



# The Arlington Connection

WELLBEING

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Norma Kacen, a co-founder of NOVA Friends of Refugees says, "St. George's Episcopal Church had enough of anti-Muslim rhetoric, and we knew we had to do something."

## Faith Group Welcomes Refugees

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Democrats Face Off At Caucus

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Climate March

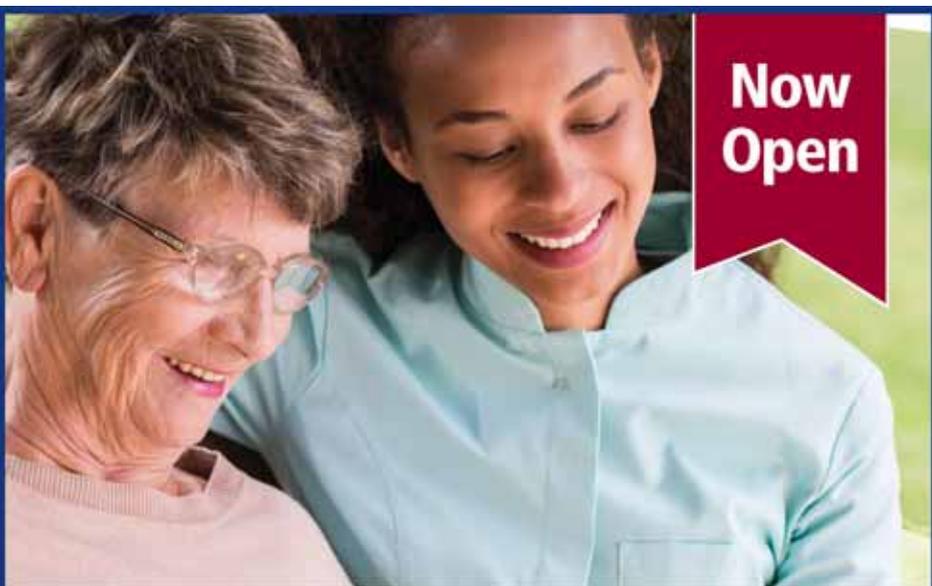
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Strategies for Maintaining Weight Loss

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PHOTO BY SHIRLEY RUHE/THE CONNECTION



# Join The Kensington Falls Church at a Job Fair

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## NEWS



PHOTOS BY EDEN BROWN/THE CONNECTION

These quilts by Lancaster craftspeople showed a long-term commitment to climate protection and endurance, given the weight of these quilts on a day with 95 degree temperatures.

## Marching In the Heat

**T**he Climate March in Washington, D.C. on Saturday, April 29, the second consecutive march with a climate focus, was well attended despite the high temperatures. Crowds estimated to be about 200,000 and hailing from as far away as Toulouse, France; Utah; and California. Participants walked about four miles before listening to speeches near the Washington monument.



Arlington resident Sheridan Collins did back-to-back marches for science and climate. She was marching with Dickinson College student Emma Brown.

### NEWS BRIEFS

## Peace Officers Memorial Day

The Arlington County Police Department and the Arlington County Sheriff's Office will gather to honor and pay tribute to the memory of the seven law enforcement officers of Arlington County who gave their lives in service to their community. The public are invited to participate in the Observance of Peace Officers Memorial Day on Wednesday, May 10, at 8 a.m. in the Arlington County Justice Center Plaza located at 1425 North Courthouse Road.



**Corporal Harvey Snook**

For the first time since the Police Memorial Statue was dedicated in 2005, a fallen Arlington County law enforcement officer's name will be added in remembrance. Corporal Harvey Snook died on Jan. 14, 2016, as the result of cancer contracted while working in the recovery efforts at the Pentagon following the terrorist attack on Sept.

11, 2001. Snook was a U.S. Army veteran and had served with the Arlington County Police Department for 27 years.

## Vehicle Pursuit Ends in Arrest

At approximately 2:58 p.m. on April 30, police were dispatched to the 4200 block of 2nd Road N. for a dispute in progress possibly involving a firearm. Arriving officers located an individual inside a parked vehicle matching the suspect description.

