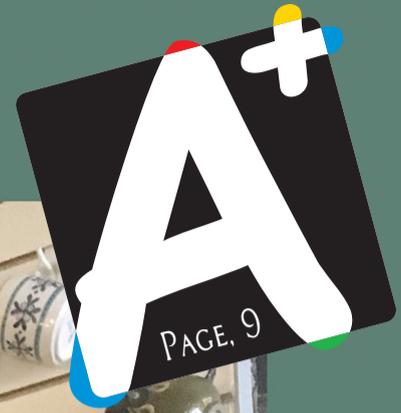


# The Arlington Connection



Marina LeGree speaking to the supporters of Ascend Athletics, a non-governmental organization based in Arlington which seeks to help Afghan girls overcome cultural biases against women by teaching them to climb mountains. LeGree worked in Afghanistan, but grew disillusioned with U.S. government programs and left. The people of Afghanistan and their plight pulled her back and led her to forming this group.

## Supporting Afghan Girls

NEWS, PAGE 3

Aging Navigator Helps With Life Decisions

PEOPLE, PAGE 2

Steps To Save Lives

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PHOTO BY EDEN BROWN/THE CONNECTION

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## PEOPLE

# Aging Navigator Helps with Life Decisions

## Easing the health care process.

By SHIRLEY RUHE  
THE CONNECTION

**M**ary Belanich has just dropped off her client at the Hyperbaric Center at Arlington Hospital Center (AHC) where she is being treated for a wound to her toe. Belanich has been with her client since she picked her up at 11 this morning for an 11:20 a.m. pre-appointment and then to the outpatient lab to have lab work done.

They shared a roast beef sandwich in the cafeteria and visited until it was time for the hyperbaric oxygen appointment at 2 p.m. But they arrived at 1:30 “because she needs to get prepared — no street clothing, no nail polish. They take her blood pressure and don’t proceed unless it is within a certain range.”

Belanich says, “They put my client on a gurney and then she goes into a sealed chamber where they expose her body to 100 percent oxygen into the chamber to help

heal tissue that is damaged.” But Belanich explains the chamber is transparent and someone sits outside to monitor her client and make sure everything is fine “and to put on Gunsmoke if she likes to watch it, which she does.”

Belanich says her client has these two-hour treatments five days a week with a recommended total of 20. “I think today is number 16. Her podiatrist in last week’s appointment said her toe looks really good with new tissue growing.”

Belanich says today’s client is in her mid-80s and lives alone. She never married and has no children. She is independent, never drove, takes the bus. Things were going fine until she had an incident and ended up in the hospital, then rehab, and respite a month. “I assisted with all three of these transitions. We’ve built a relationship. She was one of my first clients when I started my Aging Navigator business in Alexandria in February of this year.”

The services Belanich provides



**Mary Belanich demonstrates what it feels like for her client to be put flat on a gurney and bundled up in cotton clothing before hyperbaric oxygen treatment at Virginia Hospital Center on June 12.**

to this client include accompanying her to doctor’s appointments and making sure her prescriptions are filled and she has food. “She is very sharp but she has a lot to juggle with all of these appointments.” Belanich also got an appointment with a diabetic educator to help her client learn how to keep the log that her endocrinologist requested. The hospital offers

SEE AGING, PAGE 11

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



**Mary Belanich accompanies her clients to doctor’s appointments, and helps manage their life decisions.**

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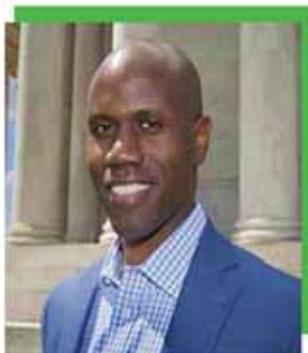
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# Local Organization Supports Afghan Girls

**Event at Trade Roots supported by area businesses.**

BY EDEN BROWN  
THE CONNECTION

**A**scend Athletics, an Arlington-based non-profit that benefits girls in Afghanistan by teaching them how to climb mountains, was the beneficiary of Arlington generosity on June 4, which was also Eid ul-Fitr, the end of Ramadan, at a fundraising dinner at Trade Roots on Washington Boulevard.

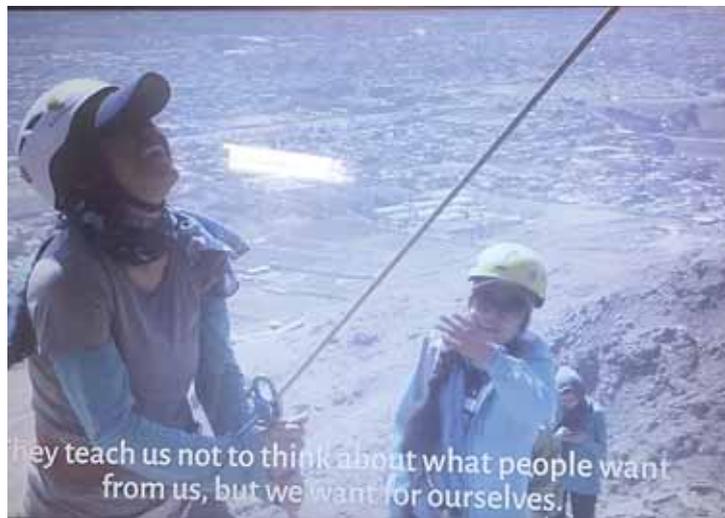
Some people wanted to know what good it did to teach girls to climb mountains, and the girls spoke for themselves through two short films about their efforts to climb the highest mountain in Afghanistan. They gain respect, family support, and physical strength, and end up able to start businesses, support their families, and take on a role in their communi-



**Lisa Ostroff, Trade Roots owner, offered her store's space for the event. She does dinners once a month to help causes or increase awareness about areas of the world that need more attention.**

ties.

