



BUY A  
MATTRESS  
★ HELP A ★  
VET

When we help our vets,  
we can all sleep better.

SEE OUR  
AD ON  
PAGE 7

At the end of Yorktown High School's graduation on June 20, the new graduates leave Constitution Hall.

The  
Arlington  
Connection

Ready for  
The Future

News, PAGE 3

A-SPAN Expands Housing  
Services for Homeless

NEWS, PAGE 4

Talking to Loved Ones  
About Alzheimer's

SENIOR LIVING, PAGE 13

Senior Living

PAGE, 13

PHOTO BY LIAM M. BOWMAN/THE CONNECTION

ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 14

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

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 6-27-19





## WE ARE MOVING OUR COMMUNITY IN A POSITIVE DIRECTION.



**I oversee the trade work at my station to deliver a high-quality facility for the community.**

We're really proud of our safety record and the attention to detail so many have poured into this project. Having grown up in this area, it's especially meaningful to work on something that will have such a positive impact on so many people's lives. We're working hard to make a difference for everyone in the region, not just people who ride Metro. We are paving roads, installing pedestrian bridges and adding lighting—all improvements meant to make the area safer. We want the Silver Line to be a community centerpiece for everyone to enjoy. I can't wait to ride out of a station and tell the person next to me, "I helped make this possible."

- Michelle Cousté, Assistant Superintendent, Silver Line Phase 2A

Learn more at [capitalrailconstructors.com](http://capitalrailconstructors.com)







Commencement Speaker Garrett Ferguson.



Gabriel Barrett, the school's valedictorian.



New graduate Favio Antezana.

## Ready To Raise the Bar Yorktown's Class of 2019 celebrates its graduation.

BY LIAM BOWMAN  
THE CONNECTION

**B**ridget Loft, principal of Yorktown High School, gave the opening address at the June 20 graduation ceremony that took place at D.C.'s historic Constitution Hall. In her speech, Loft recognized the accomplishments of the 436 graduates seated before her. "All of you have laid the groundwork for exciting and meaningful next steps as young adults," Loft said. She also congratulated the college-bound graduates who, collectively, won over \$18 million in scholarship money.

Rather than inviting a commencement speaker, the class of 2019 chose a speaker from among their ranks: Garrett Ferguson. He reflected on the four years the class had spent together. "Yes, freshman year was definitely a year of firsts, but it was also a year of lasts. It was the last time we felt like we did not belong at Yorktown," Ferguson said.

Gabriel Barrett, the school's valedictorian who is bound for the Massachusetts Institute of Technology this fall, expressed pride in his classmates.

"Graduating high school is no small feat," Barrett said. In addition to congratulating his fellow graduates, Barrett also wanted to impart some words of wisdom on his audience.

"You'll be average somewhere, maybe in a job or a school... Whatever it is you do, keep trying to be the best that you can. Maybe we'll make it such that our collective average raises the bar and changes what it means to be average," Barrett said.

After the ceremony finished, the students poured out onto the sidewalk, mingling with friends and family in the afternoon heat. Many of the new graduates walked around with wide grins on their faces. "I'm glad to be done. I am definitely ready to move on," said Bridget Flynn, who will be attending Virginia Tech.

Other students reflected on the hard work



Yorktown High School Principal Bridget Loft.

they put in to be able to graduate. "At first I kind of slacked off," said Favio Antezana, "but I realized how important education was and really worked hard during my junior and senior years."

Nathan Burson summed up the attitude of many graduates by simply saying, "It's freaking epic!"

PHOTOS BY LIAM BOWMAN/THE CONNECTION

## At H-B Woodlawn: Ceremony Spotlights Each Graduate

### A unique graduation for Arlington's alternative school.

BY LIAM BOWMAN  
THE CONNECTION

**G**raduation is an informal affair at H-B Woodlawn. The cafeteria is filled with the hum of light conversation as students mingle with family and faculty at a pre-graduation potluck. Rather than the traditional caps and gowns, the students dress casually in sundresses and Hawaiian shirts.

The ceremony, which took place Wednesday, June 19, maintained the relaxed atmosphere of a family reunion. After opening remarks by Dr. Casey Robinson, the school's principal, the ceremony began

with teacher advisors giving short speeches for each of the 105 graduates.

Rather than having guidance counselors, H-B Woodlawn operates with a system of teacher advisors. "Individual teachers act as guidance counselors ... for these small groups of students," said Michael Coughlin, one of the teacher advisors. This approach to counseling is one of the ways the school tries to foster deeper connections between students and faculty. "It's a much more personalized way for staff to be involved with students," said Coughlin.

**"Our ceremony is not short, but it is special."**

— Dr. Casey Robinson,  
H-B Woodlawn Principal

SEE GRADUATION, PAGE 5



Family and faculty mingle at H-B Woodlawn's pre-graduation potluck dinner.

PHOTO BY LIAM BOWMAN/THE CONNECTION



# Last Class to Graduate from 'Washington and Lee'

School name set to change next year.

By LIAM BOWMAN  
THE CONNECTION

**T**he largest senior class in the history of Washington and Lee High School graduated on Thursday, June 20, in a ceremony at Constitution Hall.

The graduates, dressed in flowing blue gowns, were seated on the floor of the historic venue, with hundreds of friends and family filling the stands. The hall fell silent as school's Junior Reserve Officers' Training Corps presented the colors and the Washington & Lee Madrigal Singers launched into a rendition of the Star Spangled Banner.

Nancy Van Dorn, member of the Arlington County School Board and one of the event's speakers, expressed her admiration for the 538 graduating students. "I have followed the class of 2019 closely for years, and know that you are all well-prepared for what lies ahead," said Van Dorn. She also wanted to remind the graduating students to be resilient. "Remember how resilient you are," Van Dorn said. "You have experienced so much together. I stand here humbled by your strength and hopeful for our future, because of you."

Dr. Gregg Robertson, principal of Washington and Lee, had similar remarks for the graduates. "As I look at you in your caps and gowns, you really do look like the big dogs," Robertson said.

The class of 2019 is also the last to graduate before the name of the school changes. In January, the School Board voted unanimously to change the school's name to



The graduation ceremony was held in Constitution Hall.

Washington-Liberty High School. The name will go into effect at the start of the 2019-2020 school year. The name Washington-Liberty was, "selected by the [School] Board given the name's alignment with [Arlington Public Schools] core values," according to a press release.

After the ceremony finished, the graduates spilled out onto the steps of Constitution Hall, many used their newly-acquired diplomas to shield their eyes from the summer sun.

The gathering took on a more informal air as students posed for pictures and embraced family members. "It's really just a culmination of four years of hard work," said Kieran Donaldson, one of the graduates.



Some members of Washington and Lee High School's Class of 2019 gathered at their June 20 ceremony at Constitution Hall.

## A-SPAN Expands Housing Services for Homeless

Purchase of new building will serve most vulnerable.

By SHIRLEY RUHE  
THE CONNECTION

**E**van and Maggie Baker and their 10-year-old son, Robbie, have stopped by A-SPAN's open house Saturday, June 22 which celebrated the opening of A-SPAN's new eight-unit apartment building in Westover. "I was finally able to get to an A-SPAN event since it is on a weekend. We support the needs of the homeless in Arlington County and our kids often talk about what they can do," Evan Baker said.

Maggie Baker added that she has a special interest because she spent a year in London working with the homeless in an alcohol rehab center. "It was pretty much the same as America. The homeless knew when to come and we served them tea three times a day and then soup at night." She

said it's different when you can see them face to face instead of just handing out a dollar here and there. "We always struggle with how to support people on the street."

When asked how long it took to get the new apartment building, Scott Miller, A-SPAN senior director of development, held up the certificate of occupancy and answered, "It took us 27 years to get here. It has always been the vision of the board and it has been a priority for the last five years. We were looking for the right opportunity. This was a private sale. We didn't get funds from the county or the state so we could do what we want. It is a luxury to finally be a landlord to our clients."

While A-SPAN offers 80 beds in their



Scott Miller, A-SPAN senior director of development, holds up the newly acquired certificate of occupancy on A-SPAN's acquisition of its first apartment building to house the homeless.

