includes full-size video and carnival games, as well as a vintage-inspired Candy BAR with penny candy, novelty ice creams and more. Alcoholic beverages including craft beer, wine and sangria will be available for purchase. Private bookings with happy hour packages will be offered for local businesses on Thursdays, as well as party packages, including the full space, food and drinks on select days and times.

Tickets can be purchased online at www.rosslynva.org/putt.

WELLBEING



PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.

PTSD: Recognizing and Healing

During PTSD Awareness Month, clinicians work to raise awareness, treatment options.

BY MARILYN CAMPBELL

“They took all my clothes and made me walk naked for two days so I couldn’t escape,” said one woman. “They kill people over nothing,” said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, “An Exploratory Study of Latina Immigrant Trauma,” she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. “PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It’s something that induces profound terror,” she said.

“[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don’t want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma,” said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. “You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships.”

Managing and healing even severe symptoms is possible with the right strategies. “There are several

very good treatments for trauma,” said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

“There is research which shows EMDR is highly effective in desensitizing the trauma,” says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. “[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being,” said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). “One of the biggest benefits we see for our riders with PTSD is that riding puts them in

the moment, focused on creating a bond with their horse. They’re not thinking about past events or being hypervigilant, but feeling peaceful in the moment.”

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. “Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being,” she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. “Over several weeks of riding, she has developed a very strong bond with the horse she rides,” says Taylor. “They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she’d ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders’ lives beyond the farm, helping them to rebuild healthy lives.”

“It’s important for people with PTSD to have hope because they can get better.”

— Carol L. Cleaveland, George Mason University

THE CONNECTION

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6/5/19.....Wellbeing
6/12/19.....Father’s Day Dining & Gifts
6/12/19.....HomeLifeStyle
6/19/19.....A+ Graduations & Summer Education
6/26/19.....Senior Living:
Connection Families: Summer Life

July

7/3/19.....Wellbeing
7/10/19.....HomeLifeStyle
7/17/19.....A+ Camps & Schools

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Arlington's Zero Waste Resolution in Holding Pattern

County still operating off 2004 Solid Waste Management Plan.

BY EDEN BROWN
THE CONNECTION

This article is the second in a four part series about taking "Eco-Action" in Arlington.

It sounded good on paper. In November 2015 Arlington County passed a resolution declaring, among other things, "Zero Waste management has been recognized internationally as an economically viable, ethical, and sustainable way to responsibly manage waste to better protect and preserve the environment by viewing discarded materials as a resource for others to use; conserving and recovering natural resources through waste prevention; reusing or recycling 90 percent of discarded materials rather than burning or burial; turning discarded resources into jobs and new products instead of trash; encouraging the production of products that are durable and recyclable; and discouraging products and materials that become trash after their use."

Following more comments about the need for Zero Waste and Arlington taking the lead in the Commonwealth for this plan, the resolution ends by saying "the County Board directs staff, in cooperation with the community and the citizen-led Solid Waste Committee, to develop a Zero Waste Plan. The Plan would serve as



PHOTO BY EDEN BROWN/THE CONNECTION

This overflowing garbage can was the result of a few baseball games at Westover on Saturday. Single-use water bottles caused the overflow of plastic; sending a thermos of water with a child might have been a zero waste option.

a revised SWMP (Solid Waste Management Plan) aimed at increasing waste diversion

to at least 90 percent by 2038."

Allan Shneron, who is a citizen-member of the Solid Waste Committee, said members of the committee want to start the process of planning on zero waste, but feel hamstrung.

Shani Kruljak, of Arlington's Solid Waste Bureau, said: "Yes, there was a Zero Waste Resolution in 2013, but there was no Zero Waste Plan drafted based on that resolution. Basically, we were operating off the 2004 Solid Waste Plan and have executed almost all of that except for food scraps." "As for the next stage, the Zero Waste Plan based on the resolution, we are waiting for County leadership to give us the green light to go forward with a plan. I am anxious for it to begin — we all are — because I actually came to Arlington in 2014 because of my interest in zero waste. That's my area, and around the office, they call me "Zero Waste."