As officers were attempting to conduct their investigation, the suspect placed the vehicle into reverse in an effort to flee. The officers attempted to keep the vehicle on scene but the suspect placed the vehicle in drive and accelerated directly towards the officer. The driver struck the officer but she wasn't injured.

A vehicle pursuit was initiated after the suspect fled from the scene traveling southbound on Glebe Road. The suspect turned onto Columbia Pike where he struck a vehicle at the intersection of Columbia Pike and Walter Reed Drive. The suspect exited

SEE NEWS BRIEFS, PAGE 14

## Refugee Volunteer Group Aims to Welcome All

Interfaith group offers advocacy, life skills programs and community events.

BY SHIRLEY RUHE  
THE CONNECTION

**W**endy Chan and Norma Kacen, both members of St. George's Episcopal Church in Arlington, founded NOVA Friends of Refugees in the fall of 2016.

"Our church had enough of anti-Muslim rhetoric," Chan said.

Kacen added: "We knew that we had to do something."

Chan explains this is a volunteer organization whose "vision is to make every refugee welcome and every resident a welcoming friend to them. We currently have over 350 supporters in our Google group."

This is an interfaith group and includes people from all ages and walks of life.

Chan says the vision statement is not to reproduce the work of the service agencies who already offer a number of opportunities but to get out the stories, learn information, and hear the refugee stories.

NOVA Friends of Refugees works with nonprofits as a clearinghouse to get out information, host events and



**Wendy Chan, a co-founder of NOVA Friends of Refugees, pulls out her computer to illustrate the three 2017 goals of the volunteer organization: advocacy, life skills program and community events.**

work on advocacy issues.

The plan for 2017 is threefold: advocacy, life skills programs and community events.

In early March an advocacy workshop, "Raise Your Voice" was held at St. George's Episcopal Church. "The room was packed with over 300 people from all walks of life, faith communities and local politicians," Chan said.

Kenn Speicher, from Mt. Olivet United Methodist Church who joined Chan and Kacen earlier this year, said, "We touched a nerve. The speaker from the State Department expected to see 25-30 people, and we had so many people we had to move into the sanctuary."

In addition, the "Pen a Postcard, Throw A Party" campaign in April urged citizens to pen a postcard to their U.S. representative, U.S. senator and President Trump with the message "I'm your constituent, and I stand for refugees. Please stand with me." The postcards will be delivered in early May by NOVA Friends of Refugees to Congressional offices where they will seek meetings.

Chan says many groups reach out to their team to find out how to

start their own refugee ministries and how to think about issues. On April 21 they held "The Refuge Doll Project: Teaching Empathy to Children" at the Arlington Central Library. She said it was a parent event aimed at stay-at-home moms, "and we had 15-20 people." Chan said they would like to develop a program that would reach Sunday school teachers who could focus on understanding and welcoming refugees.

In June a life skills event is planned which will bring representatives together from the three local resettlement agencies as well as local professionals to mentor highly skilled refugees.

Chan explains many of the refugees were engineers, doctors and entrepreneurs in their countries and are now employed in low-level jobs. One example is Tomy who was a physician in his country and is now a server in America. The goal is to connect the refugees with resources that can help them reach their potential.

Chan says in the fall a community festival event is planned featuring food, fashion and fun, "the common language of humanity."

Speicher said, "I'm calling it the world's fair festival."

Kacen said, "We know this is a marathon and we are putting one brick in place at a time."

Chan added, "We're fertilizing the field and transplanting a plant. We need to cultivate the soil so the plant can grow in its new environment."

*This is the second part in a series on refugees.*

## Conflict: Two Countries, Two Families

Awaiting asylum decision.

BY SHIRLEY RUHE  
THE CONNECTION

**"Y**ou see, I am tortured." Tomy landed in America from Cameroon on April 2, 2015. He and his wife sought asylum due to government persecution based on her private documentary. It was focused on homosexuality in a country where homosexuality is illegal. "But we have a lot of government officials who are bisexual or gay. She had some testimonies, pictures." Tomy continued, "The government started with soft pressure but she didn't give up. It was bad on her. She lost the first baby we had together. She was arrested, beat up and as a result she lost the baby."