Volunteers for Ascend obtain the girl's family's support to take her for training. They interview the girls, and try to find girls who have not been to school. They invite the fathers and brothers in the family to meet the trainers and see what the girls will be doing, to show them this is "OK." By working



**Marina LeGree showed a film about the girls, who spoke in their own words about what it was like to be given a new lease on life thanks to the rigorous athletic regime. The film is available on Ascend's website ([www.ascendathletics.org](http://www.ascendathletics.org)).**

hand in hand with the families, word is spreading in the area. There were 52 applications and only 28 were accepted. Their first goal is "don't get married too early" and most of the girls go onto higher education. They range in age from 15-23. One of the biggest things they learn at Ascend is the spirit of service.

One of the girls featured in the film is Hanifa. Hanifa was married at 15 to a distant cousin, then abused. Her cousin visited her and saw what was happening, and convinced her parents to let her come home. That is how she came to Ascend: she had no options. Her situation made Hanifa motivated to endure the cold and hardship

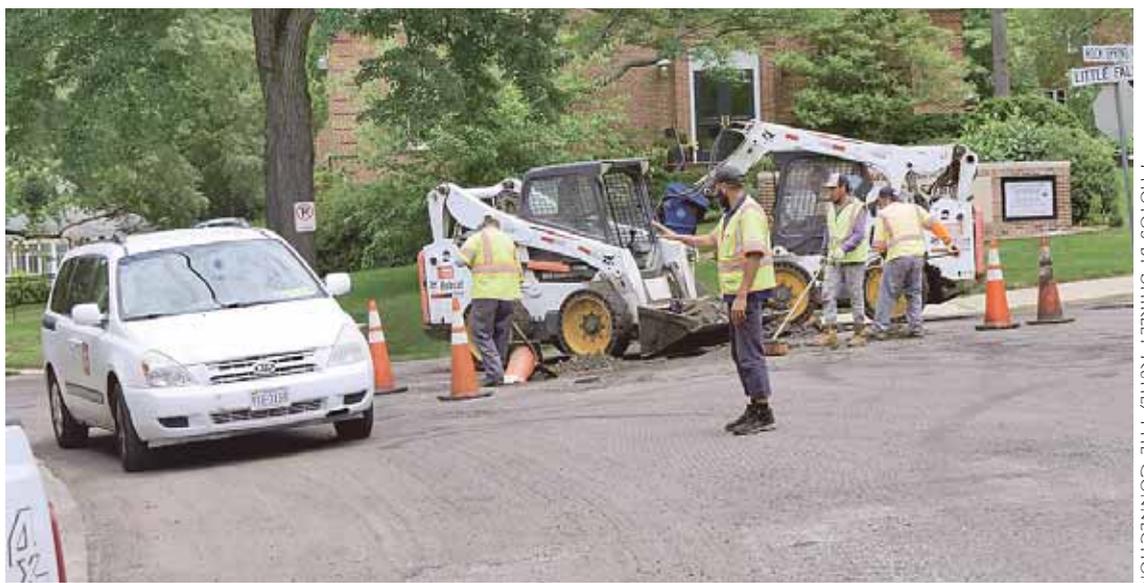


**Casual Adventure's Eric Stern donated these \$1,100 climbing boots to the girls, and the High Ascent air cushioned climbing pack which they could not otherwise afford.**

of the mountains. Today, she works in Ascend's office.

Arlington businesses Casual Adventure, at 3451 Washington Boulevard, Arrowine, at 4508 Lee Highway, and Trade Roots, at 5852 Washington Boulevard lived up to their reputations as strong community supporters with generous

SEE SUPPORTING, PAGE 10



## There Must be a Way

**Try driving this way. Or maybe that way. Around the corner. Over there. Watch out for the manhole. Traffic repairs present summertime obstacles for Arlingtonians.**

## A Step Toward Criminal Justice Reform

To the Editor:

Last week on Tuesday, Arlington voters saw the election of local officials in the Democratic party race. Perhaps most notably, defense attorney Paris Dehagani-Tafti defeated incumbent Theo Stamos for the Commonwealth Attorney's spot. Tafti secured 52 percent of the vote compared to Stamo's 48 percent, and ran on a platform of criminal justice reform.

Her win was more or less an upset, as Stamos had held the seat of Commonwealth Attorney for the past seven years.

A lot of people, like me, like Tafti's reformist take on the criminal justice system: if elected in November, she will work to eliminate cash bail, stop the prosecution of simple marijuana possession, and raise the felony threshold in

Virginia. She will also prohibit the death penalty for people with serious mental illness and restore voting rights for felons at the end of their sentence.

Tafti brings diversity to criminal justice and will ensure that people with less privilege are given fair treatment.

Moving forward, I hope that Tafti will advocate for the rights of transgender individuals in jail, especially transgender women of color. According to the National Center for Transgender Equality, transgender people in prison are 10 times more likely to be sexually assaulted by their fellow inmates and five times as likely to be sexually assaulted by staff. Transgender prisoners also face denial of crucial health care and lengthy stays in solitary confinement.

Tafti should make clear in her platform that she will advocate for transgender prisoners through a variety of means: offering hormone therapy and gender reassignment surgery to transitioning inmates, preventing solitary confinement, advocating for correct pronoun usage, and placing transgender women in women's jails.

The transgender community counts on defenders like Tafti to work on our behalf. We trust that her campaign will pick up our message. A lot of us are thrilled that she won the primary, and will be crossing out fingers come November 2019.

**Isaac Amend**  
Arlington

### BULLETIN BOARD

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

#### SOBER-RIDE FOR JULY 4

**Free Sober Rides.** Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on [www.SoberRide.com](http://www.SoberRide.com).

#### 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](http://www.janefranklin.com/camps).

#### MARINE CORPS MARATHON ENTRY

**American Cancer Society.** Guaranteed entry into the Marine Corps Marathon & 10K with the American Cancer Society Determination team. Group runs and fundraising activities. Register by Sept. 10. E-mail [easterndetermination@cancer.org](mailto:easterndetermination@cancer.org) or call 765-586-2222.

**Spirit of America.** Run the Marine Corps Marathon with Charity Partner Spirit of America. Runners will fundraise \$500 for Spirit of America to get a bib for the race. Registration closes July 1. Contact Carrie Stout at [carrie@spiritofamerica.org](mailto:carrie@spiritofamerica.org) or 202-922-6416. Visit [www.spiritofamerica.org](http://www.spiritofamerica.org) for more.

