

No Kings, Hands Across Arlington

PAGES 3, 8, 10

Over 300 protestors gather at Rock Spring United Church of Christ on Saturday for a combination community anti-Trump protest and celebration of diversity, then headed with their homemade posters to Old Dominion for a peaceful demonstration.

SENIOR LIVING, PAGES 5, 6 ♦ ENTERTAINMENT, PAGE 13 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY DAVID MOSS



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PHOTOS BY EDEN BROWN/THE CONNECTION

Using hand cut letters, and a lot of enthusiasm, these protesters held up the “No Kings Since 1776” sign to passing cars.

Hands Across Arlington on Flag Day Brought Out 6,000 to Protest Against Donald Trump’s Overreach

BY EDEN BROWN
ARLINGTON CONNECTION

Julie Wadsworth’s short silver bob was soaked with sweat after two hours in the heat. Of the roughly 200 people gathered along the corners of Langston and George Mason Drive, she was a stand-out as she waved two American flags at passing cars, leaning forward to urge those going by in cars to show support by honking. And honk they did. “You know what the best part about today was?” she asked, “It was eye contact. I was looking out at people and they were meeting my gaze right back. We appreciated each other. We were unified. And that hasn’t happened in a while.”

There was a lot of that unity going around. People described the two hour protest along Langston Boulevard as “fantastic,” “joyful,” and “a huge relief to know so many people feel the way we do.” Although the demographic was largely older Americans, including some 80 year olds, there were plenty of young people, some as young as 9, like



Julie Wadsworth (left) waves her two American flags to each passing car, constantly in motion for two hours in the heat.



Calla made her own vivid protest sign. Burn the crown!

SEE HANDS ACROSS ARLINGTON, PAGE 4
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Hands Across Arlington on Flag Day Brought Out 6,000 to Protest Against Donald Trump's Overreach

FROM PAGE 3

Nora, who purposely designed a sign that "wasn't mean and didn't use bad language." Some recent graduates from high school and college were there. Entire families came.

It was a Flag Day like no other. Arlingtonians didn't just hang their flags. They came out in force to the "No Kings" protest held on bridges and along Langston Boulevard, eschewing the costly military parade in favor of peaceful protest waving flags, wearing red, white and blue, honking horns, holding signs expressing concern about what is happen-

SEE HANDS ACROSS, PAGE 5



Nora kept her signs "nice and polite" because she doesn't like the bad language she sees from some.

PHOTOS BY
EDEN BROWN
THE CONNECTION

This man had a strong message for those who have made cuts to medical research. It's personal for him.



This youngster had a strong moral message for Donald Trump.



The crowd was energized by those who drove by honking and giving the thumbs up, some of whom had signs confirming the "No Kings" message.



Another youngster brought his own take on the issue.



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55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate starting at a \$25 annual fee. To join or register, go to registration. arlingtonva.us or call 703-228-4747.

Arlington County 55+ Centers will be closed Thursday, June 19 in observance of Juneteenth

Coffee or Tea and Thee, Mondays and Thursdays from 9 to 10 a.m., socialize with other 55+ friends at Lubber Run 55+ Center. Drop-in.

Volleyball, all skill levels welcome, Tuesdays, 3:30 – 5:30 p.m., Langston-Brown 55+ Center and Thursdays, 2 – 4 p.m., Lubber Run 55+ Center. Both are drop-in.

Introduction to beginners line dancing class with 55+ volunteer Suzie Pratts, Fridays, Aurora Hills 55+ Center. Learn box step, quarter turn and grapevine. Drop-in.

Cribbage, a challenging card game yet easy to learn and play, Fridays, 10 a.m. – 12 p.m., Walter Reed 55+ Center. Drop-in.

Water walking and lap swimming to strengthen muscles at Long Bridge

Aquatics Center, Mondays, 8-10 a.m., Wednesdays, 1-3 p.m. No instruction provided. Long Bridge Aquatics Center membership required or pay daily admission fee. Located at 333 Long Bridge Drive. Drop-in.

Tai Chi practice with experienced volunteers, no instruction provided, Mondays, 2-2:45 p.m., Aurora Hills 55+ Center; Tuesdays, 1-2:15 p.m., Walter Reed 55+ Center; Fridays, 1-2:15 p.m., Walter Reed 55+ Center. All are drop-ins.

55+ Ice Skating, Mondays, 8:40 – 9:40 a.m., MedStar Capitals Iceplex, roof level parking at Ballston Quarter. \$1 skate rental fee. Pre-registration required at www.medstarcapitalsiceplex.com, click on Senior Public Skate.

Play pickleball, 55+ Pass required at the following 55+ centers: Walter Reed, Mondays, 8:15 a.m.- 4 p.m.; Tuesdays and Thursdays, 12:30 – 4 p.m.; Wednesdays, 2:15 – 4 p.m.; and Fridays, 8:15 a.m. – 4 p.m.; Arlington Mill, Mondays, Wednesdays and Fridays, 10 a.m.- 3 p.m., Tuesdays and Thursdays, 12 – 3 p.m. Drop-ins.