He says, even after that, the government was spying on her. "A year after she lost the first baby, she got pregnant again, and they started doing it again." Tomy says he decided they couldn't risk losing another baby. He left for another town by himself so he wouldn't raise suspicion. She moved there two weeks later. He said his brother who had been enrolled in the U.S. Navy was

having a graduation in the United States. That made it convenient to come to America. "Then we filed for asylum. Our case is pending."

But Tomy has three children still back home in his country. For his family's safety, his full name is withheld. "They are my blood. I sleep but I don't sleep. I am thinking about them." He said to his wife, "You are safe now. Let me go back and get them." But his immigration lawyer said if he left the country it would be harder to get back in. "He advised me to be patient and let the process work."

Tomy is the elder son of his father's third wife. "That puts you in a spot. You are the elder and you have to succeed." When Tomy arrived in America he had no means of support and had to rely on his sisters who were already in America. "This is a reversal — a big problem. Also the elder is not supposed to leave the country."

He says for the first 3-4 months in America his focus was on his pregnant wife. "This was probably the hardest time. We'd heard a lot of things about expensive health care in America and didn't know who would pay for the baby."

But we were lucky that the state of Maryland paid." But during this time he had to rely on his sisters. "They started to get an attitude. It became harder for them. It's not common in our country. It was humiliating

for me."

Tomy has worked as a dishwasher and a server and applied for a position at a university as a clinical research coordinator. "I was a good fit but they kept asking did I have a green card, not about my knowledge and skill and finally I didn't get the job." Tomy had been trained as a general physician in Cameroon which requires seven years of advanced training. He says he is the son of two nurses and loves to help people. "I've been looking to do family health."

There are good things and bad things in America. He was working seven days a week but things are better now and he is paying for his own lease. His sisters don't have to contribute anymore. "I do believe when you are still alive things can happen. There are good things and bad in any country you are in. And in my country of Cameroon as a man with a high degree I should rise up my country. Who will do it if I leave?"

But he has left. He says he was willing to fight. However, he explains when you get married you have to think beyond yourself. And now that he has left Cameroon it would be worse for him if he went back because they would be suspicious because he went to America. His wife is working as a cook "and she is not well at all. She was shining, joyful but not anymore. I don't expect things to be easy. I'm willing to take a chance."

### Refugees in a Changing Environment

The Ethiopian Community Development Council, Inc.'s annual national conference, May 31-June 2, is dedicated to refugee and immigrant issues in the United States. Attendees will interact with policymakers, academics, service providers, community leaders, and former refugees, exchanging knowledge and sharing insights. The conference is part of ECDC's efforts to enhance public awareness of and support for African and diverse refugee and immigrant needs, to strengthen resettlement programs and services, and to promote cultural and socio-economic initiatives that help newcomers integrate into their communities.

The conference will be held at the Holiday Inn Arlington at Ballston. See [www.ecdcus.org/Conference-HomePage-2017.html](http://www.ecdcus.org/Conference-HomePage-2017.html)



Erik Gutshall



Peter Fallon



Kim Klingler



Dr. Vivek Patil

PHOTOS CONTRIBUTED

# Democrats Face Off One week until Democratic caucus for vacant County Board seat.

BY VERNON MILES  
THE CONNECTION

**I**n the crowded Democratic primary, no clear leader has emerged. A straw poll held at an April 12 fund-raiser by Del. Alfonso Lopez, no candidate secured a clear majority. The Democratic party caucus is one week away, starting on May 9, and the candidates have been pushing to stand apart from the crowd.

Voters will caucus May 9 from 7 to 9 p.m. at Key Elementary School; May 11 from 7 to 9 p.m. at Drew Model School; and May 13 from 11 a.m. to 7 p.m. at Washington Lee High School. Any registered voter can participate in the caucus, but must sign a pledge to support the Democratic nominee in the general election. Independent Audrey Clement has announced that she will run for County Board again in the fall. No Republicans have announced a candidacy.

