

# The Arlington Connection

Nearly 4-year-old Jacob Warner Olson Timmons assists Gov. Ralph Northam in signing "Jacob's Law" at Walker Chapel Preschool on June 24. Right: His parents, Jay Timmons and Rick Olson are joined by his two older sisters, C.J. and Ellie. Left: Del. Richard "Rip" Sullivan who introduced the legislation and Del. Mark Levine, a co-patron of the bill.

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# PEOPLE



**Rampino**



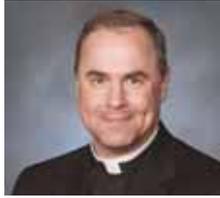
**Yehl**

### NEW CHAPLAIN AT MARYMOUNT

Effective June 27, and in accordance with clergy appointments made by the Most Reverend Michael F. Burbidge, Bishop of Arlington, Reverend Joseph M. Rampino, Parochial Vicar at Blessed Sacrament Parish in Alexandria, has been assigned as Chaplain at Marymount University in Arlington with residence at Saint John the Beloved Parish in McLean. Reverend Thomas M. Yehl, Y.A., current Chaplain and Director of Campus Ministry at Marymount University in Arlington, has been assigned to Parochial Vicar at Blessed Sacrament Parish in Alexandria.



**Posey**



**Scalia**

### PASTOR MOVES TO ARLINGTON

The Very Reverend Patrick L. Posey, V.F., has left his current position as Pastor of Saint James Catholic Church in Falls Church to become the new Rector of the Cathedral of Saint Thomas More in Arlington, while continuing as Diocesan Director for the Office for the Propagation of the Faith. The Very Reverend Paul D. Scalia has been assigned as Pastor of Saint James Parish in Falls Church while continuing as Episcopal Vicar for Clergy and Director of the Diaconate Formation Program.



PHOTO CONTRIBUTED

## Investing in Careers in Education

Twenty-one graduating seniors who intend to pursue a career in education have been awarded scholarships by the Arlington County Scholarship Fund for Teachers, Inc. (ACSFFT, Inc.). The awards were presented at a ceremony at the APS Syphax Center on May 15, which also featured remarks by APS Principal of the Year, Judy Apostolico-Buck (Barcroft Elementary School), and APS Teacher of the Year, Wilson Ramirez (Washington-Lee High School). Scholarship recipients include: Tam Ayers, Misheel Batzorig, Anne Bell, Hannah Burkholder, Alexandra Burnham, Sophia Coble, Katrina Delo, Lily DiBenigno, Ellen Franzen, Yorleni Jackelin Sagastume Garcia, Mia Giacomo, Timothy Gulyn, Micah Gustafson, Hannah Howell, Keiry Olinda Argueta Jarquin, Benjamin Kline, Alison Levine, Liam O'Casey, Leslie Sanchez-Guzman, Karuna Sinha, and Mary Grace Wilson. Recipients were chosen based on written applications and individual interviews with members of the board of the ACSFFT, Inc. Each student received a \$2,500 scholarship to be used for tuition during his or her first year of college or university. At the same ceremony, the Arlington School Administrators (ASA) presented scholarships to Josie Binkley, Jakore Harmon, Brody Karton, Io Kovach, Claire Sawyer, and Yoselyn Vasquez Sanchez. In addition, the Arlington School Administrators Associates (ASAA) presented its "Spirit Scholarship" to Sarah Duran-Calzada, and the ASAA Award to Lily DiBenigno and Melale Hailu.



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## Nearly 4-Year-Old Jacob Leads the Way

**New state law protects the rights of gay and straight couples who use a surrogate to have a child.**

BY SHIRLEY RUHE  
THE CONNECTION

**J**acob Warner Olson Timmons sat on the lap of Gov. Ralph Northam and grasped the Governor's large pen. They were at Walker Chapel United Methodist Church where the governor would sign HB 1979 (Jacob's Law) on June 24. The ceremony was being held where Jacob attends Walker Chapel Pre-school, and the room was full of children twirling in circles, bouncing on the bench, and tugging at their seersucker suits and floral spring dresses.

"Think back to what you were doing four years ago today. I know what Rick and I were doing," said Jay Timmons. "It was this exact day and almost this exact minute that Wisconsin reserve judge Sarah O'Brien granted us parental rights six weeks before our son Jacob was born. It made C.J. and Ellie very proud sisters."

Jay Timmons and Rick Olson's two older daughters, 9-year-old, C.J., and 7-year-old, Ellie, had been born in California where Olson and Timmons had no problems getting parental rights. But events didn't go as expected when they attempted to get parental rights for Jacob in Wisconsin where they had found a surrogate mother and which had a Supreme Court ruling validating surrogacy contracts. After the initial favorable court ruling by reserve judge O'Brien, a court vacancy was filled by a judge who ignored the state law by "imposing his own personal views instead of upholding the law." A surrogacy expert at the time called it "the craziest thing I've ever heard of."

In an article for the Independent Journal in 2016, Timmons laid out the twists and turns of the 10 grueling months from the initial favorable court decision through the months of depositions, multiple hearings, and voluminous additional legal findings required by the new judge who Gov. Scott Miller had



**Del. Richard "Rip" Sullivan (D-48) introduced HB 1979 in the General Assembly this year and shepherded it through working with Republicans to get bipartisan support.**

appointed to fill a vacancy on the court: "Judge Jim Troupis appeared to be on a mission. He set aside Judge O'Brien's order, more or less ignoring the state law, and the existing court precedent governing surrogacy."

Timmons explains an uncontested case that should have taken no more than two days was strung out over months as the judge extended the proceedings with no clear end in sight. "He came in for no reason with a disgraceful ruling and took our rights away, leaving Jacob an orphan and accusing us of human trafficking."

This set off what became a prolonged legal battle involving 11 lawyers, mounting legal fees, and, "the anxiety of losing Jacob was ripping our hearts out." After 10 months of legal battles, prejudice and insecurity, the battle for parental rights was won and the family survived. "But we are forever changed by the heartache and pain caused by the officers of the court."

Although Olson and Timmons had won



**The stage at Walker Chapel is festooned with balloons, a dollhouse, dog on a tricycle and a child-sized table with governor spelled out with blocks. In the center sits Jacob's bear and Jacob's name spelled out in blocks celebrating the signing of HB 1979. This legislation ends the Virginia policy of denying parental rights to same sex parents or single individuals for their children born via surrogacy.**

the surrogacy battle in Wisconsin, they wouldn't have been able to pursue surrogacy in Virginia because the Virginia law prohibited same sex couples from the right of parentage. It also required that the child be related to one of the intended parents, which Jacob is not.