For more about Zero Waste and what individuals can do to improve the environment, see:

<https://projects.ncsu.edu/project/treesofstrength/treefact.htm>

<https://countyboard.arlingtonva.us/zero-waste-resolution/>

<https://www.goingzerowaste.com/blog/101-easy-eco-friendly-zero-waste-tips>

Doing Something: Around the Home

This is the second list distributed as part of the GoGreen Meetup, a group of residents trying to find ways to improve eco-action in Arlington; it is based on the idea that doing something is better than doing nothing.

- ❖ Buy newer appliances: they are more energy efficient
- ❖ Use LED lights not incandescent bulbs
- ❖ Use less residential decorative lighting
- ❖ Upgrade the insulation in your house
- ❖ Participate in the Solar Coop to get lower rates
- ❖ Get a ULE* (Ultra Low Emissions Vehicle) for your next car
- ❖ Get a compost bin for the kitchen. Use the compost in your garden to reduce fertilizer/runoff and to reduce methane (greenhouse gas) during organic matter decomposition.
- ❖ Shop in your closet - swap with friends over a glass of wine
- ❖ Replace your thermostat with a programmable one
- ❖ Set the thermostat to 69 degrees F in the winter and 79 degrees F in the summer
- ❖ Get or make a rain barrel
- ❖ Reduce your lawn area
- ❖ Plant canopy trees and native plants to reduce urban heat effect and runoff ... because one large tree can lift up to 100 gallons of water out of the ground a day and can provide habitat for wildlife, it allows for plants and animals to flourish
- ❖ Install rain gardens, swales, and reduce impervious surfaces like cement and Macadam in favor of stone
- ❖ Keep bees, Praying Mantises, and other beneficial insects in your garden by reducing insecticides/pesticides
- ❖ Use non-chemical mosquito control: empty standing water wherever it gathers; use citronella.

Oops

Spot the environmental faux pas? This well-meaning recycler has done something the Arlington County Solid Waste Bureau has begged residents not to do: put their recycling soda cans in a plastic garbage bag. It will hold up recycling or completely negate the recycling as the sack gets trashed; or it could break the recycling machines as it goes through. It will use more man hours to sort through. And lastly, it's a waste of a plastic bag. Use a trash can for recycling and then throw the contents in the blue cart.



PHOTO BY EDEN BROWN/THE CONNECTION

BULLETIN BOARD

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

CAMPS

Summer Camp. 9 a.m.-5 p.m. at Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive. Jane Franklin Dance Summer Camp for ages 5-12 builds physical skill and creativity through movement, theatre, and visual art. The five-day camps includes dance technique and creative movement, visual art projects, outdoor trips to a nearby park, performance practice and a concluding performance at the end of the week. Sessions from June 24-Aug. 23. \$250 (scholarships available). Call 703-933-1111 or visit www.janefranklin.com/camps.

THURSDAY/JUNE 6

Volunteers Wanted. 7-9 p.m. at Key Elementary School. The Arlington Democrats School Board Caucus identifies the School Board candidate endorsed by the Democratic Party for the general election on Nov. 5. Arlington Democrats are committed to providing a positive experience for voters, and must fill approximately 230 volunteer shifts to make that happen. Contact Carol at precinctoperations@arlingtondemocrats.org.

FRIDAY/JUNE 7

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or

email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

SATURDAY/JUNE 8

Educational Forum. 9:45 a.m.-noon at Ellen M. Bozman Government Center, 2100 Clarendon Blvd., County Board Room. Land Use and Housing Conservation District Educational Forum Plan Lee Highway is hosting an educational forum on the County's current land use policies and development tools for Lee Highway. The forum will also feature an update on the development of new tools to support the County's Housing Conservation District, which includes multi-family areas along the Lee Highway corridor. Light refreshments will be served. While seating is not limited, please RSVP at projects.arlingtonva.us/events/plan-lee-highway-land-use-and-housing-conservation-district-educational-forum/. Email planleehighway@arlingtonva.us for more.