#### FRIDAY/JUNE 21

**Healthy Aging Lecture Series.** 11 a.m.-noon at Carlin Springs Campus, 601 S. Carlin Springs Road. Stroke Awareness with Dr. Zurab Nadareishvili, MD, PhD, Medical Director, Virginia Hospital Center Stroke Center. Free. To register, call the Senior Health Department at 703-558-6859 or email [lifeline@VirginiaHospitalCenter.com](mailto:lifeline@VirginiaHospitalCenter.com).

#### MONDAY/JUNE 24

**Road Closure.** Through the summer, Monday-Friday, 9 a.m.-4 p.m. One southbound lane on George Mason Drive will close as the Lubber Run Community Center and Park construction team begins sewer line and storm water tie-in work for the new facility. Contact Michael Manos at 703-228-4437.

#### FRIDAY/JUNE 28

**Nomination Deadline.** The Arlington Community Foundation is asking the Arlington community for nominations for the 2019 William T. Newman, Jr. Spirit of Community Award. The award is given to

### 'FLOURISHING AFTER 55'

Arlington Office of Senior Adult Programs for July 1-6.

**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 centers will be closed Thursday, July 4 in observance of Independence Day.

**Senior travel:** Shenandoah Summer Music Theatre, Winchester, "Ragtime," Wednesday, July 3, \$48; Heurich House Museum, D.C., Friday, July 5, \$24. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

#### NEW PROGRAMS

**Lee Poets Society,** Monday, July 1, 12 p.m., Lee. Register, 703-228-0555.

**Current events discussion,** Monday, July 1, 10 a.m., Walter Reed. Details, 703-228-0955.

**Just Play'n Country musicians,** Monday, July 1, 11:15 a.m. - 1:15 p.m., Lee. Followed by folk music sing-along. Lee. Details, 703-228-0555.

**Northern Virginia Senior Olympics,** registration open, check website, [www.nvso.us](http://www.nvso.us) or call 703-228-4721.

**Pickleball for beginners,** Mondays, 9 a.m., Arlington Mill, 9:45 a.m., Walter Reed. Details,

an individual, nonprofit organization or corporation who has demonstrated exceptional leadership, and has made an extraordinary contribution to the Arlington community. To submit a nomination, visit [form.jotform.com/arlingtoncf/soc-nomination-form](http://form.jotform.com/arlingtoncf/soc-nomination-form). For more information, call 703-243-4785 or email [info@arlc.org](mailto:info@arlc.org).

#### MONDAY/JULY 1

**Application Deadline.** Each year, the Community Foundation for Northern Virginia provides a grant opportunity to help public schools encourage healthy lifestyles through increased exercise and better nutrition. Grants up to \$2,000 are awarded in a competitive grant process. Public elementary, middle and high schools located in Northern Virginia are all eligible to apply. Visit [www.cfnova.org/for-grant-seekers/healthy-kids-grants](http://www.cfnova.org/for-grant-seekers/healthy-kids-grants) for more.

#### MONDAY/JULY 8

**Homicide Support Group.** 6:30-8 p.m. at Convergence, 1801 N. Quaker Lane. Monthly support group for Alexandria or Arlington residents who have lost a loved one through homicide. Offered by the Alexandria Victim/Witness Program, and Virginia Victim Assistance Network. Registration is required. Free. Call 703-314-5762.

#### 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-

SEE BULLETIN, PAGE 10

703-228-7369, 703-228-0955 (WR).

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

**Partner dance instruction,** Wednesdays, beginner, 1 p.m., intermediate, 2:45 p.m., Lee. Details, 703-228-0555.

**Arlington Walking Club** members to walk along Gold Mine Loop Trail Potomac, Md., Wednesday, July 3, 9:30 a.m., \$4, leaves from Madison Community Center. Register, 703-228-4771.

**Sounds of classical music,** Fridays, 1-3 p.m., Madison. Details, 703-228-4878.

**Arlington Spellbinders,** volunteer storytellers, to meet Friday, July 5, 9:30 a.m., Langston-Brown. Newcomers welcome. Details, 703-228-4878.

**55+ Library Book Club** to discuss "Wild: from Lost to Found in the Pacific Coast Trail," by Cheryl Strayed, Friday, July 5, 12 p.m., Central Library. Details, 703-228-5960.

**Lee Walkers** will walk along the W&OD and Four Mile Run Trails, Friday, July 5, 10 a.m., \$4. Register, 703-228-4771.

**Ballroom Dance,** Friday, July 5, 1-3 p.m., Lee. Details, 703-228-7369.

**Croquet,** Fridays, 10:30 a.m.-2 p.m., Walter Reed. Practice for senior Olympics. Register, 703-228-0955.



PHOTO BY EDEN BROWN/THE CONNECTION

### Eco Faux Pas

For the second time, this recycler put their items in a plastic bag. If you have too much for the bin, use a cardboard box or crush items to make room.



# Larry Barnett Supporters in Arlington Have ‘Fun-Raiser’

**Arlingtonians back the “caring candidate” from Midlothian.**

BY EDEN BROWN  
THE CONNECTION

**C**harnelle Herring (D-46) got up to address a crowd of more than 70 Larry Barnett supporters on Saturday afternoon, and if some in the room did not instantly recognize her, they would not soon forget her. The Minority Caucus Chair, and the first woman to hold the party chairmanship, was passionate about her subject: supporting candidates like Midlothian candidate Larry Barnett, running to unseat Del. Roxann Robinson (R-Chesterfield). Herring talked about the kind of politician she is and why: homeless at age 16, she depended on state funding to get her through college. She became a firm believer that everyone deserves a chance. “The things we saw come through the Assembly since I was elected in 2009 were ridiculous,” she said. “Laws that required an ultrasound of a fetus before an abortion could be performed.” But for Herring, it’s more “about what we haven’t done: we haven’t passed legislation on fair hous-



**Donte Tanner, Charnelle Herring, Larry Barnett, and “Rip” Sullivan came to talk about why it is important to support people like Larry Barnett, candidate for the 27th District seat in the Virginia House of Delegates.**

ing,” for instance. She introduced the two men who were defeated in 2017 by as little as 99 and 128 votes, respectively, Donte Tanner, who is not running this year for family reasons, and Larry Barnett, who is running hard. “I’m going to see you on the other side, brother,” she said. “This election is so

important.” Tanner followed with a humorous anecdote about how he had convinced Larry Barnett to run again.