"Somewhere along the way we encountered Del. Rip Sullivan and he decided to attempt to change Virginia law, introducing HB 1979 in this year's General Assembly. We could have stopped," Timmons said, "but we could not accept that others would be treated the same way."

Olson explained, "We did this for others." Timmons added, "Progress is only possible when you stand up for what is true."

Sullivan said, "I am a bit player but I knew I had to at least try. I knew there would be a lot of opposition, and there was, but we had a secret weapon. It was that little guy in the middle," he said pointing to Jacob. "The family was my exhibit A during testimony. I asked why would we not want a fabulous family like this in Virginia." Sullivan said all the Democrats and nearly half of the Republicans in the Virginia House voted for the bill. "This is how it is supposed to work — working together."

Before signing the bill, Northam said, "We say it takes a village. This is one of those ideas where you reach out to legislators. It doesn't happen in a vacuum." As he looked around the room at the children lined up behind him on the bleachers, sitting cross legged on the floor and perched on their parents' laps in the audience, Northam observed as a pediatrician that he has never seen this large a group of well behaved children. He concluded this legislation is a win for equality and for Virginia. "This is the 50th anniversary of the Virginia slogan 'Virginia is for Lovers. We celebrate Virginia is for all lovers.'"

Timmons said, "When the Governor signs this today, it will be new ground for Virginia where people can start their own families. A faceless bureaucrat can't stand in the way telling them their child has no right to exist." He quoted John 1:5: "The light shines in the darkness, and the darkness did not overcome it."

## Autonomous Vehicles Finding the Way on Base

BY MIKE SALMON  
THE CONNECTION

**Driverless shuttles look futuristic as they navigate a route around parade field.**



PHOTO BY MIKE SALMON/THE CONNECTION

**The Olli is square in front and back.**

**W**hen "Olli," pulled out on the road of Fort Myer, going for a loop around the parade field, there was no engine noise and no driver, but it made all the stops, and smoothly rounded corners. Olli is an autonomous vehicle with no driver, and possibly a way of the future.

The Olli Autonomous Vehicle Pilot Program is on Joint Base Myer-Henderson Hall from June 19- Sept. 19, testing out the concept with the U.S. Army Engineer Research

and Development Center. Joint Base Myer-Henderson Hall was chosen for the pilot program after going up against several colleges and municipalities that entered the "Olli Fleet Challenge," going up against the University of Maryland, George Mason University and the City of Frederick, Md., among others that entered. There are additional fleet challenges in progress in Atlanta, Georgia and Southern California. It is one

of two autonomous vehicle efforts funded through a Congressional Program of Interest for smart bases.

Local Motors built the Olli and they are one of several companies building similar vehicles. "We are currently on the University of Buffalo," said Rasheed Walford, Local Motors district sales representative on the east

SEE AUTONOMOUS, PAGE 4

## Donate How local residents can get involved in the national asylum-seekers issue.

**M**any organizations are working to get and keep asylum-seeking children out of U.S. detention centers so that they will not have to endure the kinds of conditions being reported. All of the following organizations are trying to help families caught up in this crisis.

❖ **American Immigration Council:** This organization gets on the ground to help families at detention centers, documenting conditions of detention, and bringing lawsuits to challenge them.

❖ **Asylum Seeker Advocacy Project:** Provides “emergency legal aid to refugee families.”

❖ **La ColectiVA Liberation Fund:** This “collective liberation fund will support local families and community members with whom we work that are impacted by the incarceration-to-deportation pipeline.”

❖ **Congregation Action Network** (formerly

DMV Sanctuary Congregation Network): Is a community organization based around faith communities.

❖ **Families Belong Together:** Is a group effort that “includes nearly 250 organizations representing Americans from all backgrounds who have joined together to fight family separation and promote dignity, unity, and compassion for all children and families.”

❖ **Kids In Need of Defense:** According to its website, KIND “partners with major law firms, corporations, law schools, and bar associations to create a nationwide pro bono network to represent unaccompanied children through their immigration proceedings.”

❖ **South Texas Pro Bono Asylum Representation Project (ProBAR):** A joint project of the American Bar Association, the State Bar of Texas, and the American Immigration Lawyers Association, ProBAR “is a national effort to provide pro bono legal services to asylum seek-

ers detained in South Texas by the United States government.”

❖ **Refugee and Immigrant Center for Education and Legal Services (RAICES):** A nonprofit that aims to reunite families and help kids feel safe, this Texas-based organization aims to “directly fund the bond necessary to get parents out of detention and reunited with their children while awaiting court proceedings” and to “ensure legal representation for every child in Texas’ immigration courts.”

❖ **Together Rising:** Support for an Immigration Law Clinic providing direct support in detention centers.

❖ **The Young Center for Immigrant Children’s Rights:** Provides independent Child Advocates to stand up for unaccompanied immigrant children and “champion the child’s best interests.”

— SHIRLEY RUHE

## Testing Autonomous Vehicles on Base

FROM PAGE 3

coast. Joint Base Myer-Henderson Hall was “the best deployment for this region,” Walford said.

For the next few weeks, Olli will travel an assigned route on the Fort Myer streets surrounding the parade field, so everyone on the base can test it out before it goes live in late July. Then, for another month, it will make stops at office buildings and other Joint Base Myer-Henderson Hall locations, alleviating the need for cars to some extent.

Although the Olli has no driver’s seat, no steering wheel and no driver, there is a steward on board to run the computer and “to alleviate the mind of the passenger,” Walford said.

The Virginia Department of Transportation has its sights on autonomous vehicles as well and helped initially facilitate the Olli at Fort Myer, even though VDOT does not help with the roads and things on the base. VDOT had discussions with the base about an autonomous vehicle plan, and the ultimate goal was for the employees at the base to take transit to the base and catch Olli from there. It’s still a goal, but they aren’t there yet.

“We’re helping them to think about how they want to evaluate the pilot,” said Cathy McGhee, director of innovation and research for the Office of the Virginia Secretary of Transportation.

There is a program in Fairfax County between the Dunn Loring Metro station and the Mosaic District south of Tysons Corner. The



The Olli navigates one street overlooking the Washington Monument.

county has not determined if they’ll use an Olli or another type of autonomous vehicle. “Lots of questions remain,” McGhee said.

There are levels of autonomous vehicles and Olli on Fort Myer is a level four vehicle because there is an attendant, but the technology is going to a level five with no driver or attendant.

Virginia Del. Glenn Davis (R-84) is supportive of this technology and is actively pursuing legislation in that direction. “It’s a great opportunity for mass transit in communities,” he said. “More populated the area, the move beneficial these vehicles will be,” Davis said. A car with cruise control, for example, is considered a level two vehicle since there is a certain level of automation used when driving.