There's recurring messages in each campaign. Each candidate says the region needs to find a new way to pay for the Metro and says the schools need to work with the county in finding more creative solutions for their space problems. Three of the four candidates have been civic association presidents.

## Erik Gutshall

While Democratic voters remain undecided, Gutshall remains a clear favorite of the Arlington Democrat establishment. Gutshall has been endorsed by many in Arlington's Democratic leadership, including outgoing County Board chair Jay Fisette.

But last year, Gutshall found himself in a similar position. Much of the local Democratic leadership had endorsed Gutshall in his race against incumbent Libby Garvey, who had been ostracized by local Democrats after supporting independent John Vihstadt in a previous County Board race against a Democratic candidate.

"I was at peace with the result," said Gutshall. "I knew going in that it was a tough battle for an unknown to take on a 20-year incumbent."

But in a year with a vacant seat, Gutshall says he thinks his chances of winning a spot

on the County Board are higher. Gutshall says he has more experience than Klingler or Patil, and while he says he admires Fallon's depth of experience working on the Planning Commission, Gutshall says he believes his own experience is broader. Gutshall says his experience owning a local home improvement business gives him a unique understanding of the needs of local businesses. Diversifying the local economy and making it more friendly to small business owners has been one of the major campaign efforts by Gutshall.

"We need to diversify our economy," said Gutshall. "We see that now just as much as with sequestration and BRAC from 10 years ago. There is too much reliance on federal sector. Those jobs are great jobs and should still be a part of our economy, but we need to diversify ... by focusing on innovators and entrepreneurs and making sure county is doing everything we can to make it easier to do business here."

In particular, Gutshall says the county is facing problems with local businesses failing within their first year after spending so much time and money on permitting. Gutshall says the county government should work to streamline that process and promote more public-private partnerships, pointing to the Artomatic arts festival in Crystal City as an example.

Gutshall is currently leading the race in campaign funding with \$127,043, nearly triple the other three County Board candidates combined, according to the Virginia Public Access Project (VPAP).

## Peter Fallon

In terms of experience working within county government, Fallon's is the only one that matches Gutshall. From 2004 to 2013, Fallon served on the county's Planning Commission and as its chair in 2009. Fallon also served as the chair of the zoning subcommittee. Fallon has also served on various education, transportation, housing and green space boards and commissions. In 2015, Fallon was one of the wide field of Democrats running for two vacant seats, but came in third behind County Board members Katie Cristol and Christian Dorsey. If Gutshall is the favorite of the Democratic

establishment, Fallon presents himself as the Bernie Sanders-style alternative.

"This process is heavily influenced by insiders," said Fallon, pointing to the local Democrats' decision to have a caucus rather than a primary. "It was an insider decision to support an insider candidate."

Fallon says he's concerned that the caucus could hurt Arlington Democrats' public image, noting that the last time the party did a caucus was in 2014, which resulted in Democrat Alan Howze losing to independent John Vihstadt and breaking the Democratic grip on the County Board.

"If you believe you have a great candidate, that's fine, but don't make it onerous to participate in democracy," said Fallon. "If there's a fractious relationship in the party, it's because a large number of people feel unheard."

In some ways, Fallon says these are similar problems that plague the county government.

"Arlington County has done better for outreach [recently], but it fails to incorporate the feedback if it's dissenting," said Fallon. "There is a tendency to dismiss those who don't accept our vision. These people are not obstructionists, we need to incorporate that feedback into county policy."

Fallon is at his most animated when discussing the details of County Board regulations and the statistics behind Arlington's problems. Outside of his experience in county government, Fallon works as a tax accountant. Fallon says this approach helps him look at problems from a numbers perspective.

According to VPAP, Fallon has raised \$10,129 in the 2017 race, which includes \$1,263 as a starting balance from previous campaigns.

## Kim Klingler

Klingler's campaign is focused around keeping Arlington safe and diverse. Klingler says the county has not done enough to prepare for the safety demands that come with the population growth along the Metro corridor. In Crystal City, for example, Klingler says the fire department is going to need more ladder trucks in the upcoming years. Klingler's passion for Arlington

public safety is rooted in her personal experience as an EMT with the Falls Church Volunteer Fire Department.

