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## **Public Hearings**



#### Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2023-2028 Six-Year Improvement Program (SYIP). Additionally, pursuant to \$33,2-202, comments will be accepted for new projects valued in excess of \$25 millio The Commonwealth Transportation Board will take your comments into consideration as it develops the FY2023-2028 SYIP. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds.

Meeting materials will be available https://www.ctb.virginia.gov/planning/springmeetings2022/default.asp\_before April 25, 2022.

Public meetings begin at 4 p.m. in each of the locations except as noted below: A formal comment period will be held at these meetings.

Monday, April 25 Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, Virginia 22401	Tuesday, April 26 Culpeper District Culpeper District Auditorium 1601 Orange Road Culpeper, Virginia 22701	Thursday, April 28 Richmond District Richmond District Auditorium 2430 Pine Forest Drive Colonial Heights, Virginia 23834
Monday, May 2 Staunton District Blue Ridge Community College Plecker Center 1 College Lane Weyers Cave, Virginia 24486	Tuesday, May 3 Lynchburg District Virginian Hotel, 712 Church Street Lynchburg, Virginia 24504	Wednesday, May 4  *Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, Virginia 22030  *meeting begins at 5:30 p.m.
Monday, May 9 Hampton Roads District Hampton Roads District Auditorium 7511 Burbage Drive, Suffolk, Virginia 23435	Wednesday, May 11  Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, Virginia 24210	Thursday, May 12 Salem District Holiday Inn Valley View 3315 Ordway Drive NW Roanoke, Virginia 24017

\*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

You can submit comments by email or mail by May 23, 2022.

For roads and highways: Six-YearProgram@VDOT.Virginia.gov, or Infrastructure Investment Director, Virginia Department of Transportation 1401 East Broad St., Richmond, VA 23219.

For rail and public transportation: DRPTPR@drpt.virginia.gov , Public Information Office, Virginia Department of Rail and Public Transportation 600 East Main Street, Suite 2102, Richmond VA, 23219.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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### News



Photos Contributed

#### **Indoor Farm**

Telly Tucker, Director of Arlington Economic Development and Arlington County Board Chair Katie Cristol accept a \$40,000 check for a new USDA-certified organic indoor farm from Matthew Lohr, Virginia Secretary of Agriculture and Forestry. Area 2 Farms, located at 2600 South Oxford Street, will use proprietary indoor growing technology that incorporates micro-robotics while efficiently managing heat and humidity to allow the facility to produce hundreds of different crops. They plan to offer a one-stop shopping opportunity for Arlington shoppers by offering fresh produce as well as pickled and preserved and meal kits featuring their produce. Area 2 Farms is operating as a CSA and accepting orders on their website.



Tyler Baras, co-founder of Area 2 Farms

### Be a Part of Connection's Mother's Day Photo Pages

As usual every year at this in the photo and include your time, The Connection calls for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 8. This year we will continue to publish submissions through the May 18th edition. Photo submissions are due by Monday, May 16, but now is the right time to submit your photos.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the describe what is happening thersday/

name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly using the form at http://www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

This is also a fine time for submissions for our annual Father's Day galleries. Submit them online HERE http://www. photo, the approximate date, connectionnewspapers.com/fa-

## News



Yorktown High School students attend a panel discussion on sexual assault awareness and prevention on April 25 during third period. Keri Thomas, Doorways Deputy Director of Programs and Clinical Services, participated in the program.



Washington-Liberty Girls Soccer Pink Games for Doorways to raise awareness and funds. Gaby Vincent of Washington Spirit (back row, second from left) came to support the effort.

## The Best Way To Solve Violence Is To Get Ahead of It

Teaching middle school and high school students to know what a healthy relationship with a peer looks like, what are the boundaries, and conflict resolution.

BY SHIRLEY RUHE

lizabeth begins, "There is no room left within me; no more space to stuff the tragedy ... a constant roller coaster of anxiety. I wish I could stay with it a little longer before returning to the ride." Embrace Your Voice sponsored by Doorways, Friends of Guest House in Alexandria and the Alexandria Sexual Assault Center, was held Monday evening, poetry focusing on domestic violence and sexual abuse.

Diana Ortiz, Director of Doorways in Arlington, reflects on the April events for Sexual Assault Awareness and Prevention Month

(SAAPM). She says everyone who comes to the Domestic Violence Safe house (emergency shelter) has experienced domestic violence as well as at least half of the women in the Family Home (homeless shelter).

Ortiz says the events to highlight Sexual Assault Awareness and Prevention Month ranged from Wear Teal on April 5 to Washington-Liberty Girls Soccer Pink Games for Doorways, to a poet share held hybrid in-person and online on April 25 at the Alexandria Sexual Assault Center.

"It's amazing, there are a lot more in-person things now. Women are able to do things in the community again. We have more outreach, more in person groups. It feels good

to connect again."

Ortiz says the emergency shelter and family home are both full but if someone needs help, "we will always make it work. We don't want to discourage people from seeking support. We don't want anyone in harm's way; we have some flexibility and if necessary we put them in a hotel until we have space." The family home has 10 bedrooms with 22 beds and houses 6-9 families. About 60-80 adults and children in imminent danger are helped each year with safe temporary housing in the emergency shelter.