Women’s drop-in basketball, Wednesdays, 7:15 p.m.-8:45 p.m., Langston-Brown 55+ Center. Drop-in.

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate (starting at a \$25 annual fee). To join or register, go to registration.

arlingtonva.us or call 703-228-4747.

Learn to play bridge or refresh your knowledge with Susan Court, Wednesdays, June 18 through July 23, 1 - 2:30 p.m., Aurora Hills 55+ Center. Registration # 914602-21.

Washington Nationals vs. Colorado Rockies afternoon baseball game, Thursday, June 19. Cost \$74, Arlington resident; \$85, non-resident. Registration # 902506-07.

Park and Play, fun-filled event featuring a relaxing walk in the park and a variety of exciting games, Friday, June 20, 10 a.m.-12 p.m., Aurora Hills 55+ Center. Open to all ages; no 55+ Pass required. Registration # 914899-02.

Pride Dance Party, Friday, June 20, 1-3 p.m., Lubber Run 55+ Center. Enjoy a mix of LGBTQ+ anthems and icons and latest chart-topping hits. Open to all ages. Registration # 914899-03.

Community Picnic on the Lubber Run Community Center lawn, Friday, June 20, 5 – 8 p.m. Bring your own meal and enjoy music, games and lots of fun for all ages to celebrate the longest day of the year. For more information contact 55plus@arlingtonva.us.

55+ Travel group will attend a matinee performance of “Ain’t Too Proud — The Life and Times of the Temptations” at the National Theatre in D.C., Saturday, June 21. Cost \$159, Arlington resident;

\$183, non-resident. Registration # 902506-08.

Career transitions and interviewing, learn strategies and tips to use before, during and after an interview, Monday, June 23, 11:30 a.m., Lubber Run 55+ Center. Presented by Sallie Wiley, career transition counselor and certified coach. Registration # 914400-11.

55+ Travel group will journey to Hershey, PA for a tour of the scenic Hershey Gardens, Tuesday, June 24. Bring a picnic lunch. Cost \$113, Arlington resident; \$130, non-resident. Registration # 902506-09.

Movie matinee, “Mufasa: The Lion King” (2024) (PG), Tuesday, June 24, 1 p.m., Lubber Run 55+ Center. Registration # 914804-01.

Name that Tune: Pop and Rock songs from the 50s to 70s, Tuesday, June 24, 10:15 a.m., Arlington Mill 55+ Center, registration # 914304-21; Wednesday, June 25, 10:30 a.m., Lubber Run 55+ Center, registration # 914304-22; Thursday, June 26, 11 a.m., Langston-Brown, 914304-23; Friday, June 27, 1:30 p.m., Aurora Hills 55+ Center, registration #914304-24.

Monthly movie matinee, “Mufasa: The Lion King,” (2024) (PG), Tuesday, June 24, 1 p.m., Lubber Run 55+ Center. Registration # 914801-04.

Artful mind, tranquil mind, artist Sushmita Mazumdar teaches

simple origami and bookmaking techniques as a way to offer a quiet escape, Wednesdays beginning June 25 through July 30, Arlington Mill 55+ Center, 6 p.m. Registration # 914310-06.

Magazine articles discussion group facilitated by librarian Vicky McCaffrey, Wednesday, June 25, 11 a.m., Aurora Hills 55+ Center. Copies of articles available at Aurora Hills. Registration # 914402-14.

History discussion group led by Dwight Rodgers of Encore Learning focuses on cultural, economic, artistic and political history, Thursday, June 26, 1 p.m., virtual. Registration # 914402-06.

Chancery courts records. Genealogical research and archival preservation, Thursday, June 26, 3 p.m., Virtual. Presented by Library of Virginia Outreach Specialist Peter North. Registration # 914400-14.

Virtual South America tour of Spanish-speaking countries beginning with Colombia, Thursday, June 26, 1 p.m., presented by Lubber Run 55+ Center Director Ashley Gomez. Registration # 914400-29.

55+ Travel group will visit the National Law Enforcement Museum in D.C., Friday, June 27. Over 25,000 artifacts spanning 300 years of American law enforcement. Feel free to bring a lunch or enjoy snacks from the museum. Cost \$36, Arlington resident; \$41, non-resident. Registration # 902506-10.

