

The Arlington Connection

WELLBEING
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At a walking tour on Saturday, Aug. 3, Park Historian John McNair holds up a picture of soldiers stationed at Fort C.F. Smith during the Civil War.

Bringing Civil War History and Nature Together

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Pledging \$1.5 Million for Post 139 Housing Project

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300,000 Medicaid Milestone Reached

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AUGUST 7-13, 2019

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Medicaid Expansion Now Covers 300,000

Governor visits Neighborhood Health clinic.

Gov. Ralph Northam and Medicaid Director Jennifer Lee visited a Neighborhood Health clinic to announce 300,000 previously uninsured low-income Virginians have signed up for Medicaid after the recent enactment of Medicaid expansion.

They made this announcement at the Neighborhood Health clinic located on Richmond Highway in Alexandria. In attendance were state Sen. George Barker (D-39); Del. Paul Krizek (D-44); Del. Mark Sickles (D-43); and Del. Patrick Hope (D-47), as well as many community members, and Neighborhood Health board of directors and staff.

Lee began her remarks commending Neighborhood Health for “the great work you are doing here. I am so impressed with so much you do on the front lines,” she said.

Lee also praised the governor for his leadership and for the hard

work it took to finally get legislative approval for Medicaid expansion which has resulted in a positive impact for hundreds of thousands of adults who previously had no coverage, and who could not afford to pay for the health care services they needed.

Of the 300,000 who became enrolled for healthcare services through the expansion, Lee noted that in less than one year, 229,000 have already received services, and 90,000 of those are now receiving treatment for chronic conditions. She also pointed out that results of a survey of new patients found that two thirds reported that before expansion they had to choose between paying for medical care and putting food on the table for their families, or were forced to go without healthcare completely.

According to statistics released by the state Virginia Department of Medical Assistance Services (DMAS), of the 303,768 adults



Gov. Ralph Northam



Virginia Medicaid Director Jennifer Lee

PHOTOS BY GREG KNOTT

newly enrolled in Medicaid as of July 31, 102,898 are parents, and 220,584 live below the federal poverty level, which is \$20,780 for a family of three. In Northern Virginia and Winchester alone, 59,150 individuals have been enrolled. “Today, they have greater stability in their health and finances,” Lee said, adding that it was important to note that this success came in just seven months, “and we’re just getting started.”

Northam took to the podium to a standing ovation from those in attendance, including Neighborhood Health board members, staff and representatives from community partner agencies. “Healthcare is a right,” said Northam. “We all have days when we don’t feel well.” And, he stressed, having to choose between putting food on the table or going to see a doctor when necessary “is something we shouldn’t accept.”

Northam addressed the long road it took to reach this point after the Affordable Care Act was passed in 2010 and the effort it took in the past five years for Democrats working in the statehouse to finally succeed, eventually with support from across the aisle. In making his announcement, Northam said: “Because we expanded the Commonwealth’s Medicaid program, hundreds of thousands of additional Virginians now have access to medical care and an opportunity to lead healthier, more productive lives. The tremendous progress we have made with enrollment shines a light on the need for quality, affordable health care in Virginia and across our country. We will continue to get the word out to newly eligible individuals who may be unaware that the rules for health coverage have changed.”

In addition to announcing the milestone, Northam said he came to Neighborhood Health to “thank everybody,” especially the administration and staff for working hard to enroll people. “We really appreciate this,” he said. Northam also pointed out that while access to healthcare is a direct benefit to the individuals and families who are now enrolled, it is also a boon to the Commonwealth as a whole because it benefits the entire state economy. “To be productive, you’ve got to be healthy,” said Northam.

Barker, whose district includes parts of Fairfax and Prince William counties and the City of Alexandria, has been among the key players in the expansion of Medicaid, and he noted that the pace of enrollments exceeded expectations. “It’s making a big difference already,” he said. During the years’ long process it took to reach this point, Barker said he would tell

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Bringing Civil War History and Nature Together

A walk in the woods.

Fort C.F. Smith Park, one of Arlington County's more well-hidden parks at 2411 24th Street, has half a mile of walking trails, 19 acres of green space, and is a significant historic site. Fort C.F. Smith was part of a series of forts built during the Civil War called the Arlington Line, which was constructed in order to defend the capital of Washington, D.C. following the secession of Virginia from the Union.

The park also features a visitor center that highlights Arlington's role during the Civil War, and the 156 year-old earthwork ruins are the best preserved ruins of the 22 forts located in Arlington. Events such as the walking tour held this past Saturday, Aug. 3, are held on the first weekend of every month, and most are led by park historian John McNair.

Other events include skirmish drills and a workshop where visitors can learn why forts were built in Arlington and how to design one. More information is available at 703-228-4775 or at <https://parks.arlingtonva.us/locations/fort-cf-smith-park/>

— SARAH SKLAR



Local residents gathers to hear Park Historian John McNair introduce Fort C.F. Smith Park and the hour-long walking tour.



At the last stop of the walking tour, Park Historian John McNair discusses the fates of the soldiers stationed at Fort C.F. Smith.



Park Historian John McNair, dressed in a Union uniform, shows local residents a picture of the earthworks as they looked during the Civil War.

PHOTOS BY SARAH SKLAR
THE CONNECTION

Foundation Pledges \$1.5 Million for Post 139 Housing Project

Project seeks to be a new model for affordable housing.

Ron and Fran Terwilliger have pledged \$1.5 million to the Arlington Partnership for Affordable Housing (APAH) for the redevelopment of American Legion Post 139 in Virginia Square through their Terwilliger Family Foundation. The gift is the largest personal contribution APAH has ever received.