There is a current version of car made by Audi that uses a certain level of autonomy so the driver at a stop light will know how long



Behind the laptop is the steward Eric Chekirdek

the light will be and when it turns green, there is a signal in the car. That way, those reading email at the light will not sit there during a green light phase, which frequently happens and is an inter-

ruption in the flow of traffic and the performance of the traffic signal. When the light is green, “that delay is getting longer,” she said, and one of their concerns at the VDOT research center.

The  
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Connection

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# 'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for July 14-20.

**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:** Choptank Sight Seeing Cruise, Hurlock, Md., Wednesday, July 17, \$34; Air Force Band Summer Concert, Arlington, Friday, July 19, \$5; Contemporary Theater Festival, Shepherdstown, W.Va., Saturday, July 20, \$141. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

## NEW PROGRAMS

**De-mystifying hospice and palliative care,** Monday, July 15, 1:30 p.m., Aurora Hills, Register, 703-228-5722.

**Current events,** Monday, July 15, 10 a.m., Walter Reed. Details, 703-228-0955.

**Just Playin' Country musicians,** Monday, July 15, 11:15 a.m., Lee. Details 703-228-0555.

**Senior living options,** Tuesday, July 16, 11 a.m., Langston-Brown. Register, 703-228-6300.

**Ask A Nutritionist,** Tuesday, July 16, noon, Walter Reed. Register, 703-228-0955.

**Rubber Stampers,** Tuesday, July 16, 11:30 a.m., Le. Details, 703-228-0555.

**Intro to mindfulness meditation,** Tuesday, July 16, 11 a.m., Walter Reed, \$42/7 sessions. Register, 703-228-0955.

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

**Step by step to downsizing,** Wednesday, July 17, 6:30 p.m., Arlington Mill. Details, 703-228-7369.

**Comedy Club** features classic radio and TV shows, Wednesday July 17, 11:30 a.m., Aurora Hills. Details, 703-228-5722.

**Yoga classes** begin Wednesday, July 17, (chair hatha, gentle hatha, meditative). Call for times, locations, costs, 703-228-4771.

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

**Memory screenings,** confidential, one-on-one, Tuesday, July 16, noon-3 p.m., Lee. Call by July 16 for appt., 703-228-0555.

**Free blood pressure checks,** Thursday, July 18, 9:30-11 a.m., Walter Reed. First come, first served, Details, 703-228-0955.

**Beading Bunch,** repurpose old costume jewelry, Thursday, July 18, 1 p.m., Lee. Details, 703-228-0555.

**Navigating Social Security,** Friday, July 19, 10 a.m., Walter Reed. Register, 703-228-0955.

**Ballroom Dance,** Friday, July 19, 1-3 p.m., Lee. Details, 703-228-0555.

**Kukuwa African Dance workout,** Friday, July 19, 8:45 a.m., Walter Reed, \$40/8 sessions. Register, 703-228-0955.

**Latin Dance,** Friday, July 19, 10 a.m.-noon, Arlington Mill. Partner not required. Details, 703-228-7369.



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# ENTERTAINMENT



PHOTO BY STEVE HIBBARD/THE CONNECTION

**Director Tim Caron, of McLean, leads the cast of “The Knights of Salisbury” in rehearsing some songs.**



PHOTO CONTRIBUTED

**The four Knights in the band — C.J. Andrews, Larissa Dowling, Pete Peterson and Nick Adjami.**

## A Rock Musical About the Mid-1960s

“The Knights of Salisbury” at D.C.’s Capital Fringe Festival July 13-21.

BY STEVE HIBBARD  
THE CONNECTION

**M**cLean resident Tim Caron, 28, a first-time playwright, composer, co-director, co-producer, and lyricist, will debut his original musical, “The Knights of Salisbury,” at D.C.’s Capital Fringe Festival July 13-21. The play, with a cast of 12 members, is a rock-musical set along the north shore of Massachusetts in the mid-1960s. It follows four high-schoolers who form a band and the young married couple who agrees to be their managers. He said the show is based on childhood memories, experiences playing in bands, and his relationships with parents and friends.

Before moving to the District in 2009, Caron who is an attorney, spent his childhood in Andover, Mass. He said he was partly inspired by Bruce Springsteen’s high school band, the Castiles, which was managed by a middle-aged couple on the Jersey Shore.

“I’m a big Springsteen fan. I read a biography about his band in high school on the Jersey shore and how he was supported by a couple. I took the basic themes of a couple managing kids in a rock band and infused it with my own experience playing music in undergrad and law school,” he said.

**CARON SAID** he finished writing the play in March 2017, after working on it for one year. “Some of the songs I’ve been holding onto for years, and this project was an excuse to complete it. The music was a weird mix of some of it from years ago, while some of the songs were relatively recent,” he said. In all, he composed 20 songs for the show.

His goals were to make a good retro show without falling into the trap of having to rely on pre-existing songs. He also added a Lebanese-American character based on his family’s own heritage — his maternal grandfather was Lebanese-American. “I hope it



PHOTO CONTRIBUTED

**Two principal actors in “The Knights of Salisbury:” Mo Hafez and Nadine Foty.**

helps the audience to have an understanding that the immigrant community wasn’t just Irish and Italian,” he added.

And with the adults managing the band, he added, “Hopefully the audience will come away with more understanding that rock wasn’t just upstart kids being rebels on their own, but getting help from the adults.” In real life, Caron performs with a band he co-leads, the Heartless Romantics.

Pete Peterson, 18, of Alexandria has the role of Jake Flaherty, who plays guitar in the show. “He’s one of the founding members of the band. He’s not as outspoken as the others — a little more shy and less confident. A lot of that stems from his father getting on him for not being the traditional son. Jake is more into music than sports, so in his father’s eyes, he’s being lazy and not doing things,” said the recent T.C. Williams graduate.

**AS FAR AS CHALLENGES,** Peterson, who will be attending VCU to study cinema, said: “The whole experience was a lot different from the other musicals I’ve been in because it’s an original piece. There’s no source material that I can look at other than the demos Tim’s given me.”

He added: “I’m getting a good experience

of how to take an entirely original piece and making it into a finished product.” In real life, Peterson plays guitar in the rock band, Chad’s House.

Arlington resident William Colligan, 55, who works for the Department of Defense, plays four different roles in the play, including the supportive father named Bill to one of the band mates. “There are different challenges to try to look distinctly different so that takes creative costuming and accents and different ways of speaking,” he said. “The other thing I prepared for, I tried to study a Boston accent, which is one of the hardest accents you can do in theater because it’s so inconsistent.”