Hands Across Arlington on Flag Day Brought Out 6,000 to Protest

FROM PAGE 4
ing in the U.S., and embracing what it means to be an American ... shoulder to shoulder along the 5.2 mile route running from Rosslyn to Falls Church on Langston Boulevard.
The Arlington County Police Department said the crowd ran “three deep” on the boulevard, estimating about 6,000 protesters including those on bridges.
Typical of the atmosphere of cooperation and unity, several businesses along the route of the “No Kings” protest offered free cold water and sodas to protesters, among them, the Asia Halal Market and Gharer Khabar, a Bangladeshi restaurant in the same shopping area, “because it is too hot out!” Siam Myalek in Cherrydale did the same, as did neighbors who came out of their houses with water.
The two “No Kings” events in Arlington were organized by We of Action Virginia (WofA), in collaboration with Indivisible, Third Act, and Falls Church Visible and Indivisible. When the No Kings! WofA Visibility Brigade, aimed at providing messages of patriotism and protest on pedestrian bridges over I-66 to motorists became over-sub-

scribed, WofA leader Micaela Pond said she did not want too many people on bridges - as a safety precaution - and she did not want to send people away who wanted to protest, so, she evoked her motto. “Then we’ll just go with my favorite solution, ‘Go big or go home!’” She directed her protesters to form “Hands Across Arlington County,” expecting over 1,500 Northern Virginians to form a 5.2 mile-long human “chain of conscience” across Arlington. The number of protesters was considerably higher, and that doesn’t count the thousands of cars that drove by honking support.

The No Kings mobilization was a response to Donald Trump’s \$45 million military parade and birthday celebration, an event funded by taxpayers while millions are told there’s no money for Social Security, SNAP, Medicaid, or public schools.
WofA is an Indivisible group and movement for change founded by an Arlington public school teacher in November 2016. The group advocates for a just and impartial government, respecting the separation of powers, and upholding civil rights and liberties.

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BBQ & Blooms Support Culpepper Garden Mission

BY SHIRLEY RUHE
ARLINGTON CONNECTION

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

It was an afternoon of barbecue, music and mingling, lots of awards and air conditioning. Culpepper Garden held its fourth annual Barbecue & Blooms Summer Bash on Saturday, June 7 at Rock Spring United Church of Christ on Little Falls Road, where they gave out several Legacy of Grace awards as well as a special bus award. And as several speakers pointed out, this year they escaped the usual hot sun by hosting the event inside.

Each year Culpepper selects several individuals, organizations or businesses for public recognition who have helped fill in the gap at Culpepper Garden, who have enhanced and improved lives. This year they presented the Legacy of Grace Awards to Peter Kant, outgoing chair of the Culpepper Board; Rev. Laura Martin representing Rock Spring United Church of Christ; Victoria and Lisa, representatives of United Health Care; and Lori Sullivan, a long-time volunteer whose mother is a Culpepper Garden resident.

In addition, they presented a special award to Dr. Druscilla French and Stephen Combie who had purchased a new bus for Culpepper residents a few months ago. Dee Bevens, a 14-year resident, said "When the word spread we had a new bus, it was like electricity traveled around the building. 'That bus is really for us?' It is a lot more than transportation; it is a lifeline for the residents to medical appointments and errands without waiting a long time for a taxi and paying their high taxi fees that we can't afford."

Bevens was also acknowledged during the ceremony in appreciation of her outstanding contribution to beautify the vibrant garden and preserve its historic legacy.

A table in the corner, fronted by two large inflatable plastic tires, was set up to raise



Culpepper Garden hosts its 4th annual Barbecue and Blooms Summer Bash Saturday, June 7.



Del. Patrick Hope chats with Arlington County Police Department Chief Andy Penn at Barbecue and Blooms.

6 ♦ ARLINGTON CONNECTION ♦ JUNE 18 - JULY 1, 2025



Long-time volunteer Lori Sullivan mans the raffle table. She receives a Legacy of Grace Award for her many volunteer efforts including today's fundraiser.



Chris Bock registers the first \$1,000 on the bar with the goal of \$10,000 for repair and maintenance of the new donated bus for Culpepper residents.

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PHOTO BY EDEN BROWN/THE CONNECTION

Laura Tinter, of Arlington, headed downtown for the Pride March.



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PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Protestors line Langston Boulevard Saturday, June 14 in a No Kings demonstration..

Locals Join National No Kings Peaceful Protests

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Local jurisdictions joined thousands of localities across the nation on Saturday in “No Kings” protests against Trump administration pol-

icies.

They chose the date to focus on the parade Trump had arranged to celebrate the Army’s 250th birthday but coincidentally was held on Trump’s 79th birthday. Some watching the helicopters, march-

ing bands and paratroopers saw a celebration of America’s military might while others saw a threat to the Constitution and a move toward authoritarianism.

In Arlington protestors lined up along Langston Boulevard from 4-6

pm. They were waving handmade signs, holding American flags and calling out to people in cars passing by whose drivers honked their horns in return.

A father with his 9-year-old son and his 8-year-old friend had just

arrived after spending the morning in DC where “it was crazy and very hot but the kids got to climb inside a tank and meet a bunch of generals. My son is really into this stuff.” But when asked what he was doing

SEE LOCALS JOIN, PAGE 9





Protestors line Langston Boulevard Saturday, June 14 in a No Kings demonstration..

Locals Join National No Kings Peaceful Protests

FROM PAGE 8

on Langston Boulevard the older child said “to protest a king.” And when he asked who that was, he boomed out, “Trump.”