Homeless Services Center as well as housing programs that get homeless into permanent housing, this is the first time they have owned an apartment building. Miller says they have placed 300 formerly homeless people into their own homes and their supportive housing programs have a 96 percent retention rate.

However, for that 4 percent who are the most at-risk clients who bounce from the shelter to the streets to couch surfing back to the shelter, Streets to Stability Housing will serve those homeless individuals who require the most oversight and enhanced support. This newly acquired apartment facility includes space for on-site case managers during the day as well as skills coaches to offer sup-

port, as people need it in the evenings, on weekends and on holidays. Miller says the clients will receive 100 hours of support a week.

Some of the apartments are already occupied and others will have tenants soon. Each apartment has been furnished from the A-SPAN "Make it A Home Fund" with a couch, queen size bed and night table with lamp and dining room table, all for \$700. "All of the apartments have refinished floors, fresh coats of paint and some with have new kitchen renovations, and the dishes and pots and pans are often contributed by volunteers."

Keleigh Neyhard, A-SPAN case manager, headed down to the basement. She said, "This large basement area currently remains unfinished but will become a community room for clients. And in the backyard there is plenty of space for outdoor activities like picnics and relaxation. That is unusual." She says these social events are important. "A lot of these people are lonely and need to talk to somebody."

SEE A-SPAN, PAGE 12





Tom Mallan talks about Ariel Shenkman.



Fressia Paz embraces Kate Seche.

PHOTOS BY LIAM BOWMAN/THE CONNECTION

# Graduation at H-B Woodlawn

FROM PAGE 3

Each student stood side-by-side with their teacher advisor as their teacher spoke of their past experiences, unique qualities, and plans for the future. Some began to tear up as they spoke and, at the end of every speech, the teachers embraced their long-time students. Robinson waited off to the side

with a diploma and lei necklace for each graduate. "Our ceremony is not short, but it is special," said Robinson.

H.B Woodlawn is one of the few schools that teaches grades 6-12, and much of the staff expressed how proud they were of the students for all they have accomplished during their time at the school. "[The students] have a

wide array of talents," said Robinson. "This is a particularly musical and theatrical group, but we also have some great mathematicians. They have done so many things in the seven years that they've been here and I'm just really proud of them for that." The students seemed to have a positive attitude towards the more personal approach to schooling. "Defi-

nitely the personal connections you develop with teachers and friends ... I wouldn't trade it for any other experience," said Alex Jones, a graduate who will be attending the University of Vermont. "I love it," said Jones, "I am so glad I made the decision in sixth grade to ... embark on this journey."



New graduate Alex Jones.

# ADVANCE HERE.

## Take your career anywhere.

### Environmental Programs at JOHNS HOPKINS in DC

**JOHNS HOPKINS**  
KRIEGER SCHOOL  
of ARTS & SCIENCES

ADVANCED  
ACADEMIC  
PROGRAMS

LEARN MORE AND APPLY ONLINE  
**ADVANCED.JHU.EDU/ENVIRONMENTAL**

1717 MASSACHUSETTS AVE. NW, SUITE 101  
WASHINGTON, DC 20036 | 1.800.847.3330 | 202.452.1940



# A New Chapter for Wakefield's Class of 2019

Ready to move forward.

By LIAM BOWMAN  
THE CONNECTION

**O**n the evening of June 20, 430 students of Wakefield High School's class of 2019 celebrated their graduation at the historic Constitution Hall in downtown Washington D.C.

More than 1,000 friends and family members cheered and snapped pictures of the graduates, dressed in green and white gowns.

Dr. Christian Willmore, principal of Wakefield High School, gave introductory remarks before turning the microphone to a student speakers, who spoke of the hard work put in by the students and faculty.

One of the student speakers, Brody Karton, used the opportunity to speak to rebuke an article he had recently read. The article, "basically made some pretty big generalizations about our generation. Apparently we don't work hard ... and we're lazy," Karton said. Karton made it clear that these stereotypes did not do justice to his fellow classmates.

"The students I know have led clubs, participated in student government ... , shared their talent on the stage and their creativity through art and music," Karton said. "I have seen fellow students who have organized walk-outs, attended rallies and proved that you're never too young to have a voice in matters that affect you."

Dr. Betty Saunders, one of the assistant principals of Wakefield High School, shared a similar view of the graduating class. "They're a wonderful group of young people, and they are very talented and creative," Sanders said. "I know I speak for the admin team, and we wish them to find a career or a path that leads them to ultimate happiness."

The sun had set by the time the ceremony finished.

The graduates emptied out onto the street and mingled with friends and family under floodlights that lined the roof of Constitution Hall.

Some expressed mixed feelings about the event. "I was nervous on stage. Right now



Jose Pomarino Nima, student speaker.



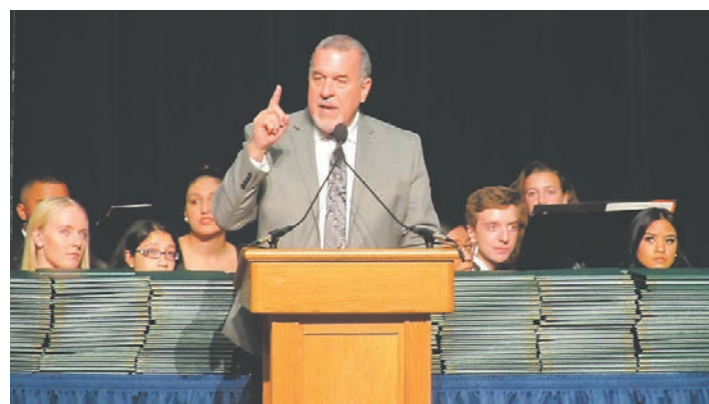
Brody Karton, student speaker.



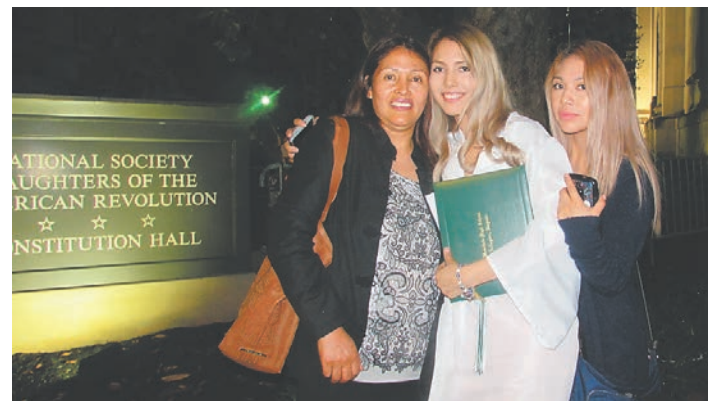
Andres Dimas, who will be entering the U.S. Army



Students arrive at Constitution Hall.



Alan Beitler, faculty speaker.



Grace Paz Claro will be continuing her studies at Northern Virginia Community College

I'm just feeling sad that it's all over. I can't see my friends anymore," said Andrew Ruiz, who will be attending Northern Virginia

Community College.

However, students like Zain Shah, who is headed to George Mason University, were

more enthusiastic about starting a new chapter in their lives. "I'm excited. I am ready to just move on to the next thing."

## 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 camp 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 [eamerndetermination@cancer.org](mailto:eamerndetermination@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.

### ONGOING

**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 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

SEE BULLETIN, PAGE 9

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



## News

### Former CEO Sentenced

**A**n Arlington man was sentenced on June 21 to six and a half years in prison for orchestrating multiple fraud schemes that resulted in total losses of approximately \$20 million.

According to court documents, Todd Elliott Hitt, 54, solicited approximately \$30 million from investors for a variety of real estate and venture capital investments in the Washington, D.C. area from 2014 through August 2018.

The investments included Hitt's solicitation of approximately \$17 million from investors to purchase a five-story office building adjacent to a planned future stop on the Silver Line in Herndon. Hitt made false statements and material omissions to investors by failing to disclose that a significant portion of the monies raised were commingled with other unrelated investment projects, used for personal spending to support an extravagant lifestyle and new investor's funds used to pay off old investors in a Ponzi-like scheme. Hitt's fraudulent conduct resulted in investor losses of approximately \$20 million.