Klingler also says the county needs to be doing more to protect its young professional population. Currently, the county focuses its affordable housing efforts at those making 60 percent of the area median income. Klingler says the county needs to expand those efforts to help those at 80 percent or even 100 percent of area median income.

For cost savings, Klingler says the county and surrounding jurisdictions need to look at their bus routes and cut the ones where efforts are being duplicated. Klingler pointed to bus routes along Columbia Pike in particular, where ART Bus and Metrobus share overlapping routes.

Since moving to Arlington in 2001, Klingler has worked in management in health research, first as a senior manager at Deloitte Consulting then as an analyst at the National Cancer Institute.

"I'm able to use that experience to form policy. I worked in the public and private sectors. I know what it takes to implement a plan."

Klingler has been president or vice president for various civic associations and homeowner's associations. Klingler served as chair of the Arlington Emergency Preparedness Advisory Commission (EPAC).

"I may not have been on the Planning Commission, but maybe that's a good thing," said Klingler. "We need to reevaluate how we do our planning process."

Klingler described her experience with health research as "looking at making things run together more smoothly," a quality she hopes to bring to the County Board in November.

According to VPAP, Klingler has raised \$14,352 for the 2017 race.

## Dr. Vivek Patil

Of all the candidates running for the County Board, Patil is possibly the most outside of the usual scope of candidates. Patil has lived in the county for two years. Patil's primary involvement with the county has been joining the Arlington County Democratic Committee and pushing for a

SEE DEMOCRATS FACE OFF, PAGE 7



PHOTO BY SHIRLEY RUHE/THE CONNECTION

**School Fair**

The balloon master has a line waiting to choose from a long list on the whiteboard behind him including a butterfly, sword, monkey in a tree, octopus and bunny. Outside in the schoolyard ponies circle around with small hands clutching their necks. Children roamed the halls of the Jamestown Elementary School Fair on Saturday, April 29 with purple-moussed hair, Batman-painted faces, puffs of pink cotton candy bigger than their heads, and clutching stuffed animals or square cakes covered with sprinkles.

**Average Tax Rises \$277**

The budget started out with a simple enough idea: maintain most of the previous year's budget but add one cent to the property tax rate for Metro costs and another cent for the schools. But when County Manager Mark Schwartz presented this budget, the County Board asked for a one cent increase only, which would mean cuts to the schools and to public safety officials. On April 22, the County Board approved a 1.5 cent increase to the property tax rate.

For the average homeowner, the increase will mean a \$277 tax increase per year to fund a total fiscal budget of \$1.25 billion. The FY 2018 budget is a 4.6 percent increase over the FY 2017 budget. The budget includes a \$490 million transfer to Arlington County Schools, a five percent or \$23.3 million increase over the FY 2017 budget. The other major increase in the County Budget was the Metro, which increased by more than \$14 million, bringing Arlington's total Metro contribution to \$71 million.

While all of the increased tax rate funding goes to the Metro and schools, other Arlington County programs received the benefit of this year's rising property assess-

ments, including \$1.3 million additional funding committed to affordable housing and \$4 million for land acquisition.

While most of the discussions over budget issues had been held over the course of previous meetings, one item of discussion raised at the April 22 County Board meeting was a proposal from County Board member John Vihstadt to separate the County Board salaries from the vote on the County Board staff funding. Vihstadt said with the county in such a tight budget squeeze, it seemed wrong for County Board members to give themselves a pay raise. The move was oppsed by other County Board members, who saw it as a last minute political maneuver.

"It's say it's penny-wise and pound-foolish, but it's not even penny-wise," said Katie Cristol.

"I'm really disappointed right now that after working so well and so hard for two months, really dealing with serious, tough, and important issues ... that we just spent 15 minutes for public consumption," said County Board Chair Jay Fiset. "This is 100 percent political posturing. It is just disappointing to me."

— VERNON MILES

**SCHOOL NOTES**

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Amanda Pridmore**, a 2014 graduate of Clemson University (Clemson, S.C.) has been selected to receive a Fulbright U.S. Student Program grant. Pridmore, who majored in political science, currently resides in Arlington and will spend her Fulbright year in Germany researching the funding and financing of Holocaust memorials.