Del. Rip Sullivan (D-48) took over the crowd Herring and Tanner had warmed up, telling the group, “Don’t anyone think that what happened in Alabama couldn’t hap-

pen in Virginia,” to murmurs of “that’s right.”

Barnett, who had brought his family to the event, thanked them for supporting him, and after talking about his background as a mental health professional said he had been spending a lot of time going door to door in Chesterfield County listening to what people want: they want health care, they want a solid and safe education for their children. “That’s what I hear at the door,” he said. “I hear a lot about women’s rights and protecting the environment too, but always, health care and schools. Many people I spoke to didn’t know who their delegate was.”

The incumbent, Del. Roxann Robinson (R-Chesterfield), was appointed to her position in 2010 and won a special election in 2011. She ran unopposed in 2013 and had a Democratic challenger in 2015.

The “fun-raiser” took place at the home of Diane and Tom Hazzard, and was organized by local women with the help of: WofA, PEACE, Arlington Blue Families, Alexandria Democrats to Go and Indivisible Del Ray.

For more information about who the delegates are in the Assembly see: <https://www.govtrack.us/congress/members/VAor> to find out how to support candidates in the upcoming election see: <https://www.vabluewave.net/>.

PHOTO BY EDEN BROWN/THE CONNECTION

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# ENTERTAINMENT

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

Moms Club, Long Branch Nature Center, and more. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

## ONGOING

**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. Call 703-820-9771 or visit [www.SigTheatre.org](http://www.SigTheatre.org).

**Blackbeard.** Through July 14, 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](http://SigTheatre.org) for tickets.

### Art Exhibit: Escape Velocity.

Through Aug. 19, 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. Free, open to the public. Visit [www.fredschnidergalleryofart.com](http://www.fredschnidergalleryofart.com) for more.

**Summer Movie Nights.** Through Aug. 24, 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](http://www.Columbia-Pike.org) for schedule.

### 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

## 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](http://www.rosslynva.org/do/rosslyn-rocks-concert-series) for more.

### Rock at the Row: Kristen and the

**Noise.** 7-9 p.m. on the plaza at Pentagon Row. Featuring music from popular cover and military bands. Refreshments and cocktails will be available for purchase from featured merchants. Visit [pentagonrow.com/events](http://pentagonrow.com/events) 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](http://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 very own Anna Bright ("The Beholder"). Visit [www.onemorepagebooks.com](http://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



PHOTO BY JIM TURNER

## Complete Dogness

Jane Franklin Dance presents Complete Dogness, a family friendly dance performance about a little doggy with bad habits. She can eat a delicious wool sweater or steal a whole block of cheese. But there is hope as Barky learns new tricks and as the whole family adjusts. The performance incorporates spoken word, movement, music, and interactive participatory activities for young children. Wednesday, July 17, 4 p.m. at Westover Library, 1644 N. McKinley Road #3. Thursday, Aug. 8, 1:30 p.m. at Central Library, 1015 N. Quincy St. and 4 p.m. at Aurora Hills Branch Library, 735 18th St. S. Free. Visit [www.janefranklin.com/arlington-libraries](http://www.janefranklin.com/arlington-libraries) or call 703-933-1111.

campfire to sing songs and roast marshmallows. Call 703-228-6535. \$7. Register at [parks.arlingtonva.us](http://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](http://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](http://www.rosslynva.org/putt) for more.

## SATURDAY/JUNE 22

### Summer Exhibitions Community

**Day & Opening Reception.** 3-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center's summer exhibitions will open with a family-friendly, community day to celebrate the opening of Amanda Browder's monumental fabric installation, City of Threads, with snacks and art projects for children of all ages. The party continues from 6-9 with the opening of three new summer exhibitions: Transitional Objects; Jen Noone: Sort of, Kind of, Almost; and Jason Horowitz: Ashton Heights Re/Seen. Grab a drink a drink from the cash bar and stop by resident artists' studios to see what they have been working on. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

### 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](http://www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm) 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](http://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](http://parks.arlingtonva.us), activity #642859-L.

### Author Event: Caitlin Starling.

4 p.m. at One More Page Books, 2200 North Westmoreland St. One More Page welcomes debut speculative fiction author Caitlin Starling (The Luminous Dead) in conversation with fellow author Marianne Kirby (Dust Bath Revival, Lessons From The Fat-o-sphere). In The Luminous Dead a cover on a foreign planet finds herself on a terrifying psychological and emotional journey for survival. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## 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](mailto:evan.rodger@apsva.us) for more information or to discuss sponsorship opportunities. Register at [www.planmygolfevent.com/32440-13th\\_Annual\\_W-L\\_HS\\_Golf\\_Tournament/](http://www.planmygolfevent.com/32440-13th_Annual_W-L_HS_Golf_Tournament/).

### Author Event: Duncan Tonatiuh.

7 p.m. at One More Page Books, 2200 North Westmoreland St. Children's author and illustrator Duncan Tonatiuh will be at ore Page to discuss his many picture books, including "The Princess And The Warrior," "Separate Is Never Equal," "Pancho Rabbit And The Coyote," "Diego Rivera: His World And Ours," and his graphic novel, "Undocumented: A Worker's Fight." Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## TUESDAY/JUNE 25

### Crafts Night.

6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Bring a project in progress or start one at One More Page's monthly crafting night (4th Tuesday of every month). Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

### 2019 Women of Vision.

7 p.m. at Arlington Economic Development's offices, 1100 North Glebe Road, Suite 1500. The Arlington County Commission on the Status of Women (CSW) will honor three women for the 2019 Arlington County Women of Vision for their commitment and leadership in the Arlington community. The event will also feature keynote speaker Tiffany

## Steps To Save Lives

**E** CAN (Esophageal Cancer Action Network) will be hosting a Steps to Save Lives event in Bluemont Park in Arlington on Sunday, June 23. The event is open to everyone, including wheelchairs and strollers.