INDEPENDENT LIVING  
ASSISTED LIVING  
HEALTH CARE  
SHORT-TERM RESPITE



## ENRICHING LIFE'S JOURNEY

Quiet, comfortable living minutes from the beltway and our nation's capital. Hermitage Northern Virginia offers rooftop views of Washington, D.C. surrounded by seven acres of beautifully landscaped gardens.

Free yourself from the hassles of home ownership, and spend time exploring your passions or finding new ones. At Pinnacle Living, our team works closely with residents, families and loved ones to fulfill our mission of Enriching Life's Journey. We are here for those who seek independence, combined with a secure plan for the future.

## HERMITAGE

NORTHERN VIRGINIA

PINNACLE LIVING

5000 FAIRBANKS AVENUE  
ALEXANDRIA, VA 22311  
P: 703 797 3800  
HERMITAGENOVA.ORG  
facebook: HERMITAGENOVA

# JULY 4TH SAVINGS

ON NOW!

Save\*

## 60%

Storewide

PLUS up to

## 5 YEARS

Zero Interest Financing\*

PLUS

## FREE Delivery\*

**Queen Storage Bed**  
Our #1 Best Selling Bed

**SALE \$899**

Satisfying your taste for vintage inspiration, this queen sleigh storage bed is elegant, without looking fussy.

Now through the end of July, buy a mattress and MARLO will donate a FREE mattress to a Veterans' homeless shelter\*

**MARLO**  
FURNITURE & MATTRESSES  
Family Owned Since 1955  
[www.marlofurniture.com](http://www.marlofurniture.com)

ALEXANDRIA, VA  
5650 Gen. Washington Dr.  
(703) 941-0800  
ROCKVILLE | LAUREL | FORESTVILLE

\*Savings based on comparable pricing. Free local delivery with minimum purchase of \$1799 or more. For every mattress purchase of \$1299 or more, Marlo will donate a FREE mattress to a Veterans' homeless shelter. Financing offer applies only to single-receipt qualifying purchases made with your Marlo Furniture credit card 6/17-7/7/2019. No interest will be charged on promo purchase and equal monthly payments are required equal to initial promo purchase amount divided equally by the number of months in promo period until promo is paid in full. The equal monthly payment will be rounded to the next highest whole dollar and may be higher than the minimum payment that would be required if the purchase was a non-promotional purchase. Regular account terms apply to non-promotional purchases. New accounts subject to credit approval. Many special financing programs available. Offers valid 6/17-7/7/2019. See store for details.



## Remove 'Colored' from Clarendon Memorial

BY NICK PENNING

**I**magine you had a great grandfather who was involved in a great national cause, such as World War I, and to recognize his service, someone put his name on a memorial. But, unlike the others inscribed on that memorial, his name wasn't listed in alphabetical or service order. Instead, his name was put in a small grouping far below everyone else's, as though those men in his group were somewhat less in value. And next to your great grandfather's name, and the others, the memorial makers attached a racial descriptor, one that wasn't necessary then, and shouldn't be there today.

In Arlington, there sits an old, worn memorial erected in 1931 that lists the names of the local men who died in service to their country in the Great War of 1914-1919. Thirteen men are commemorated, in total. Eleven of those names have only their branch of service listed after their names. A few spaces below those 11, after a blank area, are listed the names of the other two deceased Arlington servicemen, as if they were an afterthought. But they weren't an afterthought. Because following the name of each of these remaining two men is inscribed, "(COLORED)."

Why was that necessary?

In 2012, local discussion surfaced about per-

haps changing that memorial, particularly because it was seen by some as offensive. But things were left alone. One commenter said the awkward wording was an example of "how life was at that time."

You know what else "life at that time," in 1931, consisted of? A Ku Klux Klan sign, erected on a road near county property. A sign that attacked a County Board candidate, who happened to be Jewish, with these words: "Let us show our strength. Defeat Albert H. C. for County Board. KKK." And when it stirred controversy, you won't believe who promised to find the culprit, "Howard E. B., the exalted cyclops of Ballston Klan No. 4," according to an article on page 13 of The Washington Post on Friday, Oct. 31, 1931. The KKK cyclops said, "Any signs that have appeared have been erected by individuals and not by action of the organization." He then promised not to remove the sign, but to offer a reward for apprehension of the culprit.

That's how things were in Arlington, "at that time." A Klan sign, and a Klan "cyclops" in Ballston, in our Arlington, Virginia.

Four years after that 2012 statement, Arlington's NAACP president called for a change that would show equal recognition; though again, nothing was done. The article noting the NAACP objection began by suggesting that when the sign was erected, "few likely gave any notice" to how the names were arranged. That may have been true of white

people, but for those who live every day with suspicious eyes staring at them, that order of names constantly called out again, "You don't belong here."

Last year the county accepted a grant to install at the memorial interpretive signs, the main goal of which would be "to provide historic context for the segregation of the names."

Seriously? You would allow official segregation of those men to continue, and simply explain why they were thought less worthy?

Each day that sign remains (it has been reported to have been taken down in May to correct the spelling of one name), we are saying to every African American man, woman and child who walks by, "We didn't think much of this Black family's great grandfather then, and we still don't today."

Using the words Henry Louis Gates has said of Confederate monuments raised after Reconstruction, similarly, each day that "colored" plaque exists, it represents "a haunting symbol of oppression." It may be small, but the hurt is not.

However it is done, that sign must change, or it should be taken out of public display. We no longer see, nor accept, KKK signs publicly displayed, as one was in 1931; and we shouldn't have this 1931 plaque on display either. To allow it to remain proclaims inequality. In 2019 Arlington, that is simply wrong.

Nick Penning ([www.PenningThoughts.com](http://www.PenningThoughts.com)) is an Arlington freelance writer.

## Arlington Swears In 12 New Police Officers

**T**he Arlington County Police Department welcomed 12 new officers this week, as Session 140 graduated from the Northern Virginia Criminal Justice Training Academy (NVCJA) and took their oath to serve and protect the residents and visitors of Arlington County.

Graduation from NVCJA is the first of many milestones in their training process to become solo police officers in Arlington County. The officers will complete local and field training programs before they begin solo patrol in the county.

The new officers who make up Session 140 are representative of the department's ongoing efforts to recruit and hire a force that is reflective of Arlington's diverse population and are well accomplished in their studies. Officer J. Nelson and Officer T. Fullop were awarded first and third place, respectively, for their achievements of academic excellence. Officer T. Fullop was awarded third place in firearms. Officer J. Riggs received the Thomas L. Shaw Award, one of NVCJA's highest honors. The award's namesake, Thomas L. Shaw, worked in criminal justice in the Northern Virginia region for 36 years, more than half of which was in service to NVCJA as the



**Twelve new officers for Arlington graduated from the Northern Virginia Criminal Justice Training Academy.**

executive director from 1982-2000. Riggs was selected by NVCJA's Basic Training Staff as the officer who they feel best exhibits the potential to meet standards for professionalism, dedication and leadership, set forth by Shaw.

After being hired by the department, the new officers began their training at the NVCJA, a regional academy offering training to recruit officers who will go on to serve agencies in Northern Virginia. Recruit officers enrolled in the basic training program complete over 800 hours of training

curriculum, which orients them to the day-to-day challenges experienced by law enforcement personnel while on the job. In addition to basic training, NVCJA offers in-service training programs to officers throughout their careers.

After graduation from the NVCJA, the new officers take part in local training, which reviews the department's specific policies and procedures, as well as aspects of the job specific to Arlington County. Following local training, the new officers complete the department's 12-week Field Train-

ing Program. During field training, the officers work alongside a Field Training Officer, who is responsible for mentoring, teaching and evaluating them as they begin to apply knowledge gained during basic training at the academy to real world situations they encounter when responding to calls for service. Following successful completion of field training, the officers begin solo patrol.

The Human Resources Management Section is actively recruiting applicants to join future academy sessions. Visit [ACPD.jobs](http://ACPD.jobs).