"An affordable, safe home is the first step toward a better life," Ron Terwilliger said. "The high cost of housing and long commutes to work can drive low-income families deeper into poverty. Innovative projects like this are a key part of our efforts to address the acute housing affordability crisis affecting our country."

Once completed, the 1.3-acre development will feature 160 affordable quality apartments and a new, modern 6,000-square-foot facility for Legion Post 139. Veterans will be given priority placement in half of the building's 1-, 2- and 3-bedroom units.

The center will provide support services such as financial literacy programs, workforce development, and tutoring for resident youth.

The first floor of the seven-story building will feature a new, modern space for Post 139 with amenities such as private counseling spaces, community activity rooms and a computer lab.

"Projects like this are essential to helping people of all incomes and backgrounds continue to call Arlington home."

— Ron Terwilliger

"In honor of the family's incredible generosity, the new complex will be named Lucille and Bruce Terwilliger Place in honor of Ron and brother Bruce Terwilliger's parents," said APAH CEO Nina Janopaul.

Ron Terwilliger began his life in Arlington, growing up in South Arlington and attending Barcroft Elementary School. At Wakefield High School, he was an academic and athletic star, and went on to earn an appointment to the U.S. Naval Academy. After leaving the Navy and graduating from Harvard Business School, he worked his way up in the real estate business, serving as CEO of

Trammell Crow Residential (TCR) from 1986 to 2008. During his leadership, TCR was the largest developer of multi-family housing in the nation.

"As a child, my father worked two jobs to make sure that we had a safe, stable home right here in Arlington. His sacrifices gave Bruce and I the chance to attend good schools and pursue our dreams," Ron Terwilliger said. "Today, the high cost of housing puts that dream out of reach for too many families. Projects like this are essential to helping people of all incomes and backgrounds continue to call Arlington home."

When the Legion decided to sell the 1.3 acres of prime property in Virginia Square in 2016, APAH proposed a mixed-use space that would allow the Legion to stay in place and expand its mission to meet the needs of local veterans and low-income families.

SEE PLEDGING, PAGE 11

OPINION

Gun Reform Now

Reform might not happen in Virginia until after the November election.

If we look back a little more than a month, the memory of the Republicans in the Virginia General Assembly adjourning a special session on gun safety by ambush, without any discussion on proposed measures, resonates with raw emotion.

The NRA publicly launched its operations that day from the conference room of the Speaker of the Virginia House of Delegates, literally announcing to members on its website where to meet. It must have seemed such sweet success to them to shut that session down without any deliberation.

The lives of the 12 people who died in Virginia Beach at the end of May were not discussed.

But now many more lives have been cut short or forever changed by gunfire between the July 9 debacle in the Virginia General Assembly and today.

There must be state and local legislation as well as federal legislation.

Here are some key provisions:

- ❖ No one with a restraining order or convicted of domestic violence should have access to firearms.

- ❖ Comprehensive background checks without loopholes or exceptions.

- ❖ Ban assault weapons.

- ❖ Ban large capacity mechanisms for ammunition.

ON TUESDAY, Aug. 20, at noon, the Virginia General Assembly Crime Commission will accept public comments on the gun legislation introduced during the July 9 and through July 19. Public comment will be taken for the first 3 hours (more details will be announced in the coming weeks on how to sign up to speak). Next, patrons will present their bills. Currently, there are about 60 bills that have been filed. Members have until July 19 to file legislation. Link to bills: <http://lis.virginia.gov/cgi-bin/legp604.exe?192+1st+ALL>. See <http://vsc.virginia.gov/meetings.asp> for updates.

Crime Commission staff is currently accepting written comments on this topic. Send written comments and any other information/materials relevant to this topic via email to comments@vsc.virginia.gov or via postal mail. Comments will be shared with members of the Crime Commission.

Additional details regarding the deadline for submitting written comments will be announced following the Aug. 20 Crime Commission meeting.

Attn: Written Comments

Virginia State Crime Commission
1111 East Broad Street, Ste. B036
Richmond, Virginia 23219

THREE THINGS:

- ❖ Video games aren't the cause. Video game usage is as high or higher in many other countries, all with almost no gun violence.

- ❖ It's not mental illness, although giving more resources for treatment of mental illness would be welcome. Incidence of mental illness is similar in other countries, all with almost no gun violence. (Doing a better job keeping guns out of the hands of people with mental illness would prevent thousands of suicides.)

- ❖ More guns won't help. In Dayton, police shot and killed the attacker in less than a minute, but still he shot and killed nine people and wounded 27.

There is a good chance that these reforms won't happen without electoral change both in Virginia and nationally. Don't forget about voting in November. Every seat in the Virginia General Assembly is on the ballot.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

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

CAMPS

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

MARINE CORPS MARATHON ENTRY

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

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.

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ARLINGTON COUNTY IMAGE

Turn Restrictions

Later this month the county will begin turn-based movement restrictions for both Little Falls Road approaches to Old Dominion Drive. Drivers on Little Falls Road approaching the intersection of Old Dominion Drive will only be allowed to turn right between the hours of 7-9:30 a.m. and 4-6:30 p.m., Monday through Friday. No left turns or through movements will be allowed during these hours. The restriction and accompanying signage will be installed by late August, before the start of the school year.

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NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Steven Mauren

Editor

703-778-9415

smauren@connectionnewspapers.com

Jean Card

Production Editor

jcard@connectionnewspapers.com

Shirley Ruhe

Contributing Photographer

and Writer

arlington@connectionnewspapers.com

Eden Brown

Contributing Writer

arlington@connectionnewspapers.com

ADVERTISING:

For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk

Display Advertising/National Sales

703-778-9444

debfunc@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Classified & Employment

Advertising

703-778-9431

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Jerry Vernon

703-549-0004

jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Art/Design:

Laurence Foong, John Heinly,

Ali Khaligh

Production Manager:

Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com



Auditor Details Overtime Issues

The Arlington County auditor identified the causes leading to Fire Department budget-challenging overtime expenses.