“The Knights of Salisbury” will be performed July 13 at 11:30 a.m.; July 14 at 6 p.m.; July 16 at 5:45 p.m.; July 20 at 3:15 p.m.; and July 21 at 8:15 p.m., at the Capital Fringe Festival. The venue, which is Metro accessible, is located at the Westminster Presbyterian Church, 400 I Street, SW, Washington, D.C. 20024.

For more information about the show, visit the Facebook page: <https://www.facebook.com/THE.KNIGHTS.OF.SALISBURY/>



PHOTO BY STEVE HIBBARD/THE CONNECTION

**Director Tim Caron, of McLean, checks the sound equipment.**

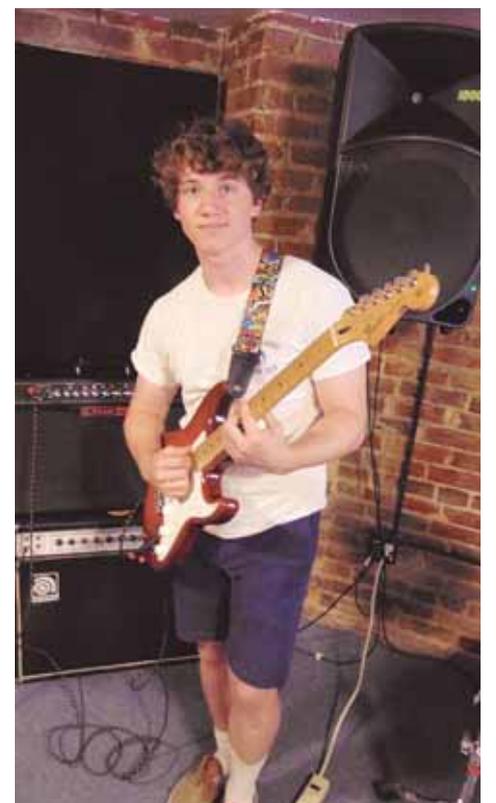


PHOTO BY STEVE HIBBARD/THE CONNECTION

**Pete Peterson, recent T.C. Williams High School graduate, plays guitar in the show.**

# ENTERTAINMENT

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

## ONGOING

**Hair: The American Tribal Love-Rock Musical.** Through July 12 at Signature Theater, 4200 Campbell Ave. A tribe of long-haired bohemian hippies on the cusp of adulthood embrace freedom, pacifism and joy, but have their world thrown into chaos when one of their own receives a draft notice for the Vietnam War. Details and tickets at [sigtheatre.org](http://sigtheatre.org).

**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.

**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 Schneider 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.

**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/JULY 4

**July 4th in Arlington.** Looking for a spot to watch the National



## Summer Yoga

Celebrate summer at Ballston Exchange with free yoga provided by CorePower Yoga on select summer Fridays. After yoga, grab a free pastry and \$5 off anything at the clean eating restaurant DIRT. Fridays, July 12 and 26, Aug. 9 and 30; 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. Visit [www.ballstonexchange.com](http://www.ballstonexchange.com) for more.

Fireworks? Look no further than Arlington, which is home to some of the best views of the Independence Day display. Favorite viewing spots have perches for savvy photographers, plenty of green space for picnickers, and many unobstructed views of iconic monuments. From Long Bridge Park to Gravelly Point, there are plenty of places local insiders go to every year. Note: In 2019, the fireworks display will be launched from West Potomac Park, behind the Lincoln Memorial, starting at approximately 9:07 p.m. Visit [topics.arlingtonva.us/july-4/](http://topics.arlingtonva.us/july-4/) for more.

❖ **Long Bridge Park.** Watch the national fireworks at Arlington's Long Bridge Park, located on the north end of Crystal City. It's easy to get there by bicycle, with a connection to the Mount Vernon Trail nearby. It is also accessible from Metrorail (Crystal City station, Blue Line), and Metrobus. Current construction will close off the north end of the

esplanade. Make time for crowds and to go through security checkpoints. No alcohol allowed in the park. No food, fireworks or spiked chairs allowed on the fields.

❖ **Air Force Memorial.** The Air Force Memorial (1 Air Force Memorial Dr) is a great viewing location and features a free show, with The Concert Band and Singing Sergeants performing at 8 p.m. Stay at the Air Force Memorial afterward to view the fireworks display over the National Mall. This concert is FREE and open to the public, no tickets required! Learn more about visiting the Air Force Memorial and find the best transportation option.

❖ **Gateway Park in Rosslyn.** Take Metro's Orange line to the Rosslyn Metro station. Gateway Park in Rosslyn is a short walk from the Metro.

❖ **Gravelly Point.** Part of the National Park Service's George Washington Memorial Parkway, this part of Arlington sits directly on the bank of

the Potomac River, making it an ideal spot for viewing the national fireworks.

❖ **U.S. Marine Corps War Memorial.** Located in Rosslyn, Iwo Jima provides a panoramic view of fireworks and National Mall monuments and memorials! The site is a short walk from the Rosslyn Metro station.

❖ **Key Bridge.** The Key Bridge crosses the Potomac River, connecting Georgetown and Arlington. A short stroll from the Rosslyn Metro station, the Key Bridge offers a standing-room-only view of the fireworks.

## FRIDAY/JULY 5

**Gulf Branch Tiny Tots.** 10-10:45 a.m. at Gulf Branch Nature Center, 3608 N. Military Rd. Ages 18-35 months. Adults must remain with children during program. \$5. Register at 703-228-4747 or [registration.arlingtonva.us](http://registration.arlingtonva.us) or [gulfbranch@arlingtonva.us](mailto:gulfbranch@arlingtonva.us) for information.

**Rainforest Animals.** 1-2 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 3-5 years. Adults must remain with children during program. \$5. Register at 703-228-4747 or [registration.arlingtonva.us](http://registration.arlingtonva.us). 703-228-3403 or [gulfbranch@arlingtonva.us](mailto:gulfbranch@arlingtonva.us) for information.

**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.

**Live Music: U.S. Army Blues.** 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. The U.S. Army Blues Concert Band is part of the United States Army Band, Pershing's Own, is the premier jazz ensemble of the United States Army. Free. Call 703-228-1850 or visit [www.arlingtonarts.org](http://www.arlingtonarts.org).

**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.

**Friday Night Movies: Hidden Figures.** Begins just after sunset at Arlington Mill Community Center, 909 S. Dinwiddie St. Limited seating provided, bring your own chair. Visit [www.columbia-pike.org/movie-nights](http://www.columbia-pike.org/movie-nights).