The event will begin at 7:30 a.m. and end at 10:45 a.m. The party atmosphere includes a DJ, pre-race warm-up and stretch, prizes and awards for the fastest runners and top fundraisers. Parking is free.

All proceeds support the fight against Esophageal Cancer, the fastest increasing cancer among American men — and one of the deadliest. In the U.S., esophageal cancer is most often caused by reflux disease and one out of five will survive five years.

ECAN's mission with Steps to Save Lives is to

increase awareness that heartburn can cause cancer, promote early detection, support medical innovations, and bring families together that have been affected by esophageal cancer.

ECAN hosts Steps to Save Lives events in cities across the country including Atlanta, New York City, San Diego, Los Angeles, Philadelphia in addition to this event in suburban Washington, D.C.

"Most people don't know anyone with esophageal cancer. These events really highlight that anyone can have heartburn and if it's chronic it's something they need to get checked out. It's hard to identify with esophageal cancer, but not it's not hard to identify with heartburn," said Dana Deighton, of Alexandria, a six-year esophageal cancer survivor.

See [dc.stepstosavelives.org](http://dc.stepstosavelives.org).

# ENTERTAINMENT

Wesley, Fire/EMS Battalion Chief with the Arlington County Fire Department. Tickets are not required, but a \$25 donation per person is requested and sponsorship packages are available to support the work of the Commission on the Status of Women. RSVP to [asowho@arlingtonva.us](mailto:asowho@arlingtonva.us).

## 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](http://parks.arlingtonva.us), activity #642929-B.

**Decades of Summer Concerts: Juliet Lloyd Band.** 6:30-8:30 p.m. in front of the Signature Theatre at the Village of Shirlington. Rock out with favorite local bands performing a mix of '70s, '80s, '90s and original tunes. Enjoy \$5 wine tastings courtesy of Cheesetique, take out a meal from a favorite Shirlington restaurant, and soak in the setting sun to live music. Visit [villageatshirlington.com/events](http://villageatshirlington.com/events) for more.

## THURSDAY/JUNE 27

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

**Author Event.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Young Adult author Caroline Tung Richmond will share the collection of short stories she co-edited, "Hungry Hearts," including works of fiction from bestselling and critically acclaimed authors Sandhya Menon, Anna-Marie McLemore, and Rin Chupeco. This anthology is full of interconnected short stories exploring the intersection of family, culture, and food in the lives of 13 teens. Richmond will be joined by Young Adult authors (and One More Page 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](http://www.onemorepagebooks.com) for more.

**Rock at the Row: Dan Haas.** 7-9 p.m. on the plaza at Pentagon Row. Featuring music from popular cover and military bands. Refreshments and cocktails will be available for purchase from featured merchants. Visit [pentagonrow.com/events](http://pentagonrow.com/events) for more.

## 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](http://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. 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. \$5. Register at [parks.arlingtonva.us](http://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 and a picnic or purchase food and drinks at different food trucks every week, including a popcorn truck. Child and dog friendly. Free admission. Visit [www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival](http://www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival) for more.

## SATURDAY/JUNE 29

**Author Event: Brigid Kemmerer.** 3 p.m. at One More Page Books, 2200 North Westmoreland St. Brigid Kemmerer, the New



**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 through Aug. 19, gallery hours at The Fred Schnider Gallery of Art, 888 N Quincy St., Suite 102. Free, open to the public. Visit [www.fredschnidergalleryofart.com](http://www.fredschnidergalleryofart.com) for more.

York Times bestselling author of "A Curse So Dark And Lonely," returns to One More Page to share her latest contemporary Young Adult novel, "Call It What You Want." She'll be joined by One More Page bookseller and Young Adult author Anna Bright ("The Beholder"). Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**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](http://www.nps.gov/gwmp/playyourvisit/netherlandscarillon.htm) for more.

## SATURDAY-SUNDAY/JUNE 29-30

**St. Mary's Used Book Drive and Sale.** Saturday, 9 a.m.-1 p.m.; Sunday, 8 a.m.-noon at St. Mary's Episcopal Church, 2609 North Glebe Road. Donate novels, short stories, board books, history, art, and comic books; fiction and non-fiction books for Spanish readers; as well as family-friendly DVD movies through June 27. Annual Used Book Sale will run June 29-30. Cash or checks accepted with bargain prices. Call 703-527-6800 or visit [stmarysarlington.org/event/used-book-sale/](http://stmarysarlington.org/event/used-book-sale/).

## SUNDAY/JUNE 30

**Dog Days of Summer Craft Day.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come celebrate the Dog Days of Summer with local rescue groups and learn about Adopt Don't Shop for finding a new pet. Make pull toys out of old jeans and fleece to be donated to pups waiting for their forever home. Donate old jeans or fleece on any Sunday or bring it along on the 30th. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**Firefly Festival.** 7:30-9:30 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Celebrate summer's natural night lights and learn about these bioluminescent beetles. Join in for bug hunts, games, crafts, walks and talks about fireflies. Bring a picnic blanket and dinner while waiting for sunset and for the natural lights to come out. \$7 per person. Cancelled if raining. For information: 703-228-6535. \$7. Register at [parks.arlingtonva.us](http://parks.arlingtonva.us), activity #642959-P.

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

# ENTERTAINMENT

## MONDAY/JULY 1

**The Declaration of Independence.** 3-4:30 p.m. at the Arlington County Central Library, 1015 N. Quincy St. Encore Learning presents a lecture on the History of today's changing views of the Declaration of Independence by Gerry Hawkins, who is a retired business lawyer. The public is invited. The program is sponsored jointly by Encore Learning and the Arlington Public Library. For more information call Encore Learning at 703-228-2144.