The limited interaction of county systems used by the Fire Department to manage overtime “creates cumbersome and inefficient processes and impairs overtime management,” according to Auditor Chris Horton in an Aug. 1 press release.

The billing process for reimbursable expenses needs to be “updated, automated, recorded and tracked more efficiently in the county’s financial system,” he said. “While the audit did not identify any specific instances of wrongdoing because of limited oversight, we observed challenges or lack of controls in the payroll process that increase the vulnerability of the payroll systems to inaccuracy or improper use.”

“The real message here is that we need a better and updated financial system,” County Manager Mark Schwartz said.

Horton also found that staffing challenges continue to impact the Fire Department’s overtime costs.

Overtime expenditures in the Fire Department ranged from \$5.2 million to \$6.2 million in the fiscal years 2016-2018, Horton said, noting that the use of overtime “has caused budget management challenges in recent years.”

The Fire Department has exceeded its callback overtime budget in fiscal years

2016-2018 and exceeded its overall personnel budget from FY 2016-FY 2018. While the department went under its total budgeted expenditures in FY 2018, it went over total budgeted expenditures in FY 2016 and FY 2017, Horton noted.

“At the core of the budget management issues are staffing challenges ACFD experiences through the department, including significant attrition in ACFD Operations,” Horton found. “ACFD continues to face struggles with deploying adequate staffing even with recent budget increases to fund additional recruit classes.” The department loses approximately two employees per month.

Finally, ACFD limits consecutive hours worked to 60 hours and requires a six-hour rest period before an individual can begin another shift. However, a supervisor may override the shift limitations in extreme circumstances, and the required rest periods and hours limitations need to be evaluated to ensure the health and safety of employees.

Responding to the findings, Fire Chief David Povlitz noted that “ACFD agrees with 20 recommendations and partially agrees with three more. Actions to address three recommendations are almost complete. Most of the recommendations are in the department’s short-term work plan or will be incorporated in a multi-year accreditation process.”

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ENTERTAINMENT

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

ONGOING

Treasure Island. Through Aug. 18, at Synetic Theater, 1800 S. Bell St. An all-new adaptation of Treasure Island follows Jane Hawkins, an orphan who longs for adventure, as she is swept up on a wild hunt for buried treasure with a ruthless band of buccaneers. Tickets start at \$35. Visit synetictheater.org.

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 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 Sheres: Movies with a Mission." From hidden math heroes to fantasy flying figures, enjoy a summer of 22 films that feature comic book heroes and icons of social justice. All films are rated G, PG, or PG-13. Visit www.Columbia-Pike.org for schedule.

Glow Yoga at the Fountain.

Sundays, through Aug. 25, 7-8 p.m. at Crystal City Water Park, 1601 Crystal Drive. Join Mind Your Body Oasis at the Crystal City Water Park for fun and free yoga sessions. Reset for the week ahead with a relaxing hour-long workout under the glow of the fountain lights. Free. Call 703-412-9430 or visit www.crystalcity.org/do/yoga-at-the-fountain for more.

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,



PHOTO BY JIM TURNER

Complete Dogness

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



Anne Flowers as Jane Hawkins.

Treasure Island

An all-new adaptation of Robert Louis Stevenson's Treasure Island, starring local actress Anne Flowers in the lead role reimagined as Jane Hawkins. Jane Hawkins is an orphan who longs for adventure, as she is swept up on a wild hunt for buried treasure with a ruthless band of buccaneers. Along the way, Jane's bravery, morality, and sense of self are put to the test as she learns about her past and the path she wants to follow. Through Aug. 18, at Synetic Theater, 1800 S. Bell St. Tickets start at \$35. Visit synetictheater.org.

will feature mini golf and a retro snack stand. Play nine holes of mini golf (\$3) featuring constructions of favorite neighborhood landmarks. The adjoining Candy BAR will be serving up beer, wine, candy and popsicles. There will also be carnival games and old-school video games indoors. Visit www.rosslynva.org/ putt for more.

Art Exhibit: "La Citt  Italiana."

Through Sept. 6, gallery hours at Gallery Clarendon, 2800 Clarendon Blvd. Suite R-800. Visit the Overlook Gallery and travel with artist Matthew Miller along the canals of Venice, through the gardens of Florence, and so many cities and villages in between. After a moment in Amalfi, stroll through the main gallery, where there will be new work hanging by Gallery Clarendon member artists. Meet the Artists at an opening reception Friday, Aug. 9, 5-7 p.m. Free and open to the public. Visit www.galleryclarendon.org.

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Operation FirePaws. Through Aug. 31, 7 a.m.-7 p.m. at Arlington County Fire Stations. The fourth year of Operation FirePaws, the Arlington County Fire Department's (ACFD) month-long charity drive for the adoptable pets at the Animal Welfare League of Arlington (AWLA), kicks off next week. Community members can drop off needed pet supplies to designated donation bins at Arlington fire stations. Check AWLA's list of needed donations (arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/35/2019/07/AWLA-In-Kind-Donation-Wish-List.pdf). The AWLA will not accept

milk bones, boxed hard/homemade treats, or used beds.

Summer Exhibitions. Through Sept. 7 at Arlington Arts Center, 3550 Wilson Blvd. Visit 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 Ens, 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.