She says during COVID there were fewer people seeking help, and sexual assault reports were down. But this doesn't mean there was less domestic abuse. There were stay at home orders, and it was more difficult to tell what was happening behind closed doors. People were afraid to go to the hospital because of possible COVID exposure. But now with things opening up again, assault reports are back up to pre-COVID numbers.

There is one domestic abuse and sexual

violence hotline for all of Arlington County for reporting abuse or seeking other assistance such as emotional support. It operates round the clock 24/7 and 365 days a year. The hotline is always manned by at least one person who is a trained advocate. Ortiz says some of the calls are from law enforcement who have the client right there. Other callers may want to report an assault and/or get linked with services.

Some callers want moral support. They may be watching a movie or seeing something on the news that triggers a memory. Ortiz says they may be re-experiencing what happened to them and feel really sad. It may open something they haven't dealt with.

For instance, she explains the movie star trial in Fairfax has been on the news a lot lately and it may bring back memories.

Ortiz says when a person calls the hotline they may report they did not give consent and don't know what to do. Maybe there needs to be collection of forensic evidence.

See Doorways, Page 8

### West Glebe Road Bridge Will Close to Vehicle Traffic

Because of continued degradation of the bridge beams, engineers will close the West Glebe Road Bridge to all motor vehicle traffic beginning on Monday, May 9, 2022, for construction of a planned replacement superstructure, road deck and beams. Two motor vehicle lanes on the renovated bridge are expected to reopen in early 2023 along with one of two widened sidewalks.

The current structure connecting Arlington and Alexandria over Four Mile Run was built in 1956. Elements have experienced noted deterioration in recent years.

In 2018, a 5-ton weight restriction was placed on all user vehicles. In March 2022, all southbound traffic was detoured away from the bridge amid signs of continued structural beam degradation.

Allowing continued motor vehicle traffic with the www.ConnectionNewspapers.com

additional stress of construction has now been ruled out. Pedestrians and bicyclists will be able to use the bridge through June, after which they will be directed to a temporary crossing, independent of the superstructure, to be built along the bridge, expected to open in July.

The Mount Vernon Avenue Bridge further east over Four Mile Run will continue to handle vehicular traffic detouring from the West Glebe bridge.

The bridge's original piers are stable and will be used to support the new superstructure, reducing project costs, construction time, and impact on the watershed.

The project is set for completion by summer 2023. Arlington County and the City of Alexandria continue to coordinate closely on the bridge replacement project. Crews will mobilize for the job later this month.



Arlington Connection & April 27 - May 3, 2022 &

## News







Victoria Virasingh

## Deep Blue Primary

## Incumbent congressman to face first-time candidate.

By Michael Lee Pope The Connection

he Eighth Congressional District is the bluest of the blue strongholds, giving President Biden 78 percent of the vote in 2020 — the largest margin of victory for all the Virginia congressional districts. For many years, the district was represented by U.S. Rep. Jim Moran (D-8), who decided to step down in 2014 after serving 12 terms in Congress. Beyer emerged that year from a field of 10 candidates in the Democratic primary, and has not been challenged in a Democratic primary since that time. This year, though, Victoria Virasingh is challenging Beyer for the Democratic nomination.

"It is difficult to knock off an established incumbent member in a first run for public office," said Mark Rozell, dean of the Schar School of Policy and Government at George Mason University. "Unless there is some dissatisfaction among the district's Democratic Party voters with Beyer — and I do no see any — it is going to be especially difficult in this case."

Virasingh is calling attention to Beyer's personal wealth, criticizing the performance of his stock portfolio at a time when he was in a position to have what she calls "privileged information" as a member of Congress. She is calling for a prohibition on members of Congress being able to buy and sell stocks. That's a policy proposal that Beyer actually agrees with. Two months ago, he says, he moved all his investments from stocks to mutual funds when the issue of self-dealing on Capitol Hill became a topic of conversation. On the campaign trail, Virasingh has tried to fashion herself as a progressive alternative to the incumbent -- a new voice of a new 4 ARLINGTON CONNECTION APRIL 27 - May 3, 2022

generation challenging someone who has been a fixture of Virginia politics for decades.

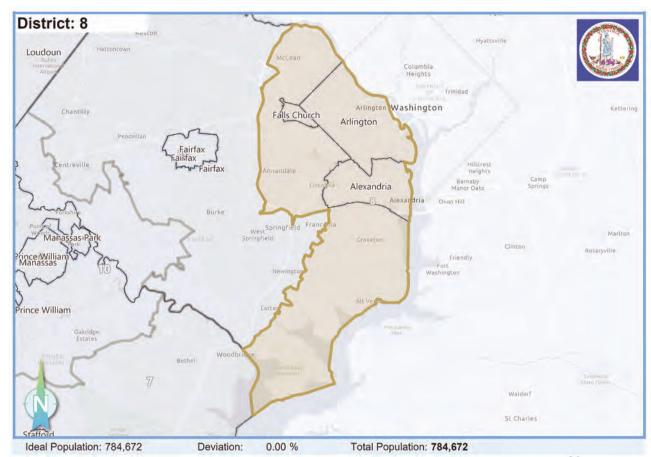
"I could see a progressive challenge viable in the case of an incumbent voting well to the right of his or her constituency, but that is not the situation here," said Rozell. "To the ex-

tent that the challenger can draw out some contrasts and give Democratic Party voters reason to consider an alternative, that is all good for the process as it helps to hold the incumbent accountable."