The  
**Arlington**  
Connection

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

@ArlConnection

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

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

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

**NEWS DEPARTMENT:**  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Steven Mauren**  
Editor  
703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**Shirley Ruhe**  
Contributing Photographer and Writer  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Eden Brown**  
Contributing Writer  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
703-778-9431

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Art/Design:**  
Laurence Foong, John Heinly, Ali Khaligh  
**Production Manager:**  
Geovani Flores

**CIRCULATION**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





# BULLETIN BOARD

FROM PAGE 6

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.

## THURSDAY/JULY 18

**Voter Registration for Arlingtonians with Disabilities.** 1-3 p.m. at Endependence Center of Northern Virginia, 2300 Clarendon Blvd. The League of Women Voters of Arlington, in conjunction with the Endependence Center of Arlington hosts the 2019 REV UP Voter Registration Event. Accommodations need to be made two weeks in advance. Free. Contact Endependence Center, 703-525-3268. Register at [www.eventbrite.com/e/voter-registration-for-arlingtonians-with-disabilities-and-celebration-of-29th-anniversary-of-the-tickets-63589720566](http://www.eventbrite.com/e/voter-registration-for-arlingtonians-with-disabilities-and-celebration-of-29th-anniversary-of-the-tickets-63589720566).

## MONDAY/JULY 22

**Fundraiser: Opera NOVA's Summer Institute.** Opera NOVA will hold a Summer Institute for High School students at the Woman's Club

of Arlington. The institute will introduce High School students to what it is like to have a career singing opera. Instructors who are Opera NOVA singers will instruct attendees on technique as well as acting and presentation skills. The institute will last 10 days and end with a concert at the Woman's Club. To make a donation supporting the institute, visit [www.domore24.org/operanova](http://www.domore24.org/operanova) or visit [www.operanova.org](http://www.operanova.org).

## 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/](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. Register at [DRTArlington.com](http://DRTArlington.com).



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

*Westminster at Lake Ridge* offers beautiful maintenance-free cottages and apartment homes, all with the security of onsite health care. Visit us today and see for yourself.

*Experience life in balance, and call 703-291-0191 for a personal tour today!*



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE | LONG-TERM CARE | SHORT-TERM REHABILITATION | HOME CARE

12191 Clipper Drive, Lake Ridge, VA 22192 | 703-291-0191 | [www.wlrva.org](http://www.wlrva.org)

WESTMINSTER AT LAKE RIDGE IS A NOT-FOR-PROFIT, CARF ACCREDITED, CONTINUING CARE RETIREMENT



# Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

## TWO POOR TEACHERS

### Kitchen and Bathroom Remodeling

**10% down**  
nothing until the job  
is complete for the  
past 17 years



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed  
Since 1999



**Free Estimates**

**703-999-2928** Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)



# ENTERTAINMENT

## Signature Theatre Stages 'Blackbeard'

Rowdy high-seas musical about a journey across the globe.

BY STEVE HIBBARD  
THE CONNECTION

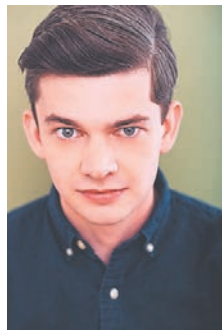
Get ready to be entertained. Signature Theatre is presenting the world premiere of the rowdy high-seas musical, "Blackbeard," from now through July 14. After learning he's a wanted man by the British army, Blackbeard and his merry crew of maritime marauders embark on a journey across the globe to raise an undead pirate army from the depths of the sea.

Maria Egler plays the role of the pirate named Meg, who is one of the crew members on the Queen Anne's Revenge, and La Mer who is the physical embodiment of the ocean. "As you know, all sailors and pirates are 'married to the sea' so be on the lookout for our trials and tribulations," she said.

She said the challenge when working on a new piece is being able to incorporate changes to the script and music on a daily basis. "Sometimes the new material coming at you can make your head spin, but in the end it all makes the piece so much stronger which is well



Signature Theatre presents "Blackbeard" from now through July 14.



Rory Boyd



Maria Egler

worth it," she said.

As far as audience takeaways, she added: "I hope that audiences will have as good of

a time watching this show as we have performing it. And I also hope that the underlying message of treasuring the journey is a big takeaway."

Rory Boyd plays the role of Roger, a newcomer to the ship. "In many ways, he's the eyes and ears of the audience as he learns about life on a pirate ship. To get by, he has to make good use of his quick wit, open mind, sense of adventure and kind heart," he said.

He added: "Working on a new musical is in itself a unique experience. It's been wonderful having the writers and the creative team in the room, and collaborating with them has been an unforgettable

experience for me. For any actor, I think the opportunity to work on a new piece and originate a role is not one that comes by often; so, when it does you go for it," he said.

He continued: "This musical is like a rollercoaster ride. From the very beginning right through to the end (no intermission) the audience is with us on the ship and transported across the world. I hope that cathartic feeling of having just come off a rollercoaster is similar to what audiences might feel; that sense of 'wow, how was all that possible?'"

"Of course, we're using the magic of theatre to make it all happen, and I hope audiences will be reminded of it by seeing our show. In addition, our show has as much heart as it does adventure, so if our audiences leave

both moved and enthralled by what they've seen, then we'll have done our job," he added.

Signature Theatre is presenting "Blackbeard," from now through July 14. Show times are Tuesdays through Sundays at varying times (7 p.m.; 7:30 p.m.; and 8 p.m.); Saturday at 8 p.m.; and Sunday at 7 p.m., with matinees at 2 p.m. Tickets are \$40-\$98. Specialty Nights are Discussion Nights on June 26 and July 9, 2019; Pride Night on June 28, 2019; and Open Captioning July 14, 2019 at 2 p.m. The venue is located at 4200 Campbell Ave., Arlington. Call the Box Office at 703-820-9771.

## CALENDAR

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

### 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.

**Rosslyn Putt-Putt + Candy BAR.** Through Aug. 31, 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.

**Amanda Browder: City of Threads.** Through July 21, at Arlington Arts Center, 3550 Wilson Blvd. AAC welcomes visiting artist Amanda Browder, whose large-scale fabric installation will enliven the exterior

of AAC's building. Browder's vibrant installations are created with donated fabric in collaboration with community members. Her process invites members of the public to get involved with the process of creation, spurring conversations about community, art, architecture, and public space. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

**Summer Exhibitions.** Through Sept. 7 at Arlington Arts Center, 3550 Wilson Blvd. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

**Transitional Objects.** Working in sculpture, installation, and video, these artists experiment with unconventional materials, take inspiration from or produce functional objects, and create sculptures that elucidate both the allure and the difficulty of material forms. Transitional Objects artists: Kyle Bauer, Calder Brannock, Dexter Ciprian, Emily Culver, Liz Ensz, Kyle Hittmeier, Trish Tillman, and Holly Trout.

**Jen Noone: Sort of, Kind of, Almost.** Noone repeatedly coats the surfaces of acrylic boxes, picture frames, and shelving units, before scraping away layers of the dried latex. Each new layer of paint represents an attempt to improve upon the previous layers. While the pursuit of perfection may inevitably

result in failure, Noone's work suggests that the quest for the ideal form, even if it repeatedly misses the mark, has a beauty and charm all its own.

**Jason Horowitz: Ashton Heights Re/Seen.** Photographer Jason Horowitz uses the Photo Sphere/Street View app and his smartphone's camera to create immersive abstract views. For Ashton Heights Re/Seen, Horowitz presents a selection of images from the Re/Seen series all made a short distance from Arlington Arts Center.

**Arlington Mill Farmer's Market.** Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

### 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.



# ENTERTAINMENT

## 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

**McCoy Park Reopens.** 10 a.m. at



## Mouse in the House

PHOTO BY GAIL BINGHAM

Jane Franklin Dance performs *Mouse in 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. The mouse's life changes forever when a gust of wind blows one of Emily's poems her way. Moved by Emily's evocative words that capture her own feelings, the mouse becomes determined to be a poet herself. Monday, July 8, 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. Tuesday, Aug. 6, 4 p.m. at Shirlington Branch Library, 4200 Campbell Ave. and 7 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Free. Visit [www.janefranklin.com/arlington-libraries](http://www.janefranklin.com/arlington-libraries) or call 703-933-1111.