Outdoor Zumba. Wednesdays, through Sept. 25, 12:30 p.m. in the Courtyard at 2121 Crystal Drive. The Crystal City BID, Sport and Health fitness club and JBG SMITH invite you to join them for free midday Zumba in the courtyard of 2121 Crystal Drive on Wednesdays. Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program for all to enjoy. Free. Call 703-412-9430 or visit

www.crystalcity.org/do/outdoor-zumba-2018 for more.

Fridays at the Fountain. Fridays, through Oct. 25, 5-9 p.m. at The Stand at the Crystal City Water Park, 1601 Crystal Drive. Fridays at the Fountain is a seasonal pop-up beer garden set within the Crystal City Water Park, featuring food, drink and a rotating lineup of live music from local bands and musicians. Free to attend; selection of food available for purchase. Call 703-412-9430 or visit www.crystalcity.org/do/fridays-at-the-fountain for more.

Arlington Mill Farmer's Market.

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

THURSDAY-SATURDAY/AUG. 8-10

Live Comedy: ISMO. Thursday, 7:30 p.m.; Friday, 7:30 and 10 p.m.; Saturday, 7 and 9:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. ISMO started his comedy career in 2002 in his home country of Finland. ISMO made his U.S. debut in 2014 at the Laugh Factory in Hollywood where he won the title of "The Funniest Person in the World." In 2016, he moved to Los Angeles and performs regularly. ISMO uses his outsiders point of view to find humor in the most ordinary things. \$20-\$25. Visit ArlingtonDrafthouse.com.

FRIDAY/AUG. 9

Summer Yoga. 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. 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. Visit www.ballstonexchange.com for more.

Rec on Wheels: Superhero

Sendoff. 6-8 p.m. at Fort Scott Park, 2800 Fort Scott Drive. Celebrate the end of summer at our Superhero Sendoff Rec on Wheels event. Rec on Wheels is a free, drop-in evening park program for families during the summer. Play superhero games, create superhero crafts and more. Youth participants must be accompanied by an adult. Visit parks.arlingtonva.us/events/rec-on-wheels-superhero-sendoff-special-event/ for more.

Live Music: Carly Harvey. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Vocalist Carly Harvey combines Blues, Jazz, Soul, & Americana roots styles to create a unique sound that calls to mind Etta James, Bonnie Raitt, Nina Simone, with a little Ella Fitzgerald thrown in for good measure. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Friday Night Movies: Brave (PG).

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 for more.

Application Deadline: Master

Naturalists. The Virginia Master Naturalist program trains volunteers to provide education, citizen science, and outreach to help conserve and steward natural resources and public lands. Master Naturalist volunteers gain certification through state-approved natural history courses. Recognized experts in a wide range of disciplines such as ecology, botany, herpetology, ornithology, forest and aquatic ecosystems, and more provide fun and interactive training. Volunteers must commit to at least 40 hours of service and eight hours of continuing education annually to become certified. Training session is Mondays, Sept. 9-Dec. 9, 9 a.m.-3 p.m. at Long Branch Nature Center. Visit www.armn.org.

SATURDAY/AUG. 10

R.I.P. - Remove Invasive Plants.

9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Help restore habitat and increase species diversity right here in Arlington. Work parties are held every month and are making a real difference, with the return of ferns and wildflowers, that animals depend on in areas once covered in destructive invasive plants. No registration required. Free. Call 703-228-3403.

Ask a Master Gardener. 11 a.m.-noon at Organic Vegetable Garden at Potomac Overlook Regional Park, 2845 Marcey Road. Have questions regarding growing vegetables in Northern Virginia? Come to the Organic Vegetable Garden in Potomac Overlook Regional Park to talk all things vegetable with an Extension Master Gardener. Free. Questions? Telephone 703-228-6414 or email mgaralex@gmail.com.

Down in the Pond. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 6 to 10. What lives at the bottom of a pond? Water boatmen, backswimmers and water scorpions are just a few of the critters participants might encounter as they go dip-netting in Long Branch's ponds. \$5. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642929-F.

Cool Creek Critters. 3-4:30 p.m. Meet at Barcroft parking lot, 4200 S.

ENTERTAINMENT

Four Mile Run Drive. Ages 5 to 10. Dress to get wet and spend time exploring waterfalls, trying to catch water striders, and taking a closer look at some creek critters. Must wear closed-toe shoes in water. For information, call 703-228-3403. Free. Register at registration.arlingtonva.us, use code #642829-C.

Author Event: Zoraida Córdova. 3 p.m. at One More Page Books, 2200 North Westmoreland St. YA author Zoraida Córdova who will be interviewed by Bri LaVorgna, Managing Editor of Tosche Station about Zoraida's new Star Wars novel "Galaxy's Edge: A Crash Of Fate." The epic adventure takes place over the course of a single day on Batuu, where an aspiring smuggler and the boy next door find themselves on the run as they fall for each other. Visit 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 for more.

Cool Crayfish 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. \$5. Call 703-228-3403. Register online at registration.arlingtonva.us, use code #642859-F.

Live Music: Veronneau. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. A blend of bossa nova, jazz, samba, swing and acoustic music performed in English, French, Spanish and Portuguese. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Saturday Night Movies: A League of Their Own (PG). 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 for more.

SUNDAY/AUG. 11

Family Performance: Encore Stage and Studio - Rocket Woman. 11 a.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Youth theatre ensemble presents a journey for the whole family: including one imaginary friend, cardboard boxes, and a brave Rocket Woman. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

YA Author Panel. 2 p.m. at One More Page Books, 2200 North Westmoreland St. Celebrate the launch of Katy Upperman's latest Young Adult novel, How The Light Gets In, in which seventeen-year-old Callie Ryan copes with grief and ghosts when she returns to her aunt's run-down coastal Victorian after her sister's death. Katy will be joined by YA author and editor Jessica Spotswood and Danielle Stinson on a panel moderated by YA author Christina June. Visit www.onemorepagebooks.com for more.