VICTORIA VIRASINGH is a native of Arlington, where her parents were part of a community that included refugees from India and immigrants from South America. She earned scholarships to St. Agnes Catholic School in Arlington and Georgetown Visitation Preparatory School in Washington, D.C. Virasingh has a bachelor of arts in international relations and a master of arts in Latin American Studies, both from Stanford University. She interned at the Internal Revenue Service and the office of Sen. Dianne Feinstein (D-Calif.) before joining Palantir Technology leading public-private partnerships. She's now a full-time candidate.

"If I was born in this area today, my story would not be possible," she said when asked why she's running in the primary. "This area has exploded in growth, which is really exciting. But one of the problems is that it's much harder to find affordable housing."

If elected, she says, she would support a prohibition against members of Congress buying and selling stocks. She pointed to disclosure reports from Beyer indicating



Source: Virginia Redistricting Commission

"It is difficult to knock off an established incumbent member in a first run for public office. Unless there is some dissatisfaction among the district's Democratic Party voters with Beyer — and I do not see any — it is going to be especially difficult in this case."

— Mark Rozell, dean of the Schar School of Policy and Government at George Mason University

that his portfolio recently outperformed the Standard & Poor 500 index, which she says should raise red flags given his access to information as a member of Congress. She says she would also support publicly financed election campaigns, and she says she supports the Biden administration's controversial proposal to end the Trump administration's use of Title 42 of the Public Health Service Act of 1944 to turn away undocumented immigrants arriving at the southern border. She says it's time for "a new type of leadership" and "it's time to pass the torch."

"We don't have legislators who understand what the challenges are," she said, adding that Beyer and others fit that description. "They don't understand the basic fundamentals of the ways in which technology is influencing our economy."

DON BEYER is serving his fourth term in the House of Representatives. He is a former lieutenant governor who ran an unsuccessful campaign as the Democratic candidate for governor in 1997, when Republican Jim Gilmore was elected. He has a bachelor's degree in economics from Williams College in Massachusetts, and during the Obama administration he served as ambassador to Switzerland and Liechtenstein. If elected to a fifth term to a party in the minority, he says,

he will be able to work with friends across the aisle on issues like regulating space traffic management of satellites orbiting Earth.

"This really gets into the meaning of life, you know, why are we here? I long ago figured out that I was happiest when I was trying to

make other people's lives better," he said. "We all have to try to make sense of the story of our own lives, and this is the way I do it."

During his time in office, he says, he's been focused on tackling the problem of climate change, pressing for a carbon tax and expansion of fusion energy to replace fossil fuels. Congress is currently considering seven of his climate change proposals as part of the long-delayed Build Back Better plan. He says he agrees with Virasingh that members of Congress should be prohibited from buying and selling stocks, and in February he moved all his investments from the stock market to mutual funds. He also agrees with Virasingh about public financing of elections, although he says he's not yet sure whether he supports the Biden administration's plans to lift Title 42 restrictions and allowing undocumented immigrants to seek asylum at the southern border.

"I think it might be the right thing to do legally, that there may be no legal merit to keeping it in place. Politically I think it's very difficult," said Beyer, who says he wants to hear all the arguments on both sides. "Generally I hate picking a political consideration over a policy consideration. I always want to do the right thing, not necessarily the smart thing."

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### EARTH DAY

## Arlington's Casual Adventure on Earth Day: 'Socks It To Me'

Local shop collects socks to be repurposed into dog beds.

> By Eden Brown THE CONNECTION

ou know you have at least five socks that either don't have a match or have a hole in the toe, and they just sit in your drawer until you decide to throw them in the trash. Casual Adventure and Smartwool have teamed up for the Second Annual Second Cut Project for Earth Day, and they want those socks. The local outfitter and internationally recognized manufactuer Smartwool have teamed up to give old socks new life. This partnership combined efforts last year for Earth Day to collect almost 250 pounds of socks in Arlington. The socks were then shredded and repurposed to create dog beds.

Casual Adventure is accepting old socks. They ask for clean socks only; all brands and materials; no rolled or paired socks, bags, rubber bands, paper clips; just single socks. Drop off has been extended beyond Earth Day to May 8, 2022.

Eric Stern said, "The Second Cut Project was a huge success for our Earth Day project last year. We are grateful to everyone who donated socks — local scout troops, youth sports teams, schools, outdoor clubs, and individuals in and around Arlington. Our goal last year was to fill one box ... but we filled 12. We are always looking for eco-friendly ways to improve our business and our planet. This is a sustainable solution for spring cleaning, and we love our pups, so it just makes sense."

Smartwool launched the Second Cut Project on Earth Day 2021 to embrace "circularity" — to make a product and also build a system to keep it out of the landfill after its first use. The Second Cut Project works to begin building systems and experiments that lead Smartwool toward its goal of 100% circularity by 2030.

With only 12% of clothing materials ending up being recycled, Smartwool believed it was time for a change. The Second Cut Project is the first step to making all Smartwool's apparel circular and the first step to keeping good materials out of landfills.

"We are starting by investing heavily in our sock recycling program because we believe it's the future of our industry. It's a sustainable shift we can make now to be closer to our environmental and climate change goals tomorrow. We are one of the first brands to plant our flag in the ground and be committed to sock circularity, but we don't want to be the last. Our Second Cut Project is the start of something special for all adventurers, planet-protectors and sock-lovers alike. We are in this for the long run."