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## SATURDAY/JULY 6

**Park Walking Tour.** 9-10 a.m. at Fort C.F. Smith Park, 2411 N. 24th St. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. We'll learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. For information: 703-228-4775. Families ages 7 and up. Free. Register children and adults; children must be accompanied by a registered adult. Register at 703-228-4747 or registration.arlingtonva.us.

**Invasive Plant Removal.** 9-11 a.m. on first Saturdays at Haley Park, 2400 S. Meade St. Help protect our watersheds and keep Arlington County parks beautiful. For more information and to register, email Sarah Archer or call 703-228-1862.

**Gulf Branch Tiny Tots.** 10-10:45 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 18-35 months. Adults must remain with children during program. \$5. Register at 703-228-4747 or registration.arlingtonva.us. 703-228-3403 or gulfbranch@arlingtonva.us for information.

**Civil War Discoveries: Infantry Drills.** 11 a.m.-noon at Fort C.F. Smith Park, 2411 N. 24th St. We'll drill like Union soldiers by practicing our marches and turns, as well as how to "load in nine times" with replica wood rifles. For ages 7-11. For information: 703-228-4775. \$5. Register at 703-228-4747 or registration.arlingtonva.us.

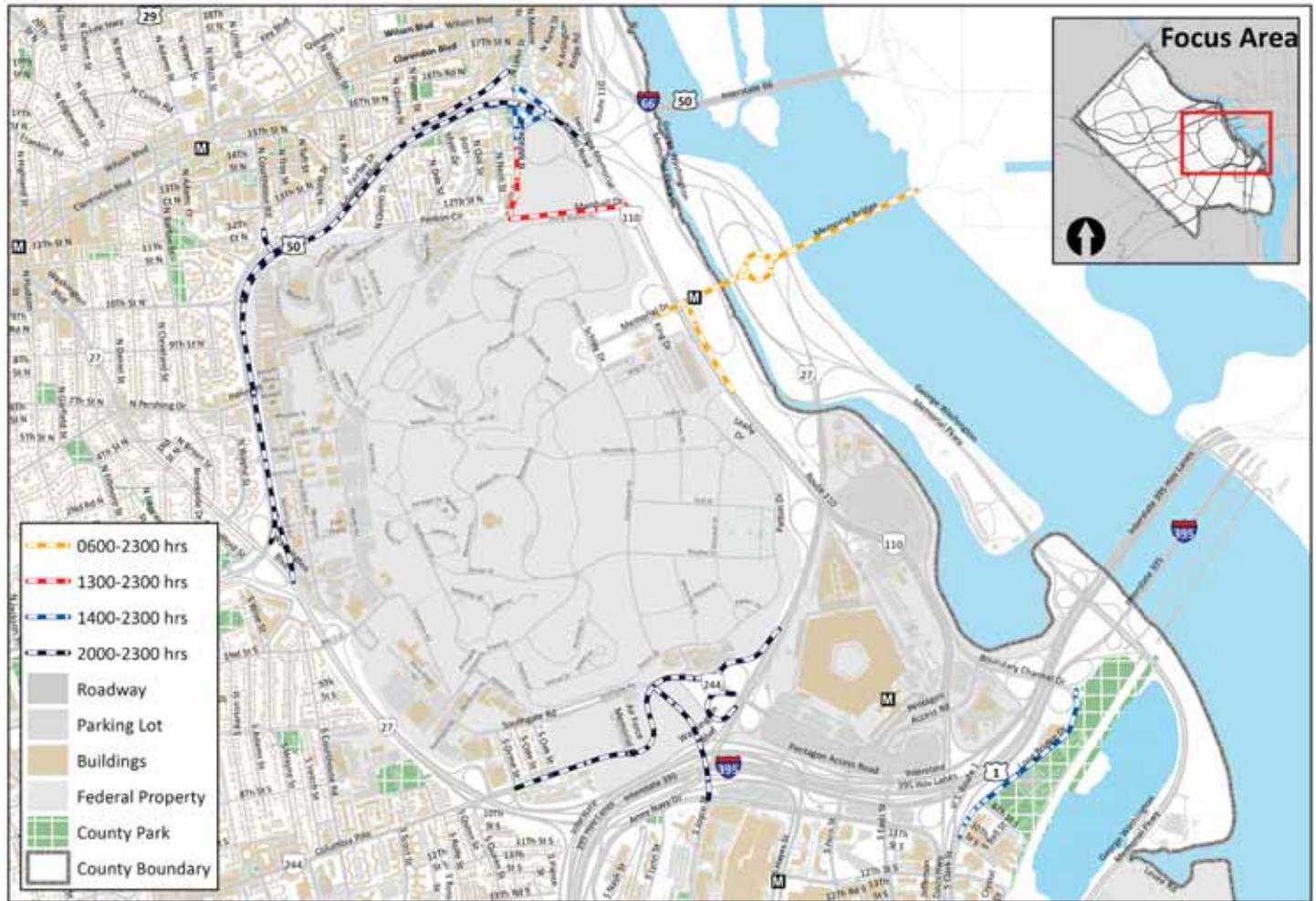
**Herbs for Flavor, Fragrance, Health and Butterflies.** 11 a.m.-noon at Glencarlyn Library Community Garden, 300 South Kensington St. Tour the herb beds with an Extension Master Gardener to learn about the nurturing properties of herbs for humans and butterflies. Free. To reserve a spot, register online at [mgnv.org/public-education-events/vce-horticulture-programs-registration/](http://mgnv.org/public-education-events/vce-horticulture-programs-registration/). Questions? Contact Extension Master Gardeners at telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Civil War Discoveries: Artillery Drills.** 1-2 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Work as a team practicing the steps to load and aim a replica Civil War cannon. We'll talk about different types of artillery and put our skills to the test. Ages 7-11. For information: 703-228-4775. Meet at Fort C.F. Smith Park, 2411 N. 24th Street, Arlington. \$5. Register at 703-228-4747 or registration.arlingtonva.us.

**Singles Dinner/Movie Night.** 5 p.m. at Samuel Beckett's Irish Gastro Pub, 4150 Campbell Ave. Fixed-price dinner followed by movie of choice at AMC Shirlington. Cost includes dinner, soda, tip and movie ticket. Advance RSVP required for reserved seats at movies. Sponsored by New Beginnings, a nonprofit support group for separated/divorced men and women. \$35 at door. Visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org) 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.