Notable Nature. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin

Springs Road. Families ages 5 and up. Join us for lessons in nature journaling and sketching. Construct a nature journal, hone writing and drawing skills and talk about the season while hiking. For information, call 703-228-6535. Register children and adults; children must be accompanied by a registered adult. Free. Register online at registration.arlingtonva.us, use code #642959-J.

Citizen Science: Cricket Crawl

Prep. 7:30-8:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults. Every summer we are serenaded by crickets and katydids. Learn to identify their different calls, how and why they sing, and more. Then help census Arlington's cricket and katydid populations. The survey itself, or Cricket Crawl, will take place the evening of Aug. 23, weather permitting. Teens ages 12 and up are welcome but must be accompanied by a registered adult. For more information visit discoverlife.org/cricket/DC. Meet at Gulf Branch Nature Center. Free. Call 703-228-3403. Register online at registration.arlingtonva.us, use code #642849-F.

MONDAY/AUG. 12

Monday Night Moon Hike. 8:30-9:30 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Adults. What animals are in local parks at night? Experience trails under the moon and stars, learn a new constellation, and meet nocturnal critters. Teens ages 13 and up are welcome but must be accompanied by a registered adult. \$5. Call 703-228-3403 or register online at registration.arlingtonva.us, use code #642849-G.

TUESDAY/AUG. 13

Author Event: Zach Powers. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Zach Powers shares from First Cosmic Velocity, his debut novel about the Cold War, the Russian space program, and the amazing fraud that pulled the wool over the eyes of the world. Visit www.onemorepagebooks.com for more.

WEDNESDAY/AUG. 14

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

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

WEDNESDAY/THURSDAY/AUG. 14-15

Arlington Fair: Competitive Entries. Wednesday, 4-8 p.m.; Thursday (perishable items only), 7:30-9:30 a.m. at Thomas Jefferson Community Center, 3501 South 2nd St. The Competitive Exhibits are an integral part of the Fair. Art; photography; needlework; preserves; baked goods; plants and flowers; and

vegetables, fruits and nuts are all displayed and judged. Residents of Arlington County, including Joint Base Fort Meyer-Henderson Hall, the City of Alexandria, the City of Falls Church and students who attend school in Arlington County may enter items in the competitive exhibits. For complete entry information and forms go to arlingtoncountyfair.us.

WEDNESDAY-SUNDAY/AUG. 14-18

2019 Arlington County Fair. At the Thomas Jefferson Community Center, 3501 South 2nd St. Fun comes in many forms-the traditional midway of rides and games, food of all kinds, shopping and information tables. Look for the Arlington/Alexandria Cooperative Extension information booth for horticultural help. The Competitive Exhibits show off the best of our area's produce, art, and baked goods. And don't miss the racing pigs. Visit arlingtoncountyfair.us for more.

THURSDAY/AUG. 15

Fill the Cruiser. 6-8 p.m. at The Westover Shopping Center, 5800 block of Washington Blvd. and The Fashion Centre at Pentagon City, 1100 S. Hayes St. Help Arlington County students start the school year prepared to succeed by donating new school supplies and other classroom materials during the Fill the Cruiser Back-to-School Supply Drive. All donated supplies will be provided to Arlington County Public Schools for distribution to teachers and students. Those wishing to donate supplies but unable to attend the Fill the Cruiser events can drop off donations at Police Headquarters located at 1425 N. Courthouse Road on the 2nd Floor



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

Art Exhibit: Escape Velocity

"Escape Velocity" showcases abstract paintings on canvas by Singapore-born artist Chee-Keong Kung. Kung is influenced by his formal education in art and architecture as well as his upbringing in multi-ethnic Singapore. Exhibit runs through Aug. 19, gallery hours at The Fred Schneider Gallery of Art, 888 N Quincy St., Suite 102. Free, open to the public. Visit www.fredschnidergalleryofart.com for more.



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ENTERTAINMENT

at the Administrative Support Unit Aug. 1-15.

FRIDAY/AUG. 16

Turtle Tales Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families. Register adults and children; children must be accompanied by a registered adult. The whole family is invited to join us at the Long Branch amphitheater for lots of old-fashioned fun: entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores. \$5. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642959-E.

Friday Night Movies: E.T. The Extra-Terrestrial (PG). 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 for more.

SATURDAY/AUG. 17

Bookstore Romance Day. 10 a.m. at One More Page Books, 2200 North Westmoreland St. Join One More Page in the first ever national observance of Bookstore Romance Day. Indies all across the country will be celebrating romance novels and the authors who write them. One More Page will be hosting "A Carnival of Love" all day, including: a mimosa tasting (11 a.m.-noon); scavenger hunts and battle of the books (noon-3 p.m.); roundtable panel (4 p.m.); Sips & Swoons and cocktail tasting (4-6 p.m.) and a Marrying Mr. Darcy board game tournament (6 p.m.). Visit 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 for more.

Saturday Night Movies: Life in the Doghouse (NR). Begins just after sunset at Penrose Square, 2501 9th Road S. Limited seating provided, bring a chair. Visit www.columbia-pike.org/movie-nights for more.