Caregiver Workshop. 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit insightmcc.org, to register or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

Volunteers Wanted. 11 a.m.-7 p.m. at W-L High School. The Arlington Democrats School Board

SEE BULLETIN, PAGE 14

LETTERS

Experience Matters

To the Editor:

Pretend that you owned a chain of specialized automobile repair shops and needed a new chief mechanic and manager for one of your shops. Would you consider hiring an applicant who has never worked on a car with electronic ignition, has never repaired a car with an automatic transmission, and has never supervised a team of specialized mechanics?

Now let's pretend you are voting to hire a commonwealth's attorney for Arlington and Falls Church. Do you want to hire a person who has never prosecuted a jury trial, has never worked in a courtroom in Arlington or Falls Church, and who has never supervised a team of prosecutors?

Of course not. Being the boss of a very technical operation is not an entry level position. Being the boss in a prosecutor's office is much more critical to the safety of the community than being the boss in a repair shop.

If a person wants to be the boss of a prosecutor's office, that person needs the experience that can only be gotten by actually trying cases, in the courtroom, before juries, with real-life consequences at stake. That person should, at least, be able to show that he or she has tried criminal cases, before juries, in which the results matter to the safety of the community.

We currently have an experienced, thoughtful, compassionate commonwealth's attorney in Arlington and Falls Church. She has tried thousands of cases, none of which have been overturned on appeal, and has proven that, under her leadership, the commonwealth's attorney's office has helped keep our community safe. She should not be fired so that an inexperienced and uninformed challenger can institute reckless plans that could really hurt public safety.

Theo Stamos has proven that she deserves to be reelected on June 11.

Mike Green
Arlington

Exemplary Staffing

To the Editor:

The buzz words in the medical word these days are "patient experience" and that can vary from one medical institution to another. However, an exemplary model of the true meaning of a positive patient experience lies within Virginia Hospital Center — the absolute best facility in Northern Virginia and, in my opinion, the region.

My mother, age 101, and with sharp mental acuity, was recently hospitalized there on two different occasions. Notably, she received the best care anyone could ask for and, impressively, there was no sign of ageism employed in any facet of her hospital experience.

The nursing care was exemplary. All staff, from all departments throughout the hospital, demonstrated their skills with the highest level of competence. The cooperative and collaborative working relationships among personnel were apparent and, consequently, led to a smooth-running operation within the hospital setting.

Importantly, the staff were attentive, demonstrated that they truly cared about the patient in all ways, and provided care and service in a professional, effective, timely, compassionate and pleasant manner. Critically important was the fact that all staff were able to effectively listen and communicate which are crucial components in any form of appropriate treatment.

Analogous to an executive chef in the finest of restaurants, James Cole, CEO, of Virginia Hospital Center, leads an organization that has integrated the finest ingredients for the provision of health care. Under his leadership, the hospital has mastered the intricacies in all areas of serving its patients with the utmost class, professionalism and expertise.

When shifts end, staff can leave knowing that no matter how busy they were, how difficult their shift was or how many challenges they faced, they did, in fact, make a positive difference in the lives of patients. For my mother, the staff on Units 8B and 7A deserve notable mention inclusive of all

allied physicians and departments who tended to her needs along with special thanks to Dr. Lawrence Stein. When it comes to a positive patient experience, Virginia Hospital Center does not miss a beat.

Karen L. Bune
Arlington

The writer is an adjunct professor at Marymount University in Arlington.

Support Latest Alzheimer's Act

To the Editor:

Alzheimer's is a progressive and fatal disease that is devastating not just to the individual living with the disease but their caregivers as well. As someone who cared for my mother with Alzheimer's-related dementia for four years, I know the tremendous burden that Alzheimer's and dementias have on families in Virginia. Today there are over 150,000 Virginians living with Alzheimer's — and every 65 seconds a new person develops Alzheimer's in the United States. This number is anticipated to increase by over 27 percent by 2025.

An estimated 200,000 individuals living with Alzheimer's are under the age of 65. These individuals are diagnosed with Younger Onset Alzheimer's, and they face unique challenges, probably for a long time.