Smartwool notes: socks are one of the most discarded pieces of apparel—eventually finding a forever home at landfills and contributing to the 1.2 billion tons of greenhouse gasses that textile production releases into the atmosphere every year.

The repurposed socks will become the interior of the new K9 Camp Cushion dog bed.

Smartwool said communities helped them collect 75,000 socks — keeping material out of landfills and making it possible to create sustainable dog beds filled with 100% recycled sock shred.

Casual Adventure is an outdoor and sporting goods www.ConnectionNewspapers.com



Eric Stern, owner of Casual Adventure, with his dog, Lacey, on the sock-filled dog bed.



All those socks that might otherwise have been tossed into the landfill are gathered in a bin at Casual Adventure to be shredded and turned into dog beds.

"We are always looking for eco-friendly ways to improve our business and our planet. This is a sustainable solution for spring cleaning, and we love our pups, so it just makes sense."

— Eric Stern, owner of Casual Adventure

specialty store located in the Virginia Square neighborhood of Arlington, Virginia, family owned and operated since 1955. The shop has a strong record of supporting local community efforts, teams and causes.

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## **Special Connections** Calendar 2022

#### MAY

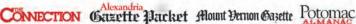
5/4/2022	Wellbeing
5/11/2022	HomeLifeStyle
5/18/2022	A+ Camps & Schools
5/25/2022	Senior Living

#### JUNE

6/1/2022	Wellbeing
6/8/2022	HomeLifeStyle
6/15/2022	
6/22/2022	Senior Living
6/29/2022	Summer Fun

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### EARTH DAY



Laure Drogoul, visiting artist, explains to Tiffany Jackson her informational hut of forgotten fashion. She describes the fashion and sustainability of clothing and how long different fabrics stay alive in the dump. Drogoul also has a list of the most environmentally safe places to donate your clothes.

## Celebrate Earth Day Every Day at Langston Blvd.



shopping bags from plastic bags. She says each new bag takes her 15 hours to complete and requires about 35 plastic bags like you get at a gro- the environmental wheel at the Ecoaction Arlingcery store. Pike says she learned to do this 12 years ton stand. He is asked which of the things you ago "when a friend gave me one of these bags. I wanted to know how to do it. It was so cool."



A young adventurer takes a chance on spinning can recycle and rewarded with a pencil for his correct answer.



Linda Maldonado exhibits her acrylics with the other members in her art coop of five artists. Maldonado says she just starts working with her materials and then an inspiration for her collage comes to her.



The Bobby Thompson duo plays mid afternoon at the Langston Blvd. Earth Day event. They say the players in the groups scheduled this afternoon all know each other so they hop in and out of the other groups for a few tunes.



Two blocks are cordoned off on Langston Boulevard for Earth Day festival on Sunday, April 24. Trawick band plays while a couple of onlookers dance in the street. Families sit at tables eating pizza and wondering where to properly dispose of their boxes. Stalls double line the street in front of Lee Heights shops with Virginia Coop Extension, Betty Jane's Sweet Delights, ice cream, jewelry, art displays and environmental and recycling information plus advice from a Master Gardener.

## Arlington's USA Team Headed To Finals in Ramadan Tourney?

### Soccer tournament is a gathering place for multicultural team.

y Eden Brown The Connection

he holy month of Ramadan can be tough when you are away from home. Like any major religious event, there are special home-cooked recipes for breaking the fast, mouth-watering and calorie-rich, and it's hard, when you live across the world, to replace the most important part of Ramadan: the gathering of extended family and friends uniting over the Fitur (breakfast) table as the sun sets. But the whole idea of Ramadan is to practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate, so a few Arlingtonians have carved out their own Ramadan gathering.

Arlington resident Dr. Zeyad al-Shammari, a Saudi who came to the U.S. in 2006 to study, started the soccer team "USA" along with his friend, Dr. Yahya al-Qatani, in order to bring people together during Ramadan. Al-Shammari teaches political science, international relations, Global Studies and Middle Eastern Studies. Dr.Yahya teaches Physics at Howard University. Al-Shammari and Yahya paid for the "USA" jerseys, and invited some of the players they had met while playing before Ramadan began, like Murad, one of the youngest teammates, who immigrated to the U.S. on a visa lottery four years ago. A Moroccan from Rabat who grew up playing soccer, like all Moroccan boys, he is working at a Whole Foods store in Washington, D.C. and is slowly adjusting to life in the U.S., learning English on the go. He lives in Arlington.

Al-Shammari said they deliberately chose people from different walks of life and nationalities. "The beauty of the USA team is that we unite, we offer to help any of the younger people who are still adjusting to life here, and we aren't just Muslims — our team has Latino guys, Black guys, Jewish guys, Catholic guys, and even atheists! We can accept each for who he is, and what he believes. We shouldn't hate each other, we are all human. This is the beauty of the real USA, not just the team. Personally, I highly appreciate this country. I came when I was a student in 2006, now I am a PhD teaching new generations. I found myself. The USA made me a better person. So that's why we named our team USA: we wanted to show how America added to us as students, as employees, as people."