SUNDAY/AUG. 18

Adapted Nature Hike - Huntley Meadows. 10:30 a.m.-noon at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Families. Register children and adults; children must be accompanied by a registered adult. All are welcome to join in a



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, Aug. 9 and 30; 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. Visit www.ballstonexchange.com for more.

leisurely paced hike through a park. The forested trails will be accessible, smooth and shaded for a fun hike to explore and examine whatever we discover. Restrooms and water fountain/bottle filler inside accessible building, gravel packed trail in shade, then boardwalk on slats, in direct sun when out in the middle of boardwalk but all flat. Benches at beginning and end in shade but not on main trail. Free. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642959-M.

Signature Theatre Open House 2019. Noon-7 p.m. at Signature Theatre, 4200 Campbell Ave. Kick off the 30th Anniversary season with Signature's annual free Open House. Starting at noon, come enjoy performances every 15 minutes, master classes, family cabarets, season preview concerts, games and crafts all followed by the grand Broadway on the Plaza finale

concert. Visit www.sigtheatre.org for more.

R.I.P. - Remove Invasive Plants. 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults, teens and families ages 8 and up. Help restore habitat and increase native species diversity right here in Arlington. Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Free. Call 703-228-6535 or register online at registration.arlingtonva.us.

TUESDAY/AUG. 20

Turtle Lunch. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 3-6. Help make lunch for Long Branch's turtles. Kids can prepare the food for recovering

hospital turtles and get to watch them eat, then give them worms for dessert. Free. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642919-Y.

Fall and Winter Vegetable Gardening. 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road. What can one plant when the weather starts to cool? Think healthful greens like kale, collards, bok choy and a wealth of lettuces. Learn what to plant when, and simple tips for success. Learn inexpensive techniques to extend a harvest and even how to enjoy crops in the dead of winter. This event is offered by Extension Master Gardeners. Free. Advance registration requested at mgnv.org. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com.

THURSDAY/AUG. 22

Mystery Night. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Get ready for a fun (and funny) evening as One More Page celebrates the launch of three killer mysteries: Sherry Harris' seventh A Sarah W. Garage Sale Mystery: Let's Fake A Deal; Colleen Shogan's fifth Washington Whodunit: Gore In The Garden and Mark Bergin's debut crime novel Apprehension. Visit www.onemorepagebooks.com for more.

FRIDAY/AUG. 23

Friday Night Movies: Won't You Be My Neighbor (PG-13). 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 for more.

Night Insects Campfire. 8:30-9:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families. Register adults and children; children must be accompanied by a registered adult. The whole family is invited to join us at the Long Branch amphitheater for lots of old-fashioned fun: entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores. \$5. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642959-F.

SATURDAY/AUG. 24

Author Event: Steve "Dangle" Glynn. 2 p.m. at One More Page Books, 2200 North Westmoreland St. Washington's favorite sports blog, Russian Machine Never Breaks (RMNB), and Arlington's favorite bookstore, One More Page Books, team up to bring you everyone's

favorite hockey blogger-correspondent-YouTuber-author, Steve "Dangle" Glynn. Join for an afternoon of fun as Glynn signs his book This Team Is Ruining My Life (But I Love Them): How I Became a Professional Hockey Fan. This is a ticketed event; tickets can be purchased in advance at www.eventbrite.com/e/rmnb-one-more-page-present-steve-dangle-glynn-tickets-65810686535. Visit www.onemorepagebooks.com for more.

Summer Scavenger Hunt. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 6 and up. Have fun as we search for signs of summer before time runs out. The evidence is all around if you know where to look. For information: 703-228-6535. Register children and adults; children must be accompanied by a registered adult. Free. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642959-S.

Survival Skills: Poison and Venom ID. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 8 to 13. Learn hands-on traditional survival skills. Learn about poisonous plants and venomous animals, and which ones to avoid. \$5. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642929-G.

Netherlands Carillon Recital Series. 6-8 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists play patriotic music, jazz, and pop on the carillon's 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

Bat Fest Arlington. 6:30-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults, teens, families ages 4 and up. Enjoy a thoroughly batty evening and add to knowledge of local night life. Live bat shows are presented by Leslie Sturges, director of The Save Lucy Campaign, established to protect and conserve bats in this region. Admission also includes ongoing habitat walks, games, crafts and more. Registration is required to enter one of the live bat talks below. \$8. Register children and adults; children must be accompanied by a registered adult. Call 703-228-3403. Register online at registration.arlingtonva.us.

- ❖ 6:30-7 p.m., for families w/ younger children #642859-I
- ❖ 7:15-7:45 p.m., for families w/ younger children #642859-J
- ❖ 8-9 p.m., 1 hour, for adults and families with older children #642859-K

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WELLBEING

Summer's Bounty: So Healthy and Tasty

Don't miss the height of summer season for fruits and vegetables.

BY MARILYN CAMPBELL
THE CONNECTION

Local farmer's markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season's bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

"Produce is most nutritious when it's in season, but it's normal to see supermarkets carrying the same produce all year long, said nutritionist Carley Johnston. "People don't always think about only cooking with what's in season because they don't have to."

Fruits and vegetables that are consumed out of season are often shipped from other countries, picked before they're ripe and sprayed with preservatives. "When produce is allowed to ripen while it's sitting in a packing box on its way to the supermarket it's robbed of some of its nutritional content," said Johnston.

On the other hand, produce that is naturally sun-ripened is more vitamin and nutrient-dense than its prematurely picked counterparts because ripening allows those elements to develop fully, says Lauren Trocchio, registered dietitian at Washington Center for Weight Management and Reset. "Cooking seasonally ... means using produce that has traveled less of a distance to your kitchen," she said. "Both of these things may prevent the nutrient loss that comes with picking produce early or spending a lot of time in transit. The longer the transit and wait time, the more impact to nutrition and taste."