## FRIDAY/JULY 5

**Rosslyn Cinema: Crazy Rich Asians.** 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](http://www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival) for more.

## SATURDAY/JULY 6

**Herbs for Flavor, Fragrance, Health and Butterflies.** 11 a.m.-noon at Glencarlyn Library Community Garden, 300 South Kensington St. Tour the herb beds with an Extension Master Gardener to learn about the nurturing properties of herbs for humans and butterflies. Free. To reserve a spot, register online at [mgnv.org/public-education-events/vce-horticulture-programs-registration/](http://mgnv.org/public-education-events/vce-horticulture-programs-registration/). Questions?

Contact Extension Master Gardeners at telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**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](http://www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm) for more.

## MONDAY/JULY 8

**Mouse in the House.** 1:30-2:30 p.m. at Cherrydale Branch Library, 2190 Military Road and 4 p.m. at Glencarlyn Branch Library, 300 S. Kensington St. Jane Franklin Dance performs *Mouse in the House*, adapted from the book by Elizabeth Spire. This show is about a mouse who forms a friendship with reclusive 19th-century poet Emily Dickinson. Free. Visit [www.janefranklin.com/arlington-libraries](http://www.janefranklin.com/arlington-libraries) or call 703-933-1111.

## TUESDAY/JULY 9

**Twilight Landscape Gardening I.** 7-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Learn how native plants have been integrated into the landscape of the Fairlington Community Center. Extension Master Gardeners will lead a tour showcasing both woody and herbaceous plants and their cultural needs. This class is outdoors and seating is not provided. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com) with questions.

## WEDNESDAY/JULY 10

**Decades of Summer Concerts: Justin Trawick & the Common Good.** 6:30-8:30 p.m. in front of the Signature Theatre at the Village of Shirlington. Rock out with favorite local bands performing a mix of '70s, '80s, '90s and original tunes. Enjoy \$5 wine tastings courtesy of Cheesetique, take out a meal from a favorite Shirlington restaurant, and soak in the setting sun to live music. Visit [villageatshirlington.com/events](http://villageatshirlington.com/events) for more.

## THURSDAY/JULY 11

**Mosquitos and Ticks: Identification and Control.** 7-8:30 p.m. at Cherrydale Library, 2190 Military Road. Extension Master Gardeners and Master Naturalists will teach participants how to identify the mosquitoes and ticks that are common in this area, as well as learning about their life cycle, how they reproduce, and where they go in the winter. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Questions? Telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Rock at the Row: Matt Hutchison and the Big Gin.** 7-9 p.m. on the plaza at Pentagon Row. Featuring music from popular cover and military bands. Refreshments and cocktails will be available for purchase from featured merchants. Visit [pentagonrow.com/events](http://pentagonrow.com/events) for more.

## FRIDAY/JULY 12

**Ribbon-cutting: Safeway.** 10 a.m. at Safeway, 1525 Wilson Blvd. Safeway will unveil renovations to its Rosslyn store with a ribbon-cutting ceremony. Local dignitaries including Arlington

County Board Vice Chair Libby Garvey and Rosslyn Business Improvement District President Mary-Claire Burick, are expected to join Safeway leaders for the celebration, which will also include live music from the New Line Brass Band, refreshments, and free gifts. As part of the ribbon-cutting celebration, Safeway will present donations to A-Span and the Arlington Food Assistance Center. Visit [www.safeway.com](http://www.safeway.com).

**Rosslyn Cinema: Incredibles 2.** 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](http://www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival) for more.

## SATURDAY/JULY 13

**Ask a Master Gardener.** 11 a.m.-noon at the Organic Vegetable Garden at Potomac Overlook Regional Park, 2845 Marcey Road. Have questions regarding growing vegetables in Northern Virginia? Free. Questions? Telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**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](http://www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm) for more.

## TUESDAY/JULY 16

**Twilight Landscape Gardening II.** 7-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Extension Master Gardeners will demonstrate pruning, propagation of perennials, and edging and mulching techniques on the grounds of the Fairlington Community Center. Weed management practices for lawn and landscape will also be addressed. This class is outdoors and seating is not provided. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com) with questions.

## WEDNESDAY/JULY 17

**Complete Dogness.** 4 p.m. at Westover Library, 1644 N. McKinley Road #3. Jane Franklin Dance presents *Complete Dogness*, a family friendly dance performance about a little doggy with bad habits. Free. Visit [www.janefranklin.com/arlington-libraries](http://www.janefranklin.com/arlington-libraries) or call 703-933-1111.

**Decades of Summer Concerts: Lloyd Dobler Effect.** 6:30-8:30 p.m. in front of the Signature Theatre at the Village of Shirlington. Rock out with favorite local bands performing a mix of '70s, '80s, '90s and original tunes. Enjoy \$5 wine tastings courtesy of Cheesetique, take out a meal from a favorite Shirlington restaurant, and soak in the setting sun to live music. Visit [villageatshirlington.com/events](http://villageatshirlington.com/events) for more.

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# Cooking, Counting, Drama

And other fun ways to preserve skills during the summer.

By MARILYN CAMPBELL  
THE CONNECTION

**D**uring the summer, Glenda Hernández Baca and her children can be found in the kitchen measuring and mixing, stirring and sautéing. They cook together as a family, but what the children don't realize however, is that their mother is helping them maintain their math and reading skills.

"You can do math no matter what you are doing, and cooking is also a great way to do math," said Hernández Baca, Ph.D. of the School of Education at Montgomery College. "My kids love to cook with me and they help me with the recipes. We engage in reading, organizing and sorting, and discussing and analyzing fractions and conversions. They are doing so much learning but they do not know it."

The key to preventing that reversal, say educators, is finding creative ways to make learning fun while maintaining the light-hearted and carefree nature of vacations, camps and trips to the pool.

"The more students practice their academic skills in the summer, the more prepared they will be for the next school year and the less review and relearning they will need to do," said Hernández Baca.