One person dressed from head to toe in a taco costume while others waved posters made with cardboard and markers. Another person had just come from a protest in McLean while others had spent the morning at Rock Spring UCC on Little Falls Road.

Rock Spring combined a No

Kings community event with a celebration of diversity. In addition to making posters for the protest, activities included painting doors in rainbow colors and making rainbow colored rice krispie treats for Doorways. Their RSVP list exploded from 30 to 300 in a couple of days, and they said they ran short of supplies.

Over 300 members of the community attended the event including County Board members Julius

SEE LOCALS JOIN, PAGE 10



PHOTO CONTRIBUTED

One hundred-year-old Pam Henriksen walks the block from the Rock Spring event with Rev. Laura Martin to join the protest at Old Dominion with her homemade poster.

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Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
FAUQUIER	7397	710	RECTORTOWN ROAD	GOOSE CREEK	5/23/2025
BEDFORD	2877	744	VON ROY ROAD/ROUTE 744	WOLF CREEK	5/19/2025
APPOMATTOX	1673	727	RED HOUSE ROAD	MAPLE SPRING BRANCH	5/14/2025
FRANKLIN	7832	613	NAFF ROAD/ROUTE 613	MAGGODEE CREEK	5/9/2025

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Traffic and Travel/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov or the Load Rating Program Manager, Manjil Devkota at 804-786-4064.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities 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 VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730 or corina.herrera@vdot.virginia.gov.



PHOTOS BY PEG BETHANY

Over 600 protestors lined up along Jefferson Street in Falls Church on Saturday morning to join the No Kings protests.

Locals Join National No Kings Peaceful Protests

FROM PAGE 9

“JD” Spain Sr. and Takis Karantonis and participants of all ages, ethnicities and genders. One-hundred-year-old Pam Henriksen made a sign and walked the block from the church to Old Dominion Drive where she joined the several hour protest.

Meanwhile in Falls Church over 600 pro-

testors in the area lined both sides of the street from the Giant to Route 7 from 11-12:30 p.m. Ric Blacksten, who organized the event with a team of helpers, says he got the idea over a month ago when he started to hear about No Kings events. “I am a mathematician type but I got pissed off at Trump, a

SEE LOCALS JOIN, PAGE 10



Locals Join National No Kings Peaceful Protests

FROM PAGE 5

little bit of anger you could say, and decided to organize an event."

Blacksten says he lives at Goodwin House in Falls Church and he wanted to do a protest here in the area. "A lot of people here have walkers and canes and if they wanted to join the group of protesters, it would have to be close by." He said the shopping center nearby was perfect.

"Some of the residents at Goodwin House thought it was disrespectful of the Army to be organizing a protest but I told them we were also honoring the Army and had passed out flags and made some posters. It was a fine line."

Blacksten said it was a peaceful protest, and there were a few police in the background nearby. "One of them sent me an email afterwards thanking me for exercising my first amendment rights in a peaceful way. It makes me choke up."



PHOTOS BY DAVID MOSS

Over 300 protestors gather at Rock Spring United Church of Christ on Saturday for a combination community anti-Trump protest and celebration of diversity, then headed with their home-made posters to Old Dominion for a peaceful demonstration.



Hashmi, Jones Join Spanberger for November

Unofficial Democratic primary results tallied; trio set to face Sears, Reid and Miyares.

BY MERCIA HOBSON
THE GAZETTE

The Virginia Department of Elections released its unofficial results of the Tuesday, June 17, Democratic Primary, last updated at 10:57 p.m. Democrats are running with the results. All election results are unofficial until certified. The Democratic nominee for Virginia lieutenant governor is Ghazala F. Hashmi and Jay C. Jones is the nominee for attorney general. Hashmi and Jones will join nominee Abigail Spanberger, the uncontested Democratic nominee for governor, in the pivotal November general election.

The primary results between the top three contenders for the Democratic nomination for lieutenant governor, Hashmi, Jones, and Aaron. R. Rouse, were close. In Fairfax County, the Virginia Department of Elections detailed 100 precincts reporting election statistics, with voter turnout at 9 percent, or 75,319 ballots cast out of 802,223 possible voters.

In the crowded field of six contenders for Virginia lieutenant governor, Hashmi declared victory with 131,367 votes (27.29 percent). Trailing closely behind, runner-up Levar Marcus Stoney tallied 127,331 votes (26.65 percent), and Rouse 124,991 votes (26.16 percent).

"I'm honored to be our Democratic nominee for Lieutenant Governor," Hashmi said on X at 10:10 p.m. Tuesday.

"Virginians made history. We didn't just win a primary; we sent a clear message that we won't be bullied, broken, or dragged backward by the chaos in Washington," Hashmi said.

John Reid, a conservative Richmond radio host, will be the Republican nominee for Virginia's lieutenant governorship, after running unopposed in Tuesday's statewide primary election.