**Crystal Campfire.** 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. The whole family is invited to the Long Branch Amphitheater for old-fashioned fun including stories, special animal guests, games, songs and of course, s'mores! For information: 703-228-



July 4th 2019 Roadway Closures  
0600-2300 hrs

## Road Closures for July 4

**T**he Arlington County Police Department, Virginia State Police, U.S. Park Police, and Virginia Department of Transportation will close multiple roadways on Thursday, July 4. These closures are designed to handle the expected crowds for Independence Day events and fireworks. The following roadways will be closed to accommodate the festivities:

**6 a.m. to 11 p.m.**  
Memorial Bridge / Memorial Circle

**1 p.m. to 11 p.m.**  
Marshall Drive from Route 110 to

6535. \$5. Register children and adults; children must be accompanied by a registered adult. Register at 703-228-4747 or registration.arlingtonva.us.

**Live Music: The Fuss.** 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. The Fuss is a dynamic ska, rocksteady, and early reggae band from Washington, D.C. Free. Call 703-228-1850 or visit [www.arlingtonarts.org](http://www.arlingtonarts.org).

**Saturday Night Movies: Apollo 13.** Begins just after sunset at Penrose Square, 2501 9th Road S. Limited seating provided, bring your own chair. Visit [www.columbia-pike.org/movie-nights](http://www.columbia-pike.org/movie-nights).

## SUNDAY/JULY 7

**Family Performance: Reptiles Alive.** 11 a.m. at Lubber Run Amphitheater, N. Columbus Street &

N. Meade Street  
N. Meade St. from N. 14th St. to Marshall Dr.

**2 p.m. to 11 p.m.**  
Meade Street from Marshall Drive to Route 50 (access to the Ft. Myer Heights neighborhood will be from the Rhodes Street bridge)

Exit ramp from westbound Route 50 to N. Lynn Street (Rosslyn exit)  
Exit ramp from eastbound Route 50 to N. Meade Street (Rosslyn exit)  
Long Bridge Dr. from Boundary Channel Dr. to S. 10th

**8 p.m. to 11 p.m.**  
Eastbound Route 50 at Washington Blvd. All traffic diverted from Rt. 50 on ramps to East and West Washington Blvd.

Eastbound N. 10th ramp to eastbound Rt. 50 will be closed, all traffic diverted to westbound Rt. 50  
Courthouse Rd. ramp to eastbound

2nd Street N. Colorful live reptiles presented by an engaging and kid-friendly Wildlife Educator make this fun for all ages! Enjoy exciting stories about how the animals survive while meeting an exotic cast of snakes, lizards, turtles and other amazing animals. Free. Call 703-228-1850 or visit [www.arlingtonarts.org](http://www.arlingtonarts.org).

## MONDAY/JULY 8

**Rainforest Animals.** 1-2 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 3-5 years. Adults must remain with children during program. \$5. Register at 703-228-4747 or registration.arlingtonva.us. 703-228-3403 or gulfbranch@arlingtonva.us for information.

**Mouse in the House.** 1:30-2:30 p.m. at Cherrydale Branch Library, 2190 Military Road and 4 p.m. at

Rt. 50 will be closed, all traffic diverted to westbound Rt. 50 or N. 10th St.

Pershing Dr. at Rt. 50 will only be allowed westbound

Eastbound N. Fairfax Drive from N. Pierce Street to N. Fort Myer Drive  
Columbia Pike between S. Orme Street and S. Joyce St.

Joyce Street between Army Navy Drive and Columbia Pike

The exit from westbound Washington Blvd. to eastbound Columbia Pike/S. Orme St.

Street parking in the areas of the U.S. Marine Corps War Memorial (Iwo Jima), Long Bridge Park, and Air Force Memorial will be restricted. Motorists should be on the lookout for temporary "No Parking" signs and illegally parked vehicles may be ticketed or towed. If your vehicle is towed from a public street, call the Emergency Communications Center at 703-558-2222.

Attendees are strongly encouraged to use public or for hire transportation. The Rosslyn Metro stop on the Orange Line is approximately 5 blocks north of the U.S. Marine Corps War Memorial (Iwo Jima), and the Air Force Memorial is within walking distance of the Pentagon City Metro station.

Motorists should expect significant delays, particularly leading up to and after the fireworks display. The Arlington County Police Department is reminding drivers that stopping or standing in a lane of traffic to observe the fireworks is illegal and violators may be issued a citation. Additionally, parking on the shoulders of Route 110 in both directions is prohibited and will be strictly enforced. Unattended vehicles found in violation will be ticketed and towed at the owner's expense.

Glencarlyn Branch Library, 300 S. Kensington St. 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. Free. Visit [www.janefranklin.com/arlington-libraries](http://www.janefranklin.com/arlington-libraries) or call 703-933-1111.

**Ocean Storytime.** 3-3:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Swim on over for stories about animals from the deep blue sea! Free. Ages 2 and up. Register child only, but caregivers must attend.

## TUESDAY/JULY 9

**Twilight Landscape Gardening I.** 7-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Learn how native plants have

been integrated into the landscape of the Fairlington Community Center. Extension Master Gardeners will lead a tour showcasing both woody and herbaceous plants and their cultural needs. This class is outdoors and seating is not provided. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com) with questions.

## WEDNESDAY/JULY 10

**Diversion Control Lecture.** 11 a.m.-noon at the DEA Museum, 700 Army Navy Drive. Learn about diversion control and the regulation of pharmaceutical drugs as part of the free "Who We Are and What We Do" lecture series. Contact [elizabeth.p.thompson@usdoj.gov](mailto:elizabeth.p.thompson@usdoj.gov) or 202-307-3463 or visit <https://deamuseum.org/lecture-series/2019>.

# Burnout at Work

Recognizing the symptoms and strategies for relief.

By MARILYN CAMPBELL  
THE CONNECTION

**M**aria Cogswell says she used to sob in her car each day as she drove to her job on Capitol Hill. She complained of stomach cramps and indigestion during the time she spent in her office.

"I was rude to people and short and irritable with my friends," she said. "I was miserable. My brain was fried and I was completely burned out at work. Eventually I just quit my job."

Cogswell is not alone. According to a recent Gallup study two-thirds of full-time workers experience burnout on the job. Researchers who conducted the study concluded that employee burnout can lead to a downward spiral in performance and can damage an employee's self-esteem and confidence. In fact, the World Health Organization (WHO) recently labeled workplace burnout as an "occupational phenomenon" that could lead to health issues.

"Burnout is a state of physical, emotional and mental exhaustion that negatively affects self-esteem," said Linda McKenna Guly, Ph.D., Professor of Psychology at Marymount University. "It affects the quality of services the burned-out employee provides. For example, nursing is a field with high burn-out, so this is a concern if the employee is not able to perform well."