Many of these individuals are mothers or fathers, raising young children, and one may be the primary income provider for their family. Because of their younger age, people living with Younger-Onset Alzheimer's are not eligible for support and service programs available to older Americans, through the Older Americans Act. The Younger-Onset Alzheimer's Disease Act of 2019 (H.R. 1903 / S. 901) would alleviate that.

Through the Younger-Onset Alzheimer's Disease Act of 2019, individuals under the age of 60 living with the disease would have access to nutritional programs (think Meals on Wheels), respite services for family caregivers, and other services to enhance quality of life for the person with Alzheimer's or dementia.

I ask your help in contacting your member of Congress for the 8th District of Virginia, Donald S. Beyer, and ask him to sign on as a co-sponsor of the Younger-Onset Alzheimer's Disease Act of 2019. We are at a critical time for this disease and its families, and they need our help to qualify for help because they acquired this cognitive disabling disease earlier than 65 years old. His email is beyer@mail.house.gov/constituent-services/

L. Karen Darner
Alzheimer's Association Ambassador
Arlington

'Communities First' on Sunday

Clergy and lay leaders with VOICE (Virginians Organized for Interfaith Community Engagement) will host Arlington County Board Chair Christian Dorsey and Alexandria City Mayor Justin Wilson at a 400-person event on Sunday, June 9, 4:30-6:15 p.m., at Wakefield High School to lay out a proposal to ensure that the arrival of Amazon and Virginia Tech and ensuing related development will benefit all Arlington and Alexandria residents and workers.

Titled "Communities First," the event also will mark the launch of a campaign aiming to listen to 5,000 residents, workers, and business owners regarding communities' concerns around Amazon's arrival.

VOICE clergy will call on Wilson and Dorsey to commit publicly to put communities first when making decisions for their constituents as the region absorbs the impact of Amazon's arrival and related development.

VOICE, whose membership includes almost 50 Northern Virginia mosques, synagogues, and churches, as well as educational and community institutions, trains and supports community leaders to address quality-of-life issues identified through listening sessions with residents. The concerns raised include housing affordability, public transit accessibility and affordability, public school resources, treatment of immigrants, religious discrimination and hate crimes, and criminal justice system inequities.

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WEST VIRGINIA

BULLETIN BOARD

FROM PAGE 12

Caucus identifies the School Board candidate endorsed by the Democratic Party for the general election on Nov. 5. Arlington Democrats are committed to providing a positive experience for voters, and must fill approximately 230 volunteer shifts to make that happen. Contact Carol at precinctoperations@arlingtondemocrats.org.

THROUGH MONDAY/JUNE 10

Food Donation Collection. 9 a.m.-5 p.m. at the Coldwell Banker Residential Brokerage office, 3000 10th St. North, Suite D, Arlington. The Coldwell Banker Residential Brokerage Reston office is collecting healthy, non-perishable food donations for Arlington Food Assistance Center as part of a companywide initiative, Healthy Food Week. Contact Sandra Stewart at 703-524-2100.

MONDAY/JUNE 10

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 8-Sept. 27 session. Classes to be held at Syphax Education Center. Morning and evening classes available. Tuition is \$285 or \$200 for people who live or work in Arlington; \$470 or \$350 for people who do not. Exams are free. call 703-228-4200 or visit www.apsva.us/reep.

WEDNESDAY/JUNE 12

Committee of 100 Program. Meet and greet, 7 p.m.; dinner (optional) 7:30 p.m.; program begins, 8 p.m. at Phelan Hall - Marymount University, 2807 N. Glebe Road. This year marks the 65th Anniversary of the Arlington Committee of 100, Arlington's gathering place to question and to learn about community issues. To mark this milestone, we ask: how have community service and engagement changed through the years? The program is open to the public - all are welcome. To purchase dinner, reservations must be made no later than Sunday, June 9, 2019. Visit www.arlingtoncommitteeof100.org.

MONDAY/JUNE 17

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 8-Sept. 27 session. Classes to be held at Syphax Education Center. Morning and evening classes available. Tuition is \$285 or \$200 for people who live or work in Arlington; \$470 or \$350 for people who do not. Exams are free. call 703-228-4200 or visit www.apsva.us/reep.