Among the nutrient-dense — and delicious — fruits and vegetables that are in season in summer are peaches, blueberries, zucchini and tomatoes. "Blueberries for example are rich in antioxidants and fiber," said Johnston. "They're also high in Vitamins C and K. Blackberries are high in fiber and antioxidants. They're also anti-inflammatory which can boost your immune system. Corn is high in Vitamin B. Cucumbers are hydrating which is important during the summer."

Fortunately preserving the health benefits is made easy because only minimal preparation is needed to get maximum flavor, says culinary instructor Terri Carr of Terri's Table Cooking classes in Potomac, Md. "Cooking in the summer with the freshest local produce is a real treat," she said. "There is a smorgasbord of ingredients to choose from."

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. "Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not



PHOTO COURTESY OF TERRI CARR

These skewers of cantaloupe, prosciutto, mozzarella and tomatoes drizzled with a basil balsamic dressing and created by Terri Carr, are vitamin-packed and perfect for appetizers or a light dessert.

needed when quality summer produce is available ... in fact it's better to cook simple recipes that bring out the food's flavor."

Using the best of summer produce, Carr is teaching seasonal cooking classes this summer using her popular preparation methods. "A favorite summer salad is Panzanella ... a classic Italian bread salad," she said. "Combine toasty bread cubes with lots of colorful peppers, tomatoes, green onions, basil, cucumber. Beautiful presentation & flavor. Perfect for lunch or a side dish at dinner."

For those who think eating seasonally means epicurean deprivation, Carr dispels that notion. "Imagine a platter of summer fruit, she said. "Peaches, nectarines, plums, apricots, strawberries, blueberries, blackberries [and] melons, They're absolutely delicious all by themselves or mixed in with a salad or dessert."

Cooking with a mixture of seasonal herbs and produce, like basil and vine-ripened tomatoes, offers an even more powerful impact on the palette. "Summer herbs [are] my favorite, said Carr. "Most herbs are now available in grocery stores year round but they cannot compare to summer's bounty. Basil, thyme, rosemary, parsley and mint are my go-to's when creating a meal."

Summer produce offers energy needed to maintain the active lifestyle that comes with longer days filled with outdoor activities, says Johnston. "Our bodies need the added energy we get from the nutrition found in berries and peaches," she said. "Cucumbers and melons are juicy which keeps us hydrated when it's hot outside."

"Cooking in the summer with the freshest local produce is a real treat."

— Terri Carr,
Terri's Table Cooking Classes

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News



PHOTO BY GREG KNOTT

At the July 31 event: Tom Greeson, Neighborhood Health board president; Carter Flemming; Mike Millman; Gov. Ralph Northam; Dr. Basim Khan, executive director; and Alisa Valudes Whyte.

300,000 No Longer Uninsured

FROM PAGE 2

people that he couldn't say when it would happen, or how it would happen, but he was certain that one day Medicaid expansion in Virginia would happen.

But he also added, "we're not done yet" noting that expansion does not cover dental care and there are gaps in mental health services which need to be addressed. "Keep with us," he told the audience. "We'll keep pushing and we'll get it done."

Earlier in the program, Neighborhood Health Board President Tom Greeson welcomed the guests and noted that Neighborhood Health was now serving 25,000 patients in 12 clinics across Alexandria, Arlington and Fairfax County. Executive Director Basim Khan noted that most of Neighborhood Health's patients are low-income, uninsured or underinsured. Neighborhood Health, which began 22 years ago in a small room in an apartment in Arlandria, provides these patients with comprehensive primary care including internal family medicine, pediatrics, dental care, behavioral health, pharmacy assistance, HIV care, case management, and assistance to enroll in public health insurance, such as Medicaid.

Neighborhood Health's mission, he said is "To improve health and advance health equity in Alexandria, Arlington and Fairfax County by providing access to high quality primary care regardless of ability to pay." Given their experience working with the same patient population, Khan noted that Medicaid expansion was a major step in ensuring that everyone in Northern Virginia had access to high quality and affordable health care.

Following the announcement, Northam toured the Neighborhood Health clinic at 6677 Richmond Highway where he met and spoke with doctors, nurses and patients.

For more information about Neighborhood Health or to schedule an appointment, call 703-535-5568 or go to www.neighborhoodhealthva.org.

BULLETIN BOARD

FROM PAGE 4

FRIDAY/AUG. 9

Public Good Forum Symposium. 1-4:30 p.m. at University of Virginia Darden School of Business, 1100 Wilson Blvd. The University of Virginia's Biocomplexity Institute, Data Science Institute and Darden School of Business, in partnership with the Northern Virginia Technology Council, announce the Data Science for the Public Good (DSPG) Forum, which seeks to show how data science can support evidence-based policymaking and innovation. The symposium includes two keynotes (Ron Jarmin, just past Census Director, and Phil Bourne, Director of the University of Virginia's Data Science Institute and Acting Dean of the School of Data Science), followed by a poster session

and refreshments. Register at biocomplexity.virginia.edu/events/data-science-public-good-forum.

MONDAY/AUG. 12

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.

THURSDAY-SATURDAY/AUG. 14-17

Volunteer Judges Needed for Competitive Exhibits. The 2019 Arlington County Fair, one of the area's largest free summer events, is seeking volunteers to register and judge entries for the annual community Competitive Exhibit

contest, which features age-based judging in seven food, arts and plant categories. Entries will be publicly displayed throughout the fair, which takes place Aug. 14-18, 2019 at the Thomas Jefferson Community Center. Visit arlingtoncountyfair.us/entertainment/exhibits or email compexhibits@arlingtoncountyfair.us.