The USA team was having trouble fielding an entire team on Thursday night at 10 p.m. because of a schedule change. They were playing a predominantly Iraqi team. Players came into the South Run indoor pitch in Fairfax carrying their cleats and changing on the sidelines. The two teams played hard, with the Iraqis pulling even with the USA team twice. In the last five minutes of the game the USA Team scored to win. This win was due in large part to the goalie, Mario Shuja, who, gloveless in the first quarter, was "The Terminator" when it came to stopping the fast, hard, and high balls being drilled at his goal. Although the USA team had not played much together before Ramadan, they came www.ConnectionNewspapers.com



From left, standing, Dr. Yahya al-Qatani, Khalid al-Qatani, Dr. Zeyad al- Shammari, Murad Lahfidi, Allawi. From left kneeling: Shafiq, and Abdullah al-Shammari.



One of the exciting moments in the close match on Thursday night with Number 6 showing off his excellent handling skills, while Number 7, Murad Lahfidi, prepares to assist.

"I highly appreciate this country. I came when I was a student in 2006, now I am a PhD teaching new generations. I found myself. The USA made me a better person. So that's why we named our team USA. We wanted to show how America added to us as students, as employees, as people."

—Dr. Zeyad al-Shammari, teacher at NOVA and Arlington resident

together as the game progressed. Their collegial attitude and high energy level was a large part of their success.

"We play for points: each win gets a point, and the teams with the most points go to the finals," said al-Shammari. "We are number two, so we think we will make it to the finals, but nothing is for sure yet. There are other strong teams on the field, and our team has new players; we had never played together." Al-Shammari took great pride in the fact that his team USA had not gotten any yellow or red cards (penalties) since the match started. "We think that shows how peaceful we are."

"But perhaps the most important part of the team effort is that we gather together. We fast all day (for Muslims during Ramadan, this means no water, tea, smoking, eating, or gum, are allowed among other things.) Then we break our fast, lightly, with just a date, some soup, and water or milk, at sunset (7:53 p.m. on April 2022) and at 10 p.m. we go down to South Run to play with the league teams. After the match, we gather at the Middle Eastern restaurants that are open until two in the morning during Ramadan. We drink coffee, eat shawarma, and talk. I don't stay out too late because I have to get to work the next day, but it's typical for some to stay out until 3 a.m."

Is it hard to fast in a culture that seems obsessed with food and drinking?

"I don't find it hard here in Arlington: they know Ramadan, the people here are well-traveled and educated, they actively wrote welcoming messages when the month started. I love my neighbors."

We wanted it to be from different religions and cultures, because soccer is a message to build bridges of peace and humanity to combat stereotypes and racism between different peoples, religions and cultures



Photo contributed

Upper L-R, Mario Shuja, goalie; Muhammed, Alex, Dr. Zeyad al-Shammari, Dr. Yahya al- Qatani, Zachary Alerte.
Lower L-R, Rafael, Dr. Majad Alfandi, Abdullah al-Shammari. Yahya teaches Physics at Howard University; Dr. Majid Afandi, is a cybersecurity expert and researcher; Zachary Alerte, is a statistician, Rafael is in the army, Abdullah al-Shammari is studying public policy at Catholic University.

See Ramadan, Page 8

## News



A caterpillar is removing debris from Fire Station 8 on April 22. The machine operator says this is nothing; the big machines are on the way.



## Demolition of Fire Station 8 Begins

he demolition of the Fire Station 8 structure on 4845 Langston Blvd will begin on the week of May 2, and is expected to finish on the week of June 20. This demolition work will be in preparation for construction of a new fire station facility.

Demolition work hours will be Monday to

Friday, approximately 7 a.m. - 4 p.m.

Work during demolition will include:

Installation of erosion and sediment control and stormwater pollution prevention before demolition starts

Demolition of the building, after protections are installed

Dump trucks carrying away debris after

demolition

Demolition of two fuel tanks after the building is demolished

Some small trees near the corner of Langston Blvd and N Culpepper St will be removed

Minor utility work to be done on N Culpepper St and Langston Blvd

The project team will be sharing updates as the project progresses. Learn more

about the demolition and plans for the new Fire Station 8 facility on the project

https://www.arlingtonva.us/Government/Projects/Project-Types/County-Facilities/Replacing-Fire-Station-no-8

## Doorways

From Page 3

"We let them know 'we will be with you." She said they put a safety plan in place. "The person may not choose a shelter right away. They may want to get out but don't know how. That's when most homicides happen. It is a very dangerous situation."

Doorways operates an emergency temporary shelter as well as a shelter for homeless families. Ortiz says these residences are always in need of basic supplies such as cleaning supplies that go by quickly with more people, and the need for diapers is high. Other special requests can be found on the Doorways Amazon wish list from time to time or could be dropped off at the office.

Ortiz says in addition to operating the shelters they run a vigorous prevention program. "We be-

lieve the best way to solve violence is to get ahead of it." She explains when people are calling the hotline it might not be their first situation of abuse. Ortiz says, "we want to change the culture where violence is not the only or first option."

The approach is to teach middle school and high school students to know what a healthy relationship with a peer looks like, what are the boundaries, and conflict resolution. The classes and workshops are open to everyone but they particularly target marginalized communities in the LBTG community and serve all genders.

For more information or to offer support contact: https://www.doorwaysva.org

To reach the violence and domestic abuse hotline: 703-237-0881.