With the tight results reported by the Virginia Department of Elections as of 10:57 p.m. on Tuesday between Hashmi and Stoney, 3,996 votes, the margin appears within 1 percent or less of the total votes for the top two candidates. Code of Virginia § 24.2-800 allows the defeated candidate to request a recount.

Stoney has indicated that he's not willing to concede the race for lieutenant governor. The Richmond Times-Dispatch reported that at his election watch party, Stoney said, "There's a lot of votes still left to count." He said they are "going to wait until all the votes are counted" before they say anything. Stoney served as mayor of Richmond, Virginia, from 2017 to 2025. He was in office until the end of 2024.

According to the VA Department of Elections, provisional and post-election incoming ballots are "Not Reported" yet.

In the race for the Democratic nomination

tion for Virginia attorney general, Jerrauld C. "Jay" Jones, a former state delegate from Norfolk, received 242,318 votes, 50.94 percent. His opponent, Shannon L. Taylor, received 233,380 votes, or 49.06 percent.

Jones will face off against Republican Attorney General Jason Myers in November. "The most powerful corporations and special interests believe that Virginia's government should be beholden to them. They will spend more trying to beat us in November by funding Donald Trump's

The November election is guaranteed to produce the first female governor of Virginia.

2025 June Democratic Primary
June 17, 2025

Virginia > FAIRFAX COUNTY

ELECTION REPORTING STATUS

INCOMING BALLOTS

Early Voting

Fully Reported

Election Day

Fully Reported

Mailed Absentee

Election Night Complete

Provisional

Not Reported

Post-Election

Not Reported

PRECINCTS REPORTING

100%

Fully Reported

264

[View status for each precinct](#)

ELECTION STATISTICS

VOTER TURNOUT

9%

Ballots Cast

75,319

Registered Voters

802,223

Because voters in Virginia do not register by party affiliation, this percentage reflects all registered voters and not just likely Democratic voters, making turnout appear even lower than it actually was.

pro-bono attorney, Jason Miyares. And we are ready for that fight because it's not their government, it's yours. As your next Attorney General, I will return the power back to you. To the people of Virginia," Jones said.

The Democratic nominee trio, Hashmi, Jones, and Spanberger, will compete for the top three positions in the Virginia government, which hold significant roles and constitutional importance. Spanberger will face off against Republican Lt. Gov. Winsome Earle-Sears.

One history-making change is in the cards, with Spanberger (D) and Winsome Earle-Sears (R) on the ballot for governor, the results of the November election will produce the first female governor of Virginia.



SCREENSHOT VIRGINIA DEMOCRATS @VADEMOCRATS

From left, the 2025 Virginia Democratic nominees: Jay Jones, Abigail Spanberger, and Ghazala Hashmi, for Attorney General, Governor and Lt. Governor.



PHOTOS BY SUSAN LAUME

Poll volunteers report slow voting traffic on June 17, as many Democrat primary voters took advantage of early voting days. Lorton Community Center

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ENTERTAINMENT

APPLY FOR A FREE TREE THIS FALL

Applications for Fall 2025 Tree Planting Open Until June 23. EcoAction Arlington, through the Tree Planting Program, offers Arlington residents the chance to receive a free native tree to help grow our urban canopy. Fall planting is around the corner, so don't miss out. The Tree Canopy Equity Program serves historically under-resourced neighborhoods with low tree canopy coverage. Thanks to the generosity of the funders, residents in 13 target neighborhoods are provided a wider range of species to plant including small trees and shrubs. Apply for free native tree(s) and shrub(s) through the Tree Canopy Equity Program if you live in one of these neighborhoods: Arlington View, Arlington Mill, Aurora Highlands, Barcroft, Buckingham, Columbia Heights, GlebeWood, Glencarlyn, Green Valley, John M Langston, Long Branch Creek, Penrose, Radnor/Ft. Meyer Heights.

FRESH BLUEBERRIES

The Kiwanis Club of Arlington is selling 10 lb. boxes of fresh blueberries for \$45. Your purchase supports 30-plus local nonprofits helping Arlington kids with food, health, education, and leadership programs.

Beneficiaries include:

Arlington Thrive

Capital Caring: Point of Hope Camp

Music For Life

YMCA Arlington and more!

Pick-Up Details:

Friday, June 20 | 9:00 AM – 6:00 PM

Saturday, June 21 | 9:00 AM – Noon

Cherrydale United Methodist Church-Parking Lot, 3701 Lorcom Lane, Arlington.

CENTERS FOR OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 3219 Columbia Pike, Suite 101, Arlington. Contact Greg, Program Coordinator at 703-567-1346.

VOLUNTEER FOR ARLINGTON'S COMMUNITY AMBASSADOR PROGRAM

Arlington Neighborhood Village, in partnership with Arlington County and Marymount University, has started the Community Ambassador Program (CAP). CAP is a volunteer fueled system that identifies "Ambassadors" connected with civic associations, faith communities, senior centers, apartment buildings, etc. These individuals will be trained to be a reliable source of information about the many opportunities available to older adults in Arlington.