McCoy Park, 2121 21st St. N. Celebrate the reopening of McCoy Park. The project sought to enhance the appearance of the park entrance and provide amenities and beautification. VIDA Fitness will lead a stretch and yoga class and MOM's Organic Market will provide snacks.

Visit [parks.arlingtonva.us/locations/mccoy-park/](http://parks.arlingtonva.us/locations/mccoy-park/) for more.  
**Pride Party.** Noon-4 p.m. at Punch Bowl Social, 4238 Wilson Blvd. Join Miss Gay Arlington-Deja, BallstonGives and AGLA for a Pride Celebration at Punch Bowl Social. RSVP by June 27, get a crown and

join all the other Queens for a day. Free. Visit [www.ballstonbid.com](http://www.ballstonbid.com) or call 703-664-1193.

**Dawson Terrace Park Reopens.** 1 p.m. at Dawson Terrace Park, 2133 N. Taft St. Celebrate the reopening of Dawson Terrace Park and see the renovated the playground, picnic area, trails, courts, and more. Enjoy a scavenger hunt, games and MOM's Organic Market will provide snacks. Visit [parks.arlingtonva.us/locations/dawson-terrace/](http://parks.arlingtonva.us/locations/dawson-terrace/).

**Author Event: Brigid Kemmerer.** 3 p.m. at One More Page Books, 2200 North Westmoreland St. Brigid Kemmerer, the New 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/planyourvisit/netherlandscarillon.htm](http://www.nps.gov/gwmp/planyourvisit/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 [stmmarysarlington.org/event/used-book-sale/](http://stmmarysarlington.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.

## MONDAY/JULY 1

**The Declaration of Independence.** 3-4:30 p.m. at the Arlington County

SEE CALENDAR, PAGE 14





MEET MATA AMRITANANDAMAYI,  
RENOWNED HUMANITARIAN  
AND SPIRITUAL LEADER

WASHINGTON, DC  
JULY 1 - 2, 2019

Programs include inspirational music, meditation, spiritual discourse, and personal blessings

**July 1 — FREE PROGRAM**  
10:00am, morning program  
7:30pm, evening program

**July 2 — FREE PROGRAM**  
10:00am, morning program

**July 2 — DEVI BHAVA FREE PROGRAM**  
A celebration devoted to world peace  
Program begins at 7:00pm

### LOCATION

Crystal Gateway Marriott  
1700 Jefferson Davis Hwy  
Arlington, VA 22202

### PARKING / TRANSPORTATION

**\$17.00 Hotel Parking** | Free parking available in neighboring lots all day Sunday, and Monday after 4:00pm  
**Crystal City Metro** | .02 mi from hotel lobby  
**Free Shuttle** | To and from Reagan National Airport

For info about Amma's charities visit [embracingtheworld.org](http://embracingtheworld.org).

PLEASE PLAN TO ARRIVE AT LEAST 90 MINUTES BEFORE THE PROGRAM TO RECEIVE A FREE TOKEN IF YOU WOULD LIKE TO HAVE AMMA'S EMBRACE. TOKENS MAY BE LIMITED BY TIME CONSTRAINTS.

[AMMADC.ORG](http://AMMADC.ORG) | [INFO@AMMADC.ORG](mailto:INFO@AMMADC.ORG) | (240) 532-2662

OM LOKAH SAMASTAH SUKHINO BHAVANTU MAY ALL BEINGS EVERYWHERE BE HAPPY

## C'MON, BE HONEST. WHAT WOULD YOU RATHER BE DOING THIS SUMMER?




CALL US TODAY FOR A  
FREE ESTIMATE:

**703-684-7702**

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





# Do Something Cut waste, speak out, get involved.

BY EDEN BROWN  
THE CONNECTION

*This article is the third in a 4-part series about things you can do at home and locally to recycle, reuse, and reduce. Readers are invited to send in suggestions for what they would add to the list.*

❖ Bike, walk, or use public transportation when feasible: it will improve your physical and mental health.

❖ Go digital — think twice before you hit print; get bills online.

❖ Reduce the number of boxes and packaging material by consolidating your purchases so you only check-out once several purchases are in the cart.

❖ Support local businesses. Sometimes it's a better deal and free advice and community engagement comes with it.

❖ Join a group or volunteer: EcoAction Arlington, GoGreen Arlington, Sierra Club, the Nature Conservancy, Tree Stewards,



PHOTO BY EDEN BROWN/THE CONNECTION

**This was the scene at the Westover Market Beer Garden after two diners finished an early dinner. This kind of food waste scenario is replayed over and over again in affluent Arlington.**

Tree Action Group.

❖ Participate in occasional events if you can't commit: EcoAction Arlington's stream cleanup, Earth Day bike/run clean up, invasive plant removal, county special events support

❖ Send your child to school with lunch they will eat, not waste.

❖ Volunteer at schools to teach about the 3R's: teaching the young is easier than breaking old habits.

❖ Advocate: at your HOA/condo association, at your place of worship or club, at your PTA.

❖ School waste is enormous: composting unused food or donating it is doable but volunteers are needed.

❖ Write letters, talk to the County and School Board members — there is strength in numbers

❖ Vote for the candidate with a clear green agenda.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

**Evan and Maggie Baker and their 10-year-old son, Robbie, tour the newly opened A-SPAN apartment building in Westover on Saturday, June 22.**

## A-SPAN

FROM PAGE 4

Miller said the property was purchased from Huy Phan who "decided to go all in because we believe A-SPAN will do great things with the building." The purchase of this building preserves affordable housing in an Arlington neighborhood at risk for redevelopment.

A-SPAN's day program began in 1999 with permanent housing in 2007, medical services in 2010 with 1,000 medical visits annually. The Homeless Services Center, providing shelter for up to 80 individuals and veterans nightly, was opened in 2015 with Job START in 2016.

Miller stresses the importance of A-SPAN supporters who can donate at a-span.org, prepare or serve meals or organize a donation drive to collect toiletries, clothing, blankets or food.



**Newly renovated apartments for A-SPAN homeless clients in Streets to Stability Housing.**



## Some Questions about Recycling

**Solid Waste Division working to update website.**

BY EDEN BROWN  
THE CONNECTION

**S**ometimes recycling defies logic, which is why it's a good idea to ask if you aren't sure. Arlington's Solid Waste Division has a website with a tool

("where does it go?") you can use to query the database, but sometimes it isn't comprehensive enough. Never fear, Ursula Escoto, the administrative technician at Arlington County's Solid Waste Bureau, and her colleagues are happy to answer your questions and, when you ask, it adds to the database. Some of her recent answers:

❖ Empty plastic jar of cold cream. No recycling marks on it. — Recycling cart.

❖ Wine cork — Trash cart or take back programs from stores such as Total Wine or Mom's Organic

❖ 12 oz dixie cup - paper inside, outside

feels like foam — Trash cart

❖ Plastic top of milk carton - on or off? — On, recycling cart.

❖ Old school binders — Trash cart

❖ Cardboard shreds used as packing material - Trash cart

❖ Plastic cups number 2 — Recycle cart

❖ Used ballpoint pen — Trash cart

❖ Butcher paper — Trash cart

❖ Brita filters - can be recycled through Brita

Still have a question? Visit <https://recycling.arlingtonva.us/where-does-it-go/> and the email query is on the same page.

## Police Warn Of Latest Scam

**T**he Arlington County Police Department and Sheriff's Office are warning the public about a telephone scam that uses the threat of arrest to extort money from potential victims.

Several residents have reported receiving unsolicited phone calls claiming they have an outstanding warrant for their arrest.

The resident is provided with a phone number and instructed to call an individual the scammer claims to be a lieutenant with the Arlington County Sheriff's Office. The scammer then demands immediate payment for an alleged fine.

If residents receive a call of this nature, immediately hang up with the caller and verify the claim by calling the Arlington County Sheriff's Office at 703-228-4460.

Never use a phone number provided to you from the caller to verify their credibility.

After making a verification call, if you find that you were a target or victim of a scam, file an online police report or call the Emergency Communications Center at 703-558-2222.