#### FLOURISHING AFTER 55

"Flourishing After 55" Office of 55+ Programs

Department of Parks and Recreation

300 N. Park Dr., Arlington, VA 22203 703-228-4747

Date: 3-23-22 C o n - tact: Judy Massabny, jmassa@arlingtonva.us

55+ Programs are virtual, indoors at 55+ Centers and outdoors. A 55+ Pass is required to participate (starting at a \$20 annual fee). To join or register, go to registration.arlington-va.us or call 703-228-4747.

Early morning art activity with community arts programmer Jennifer Droblyen, Monday, May 2, 9 a.m. Registration # 913303-13.

Canasta games, Wednesdays, 10 a.m., Walter Reed 55+ Center. Instruction available. Drop in.

Mother's Day Music and Tea, packaged assorted sweets, Wednesday, May 4, 1:30 p.m., Aurora Hills 55+ Center. Bring pictures of mother, wife, children. Registration #913890-02.

Local history group to discuss Arlington's parks, Wednesday, May 4, 1:30 p.m. Registration # 913402-15.

Opera appreciation, hear and discuss musical selections from Bellini's "Norma", Wednesday, May 4, 1:30 p.m., Lubber Run 55+ Center. Reg-

istration # 913300-06.

Basic hand crafts, develop skills using silk flowers and bottle cap crafts, Wednesday, May 4, 11 a.m., Lubber Run 55+ Center. Registration # 913310-04.

Aging in Place, find out if your home is suitable and safe to stay long term, Thursday, May 5, 1:30 p.m. Presented by Patrice Winter, associate professor, George Mason University. Registration # 913404-06.

Smart homes, hear a basic introduction to home automation devices such as Amazon Alexa and Google Home, Thursday, May 5, 2 p.m., Arlington Mill 55+ Center. Registration # 913403-07.

Travel Trivia, Thursday, May 5, 11 a.m. Registration # 913601-04.

Sudoku puzzles, new techniques, share favorite puzzles, Thursday, May 5, 1:30 p.m. Lubber Run 55+Center. Drop in.

Mom knows best or does she? Learn how to make healthy versions of family favorites, Friday, May 6, 2 p.m., Arlington Mill 55+ Center. Registration # 913501-05.

Spellbinders, volunteer storytellers, practice the magical tradition of oral storytelling, Friday, May 6, 9:30 a.m., Langston-Brown 55+ Center. Registration # 913301-11.

See Florishing, Page II www.ConnectionNewspapers.com

## Ramadan

From Page 7

Al-Shammari's friend, Dr. Majid, a geneticist researching liver cancer at Virginia Commonwealth University came up to Arlington for the month of Ramadan. As he watched the game, he said that after living in the U.S. for as long as he had, it is really home now, and he has adapted to Ramadan outside Saudi Arabia. He acknowledged that fasting can be hard when all the restaurants are open and people walk around with drinks and ice cream. In Saudi Arabia the restaurants close during fasting hours. But it's no big deal because 8 ARLINGTON CONNECTION APRIL 27 - MAY 3, 2022

the hours of fasting are relatively short here, he said.

"My favorite thing about Ramadan is that I lose a little weight, feel healthier, and I am more in touch with myself mentally, spiritually, and less concerned with eating, especially junk food." Al-Shammari added, "The gatherings that take place during Ramadan are definitely my favorite part. Another thing I love about Ramadan is the spiritual aspect: people become more tolerant, more generous, more peaceful. The beauty of Ramadan is to open your door to people, try to understand their religion, and show compassion."

### CALENDAR



The Dancing Diamonds exhibit will take place May 2-27 at Gallery Underground in Arlington.

#### NOW THRU SEPTEMBER

Witness the Changing of the Guard. At the Tomb of the Unknown Soldier, at Arlington National Cemetery, Arlington. From April-September, the ceremony occurs every 30 minutes, on the hour and half-hour. For more information, visit: https:// arlingtoncemetery.mil/Explore/ Changing-of-the-Guard

#### **NOW THRU MAY 31**

Jane Franklin Dance Presents Forty+ Project. 11:45 a.m.-1 p.m. At 3700 S. Four Mile Run Drive, Arlington. Featuring: Choreographer Emily Crews. Enroll: \$160. Forty+ Projects explore movement and performance technique within a creative premise. Get invaluable health benefits from exercise including improved strength, physical function. Each project celebrates the collective creativity of people past the age of 40 and each project is directed by a different choreographer. This project culminates with performances at Theatre on the Run in June. Call 703-933-1111.

#### THURSDAY/APRIL 28

Washington-Liberty PINK Games. 5:30-9 p.m. At Washington-Liberty High School, 1301 N. Stafford Street, Arlington. W-L girls' soccer is turning PINK for Doorways. Join the players in supporting survivors of domestic and sexual violence as well as families and youth experiencing homelessness. Give the gift of safe harbor, healing, and hope in honor of the amazing ladies of the W-L Generals! #GeneralsLead. Pink Games will help raise money for Doorways.

#### FRIDAY/APRIL 29

Gardening for Wellness: Part 2 - Nutrition-Packed Vegetables and Herbs. 10 - 11:30 a.m. Online. In this two-part series, Virginia Cooperative Extension Master Gardeners and Master Food Volunteers will explore our evolving understanding of the benefits of gardening on physical and mental well-being and demonstrate how to prepare tasty and nutritious food with easy to grow ingredients. In Part 2 of this series, participants will channel their favorite TV cooking shows and learn to prepare dishes from nutrition-packed vegetables and herbs. Master Food Volunteers will demonstrate technique while Aisha Salazar, the Extension Agent for Family and Consumer Sciences, discusses the nutritional value of the ingredients used. Recipes will be provided. Free. RSVP at https://

mgnv.org/events/ to receive a link to participate.