THURSDAY/AUG. 15

Information Session. 6-7:30 p.m. at Bean, Kinney & Korman PC, 2311 Wilson Boulevard, 2nd Floor Conference Room. Ignite Young Professionals Program is for the young professional, aged 25-35, looking for a fast-track leadership development experience. It works best for those who believe community engagement and giving back matter. Visit leadercenter.org for more.

Pledging \$1.5 Million

FROM PAGE 3

"The redevelopment of Legion Post 139 into the Lucille and Bruce Terwilliger Place is believed to be the first of its kind in the nation, and could serve as a model for other Legion posts interested in responding to the changing needs of the communities they serve," Janopaul said.

"This project embodies two of the Legion's most important missions — to help active duty personnel, military veterans and their families, and to be responsible citizens," said Legion Post 139 Commander Bob Romano. "The Terwilliger family's generosity is a great endorsement of what we are trying to do here. We hope it will serve as a model for other Legion posts. It just makes sense."

APAH's mission is to develop, preserve, and own quality, affordable places to live; to promote stability and opportunity for our residents; and to advocate with the people and communities being served. Founded in 1989, APAH now helps more than 1,600 households live in stable, secure and affordable rental homes.

J. Ronald Terwilliger was recognized as APAH's 2018 Celebrate Home honoree. Since his retirement, from Trammell Crow Residential, Terwilliger has turned his attention and passion to the nation's need to provide decent affordable housing. He created the Terwilliger Center for Workforce Housing at the Urban Land Institute, has chaired multiple boards including Enterprise Community Partners, Habitat for Humanity International and the I Have a Dream Foundation. Working with other housing experts and political leaders, he was a leader in the Bipartisan Policy Center Housing Commission and has tirelessly walked the halls of Congress advocating for a more fair and effective national housing policy.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Aug. 19-23.

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: Captain Pell's Fairfax Crabhouse, Monday, Aug. 19, \$5; National Geographic Museum, D.C., "Queens of Egypt," Tuesday, Aug. 20, \$17; Hollywood Casino, Charlestown, WV, Wednesday, Aug. 21, \$9; Woodrow Wilson House tour, Staunton, VA, Friday, Aug. 23, \$62. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS

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

Morning tennis reserved for seniors (55+) 8 a.m. – noon, Mon.-Fri., Bluemont Courts, Details, 703-228-4771.

Hearing aids, beware and be wise, Monday, Aug. 19, 10:30 a.m., Lee. Register, 703-228-0555.

Diagnosis dementia, now what? Discussion, Monday, Aug. 19, 10:30 a.m., Lee. Details, 703-228-0555.

Senior transportation options, Tuesday, Aug. 20, 10 a.m., Walter Reed. Register, 703-228-0955.

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Some Trek: To Go Where This Man Has Never Gone Before



By KENNETH B. LOURIE

Although I've had a pretty good run of late not writing much about "the cancer," to quote "Forrest, Forrest Gump," the reality is, as you might imagine, cancer is ever present – in your head and in your heart (and for me, in my lungs).

Never more so then when your quarterly CT scan is imminent. As I sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there's not. But with electronic media being what it is, one does receive multiple reminders: text, email and the occasional call.

And, even though I don't actually have to do anything in advance, I am reminded nonetheless, in advance, what there is yet to be done: show up! (Apparently, many cancer patients, staff have told me, are not as compliant as you'd expect them to be.)

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT's imminence affects one's life.

As much as I write a good game – and talk/act a good game, living one's life pretending to minimize cancer's presumptive/possible/"prognosed" impact is indeed make believe. Not that I'm a glass half-empty person, I'm not, as you regular readers know.

However, there's nothing like a computerized tomography and a post-scan appointment with one's oncologist to focus your attention on the fact that you have been/are living with what your oncologist originally characterized back in early 2009, as a "terminal disease:" non-small cell lung cancer, stage IV (and giving you a "13 month to two year" prognosis, to boot).

A disease whose initial progression (doctor-speak for growth/movement) eliminated surgery as an option, but one for which there have been multiple lines of chemotherapy, none of which was ever been said to be a cure. In the spirit of that reality, how does one live in the present and plan for the future? (Jeez, that last line sounds right out of one of the Carrie Bradshaw's "Sex and the City" voice overs.)

On the one hand – the one with no sense of reality, I suppose one is simply to go about one's varied business with nary a care or concern in the world. On the other hand – the one with enough a sense of reality to choke a horse, I suppose I am to mark time, count the number of days until my next scan, plan for today and think about tomorrow.

But, not too many tomorrows as there's no sense getting ahead of oneself or else one will get behind. And if that sounds mixed up, it is. Because for cancer patients, "Time is a godforsaken paradox."

As Captain Kathryn Janeway of "Star Trek: Voyager" further explained many star dates ago: "The future is the past, the past is the future. The whole thing gives me a headache."

And if you do get any headaches, you need to contact your oncologist because in 30 percent of lung cancer patients, the cancer moves to the brain. A location which presents all sorts of treatment and quality of life challenges.

And, a manifestation there, should it appear, scares the living daylights out of me. But never mind. Just keep on planning and pretending that you don't have a "TERMINAL" disease. You know, the type of disease for which there's "NO CURE."

Then again, if I do get bogged down by certain realities, I'll be no work and no play – and no fun (neither do I want to be a dull boy). And no fun is no way to live – in the past, present or future, and that's no paradox.

So, if and when the chips and/or the "chippee" is down, one needs to be thankful for the chips that you do have and for the ones you hope yet to accumulate. Otherwise, you might as well see the cashier on your way out.

Life's too short (don't I know it) to live only in the present and not consider the future. And if I don't consider the future, it's unlikely I'll have one. Just because I've now had a past that lasted years longer than I expected shouldn't mean I can't have a future I never anticipated.

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

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