For students who don't enjoy reading, infuse reading with drama, suggests Ana Lado, Ph.D., Professor of Education at Marymount University in Arlington, Va. "Pick ... books with lots of dialogue and either lots of active verbs or actionable scenes," she said. "You and the child read the parts as dramatically as you can together ... totally exaggerating the spoken parts as well as the actions as much as possible."

"Have them make a video with their favorite scenes in a book," continued Lado. "It forces them to read for scenes that have drama and to reread as they rehearse. It gives them a goal and making a film is a concrete goal. As they read through the book looking for drama and action let them put a sticky note on each good page they find."

In fact, infusing reading with drama can change the mindset of a child who doesn't enjoy reading. "Some students will benefit if they watch a movie version of a classic text like something by Jane Austen, for example, while they are reading it," M.A. Mahoney, Dean of Academics and Faculty at the Madeira School in McLean, Va. "This approach is sometimes the gateway to a lifetime of reading pleasure of an author."

For children who have challenges or difficulties reading, Hernández Baca suggests choosing short passages that allow them to explore a subject that piques their curiosity. "Consider cutting out an article or something shorter about an interest they have such as a band, music [or] sports," she said.

Everyday conversations can lead to math, science and language learning opportunities. "Often, children will make comments about something they are curious about such as how something grows or why the sky is changing colors, Hernández Baca said. "Maximize that opportunity and tell them what great questions they have and look up information. You could even make it a library trip to learn together. This is a wonderful way to show and model that we as parents, are always learning, too."



PHOTO COURTESY OF MADEIRA SCHOOL

**M.A. Mahoney of Madeira School believes that during the summer, students can develop a lifetime of reading pleasure.**

Even a short car ride or setting money goals can help support math skills, says Hernández Baca. "Talk about how much money a certain toy costs and how much they would need to purchase it. Have them come up with different equations that would help them reach that goal and talk about it. ...

"You can do math no matter what you are doing," she continued. "For example, in the car you can count how many trucks you see or how many blue cars."

Another way to practice math is to engage children in predictions and estimates, says Hernández Baca. "Asking 'How long do you think it will take us to get there?' or 'How many steps does it take to walk to the car or to the house?' You can then break it down and ask questions such as, 'Why do you think mommy had to take fewer steps?' or 'How many miles an hour would we have to go if we needed to reduce the trip time to get here?'"

A family vacation can provide an opportunity to practice language and writing. "Keep a vacation journal by printing out your child's favorite photos and have them write about them," said Carly Flanigan, Lower School Learning Specialist at St. Stephen's and St. Agnes School in Alexandria, Va.

When parents model a positive attitude toward reading, a child might find it more pleasurable "Have a family book club [and] meet once a month at everyone's favorite restaurant," said Flanigan "Make connections about books you and your child read or listen to. Ask questions about characters, setting and action in the plot ... Have your child read one of your favorite books that you love."

"Read aloud no matter the age of the child," said Elizabeth McConnel, Lower School Learning Specialist, also at St. Stephen's and St. Agnes School. "Make this a fun family event. Utilize different genres of text including magazines for your child's reading. Use audio books, Audible, or podcasts."

Current events can provide fodder for mental stimulation. "I always encourage students and families to read an editorial daily from a news source, and then to discuss it at a family meal," said Mahoney. "This builds reading comprehension skills, civil discourse skills, and increases familiarity with essay construction, not to mention making meal time more lively."

No matter the method, parents should be intentional about prioritizing and setting summer learning goals for their children, advises Hernández Baca. "Your kids do not need to know your structure or plan, but it will help you stay consistent with activities that specifically target learning in reading, writing, math, science or anything else."

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## NEWS



### NVYLL Girls 5/6AA Csmhampionship Lacrosse

Arlington Youth Lacrosse Club team won the Northern Virginia Girls 5/6 AA Championship on Sunday, June 9. The Arlington Team defeated Herndon 10-6 on Saturday in the semi-final game to advance to Sunday's final against Annandale. Arlington defeated Annandale 13-7. Top row, from left: Emmy Cullinan (Goalie), Reese Clark, Olivia Burgeson, Quincy Greene, Reese Montgomery, Ginger McClure, Helene Lydon, Middle row: Gigi Lose, Mila Perez, Helen Hanke, Delaney Sinton, Caroline Klauer, Paige McCormack, Bottom row: Lila Almy, Maeve Shoji, Kate Loper, Emme Yoder, Coco Rigoli, Jessica Taylor, Finley Knutson, and Kate Normile. Not Pictured: Emmy Hart, Maddie Matthews, Emily Alperstein). Coaches: Hal Sinton, Grant Yoder, Caitlin Clark, (not pictured: Catherine Colliatie, Jason Rigoli, Jenny Tran).

## Supporting Afghan Girls

FROM PAGE 3

donations; Arlington business Arlington Kabob at 5046 Lee Highway and Alexandria businesses Dunya, at 5951 Stevenson Avenue, and Afghan Market at 5715 Edsall Road provided traditional food and desserts. Arlington Kabob and Dunya regularly provide support to local events. Total Wine in McLean provided a charitable discount on two cases of wine.

For more information about Ascend, to see the films about the girls, or to donate to the organization, see its website: [www.ascendathletics.org](http://www.ascendathletics.org).



Becky Reynolds, an acupuncturist in Arlington, enjoyed the event with friends.



Laura Hagg of Arlington joins Marina LeGree in soliciting support for the organization, reminding attendees to buy raffle tickets. Ascend Athletics runs on a shoestring budget based on donations and two small grants.

BY EDEN BROWN/THE CONNECTION

### BULLETIN BOARD

FROM PAGE 4

Springfield) will be closed for full platform reconstruction and major station improvements. Read more at [www.wmata.com/service/rail/PlatformProject/](http://www.wmata.com/service/rail/PlatformProject/).