/ww.connectionnewspapers.com/subscribe

#### SATURDAY/APRIL 30

George Washington's Forest History Walk. 1:30 p.m. At Ball-Sellers House, 5620 3rd Street, South, Arlington. Walk in the footsteps of George Washington on a guided walk with a local historian. In 1775, George Washington bought 1,200-acres of forest in what is now Arlington. After the Revolutionary War, he returned home and surveyed his property. On the walk you'll see the Ball-Sellers House (the oldest house in the Washington Metro area), the survey markers used by Washington in 1785, historic springs, the site of a mill built by George Washington's step-grandson and more. Visit the website: arlingtonhistoricalsociety. org/events

#### SATURDAY/APRIL 30

Plant Sale. 11 a.m. to 3 p.m. At Wakefield High School, Dinwiddie Street, Arlington. Wakefield Senior High's PTSA is holding its annual plant sale. This is Wakefield's biggest fundraiser of the year. Support the school while preparing your community garden plot. In addition to what is available from our commercial grower/vendor, a Wakefield parent grows outstanding vegetable seedlings for sale to further support the PTSA. Will have 400 seedlings, including over 40 varieties of tomatoes, over 30 varieties of peppers, and 8 varieties of eggplants.

#### SATURDAY/APRIL 30

ECO-ART. 5-6:30 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. An exciting evening exploring art and creativity at the Arlington Arts Center. Light refreshments provided. Price \$35. For registration and more information, visit www.ecoactionarlington.

#### SUNDAY/MAY 1

Organic Vegetable Garden. 1-3 p.m. At Potomac Overlook Regional Park, 2845 N. Marcey Road, Arlington. As part of a special afternoon at Potomac Overlook Park, Extension of the garden and be available to discuss all things about vegetable gardening in Northern Virginia. Visitors to the garden can bring their questions to the pop-up plant clinic, and there will be activities

SEE CALENDAR, PAGE 11

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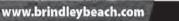


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Senior Living, fourth week of every month.

#### **Questions?**

E-mail sales@connection newspapers.com or call 703-778-9431





### Calendar

From Page 9

for children focusing on seeds, including planting seeds in pots to take home. Free. Questions? Contact Extension Master Gardeners at telephone 703-228-6414 or email mgarlalex@gmail.com

#### **MAY 2-27**

Dancing Diamonds. 10 a.m. to 6 p.m. At Gallery Underground, 2100 Crystal Drive, Arlington. Gallery Underground's Focus Gallery in May presents Dancing Diamonds, a solo show by Jean Offutt Lewis. Jean Offutt Lewis' exploration of light on water was inspired after her move to the Northern Neck of Virginia. There, at a certain time of year, dependent on the Earth's relationship to the Sun, "Dancing Diamonds" appear; single points of light, each a tiny reflection of the sun or the full moon, create kinetic light shows atop windswept water. Using acrylics, a water-based medium, Offutt Lewis reduces this natural phenomenon into an interplay of color, line, and circles in a series of abstracted waterscape paintings.

#### WEDNESDAY/MAY 4

Bridges to Independence Bridges' Bash. 7 p.m. At Army Navy Country Club in Arlington. The Bash theme is "Mardi Gras in May," and will feature live music by Geno Marriott and the

#### FLOURISHING AFTER 55

From Page 8

Intergenerational GranDay, create 3-D Mother's Day cards and flowers, Saturday, May 7, 10 a.m., Arlington Mill 55+ Center. Open to grandparents with grandchildren, ages 5 and up. Registration # 913310-05.

Diabetes discussion group, review daily management, social and emotional support, community resources,

Monday, May 9, 3 p.m., Langston-Brown 55+ Center. Drop-in.

Planting with Pete, growing azaleas as Bonsai, Monday, May 9, 11:30 a.m. Presented by expert gardener Peter Jones. Registration # 913401-03.

55+ Ice Skating, every Monday, 8:10-9:10 a.m., MedStar Capitals Iceplex, Ballston Mall, Level 8. Cost \$1,

parking, \$1 skate rental. Register at www. medstarcapitalsiceplex.com for Senior Public Skate.

55+ Bike Club will bike to Old Town Alexandria and back, Monday, May 9, 11 a.m. Registration

# 913206-10.

Mexican train dominoes, Monday, May 9, 1:30 p.m., Arlington Mill 55+ Center. Also a Northern Virginia Senior Olympics event. Drop-in.

Rock music legends in folk music, Woody Guthrie and Pete Seeger and how folk music bridged into rock, Tuesday, May 10, 1:30 p.m., Arlington Mill 55+ Center, registration #913400-30; virtual, registration #913400-31.

Writing group, featuring optional writing exercises, Tuesday, May 10, 1:30 p.m., Langston-Brown 55+ Center.Drop-in.

Springo, a social event featuring Bingo and Spring for 55+ members, on the lawn at Lubber Run 55+ Center,

Wednesday, May 11, 10 a.m. – noon. Bring a chair; prizes will be awarded. Registration # 913899.03

For more information, email, bmiller@arlingtonva.us.