THROUGH SEPT. 8

Metro Station Closures. Through Sunday, Sept. 8, 2019, 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. Read more at www.wmata.com/service/rail/PlatformProject/.

DONATIONS

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYwDzm4tPw2.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Rpad (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

Employment

Employment

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Ramadan

FROM PAGE 4

what I give by that number,” he said. “I am always happy to give to charity.” Zakat is an important part of Ramadan: each Muslim should give to the poor at this time. Some people use an elaborate system to decide how much to give at the mosque, others give to a charity of their choice. One of the main points of Ramadan is to feel the hunger felt by those who don’t have enough to eat.

“Even so,” said Sali, “I like to practice my religion without people telling me how to do it. It’s one of the things I appreciate about this country. One day during Ramadan, a guy I know called me up and he heard me swishing around some medicine in my mouth. I have to take it at a certain time. ‘Oh?! he said, You are eating something!’ I told him, ‘I am taking my medicine and it is none of your business.’”

Bilal Hussein and Kabir Humayoun, of Aladdin Restaurant on Lee Highway, work with food and serve it to those who want to eat during the day, with no problem. He opens a little later, but he also closes later. Humayoun came to the U.S. 10 years ago from Bangladesh. He started fasting when he was 12. “Is it difficult to fast in a country where other people are eating (all the time) not if your religion is strong; then you don’t really think about it,” he said. “What would I want people to understand about Islam? It’s very easy to follow Islam, and it is very hard to follow Islam.”

'FLOURISHING AFTER 55'

“Flourishing After 55” from Arlington Office of Senior Adult Programs for June 16-22.

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 travel: National Law Enforcement Museum, D.C., Tuesday, June 18, \$22; Washington Nationals vs Philadelphia Phillies, evening game, Wednesday, June 19, \$52; Fisherman’s Crab Deck, Grasonville, Md., Thursday, June 20, \$56; The Kennedy Center, “Hello Dolly,” matinee, \$131. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS

Controlling clutter, Monday, June 17, 1 p.m., Langston-Brown. Register, 703-228-6300.

Current events, Monday, June 17, 10 a.m., Walter Reed. Details, 703-228-0955.

Just Playin’ Country musicians, Monday, June 17, 11:15 a.m.-1:15 p.m., Lee. Details, 703-228-0555.

Pickleball for absolute beginners, Mondays, 9 a.m., Arlington Mill, 9⁴⁵ a.m., Walter Reed. Details, 703-228-7369 (AM), 703-228-0955 (WR).

Basics of essential oils, Tuesday, June 18, 11 a.m., Langston-Brown. Samples to try. Register, 703-228-6300.

Keeping picnic foods safe, Tuesday, June 18, 10 a.m., Walter Reed. Register, 703-228-0955.

Bocce games, Tuesdays, 6:30-7:30 p.m., Walter Reed. Practice for senior Olympics. Details, 703-228-0955.

Travel experiences to South America, Wednesday, June 19, 1 p.m., Walter Reed. Register, 703-228-0955.

No-cook meals demo, Wednesday, June 19, 1 p.m., Walter Reed. Register, 703-228-0955.

Comedy Club features classic radio and TV shows, Wednesday, June 19, 11:30 a.m., Aurora Hills. Register, 703-228-5722.

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From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron (“Why? Are there more than one kind?” to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: “Non-small cell lung cancer, stage IV,” with a “13-month-to-two-year” prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word “stunned.”

To invoke Yoda from “Star Wars,” speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, “It is what it is” isn't meant to trivialize the overwhelming nature of a “terminal diagnosis,” it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"-passenger" in a self-driving car, but I am able to function without consulting the manual.

This “honeymoon” is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient “X” presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy “for lung cancer patients is one year.” And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer “diagnoses” was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: “Until they tell me otherwise, and even if they do ...” I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

“It's nothing until it's something and even if it's something, it's still could be nothing.” That's how I roll.

For the past 10 years plus, I've rolled along managing the “slings and arrows” of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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

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