### Eco Faux Pas

**Can you spot the (two) faux pas in this photo? Dirty pizza boxes (separate the dirty part out) and putting bottles and cans in a plastic bag (the whole load could get trashed instead of recycled: don't put cans and bottles in a plastic bag).**

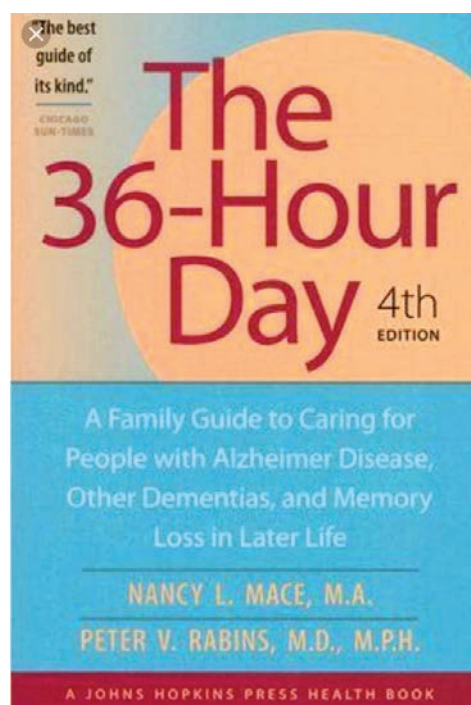
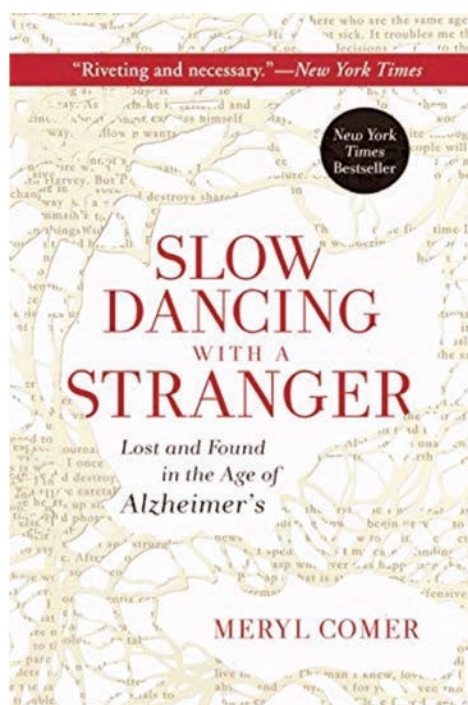


**Another double faux pas: Hangers don't go in recycling. If you want to see them go to the right place, call for a metal pick up or save them for the next community recycling event. And again, for the third week in a row: bottles and cans in a plastic bag.**

PHOTOS BY EDEN BROWN  
THE CONNECTION



## Senior Living



Among the resources recommended for those dealing with Alzheimer's are books entitled, "The 36 Hour Day" and "Slow Dancing with a Stranger."

## A Difficult Conversation

### Talking to loved ones about Alzheimer's Disease

BY MARILYN CAMPBELL

After witnessing the slow decline of family members with Alzheimer's and other forms of dementia, Ana Nelson knows the importance of early recognition of signs of the disease and enacting a plan as early as possible. During the month of June, Alzheimer's & Brain Awareness Month, Nelson who is vice president of Programs and Services with the Alzheimer's Association National Capital Area Chapter, is working to encourage family members who notice signs of cognitive decline in a loved one, to have an open dialogue, no matter how difficult.

"You're always thinking that your parents or loved ones are going to be around for a long time, but we're talking about a disease where there's no way to stop it or cure it," said Nelson. "Alzheimer's is a progressive

**"Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms."**

**— Ana Nelson, Vice President of Programs and Services, Alzheimer's Association National Capital Area Chapter**

and incurable disease. You need to have the conversation as soon as you notice symptoms so that you can plan for it. Families sometimes wait too."

A new survey released by the Alzheimer's Association reveals that nearly 9 in 10 Americans say that if there were experiencing signs of cognitive decline they would want their loved ones to share their concerns. However, nearly three out of four Americans say talking to a close family member about such a decline would be challenging for them.

To offer ideas for closing that communication gap, Nelson points to a recently launched national campaign and partnership between the Alzheimer's Association and the Ad Council. The project, called "Our Stories" uses stories from people who've noticed cognitive changes in a family member and initiated a conversation.

An early diagnosis allows families to plan both financially and legally for the future. Recognizing the signs of mental decline allows for a timely diagnosis. "The most common early symptom of Alzheimer's is difficulty in remembering recent events," said Jerome Short, Ph.D., licensed clinical psychologist and associate professor of psychology at George Mason University. "Later symptoms are getting lost, problems with language, mood swings, lack of self-care, impulsivity, or lack of motivation."

SEE ALZHEIMER'S, PAGE 15

### For Assistance

The Alzheimer's Association offers help to families as they navigate the challenges of the disease. It offers face-to-face conversations with local experts and a free 24/7 Helpline 800-272-3900. Additional resources can be found at alz.org.

WWW.CONNECTIONNEWSPAPERS.COM

## LIVING HEALTHY LONGER

**2019 NVSO SEPT. 14-28**

**CYCLING  
SWIMMING  
CARD GAMES  
POOL  
SOFTBALL HIT  
GOLF  
SUDOKO  
PICKLE BALL  
PING-PONG  
WALKING  
DISCUS  
HIGH JUMP  
LINE DANCING  
5K RUN  
BEACH BALL WALLYBALL  
+50 OTHER EVENTS**

**50+**

**NVSO2019**

**MUST REGISTER BY AUG. 31 AT WWW.NVSO.US**

**VOLUNTEERING YOUR GAME? CALL RSVP NOVA AT 703-403-5360**



**AT GAYLORD NATIONAL®**

Discover the perfect resort experience with free activities and waterfront fun all summer long in National Harbor, Maryland.

**Visit July 2-6 for even more family fun!**

**Packages start at just \$179\***

Book your stay at [GaylordNational.com/SummerFest](http://GaylordNational.com/SummerFest)

PRESENTED BY **AQUAFINA**

\*Rates are per room, per night and based on availability at the time of reservation. Applicable tax, resort fee and parking additional. Limited numbers of rooms are available for this promotion. Offer does not apply to groups of 10 or more rooms or conventions. Offer cannot be combined with any other promotions. Advance reservations required. Not retroactive. Blackout dates and other restrictions may apply. AQUAFINA is a registered trademark of PepsiCo, Inc.



# CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

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

## Employment

**Global Communications Associate, Member Affairs and Global Communications** - lead & strategize SEEP's communications. Create customized & effective marketing & communications campaigns. **Reqs:** Bach's in communications, marketing, int'l developm't, int'l relations or closely related. 1 yr year exp in marketing or communications in int'l development, relations and/or financial inclusion. Job in Arlington, VA for The Small Enterprise Education and Promotion Network, Inc. Cover letter, CV, salary reqs & references to Attn: Carla deChassy, 1621 N Kent St., Ste. 900, Arlington, VA 22209.

## Employment

### Forget Daily Commuting

**Print and digital media sales consultant for area's most popular and trusted local news source**

Manage your own hours from home  
Enjoy flexible schedule plus no daily commute  
Help local businesses grow  
Unique opportunity to be a voice in your community  
Competitive compensation

**Call Jerry Vernon  
703-549-0004**

Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

## LIKE US ON FACEBOOK

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



**Find us on Facebook and become a fan!**

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

**THE CONNECTION**

Newspapers & Online  
The Connection to Your Community

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

## Legals

## Legals

### PUBLIC NOTICE VOLUNTARY REMEDIATION PROGRAM (VRP) ACTIVITY

Virginia Department of Environmental Quality (DEQ) VRP Site 00701  
National Gateway- Potomac Yard Parcel 5A Land Bay D East  
3400 Potomac Avenue  
Arlington County, Virginia 22202

Participant:  
Erkiletian Development Company  
2009 14th Street, North, Suite One  
Arlington, VA 22201