Genealogy discussion group to meet with local genealogist Susan J. Court, Wednesday, www.ConnectionNewspapers.com

Spirit of Jazz, open bar, curated live and silent auctions, hors d'oeuvres and much more! Mardi Gras festive attire is suggested. Tickets are available through the Bridges' website. https://bridges2.org/event/bridges-bash/.

#### THURSDAY/MAY 5

Discover Our Sister Cities. 6 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. Learn about each of Arlington's sister cities—their unique culture, history, language, music, and arts from representatives from each committee. Discover opportunities to travel abroad or represent Arlington to our guests, participate in exchanges, and attend cultural programs and events. Whether you are native to that county or city, speak the language or just have curiosity about a new place, learn to explore OUR sister cities. Registration: https://www.aplos.com/aws/events/discover\_our\_sister\_cities

#### SATURDAY/MAY 7

Annual Plant Sale. 8 a.m. to noon. At Falls Church Community Center, 223 Little Falls Street, Falls Church. Everything for your garden: unusual and standard plants, pots, tools, floral arrangements, gifts, décor. Visit https://www.fallschurchgardenclub.org/ for the discount coupon and additional information about Falls Church Garden Club.

May 11, 3 p.m. Share

research discoveries and techniques. Registration # 913402-12.

History roundtable group to discuss the impact of birds in history, Wednesday, May 11, 11:15 a.m.

Registration # 913402-18.

The study of words, phrases, expressions, Wednesday, May 11, 10:30 a.m., Lubber Run 55+ Center.

Registration # 913402-26; virtual, registration # 913402-27.

How adding nuts and seeds to your diet can provide a rich source of protein, fiber and heart healthy fats,

Thursday, May 12, 11 a.m., Langston-Brown 55+ Center. Presented by Virginia Cooperative Extension

Master Food Volunteers. Registration # 913501-06.

Movie lovers will discuss "Official Secrets" (2019), Thursday, May 12, 3 p.m. Registration # 913402-05. Film

is available to watch on Netflix beforehand.

Women in the White House collection, Thursday, May 12, 1:30 p.m. Presented by White House historian Sarah

Fling. Registration # 913302-06.

Pond life, explore organisms with park naturalist Jaron Winters, Thursday, May 12, 1 p.m. Registration

# 913106-18. Walk from Long Branch Nature Center to pond site.

Migratory bird hike at Fort C.F. Smith Park, Friday, May 13, 8 a.m. Birders of every skill level welcome.

Registration # 913106-19.

Black Broadway walking tour, D.C., led by author Briana Thomas, Saturday, May 14. Cost \$54, Arlington

resident; \$62 non-resident. Registration # 902205-04.

Annual Trash and Treasure Sale at Aurora Hills 55+ Center, Saturday, May 14, 9:30 a.m. to 1:30 p.m. The

general public is invited to contribute items for sale. Drop off donations Friday, May 13, 10 a.m. -2 p.m.



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### I Know What I Saw and Heard



By KENNETH B. LOURIE

As the homeowner of a historic 250plus year-old house located on two acres in Montgomery County, there are constant maintenance-type demands, none of which, cancer notwithstanding, I am able or even willing to do. Nevertheless, I am caretaker of a property that has been designated as "historic" with the Montgomery County Planning Commission. Though compliance with the Commission is required for renovation like doors, windows, roof, downspouts, gutters and of course, additions, day-to-day upkeep inside and outside the house, grounds included, fall exclusively on the homeowner. And so, whenever I can afford (literally) help, I am almost dutybound to pursue it.

Winds gusting during or after a soaking rain always make me nervous. On a property full of hundred-year-old trees, there is always a risk of a tree toppling to the ground, and/or maybe even hitting the house, as we are surrounded by trees. Many of which, due the passage of time, the collection of moisture and the weakening of roots have already fallen on previous occasions. And so, it happened again a few weeks back multiple trees at multiple locations – some even risking an adjacent neighbor's property, fell or were leaning, compelled me to damage control.

I called our local tree service company – with whom we have had dealings with previously, to come by and estimate the fix. They came by later that day. I can't say the price they quoted me was in the range of what I expected – unfortunately. However, after a few days delay on my part, they offered a lower price, one that was a tiny bit more palatable.

And so, it was on Thursday morning, April 14 when I wrote the following paragraph:

With apologies to Robert Duvall as Lt. Col. Bill Kilgore in the movie "Apocalypse Now" (1979); I love the sound of chain saws in the morning, especially when it's not me holding one. I was forewarned by my architect-friend/homeowner Marty who after seeing my two acres of trees, bushes, shrubs, and all advised me that I needed a chain saw, a tool he characterized as "the most respected tool in the homeowner's arsenal." As a lifelong renter, the need for such equipment had previously been beyond my purview. But here I was, proud owner of a property that required all handson deck, so to speak.

The next Christmas, I received as a gift, a Poulan-brand 14" gas chain saw. Subsequently, as advised, I went out and bought steel-toed work boots and rawhide work gloves. I was almost ready to saw when after numerous unsuccessful pulls of the rip-chord, I was unable even to get the chain saw started. A neighbor came by at my request to help and with his one pull, I was in the chain-saw business. And though I tried to fulfill my responsibility, I failed miserably. I didn't hurt myself exactly, other han my pride, but I soon realized I wasn't the man for the job. Ed's Tree Service are the men for the job, as they were on the 14th, and thankfully so. All I could do was see what needed to be done.

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



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