**BUSINESS NOTES**

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Cleanly**, the Manhattan-based laundry and dry cleaning delivery startup, announced today that it has expanded to Arlington, beginning in the bustling Clarendon/Courthouse area, as well Rosslyn and Ballston. Visit [www.cleanly.com](http://www.cleanly.com).

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# Emphasizing Effects of Alcohol

How teachers can help students to say yes to a healthy lifestyle — and no to underage drinking.

BY JENN HALL

**A**s a PE and health teacher, it's important for me to teach my students the skills they need to make good decisions, not only while they're in my classroom but throughout the rest of their lives. The healthy choices I try to help kids make run the gamut, from exercising regularly to eating enough fruits and vegetables every day. One of the most important things I teach my students is why they should say no to underage drinking.

COMMENTARY

While research shows that parents are the greatest influence on their kids' decision to drink — or not to drink — teachers are experts who play an essential role in helping kids make healthy choices.

Teaching the facts about underage drinking and the effects that alcohol can have on their developing brains and bodies is an important message to share, and one that students can transition into a conversation at home. It fits smoothly into the health curriculum I already teach.

I've been pleasantly surprised at the quality

of alcohol education resources available that make scientific facts about alcohol consumption and underage drinking relevant to elementary and middle school students, while also making the topic engaging — which can sometimes be a difficult feat for students of this age. "Ask, Listen, Learn: Kids and Alcohol Don't Mix," for example, has a set of free lesson plans with a corresponding animated video series that shows how each part of the brain is affected by alcohol. The material is built to share important facts in digestible chunks, making it easy for kids to retain the lessons they learn.

In fact, my students have been open about how much they've learned about underage drinking through these resources. They've said that they had never thought about the long-term effects of alcohol use before; they had previously only considered alcohol as something that has immediate effects, like not feeling well after having too much to drink in one day.

I've found that using these science-based materials is important for conversations about underage drinking so that students understand the why behind saying no to alcohol. With facts in hand, students can better understand how

alcohol can affect them and that it's not just another thing that adults tell them not to do. Now, for instance, they know that alcohol use can affect long-term memory storage — a concept that has really made a lasting impact on them.

Learning and discussing the dangers of underage drinking doesn't have to stop once students leave my classroom or our school. In fact, there are many ways that parents can get involved and continue these conversations at home — and as kids get older. As my fellow teachers and I look for ways to make these discussions continuous throughout the end of elementary school and into middle school, I encourage parents to talk to us about what their kids are learning in their science and health classes, where they might be able to find additional parent-focused resources online, and how we can all work together to help kids understand the importance of this topic.

The conversation about underage drinking is a significant one to have with students, especially around the middle school years, but it shouldn't be a one-time thing. By working together to teach kids the facts, parents and teachers can be partners in helping kids say yes to a healthy lifestyle and no to underage drinking.

*Jenn Hall is an elementary physical education and health teacher in Arlington.*

## LETTER TO THE EDITOR

### An APB for an RN

To the Editor:

It is a known fact that, in present times, hospitals are competitive in terms of making great strides in the medical care they deliver as well as meeting patient needs and scoring high in patient satisfaction which is carefully measured via resultant scores from surveys and metrics.

Consequently, hiring the most educated, competent and skilled staff is essential in order for hospitals to deliver excellent care and maintain a good reputation in the medical community and among the patient population they serve.

The Virginia Hospital Center (VHC) Wound Care and Hyperbaric Center is a facility that meets critical patient care needs. It has been known to hire skilled staff that provides excellent and compassionate patient care.

One nurse, in particular, RN Erin Anderson, was a standout. Smart, compassionate, caring, well respected by her nursing colleagues and looked up to as a professional role model to emulate, Ms. Anderson, unfortunately, is no longer employed there and recently resigned.

Though many good nurses remain, the pall that is left by Ms.

Anderson's absence is evidence of the exemplary care and profound impact she had on patients as well as the lasting effect on her nursing colleagues.

Employment is a two-way street in which both employers and employees have expectations of each other.