This notice is being provided pursuant to the public participation requirements of the Virginia Department of Environmental Quality (DEQ) Voluntary Remediation Program (VRP) Regulations 9VAC20-160-120. Erkiletian Development Company has enrolled the "National Gateway-Potomac Yard Parcel 5A Land Bay D, East" (Site) in the VRP as VRP Site 00701. The Site was the location of the northern portion of the Potomac Yard which was primarily used as a railroad switching area. Environmental investigations of the Site's soils determined that metals contamination in site soils was within the range of background concentrations and that PCBs, volatile and semi-volatile compounds in site soils were below VRP screening levels for unrestricted site use (Tier II SLs). The low levels of risk associated with the Site's soil contamination have been further reduced through excavation of the site to a depth of 36 feet below ground surface and the appropriate off-site disposal of excavated soils. Environmental investigations of the Site's groundwater determined that naphthalene and arsenic were present above VRP Tier II SLs in a small number of monitoring wells. Because the depth to groundwater at the site is greater than 15 feet below ground surface and municipal water supplies are required to be used at the Site, exposure to the Site's groundwater is not a complete risk exposure pathway. To ensure that the groundwater exposure pathway remains incomplete, Erkiletian Development Company will place a restrictive covenant on the Site's property Deed prohibiting the use of groundwater for any purpose other than environmental monitoring. A VRP Certification of Satisfactory Completion of Remediation for the Site will be requested from the DEQ VRP after the close of the public notice period. Questions or comments regarding this notice should be addressed to:

Ms. Kelly O'Reilly  
Environmental Consultants and Contractors, Inc.  
43045 John Mosby Highway  
Chantilly, VA 20152  
703-327-2900 (for inquiries only; all comments must be submitted in writing)  
kelly.oreilly@eccfirst.com  
Comments will be accepted for a period of 30 calendar days from the date of publication of this notice. **ALL COMMENTS REGARDING THIS NOTICE MUST BE SUBMITTED IN WRITING.**

## SPORTS



**Sean Conley (Donaldson Run team record in boys' 15-18 50 free and tied his own previous record in boys' 15-18 back)**



**Keegan Clark (girls' 8 & under 25 breaststroke)**



**Diya Redburn (girls' 11-12 50 breaststroke)**



**Heath Holley (boys' 9-10 50 backstroke)**

## Victory at Opening Home Meet

In the team's opening home meet of the NVSL Division IV season, June 22, the Donaldson Run Thunderbolts beat the High Point Pirates with a final score of 231-189.

Swimmers broke four Donaldson Run team records during the meet. Donaldson Run team siblings, Rachel and Sean Conley, set new Donaldson Run records in the girls' 11-12 50 free and boys' 15-18 50 free with times of 28.85 and 24.91 respectively. Jack Tsuchitani broke the Donaldson Run boys' 13-14 breast team record with a time of 31.23 and

Andrew Meighan broke the Donaldson Run boys' 15-18 butterfly team record with a time of 27.07. Sean Conley also tied his own pool record in boys' 15-18 backstroke.

Double individual race winners for Donaldson Run were: Thomas Rodman (boys' 11-12 50 free and 50 fly); Sean Conley (boys' 15-18 50 free and 50 back); Charlie Greenwood (boys' 11-12 50 back and 50 breast); Jack Tsuchitani (boys' 13-14 back and 50 fly); Eleanor Wertzler (girls' 9-10 50 free and 50 back); Grace Jansen (girls' 13-14 50 breast and 50

fly); and Rachel Conley (girls' 11-12 50 free\* (tie race) and 50 fly).

The team's single winners were (in order of age and event): Yvelisse Cabocel (girls' 8 & under 25 back); Keegan Clark (girls' 8 & under 25 breast); Evelyn Maloney (girls' 9-10 breast); Diya Redburn (girls' 11-12 50 breast); Annika Ledford (girls' 8 & under fly); Ryan Clark (girls' 9-10 25 fly); and Andrew Meighan (boys' 15-18 50 fly).

Donaldson Run won seven relays. Winning relay teams included: Annika Ledford, Mary Branon, Anna Edgerton, Yvelisse Cabocel (girls' 8 & under 100 free); Evelyn Petty, Evelyn Maloney, Ryan Clark, Eleanor Wertzler (girls' 9-10 100 medley); William Taylor, Charlie Greenwood, Thomas Rodman, Jimmy Egan (boys' 11-12 100 medley); Jack Tsuchitani, Phillip Brooke, Hayden Stolzenberg, Braylon Meade (boys' 13-14 100 medley); Sean Conley, Drew Harker, Andrew Meighan, Harrison Rehr (boys' 15-18 200 medley); Charlie Greenwood, Sloan Stafford, Jack Tsuchitani, Sean Conley (boys' Mixed Age 200 free); and Rachel Conley, Eleanor Wertzler, Grace Jansen, Emma Hutchison (girls' Mixed Age 200 free).

## CALENDAR

### FROM PAGE 11

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

**Wine Tasting.** 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Celebrate

Independence Day with a First Friday Wine Tasting with One More Page. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**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 [mgaralex@gmail.com](mailto:mgaralex@gmail.com).



## Senior Living

# Alzheimer's

FROM PAGE 13

Before initiating a conversation, plan the way in which it might begin. "You can share what you have observed," said therapist Carol Barnaby, LCSW-C. "For example, 'It seems you are having trouble with remembering some things' and give examples. You can ask, 'Is this frustrating for you? Have you noticed or spoken to your doctor?'"

"I recommend being direct, yet warm and caring," added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College.

Offering comfort and support can make the conversation less daunting, "You might say, 'I'm beginning to feel concerned about your health because I've noticed that you are having some trouble with your memory lately'" said Bagshaw. "Have you noticed that as well? How can I support you?"

Even with advanced preparation the conversation might not go as planned, says Nelson. "This is a delicate issue that might require multiple conversations," she said.

Encourage the family member to seek medical advice for an accurate diagnosis, suggests Barnaby. "Some mental confusion can be caused by certain medications, so it isn't always dementia," she said.

Be flexible realizing the conversation might not go as planned and raise concerns subtly. "Ask them if they have any concerns," said Barnaby. "You might say, 'I have been wondering how you are doing. You haven't seemed your usual self. I am wondering if you have noticed anything.'"

The Alzheimer's Association offers resources and assistance to those living with Alzheimer's and their families, says Nelson. "We are just a phone call away," said Nelson. "We offer help 24 hours a day, seven days in week and in more than 200 languages. It doesn't have to be a crisis situation. You can call even if you just need help."

## 'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for July 8-13.

**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:** High Tea at Gramercy Mansion, Stevenson, Md., Wednesday, July 10, \$55; Captain Billy's, Newburg, Md., Thursday, July 11, \$5; Bistro L. Hermitage, Occoquan, pre Bastille Day lunch, \$67; Newseum, D.C., "John Stewart, The Daily Show," exhibit, Saturday, July 13, \$27. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

## NEW PROGRAMS

**Leonardo Da Vinci's portraits of women**, Monday, July 8, 1:30 p.m., Aurora Hills, \$6. Register, 703-228-5722.

**Fishermen's group** meets monthly, newbies welcome, Monday, July 8, 10 a.m., Walter Reed. Details, 703-228-0955.

**Diabetes support group**, discuss daily management, community resources, Monday, July 8, 11 a.m., Langston-Brown. Register, 703-228-6300.

**Northern Virginia Senior Olympics**, registration open, check website, www.nvso.us or call 703-228-4721.

**Pickleball for beginners**, Mondays, 9 a.m., Arlington Mill, 9:45 a.m., Walter Reed. Details, 703-228-7369, 703-228-0955 (WR).

**Newest hearing technology**, Tuesday, July 9, 10 a.m., Walter Reed. Register, 703-228-0955.

**Writers' workshop**, Tuesday, July 9, 11 a.m., Lee. Register, 703-228-0555.

WWW.CONNECTIONNEWSPAPERS.COM

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

### LANDSCAPING

#### A&S CONSTRUCTION

SOD, Mulch, Clean-Up  
Leaf Removal  
Hauling.  
**703-863-7465**

Good is not  
good, where  
better is  
expected.

-Thomas Fuller

### ELECTRICAL

### ELECTRICAL

#### K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc....  
Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522  
lektrkman28@gmail.com

### GUTTER

### GUTTER

#### GUTTER CLEANING

Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

**PINNACLE SERVICES**  
lic/ins **703-802-0483** free est.  
email jamie@lawnsandgutters.com  
web: lawnsandgutters.com  
Friendly Service with a Friendly Price!