#### SATURDAY/SEPT .14

**Disaster Relief Trials.** Beginning and ending at Gateway Park in Rosslyn. Arlington County's Department of Public Safety Communications & Emergency Management will host a second year of the Disaster Relief Trials (DRT). The competition

simulates a large-scale disaster, blocking roadways and challenging participants to use bikes to transport emergency supplies, critical messages and (simulated) medicine throughout the County while traversing obstacles, such as barriers and water crossings. New to this year's event is a Finish Festival at Gateway Park, held from 10 a.m.-2 p.m. Participants, observers, family members and community members can enjoy free swag, food trucks, lawn games and a "Kiddie DRT" course, while learning about emergency preparedness, bicycle

maintenance and fitness activities. Register at [DRTArlington.com](http://DRTArlington.com).

#### DONATIONS

**Pet Food Bank.** AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. 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](http://goo.gl/forms/s2FuFdaYWdZm4tPw2).

# Aging Navigator

FROM PAGE 2



BY SHIRLEY RUHE/  
THE CONNECTION

**Mary Belanich,**  
president of  
**Aging Navigator,**  
located in  
**Alexandria.**

so many services; people have no idea. “I also got her a lifeline to give her confidence.”

Belanich says it is important to be prepared for a doctor’s appointment and she also counsels clients to do a little prep beforehand to think about what are their concerns and how they are feeling. “I take notes during the appointments and we review them together afterwards.”

In the case of today’s client, she also shared relevant information with the nephew about progress and concerns. She says it’s not easy to navigate the health care system, especially when you’re not 100 percent. Belanich adds that she managed long distance care for a parent herself and she knows how difficult it can be when you don’t understand their system.

After 20 years of experience in the field of aging where she felt like she was really helping people, Belanich had a desire to do her own thing. “I looked at the current services being provided. There are a lot of good things out there. I felt with my particular expertise I could work with solo agers and they could benefit from my background with long-term planning. My goal is to help people plan before a crisis.”

Belanich comes with a degree in graphic design and then a master’s degree in clinical art. “Out of 20 in my class, I was the only one who wanted to work with older adults; the others all wanted to work with children. I was very close to my grandparents and always liked older people.”

She spent some time managing an assisted living program for people with Alzheimer’s and other forms of dementia in New York and 12 and a half years at Virginia Hospital Center managing senior health. But it was in her role at Goodwin House as their at home program manager that she was really exposed to younger more active solo adults who she says could make decisions now before a crisis occurs.

Her business, located in Alexandria where she resides, can involve something different almost every day — with some clients the time has been brief. Other times she has researched options for a future move complete with helping pack up, managed and accompanied a client on doctor’s appointments or scheduled and a day of activities like today. “My clients become like family.”

She remembers another client who came out of the hospital and they told the client it was time to go home. The client didn’t feel ready to go home. She was afraid of another fall. “I suggested respite for a couple of weeks and then did research on alternative living options. She never married and had no children. Sometimes relatives don’t know what their role might be. I just feel like you need to have those conversations, not the end of life but should something happen, who is going to have my back. I hope people will start thinking about it.”

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# A Few Weeks Off, Finally



By KENNETH B. LOURIE

After a second successful week of navigating government and private sector websites, I have reached the promised, albeit familiar land: only worrying about the fact that I have non-small cell lung cancer, stage IV. Oh well. What else is new?

Nothing much thankfully so I can continue to try and live the Vulcan philosophy: “Live long and prosper.” (Although, I could never manipulate my fingers to support the greeting. My wife, Dina, can however, with ease but she’s not a logical person.)

I have to be a logical person. If I am to endure the ups and downs and all-around of a “terminal” cancer diagnosis, I have to think as unemotionally as possible about any news or assessments I may receive.

Cancer is too insidious to give it any help from the “diagnossee.” Moreover, from what anecdotal evidence exists, providing cancer as inhospitable an environment as possible is said to help.

And aside from maintaining a positive attitude and a good sense of humor, keeping cancer things – good or bad, in some kind of perspective/context, is a trek worth taking. One should be reminded of the never-say-die mantra of the 1978 NBA World Champion Washington Bullets: “It ain’t over ‘til the fat lady sings.”

In addition, all us cancer survivors should remember the famous words of Bluto (John Belushi) from 1980’s “Animal House” when he implored his fellow Delta Fraternity brothers: “What? Over? Did you say over? Nothing is over until we decide it is. Was it over when the Germans bombed Pearl Harbor? Hell no! ...”

And not that cancer survivors can control our disease any more than the Germans can control this mistaken narrative, funny and famous though it is, but we have to try and laugh – and joke, because it sure beats the alternative. Control? ‘Hell no!’

And now that I’ve completed the arduous and tedious – for me – tasks of the last two weeks, I feel as if I’ve taken back some control.

Cancer, schmancer. I’ve survived the multi-step process required of the Virginia Employment Commission, the Maryland Health Connection, Social Security/Medicare, and the future provider of my Supplemental Medical insurance all within two weeks. Besides me, and anybody who knows me: Who says I can’t step my way through this morass of websites, user names, passwords, mouse clicks and keystrokes? But I did. Somehow. An amazing miracle if there ever was one.

Now life can return to abnormal. But it’s an ‘abnormal’ with which I’m totally familiar.

After 10-plus years of it, as Col. Sherman Potter of M\*A\*S\*H said to Major Margaret Houlihan upon her early return to the 4077th from her honeymoon hearing her awkwardly describe a mishap in the shower: “There’s nothing new under the sun, Major.”

For a long-time cancer survivor, there’s nothing new, really. One’s life is likely to be more of the same, only different. And I can live with same – or the different – because after a decade, I’ve been there and pretty much done that.

Now I can add: succeeded in navigating websites “heretofore” (quoting Ben Affleck from 1997’s “Good Will Hunting”) thought impossible to do. No more do I have to worry about what I need to do, but rather I can bask in the glow of what I’ve done.

As I finish this column, I realize this is what us cancer patients need to do: reinforce our positives (successes) and minimize our negatives (failures). As many of us attempt to take all this cancer stuff in stride, the truth of it is we’re often teetering and tottering on a very fine line. A ‘line’ to quote the late Ken Beatrice, on which “you wouldn’t want to live.”

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

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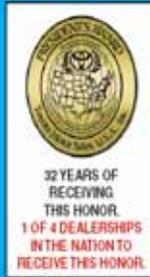
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