Ambassadors will spread the word about programs and support services, opportunities for social and civic engagement, and educational and enrichment activities for older adults in their own neighborhoods. They are actively recruiting ambassadors to act as a bridge between their community and the Arlington safety net, providing information and soliciting feedback to improve

offerings that help older adults remain safe, independent, engaged, and connected to their community.

Contact cap@anvarlington.org if this is something you are interested in or want to learn more. Let's work together to create a supported and connected community for all ages!

Receive Support Services:

Are you a senior in Arlington? Do you need support services but don't know where to look? Are you looking for fun and enriching activities in Arlington? Email or call 703-509-8057 and they will connect you with an Ambassador.

SPRINGTIME AT AMAZON'S MET PARK

Take advantage of the wonderful weather, music, activities, fitness classes and food at Amazon's Met Park, 1400 S Eads St, Arlington, with special events and weekly programming. Since its grand opening in 2023, Met Park has served as a top venue for community engagement events, and the program offerings continue to grow!

This May, Met Park has something for everyone, with series that are sure to become a regular part of DMV residents' routines. Whether you are looking to get moving or connect with others in the community, Amazon's Met Park hosts multiple events every week in partnership with local organizations to create special experiences for businesses, locals and guests.

Met Park's May series and special events include:

Crafts and Jazz Series

Live music and crafting series for the whole family in partnership with the Museum of Contemporary Art Arlington (MoCA), DC Jazz Festival and National Landing BID

Event dates:

10 a.m. – 1 p.m. every Sunday through June 15

4:30 p.m. – 6:30 p.m. every Thursday from May 8 to June 12

Farmers Market

Eat Loco sponsors a Farmers Market with a selection of fresh fruit, vegetables, artisanal breads, teas, baked goods and more

Event dates:

10am – 1 p.m. every Saturday

11am – 2 p.m. every Tuesday

New Series: Bingo

Met Park is kicking off a new bingo series!

Event dates:

4 p.m. – 5 p.m. every other Wednesday through June.

MAY 15 TO JUNE 29

Student Art Show. At Arlington Artists Alliance Galleries, The Crossing Clarendon at 2700 Clarendon Blvd., Suite R330, Arlington. Arlington Artists Alliance will host its sixth partnership exhibition for high school students from the Arlington Career Center, at the Alliance Gallery @ The Crossing Clarendon. Through mentorship of Arlington Artists Alliance staff and volunteers, students will participate in developing and producing a professional art show. Students



A Spring E-CARE event takes place Saturday, June 21, 2025 at 1425 N. Quincy Street, Arlington.

will learn all aspects of art show production including curating the exhibition, designing promotional materials, framing, pricing, and providing inventory details to the gallery. Gallery Hours Wed-Sun 12-6 p.m.

JUNE 2 TO AUG. 8

Plaza at Mason Square Summer Events.

At Mason Square Plaza, Arlington. From dance, to yoga to music and art -- something for everyone! Meet a friend for coffee, take a break between classes, or participate in one of the new weekly programs and events. The Plaza at Mason Square has plenty of chairs, tables, and large umbrellas to keep you comfortable in the sun. Registration for these events is not required, and these events are offered at a first come first serve basis.

Schedule: <https://ularlington.gmu.edu/events/> Learn more here: <https://ularlington.gmu.edu/plaza/>

THURSDAYS, JUNE 19, 26

Live Music in the Plaza at Westpost.

7-9 p.m. At Westpost at National Landing, 1201 South Joyce Street, Arlington. Enjoy an exciting lineup featuring live bands, solo artists, acoustic sets, and more. Free and for the entire family.

Schedule:

June 19: Shelby Blondell Duo w/perc (roots rock)

June 26: Uncle Jesse (pop)

FRIDAY/JUNE 20

Play All Day VA: Join Arlington Parks and Recreation on June 20 for a statewide initiative to celebrate the longest day (the summer solstice) through PLAY! The mission is to provide FREE programs and services for the community from sunrise to sunset. The goal is for citizens to get involved in community programs that highlight what P&R represents! Visit the website: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Parks-Events/Play-All-Day-VA>

SATURDAY/JUNE 21

Spring E-CARE. At 1425 N. Quincy St., Arlington. The Arlington Environmental Collection and Recycling Event (E-CARE) is a biannual environmentally friendly drop-off event where residents can safely dispose of old electronics and household hazardous materials (HHM). Arlington residents can drop off these listed materials:

- Paint Products (25-can limit)
- Old Electronics/Batteries
- Garden Chemicals
- Fire Extinguishers
- Household Cleaners
- Petroleum Products
- Flammable Solvents
- Automotive Fluids
- Small Metal Items

Visit the website: arlingtonva.us/E-CARE or call 703-228-5000.