The feeling that one has little or no autonomy at work can cause frustration and stress that leads to burnout. "Keep in mind [that] those jobs, across all professions in which the employee has little control and competing demands of both family and work, lead to this serious problem of burnout," added Guly, who taught the topic of stress and burnout in a recent class.

Learn to recognize the early signs of burnout, advises Carolyn Lorente, Ph.D., Professor Psychology at Northern Virginia Community College. "Often times the first indicator of work burnout and stress may be felt in our bodies," she said "Especially for those of us who learned as children to tough it out, we may have been socialized to not cue into our stressors or emotions. This can really take a toll on our physical health. We may find ourselves getting more frequent headaches, having stomach issues, or catching colds more often."

Such extreme levels of chronic stress can damage one's overall physical and mental wellbeing, added Chris Harrison, Professor of Health and Physical Education at Montgomery College. "Individuals reach the condition of burnout when they are exhausted and can't replenish their energy levels, they lack motivation, develop a chronic pessimistic attitude with feelings of frustration and hopelessness. ... Job related burnout can result in lower productivity, lower quality of work, increased accidents and increased absenteeism," continued Harrison, who teaches a class called "Controlling Stress and Tension."

One of the most effective ways to ease stress and prevent burnout before it happens is to make time throughout the day to practice self-care, advises Lorente who encourages people to take what she calls "peace pauses."

"For instance, during a lunch break take a walk outside rather than eating inside, treating yourself



PHOTO BY MARILYN CAMPBELL

**Yoga and meditation teacher Debbie Helfeld practices alternate nostril breathing which she says can relieve the type of stress that can lead to workplace burnout.**

to a favorite afternoon tea or coffee, or listening to books on tape or an interesting pod-cast to and from work."

Stress often comes from feeling a lack of control over how one's time is spent, advises Lorente who is also a psychotherapist at Belle Point Wellness clinic where she helps patients manage stress. "These peace-pauses can help us begin to take back even small parts of how our day goes and help protect against stress-related ill health," she said.

Make time to take care of one's physical health, advises Harrison. "Work to improve your sleep habits, eat a healthy diet and participate in regular physical activity," she said. To ease stress, Harrison also recommends a holistic approach. "Explore activities ... such as yoga, meditation, guided imagery or tai chi," she said. "Mindfulness is the act of focusing on your breath flow and being aware of what you're sensing and feeling in the present moment without interpretation or judgment."

Yoga and meditation teacher Debbie Helfeld recommends alternative nostril breathing for calming. Adjusting the way one views stress and changing one's thoughts, behaviors and relationships might be necessary, suggests, Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "The more that we view stress as a challenge and we develop coping skills the more we can experience growth and not harm," he said.

For those who feel a sense of hopelessness, Harrison suggests exploring available options. "Discuss specific concerns with your supervisor," she said. "Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait."

Sometimes the best option is to get help from a therapist or simply change jobs, says Short. "In the workplace, it helps to have new challenges, a sense of purpose, autonomy to make decisions, and opportunities to master skills," he said.

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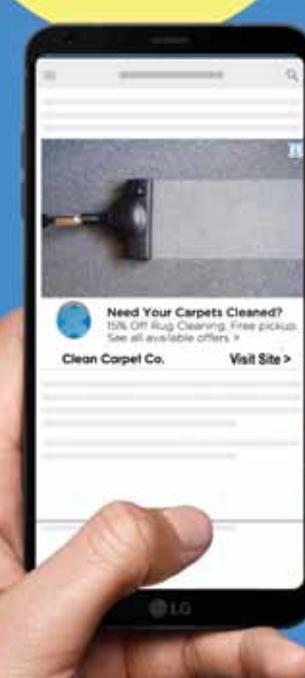
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## SPORTS



**Jack Tsuchitani**  
(boys' 13-14 50 backstroke)



**Ryan Clark** (girls' 9-10 25 butterfly)

## Thunderbolts Outswim Gators

In their second victory of the NVSL Division III season, the Donaldson Run Thunderbolts faced the Mount Vernon Park Gators on the road and won with a final score of 224 - 196 on Saturday, June 29.

Double individual race winners for Donaldson Run were: Sean Conley (boys' 15-18 50 free and 50 back); Jack Tsuchitani (boys' 13-14 50 back and 50 fly); James Madden (boys' 8 & under 25 breast and 25 fly); Yvelisse Cabocel (girls' 8 & under 25 free and 25 back) Eleanor Wertzler (girls' 9-10 50 free and 50 back); Rachel Conley (girls' 11-12 50 back and 50 fly); and Grace Jansen (girls' 13-14 50 breast and 50 fly).

The team's single winners were: Miles Ledford (boys' 8 & under 25 free); Diya Redburn (girls' 11-12 50 free); Margaux Harms (girls' 13-14 50 free); Michael Maloney (boys' 8 & under 25 back); Keegan Clark (girls 8 & under 25 breast); Hayden Hill (boys' 9-10 50 breast); Evelyn Maloney (girls' 9-10 breast); Charlie Greenwood (boys' 11-12 50 breast); Ryan Clark (girls' 9-10 25 fly); and Andrew Meighan (boys' 15-18 50 fly).



**Evelyn Maloney**  
(girls' 9-10 50 breaststroke)

Donaldson Run won 7 relays. Winning relay teams included: Annika Ledford, Keegan Clark, Anna Edgerton, Yvelisse Cabocel (girls' 8 & under 100 free); Michael Maloney, Miles Ledford, Jack Taylor, James Madden (boys' 8 & under 100 free); Kinley Henault; Evelyn Maloney, Ryan Clark, Eleanor Wertzler (girls' 9-10 100 medley); Alexia Klein, Grace Jansen, Rachel Conley, Margaux Harms (girls' 13-14 100 medley); Jack Tsuchitani, Phillip Brooke, Hayden Stolzenberg, Charlie Taylor (boys' 13-14 100 medley); Sean Conley, Drew Harker, Andrew Meighan, Harrison Rehr (boys' 15-18 200 medley); and Rachel Conley, Eleanor Wertzler, Grace Jansen, Emma Hutchison (girls' Mixed Age 200 free).



**Aram Connable**  
(boys' 9-10 50 breaststroke)



**Eleanor Wertzler**  
(girls' 9-10 50 backstroke)

## New Head Coach at Bishop Ireton

Lisa Yeaton Alaoui has been tapped to lead the girls' varsity soccer team at Bishop Ireton High School for the upcoming 2019-20 season. Previously, she served as the head coach of the junior varsity team and most recently as the assistant coach of the varsity squad.

Alaoui has coached soccer for more than 30

years, serving in a variety of roles at Pomona College, Annandale Boys & Girls Club, Edison High School, and Lee High School.