### A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**  
LICENSED  
Serving All of N. Virginia



### RN. CONTRACTORS, INC.

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patios, Custom Deck, Painting

We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: **703-887-3827**  
E-mail: rncontractorsinc@gmail.com  
**www.rncontractors.com**

### LANDSCAPING

### LANDSCAPING

#### Patios & Drainage

Your neighborhood company since 1987

**703-772-0500**

#### J.E.S. Services

Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

### TILE / MARBLE

### TILE / MARBLE

#### Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

**Spring Cleanup...**  
Tree removal, topping & pruning,  
shrubbery trimming, mulching,  
leaf removal, planting, hauling,  
gutter cleaning, retaining walls,  
drainage problems, etc.

25 years of experience – Free estimates  
**703-868-5358**

**24 Hour Emergency  
Tree Service**

### IMPROVEMENTS

### IMPROVEMENTS

#### Power Washing

Go from green to clean, do you have  
mold on your siding rotten wood that's  
a hoia voilation? We do houses, decks,  
fences, side walks, etc. Deck and fence  
repair, deck staining and sealing.

Licensed & Insured • Free Estimates

email: jnave@comcast.net  
**703-987-5096**

## ATTENTION ADVERTISERS:

expand your  
audience beyond  
our weekly print  
edition with

**THE CONNECTION  
DIGITAL**

- Email Marketing
- Social Media
- Sponsored Content

FOR MORE INFORMATION  
CALL 703.778.9431

OR VISIT  
**CONNECTIONNEWSPAPERS.COM/ADVERTISING**

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

Reaching Suburban Washington's Leading Households

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

• Arlington Connection • Fairfax Connection • Loudoun Connection • Potomac Connection • Stafford Connection • Silver Spring Connection • South County Connection • Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper • The Washington Post • The Washington Times • The Washington Free Press • The Washington Business Journal • The Washington City Paper

## That of Which I'm Most Proud



By KENNETH B. LOURIE

Not ending the title of this column with a preposition?

Not starting either of these sentences with a "so?"

Not beginning any of the first three sentences with an "especially" or an "and" (although I do begin many sentences with "And," just neither of these so far)?

No, of what I'm most proud, at least in the context of the nonsense I've presented so far, is my ability, going on a few months now, to ignore the illuminated warning lights on the dashboards of both of our cars: "Maint Req'd" on one and the low tire pressure icon on the other.

Typically, these kinds of non-stop reminders would have bothered me – like having an itch you can't scratch or a stone in your shoe.

Not anymore. These dashboard reminders barely register a blip on Kenny's radar.

I place the key in the ignition. I turn on the car. I see the various dashboard lights illuminate. And after the engine has begun idling, I see the remaining lights.

No problem. I just place my foot on the accelerator and go.

Though I might give these "idiot" lights a first thought and a second look, I will not be giving them too many more thoughts or looks as I drive around. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, "totally," to quote my late mother.

As you may have discerned from reading the two preceding paragraphs, as it involves cars, I'm not exactly a hands-on person. More like, hands off.

Granted, this lack of interest and, dare I say, manliness, has no doubt cost me thousands of labor-rate dollars at the dealership/mechanic.

But it's just not me. It's never been me. I'm a sports and chocolate person. The only thing I want my hands on is the television remote or something sweet.

And tools? To quote your favorite Italian mobster: "Forget about it."

Definitely hands off, literally, especially if there's a car in the driveway. As far as I'm concerned, that's the danger zone. Nothing good will ever come from yours truly entering it.

In fact, I'm almost positive the repair will end up costing me more if I do it myself (which I couldn't do anyway). Throw in the frustration and perspiration involved and you have a match made nowhere near heaven.

Heaven will have to wait, I suppose.

Spending the repair dollars I have over the years doesn't thrill me either. But I have no choice. I can't do anything about my lack of abilities.

To quote the great philosopher, Popeye the Sailor Man: "I 'yam what I 'yam." And I have to pay what I have to pay. I remember always dreading the repair cost when a dashboard warning light would appear.

I knew that light (like the wedding invitation George received in a long-ago Seinfeld episode) was going to cost me hundreds of dollars. Hundreds of dollars which I did not have. That warning light, to invoke George from the same episode was "a bill." But as I've proved recently, that's a "bill" I've been able to ignore.

I know, ignoring a warning light seems stupid. Where's the future in that?

The repair is unlikely to fix itself and unless the bulb illuminating the warning light burns out, my negligence/ability to ignore it, is likely making a bad situation worse. Unfortunately – or not – however, I don't have a Pavlovian response to seeing that light. Seeing it doesn't make me instinctively react anymore.

It's not like banging one's knee with a "doctor's hammer." My wallet doesn't just open when the dashboard warns me. I just drive on.

Now if the light starts flashing, that's a different story, and one I haven't written yet, and I hope I never do. Because if that light does start flashing, I won't be able to ignore it, and likely, not be able to afford it, either.

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



# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S  
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3  
TIRES  
AND  
GET  
THE  
4TH FOR**



**\$1**

**See Service  
Advisor for details.**

**GOT TIRES?**

INCLUDES ROAD HAZARD PROTECTION, TIRE  
WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL  
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA  
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND  
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 6/30/19.

**CHECK ENGINE  
LIGHT DIAGNOSIS  
NO  
CHARGE**

**INITIAL DIAGNOSIS**

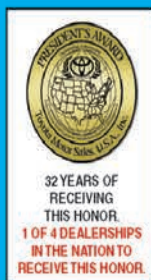
**WE WILL RETRIEVE  
VEHICLE CODES  
& GIVE YOU  
AN ESTIMATE  
OF REPAIR COSTS.**



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA  
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP  
SUPPLIES ADDITIONAL. OFFER EXPIRES 6/30/19.

*Jack Taylor's*  
**ALEXANDRIA  
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305



**SAFETY FIRST ALWAYS!**  
Have Your Vehicle Checked  
for Open Campaigns/Recalls  
Recall Hotline: **703-684-0710**

**SERVICE & PARTS DEPT HOURS:**

Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.  
THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare**  
Customers

Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
Mile Services  
Call your ASM for details

**Now Available**  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

**OIL & FILTER CHANGE**

**\$24<sup>95</sup>**

NON-SYNTHETIC

**\$34<sup>95</sup>**

SYNTHETIC

**Includes:** Genuine Toyota oil filter, up to 5 qts of conventional oil\*,  
inspect windshield wipers, check tire condition, check battery (with  
print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

**ALIGNMENT SPECIAL**

**\$69<sup>95</sup>**

Your car's alignment suffers, and can  
cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts  
& shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.  
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

**BRAKE SPECIAL**

**\$79<sup>95</sup>**

**Includes:** Install Genuine Toyota front brake pads,  
inspect front & rear rotors & drums, check tire  
condition and inspect all hardware. Pads only.  
**MACHINE ROTORS ADDITIONAL**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA  
TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

**SIGHT LINE  
WIPER BLADES**

**BUY 1  
GET 1 FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA  
TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/19.

**VARIABLE DISCOUNT**

**\$15.00 OFF** when you spend \$100.00 - \$199.99

**\$30.00 OFF** when you spend \$200.00 - \$299.99

**\$45.00 OFF** when you spend \$300.00 - \$399.99

**\$50.00 OFF** when you spend \$400.00 or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED  
AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

*Jack Taylor's*

**ALEXANDRIA TOYOTA**

**FREE**

**BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of  
battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

**TRUESTART™ BATTERIES**



**\$129<sup>95</sup>**

INCLUDES BATTERY INSTALLATION

**Includes:** 84 month warranty, 24 month free replacement,  
24 month free roadside assistance.  
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

**CLEAN AIR A/C INSPECTION  
& VENTILATION SPECIAL**

**\$129<sup>95</sup>**

**Includes:** Replace cabin air filter, and Toyota Evaporator Service  
using anti-bacterial foam cleanser and odor eliminator.  
**Bring back that new car smell!**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

**CALL FOR AN APPOINTMENT AT 703-684-0710 OR SCHEDULE ONLINE AT ALEXANDRIATOYOTA.COM**