SATURDAY/JUNE 21

Yacht Party. 5-7 p.m. At The Village at Shirlington, 2700 S. Quincy St., Arlington. Kick off summer in style at The Village at Shirlington with a Yacht Party featuring Yot Rox, a Yacht Rock Band. Wear your best linens, florals, and boat shoes, and join us for a fun evening featuring live music, exclusive specials from our restaurants and retailers. It's the perfect day to sip, stroll, and shop while enjoying the best of summer with friends, family, and neighbors. Visit <https://www.instagram.com/villageatshirlington/>

SATURDAY/JUNE 21

Arlington Open Pickleball Tournament. Join the Arlington Open Pickleball Tournament on June 21 for a day of fast-paced rallies, fierce competition, and community fun! Whether you're a rising intermediate 3.0 player or a seasoned 4.5 tournament regular player, this indoor event guarantees great matches, cool swag, and a shot at the podium. Grab your partner and register early—spots fill fast. Game on! Visit the website: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Parks-Events/Arlington-Open-Pickleball-Tournament>

SATURDAY/JUNE 21

Rosslyn Cinema Outdoor Movie Series: "Barbie." 6 p.m. At Gateway Park, Rosslyn, Arlington.

A neighborhood favorite summer tradition returns: Rosslyn Cinema! Kick back on the lawn of Gateway Park to enjoy the massive hit "Barbie" on the outdoor big screen. Doors at 6 p.m. Movie starts approx. 8:45 p.m. All ages. Free.

SATURDAY/JUNE 21

All You Need is Beatles Concert. 8 p.m. At Lubber Run Amphitheater, Arlington. All You Need Is Beatles features four of the area's most accomplished and popular performers joining forces to bring The Beatles iconic songbook to life with electrifying accuracy and joyful performances. All ages. Free.

SUNDAY/JUNE 22

Firefly Festival. 7-9 p.m.

At Fort C.F. Smith Park, Arlington. Come celebrate summer's natural lights. Lean all about fireflies, the fascinating bioluminescent beetles, through fun activities including bug hunts, games, crafts, nature walks, and engaging talks. Free!

THURSDAY/JUNE 26

5th annual Pride with the Police

Event. 5-7 p.m. At Freddie's Beach Bar and Restaurant, 555 23rd Street, S, Arlington. The Arlington County Police Department (ACPD), including members of the Community Engagement Division (CED) and the LGBTQ+ Liaison Team, are proud to host the 5th annual Pride with the Police event. In honor of Pride Month, join Arlington County police officers, firefighters, sheriff's deputies and emergency management personnel at this informal opportunity to celebrate the LGBTQ+ community that makes Arlington shine! Friends and neighbors are all welcome to enjoy light refreshments, participate in LGBTQ+ trivia, discuss public safety concerns and connect in a welcoming and inclusive space—no speeches or agendas!

FRIDAY/JULY 4

Lyon Village 4th of July Parade and Picnic.

11 a.m. At the corner of Key Blvd., and N. Jackson Street, Arlington. Come and start lining up at 10:30 a.m. Included in the parade will be antique cars, and police and fire vehicles. Come and march in the parade with family and friends or just enjoy the parade as it passes near your house. To sign up your vehicle, email John Carten at GJCarten@verizon.net. Line-up for the parade will be on N. Jackson Street just before Key Blvd.

SATURDAY/JULY 12

Comedy Karaoke Trivia Funtime

Show. 7:30 p.m. At Highline RxR, located at 2010 Crystal Drive, Arlington. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle! Hosted by Christian Hunt, this amazing experience features comedy from the D.C. area's finest comics. The headliner for July's show is the hilarious Dom Grayer!

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NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
slrbc@aol.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

Publisher
Jerry Vernon
703-549-0004
jverson@connectionnewspapers.com

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

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From left: Jasmine Witcher, Vice president for Development at Culpepper and organizer of the Barbecue and Blooms event; Peter Kant, retiring Culpepper Garden Board chair and recipient of a Legacy of Grace Award; and Marta Hill Gray, President of Culpepper Garden.



From left: Jasmine Witcher, Vice president for Development at Culpepper Garden; Laura Martin accepting the Rock Spring United Church of Christ Legacy of Grace Award and Marta Hill Gray, President of Culpepper Garden.

BBQ & Blooms Support Culpepper Garden Mission

FROM PAGE 6

funds for maintenance and repairs of the bus. Chris Bock was armed with a red marking pen to track the progress of donations toward the goal of \$10,000 while his wife nearby collected the donations.

Just inside the door a line formed to load paper plates with brisket, pulled pork or chicken and all the trimmings while D.C. Starlight Orchestra played background music and the volunteers sold raffle tickets for restaurants, miniature golf, a Nats game and mystery baskets.

Marta Hill Gray, president of Culpepper, mingled with the crowd welcoming ACPD chief Andy Penn as well as a number of other representatives of the first responder community, veterans and other supporters and members of the community. She told the group it was a wonderful day. But when asked recently the one word that came to mind when she thought of Culpepper, Gray said it was “perilous.”