She currently plays on the Washington Area Women's Soccer League and has received her certification from the United States Soccer Federation.

# BULLETIN

## 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).

## TUESDAY/JULY 2

**Arlington County Civic Federation Board of Directors meeting.** 7 p.m. at the Arlington Woman's Club, 700 S. Buchanan St. Committee chairs are requested to attend but all delegated are invited. Visit [civfed.org](http://civfed.org).

## WEDNESDAY/JULY 3

**Coffee and Conversation.** 10-11 a.m. at The Springs Apartments multipurpose room, 4318 N. Carlin Springs Road. Jonathan Reed and Gilda Acosta, owners of Lady Octopus Tattoos, will describe the art of tattoos. Presented by Arlington Neighborhood Village. Bring your own coffee. No RSVP needed. More at [www.arlnvil.org](http://www.arlnvil.org).

**Narcan Training Sessions.** 6-7 p.m. at Phoenix House, 46 S. Glebe Road, 3rd Floor, Arlington. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqueland at 703-228-0913 or [esiqueland@arlingtonva.us](mailto:esiqueland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness](http://health.arlingtonva.us/opioid-awareness) for available training sessions. Registration is not required but it is recommended. Visit [www.chrisatwoodfoundation.org/naloxone](http://www.chrisatwoodfoundation.org/naloxone) to register.

## FRIDAY/JULY 5

**Monthly Memory Café.** 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and registrations are recommended for first-come, first-served spots; call 571-210-5551 or email [bdesai@seniorhelpers.com](mailto:bdesai@seniorhelpers.com). Visit [www.dementiacareconnections.com/memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](http://www.seniorhelpers.com/arlington-alexandria-va) 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.

**Open Door Mondays.** 7-9 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Drop in to chat informally, one-on-one, with an Arlington County Board Member on any topic. No reservation is needed. Visit [countyboard.arlingtonva.us/open-door-mondays](http://countyboard.arlingtonva.us/open-door-mondays).

## WEDNESDAY/JULY 10

**Coffee and Conversation.** 10-11 a.m. at The Springs Apartments multipurpose room, 4318 N. Carlin Springs Road. Irade Kashgary, a representative of the Uyghur Human Rights Project, will talk about the Uyghur situation in East Turkistan. Presented by Arlington Neighborhood Village. Bring your own coffee. No RSVP needed. More at [www.arlnvil.org](http://www.arlnvil.org).

**Remembering the Bab.** 5:30 p.m. at the Arlington Central Library's auditorium, 1015 N. Quincy St. The Bab was the Herald of Baha'u'llah, founder of the Baha'i faith. This free public event recounts events from his life and death. Short program followed by refreshments. Visit [www.instagram.com/bahaisarlingtonva](http://www.instagram.com/bahaisarlingtonva) or contact [info@arlingtonbahai.org](mailto:info@arlingtonbahai.org).

## SATURDAY/JULY 13

**County Board Meeting.** 8:30 a.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. County Board Meetings are open to the public. Visit [countyboard.arlingtonva.us/meetings](http://countyboard.arlingtonva.us/meetings).

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## Coup de Gras



By KENNETH B. LOURIE

Now that I'm unburdened from the website weight I've been carrying for the past few weeks, I will, for the second week in a row, not write about cancer.

This week's topic will be manufacturer's coupons and the trick certain supermarkets are playing on us unsuspecting consumers.

Like many of you, or maybe not that many, I use coupons to save money. In fact, I have become rather adept at doing so. I'm not willing or talented enough to go on television – and tell my tales; I'm not that good. As an example, I'm not able/inclined to download and print the digital coupons some brands/sites offer.

All I know to do is clip/use the paper coupons inserted in the Sunday newspapers and "clip" the digital coupons offered on certain supermarket and drugstore websites.

In my "couponing" I am aware and mindful of the doubling and occasionally even tripling coupon opportunities. Moreover, I am similarly aware of the less frequent doubling/tripling of coupons with values of one dollar or more.

Most of the time, I am using coupons whose face value is less than one dollar whose amount is then doubled (a 75 cent coupon is worth \$1.50). In addition, I'm always looking to use my "couponing" skills with items that are already on sale for super savings.

Unfortunately, the opportunity doesn't present itself as often/on as many items as I like to purchase. Although, until recently, there had been a savings opportunity when the identical-to-the-paper digital coupon appeared on the supermarket's website. On those occasions, one could use both the paper and digital coupons on the same item, to double dip, so to speak (and a super-duper savings if that item were already on sale); a loophole which has since been closed.

Another loophole, of sorts, one that saves the supermarket's money – at the consumer's expense, literally and figuratively, involves their digital coupons. Not only can you no longer 'double dip,' but if you "clip" the digital coupons, the ones under one dollar, the face amount doesn't double as it would for a similarly valued paper coupon.

Who does that help? The convenience of digital coupons. I'm not buying it anymore.

In summary, two ways here I see the supermarkets making money where previously they hadn't.

First, they're encouraging consumers to use digital coupons, like it's money for nothing. Really it's money for something, just not the consumer's something. Granted, there seem to be more digital coupons than paper coupons but the more digital coupons you use, especially instead of paper coupons for the same item, the more money you lose (by not benefiting from the doubling opportunity afforded by paper coupons).

Second, for whatever coincidental/conspiratorial reason, there are fewer coupon inserts in the Sunday papers. There's less to cut on Sundays and accordingly, less to show for it on Mondays, when I plan my week's "consumer-ing." The result is that due to this lack of paper coupons, consumers are being forced to go digital, and by doing so, are losing our ability to double down.

Rather than supply the demand in paper, the supermarkets are demanding the supply by forcing our hands to go mouse-clicking.

You may view this coupon pursuit as a bit of a fools errand, but I view it more as a challenge, and as a way to overthrow the conspirators, while there's still time.

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

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See Service Advisor for details.

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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**

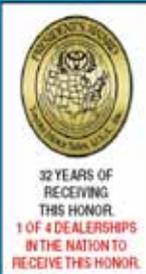
INITIAL DIAGNOSIS

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



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Jack Taylor's  
**ALEXANDRIA TOYOTA**



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Have Your Vehicle Checked for Open Campaigns/Recalls  
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Saturday, 8:00am to 5:00pm

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

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Don't Forget Your **FREE** Service.  
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## OIL & FILTER CHANGE

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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.

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## 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

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## SIGHT LINE WIPER BLADES

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## VARIABLE DISCOUNT

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**\$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

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## TRUESTART™ BATTERIES

**SPECIAL OFFER** **\$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.

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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.

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## CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

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

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