Del. Patrick Hope told the crowd, “As a state official I see what Culpepper brings to the community. Every County doesn’t have a Culpepper, but they should. I talk to other lawmakers about how we do it right.”

Culpepper is the only facility in Arlington providing affordable housing, essential services and compassionate care for seniors living on fixed and low incomes. Funding is provided from HUD along with individuals and community supporters.

In an interview after the event, Gray elaborated on her use of the word “perilous” when describing the future of Culpepper. “We live in tricky times.” She explained that there is currently a threat of a 43 percent cut to Housing and Urban Development (HUD) Federal program funding. “All three of our rental buildings have various HUD subsidies.”

She continues, “Gone are the days when



Special recognition for 14-year-resident Dee Bevens who was also acknowledged during the ceremony in appreciation of her outstanding contributions to beautify the garden and preserve its historic legacy.

we could say ‘they’ll never do that.’ We can’t make any assumptions.” Gray explains she has residents in her office every day afraid they will lose their housing. “I also worry about the reduction in SNAP benefits and Medicaid which our low-income residents rely on.”

Gray contemplates that all of the Arlington non-profits are experiencing similar fears. She thinks there is a ripple effect because a large percent of the Arlington workforce is employed by the Federal government or are government contractors who are caught in the government reductions and don’t have as much to give.

“We take one day at a time here but we have to keep our chin up and stay focused. The Board and staff are all committed to be sure we are doing enough for our residents. We make sure the lights are on, they



D.C. Starlight Orchestra.

get fed. We’re doing ok but we have to pay attention.” She adds that people can help by volunteering, making donations and “in addition to AFAC assistance we have a little food pantry where our residents can pick up some one-meal containers of soup or mac and cheese. Donations are always welcome so we know they get enough to eat.”

Gray adds, “Culpepper continues to be a very special place, and we look forward to continuing to provide affordable housing to our low income seniors for years to come.”

Out of Balance



By KENNETH B. LOURIE

When I finally - recently, received my berry-blend-variety of the health supplement I’ve been taking twice daily for 16+ years, after what seemed like months in arrears - due to a difficult rollout of the company’s new computer system, they said, it reinforced my thinking as to why I’ve felt off lately. It had nothing to do with my thyroid cancer - which seems amazingly in control at present, my marriage which goes along as it mostly has - for nearly 48 years, my family - which consists of my father-in-law and his wife living in New York City and a nephew and spouse and their children all living on Topeka, Ks. our dog, Burton, presently lying under my desk with his jaw on the top of my right foot, and our four cats - all of whom generally speaking other than Andrew (who’s in remission from lymphoma after a year of chemotherapy) are progressing “within normal perimeters” to quote Data from “Star Trek: Next Generation,” and lastly our 275-year-old home standing up very well against the test of time. No. Why I’m feeling unsettled is I’ve not seen any Balance of Nature commercials on television lately. For a while there (a month or two or three), at least on the television channels I regularly watch, Balance of Nature was inundating these airways with testimonials from any number and variety of satisfied customers.

I think I must have seen upwards of a dozen or so of these first-person testimonials, in a fairly condensed timeline, saying all the right things about this product and the effect it has had on their lives: amazing, wish they had started sooner, feel like their old selves again, et. cetera. If I hadn’t already been taking a competitor’s identical product, I would have at the very least, made an inquiry as to cost, frequency and benefits. However, being fully “ensconced” not in crushed velvet (to invoke George Costanza from “Seinfeld”) but in a parallel pill universe, I, despite this wave of overwhelming television repetition, have stood pat. I mean, for all I know, my brand’s multi-vitamin-triumvirate might very well be the thing which has sustained me all these post-characterized-as-terminal years.

As such, my interest has been solely in noticing that something (the Balance of Nature television commercials) that had been so much a part of my life for the last two to three months, even though it had no direct bearing on my cancer health, was missing. And I felt it deeply enough that I thought I’d mention it. Again, as a 16-plus-year cancer survivor still undergoing treatment and still being seen by my oncologist and still PET-scanned every four months, and lab tested every four weeks, this kind of information interests me. The cancer news/stories of survival I hear, from whomever/whatever source, the better/more positive I feel about my circumstances. Not that any of what I hear has to mirror my health situation. It doesn’t. Any example of people/patients overcoming their symptoms and/or returning to a “normal” life, gives me hope and encourages me to “Keep on keeping on.” I gain strength hearing other survival stories. It’s like we’re all one big team and when a teammate does well, we all do well.

In this Balance of Nature experience, familiarity has not bred contempt. It has bred a type of consistency of expectations. And any chink in your consistency sort of affects your wherewithal. I didn’t need to see the commercial to gain any knowledge, but not seeing their commercials made me feel as if something of substance in my life was missing. And for a cancer patient, you can’t afford to be missing anything of substance. Who’s to say what’s really keeping you alive? Medicine certainly but one’s attitude is huge. And I don’t need anything to weaken my resolve. Internally or externally.

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



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