For the Virginia Hospital Center, Ms. Anderson was analogous to gold and she was, in fact, a gem in their possession.

The Human Resources Department of Virginia Hospital Center would be wise to reach out to Ms. Anderson and invite her to come back particularly if they care about positive experiences for their patients. Morale among patients and nursing colleagues would greatly soar along with patient satisfaction scores.

As a criminal justice professional, my recommendation would be to put out an all points bulletin (APB) for Ms. Anderson. She needs to reappear and, once again, be employed at the VHC Wound Care and Hyperbaric Center — back where she belongs.

**Karen L. Bune**

*Karen L. Bune is a freelance writer and lives in Arlington.*

## BULLETIN BOARD

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

### SOBER-RIDE FOR CINCO DE MAYO

**Free Sober Rides.** Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberride.com](http://www.soberride.com).

### JOB PORTAL

**Hire Autism Now Open.** The Organization for Autism Research (OAR) today announced the launch of its new employment initiative, Hire Autism, for its test run in Northern Virginia. Hire Autism is an online jobs portal that helps individuals with autism of all capacities connect with businesses and employers willing to consider them as candidates for competitive employment. Visit [HireAutism.org](http://HireAutism.org) or [www.researchautism.org](http://www.researchautism.org) for more.

### WEDNESDAY/MAY 3

**Gardening Talks & Demonstrations.** 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit [www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).

[www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).

### SATURDAY/MAY 6

**Arlington Women in Public Safety.** 10 a.m.-3 p.m. at Arlington Traditional School, 855 N. Edison St. This event highlights the dedicated work of Arlington's female public safety employees in keeping the community safe. This event provides residents an opportunity to explore the many career opportunities in public safety while promoting that these are professions for everyone. This free family-friendly event will take place rain or shine.

### WEDNESDAY/MAY 10

**Gardening Talks & Demonstrations.** 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit [www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).

### WEDNESDAY/MAY 17

**Gardening Talks & Demonstrations.** 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening

SEE BULLETIN BOARD, PAGE 10

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## Governor Signs Health Bill

Gov. Terry McAuliffe signed Del. Eileen Filler-Corn's (D-Springfield) bill, HB 2267 at the Stambaugh Human Services Center in Arlington on April 26. HB 2267 will require health insurance plans that cover contraceptives to allow women to pick up a year's supply of birth control pills at one time. A study by the University of California's Bixby Center for Global Reproductive Health found that a 12-month supply of birth control decreases unplanned pregnancies by 30 percent, compared to a supply of one or three months.

In addition to the Governor, Filler-Corn was joined by Lt. Governor Ralph Northam, and some members of the General Assembly as well as advocates and activists who filled the room to capacity. Many others stood outside the glass walls of the clinic's conference room where the signing took place.

## Democrats Face Off

FROM PAGE 4

"building bridges" outreach group. Patil has no stated experience working within county government or civic associations, but Patil says instead he brings a business background and a start-up mindset to the County Board.

"I have no ties to the political morass," said Patil. "My background is as an innovator, not a policy maker. That's a unique perspective on the County Board."

As a biotech entrepreneur, Patil says he's the most qualified of any candidates to help push Arlington towards a more diversified economy. Patil says the county needs to push for greener, more energy-efficient jobs to draw both tech innovators and manufacturers to Arlington County.

Patil's entrepreneurial mindset extends beyond his approach to the county's economy. While the idea of having schools in empty office space has been a popular one for many candidates, Patil takes the idea one step further. Patil wants to put schools into active office spaces, with the school taking up the middle floors of an office building as part of a public private partnership. Patil's hopes this could lead to schools being integrated with some local businesses.

"We can go to Boeing and ask them to clear a couple floors for an aircraft manufacturing school," said Patil. "We need to look for creative ways to explore these ideas. We need new vision."

According to VPAP, Patil has raised \$20,320 for the 2017 race.

## Field To Convert to Synthetic Turf

A grant from the Arlington Sports Foundation will help the county convert a softball field at Gunston Park to synthetic turf — adding nearly 880 new possible playing hours to the field.

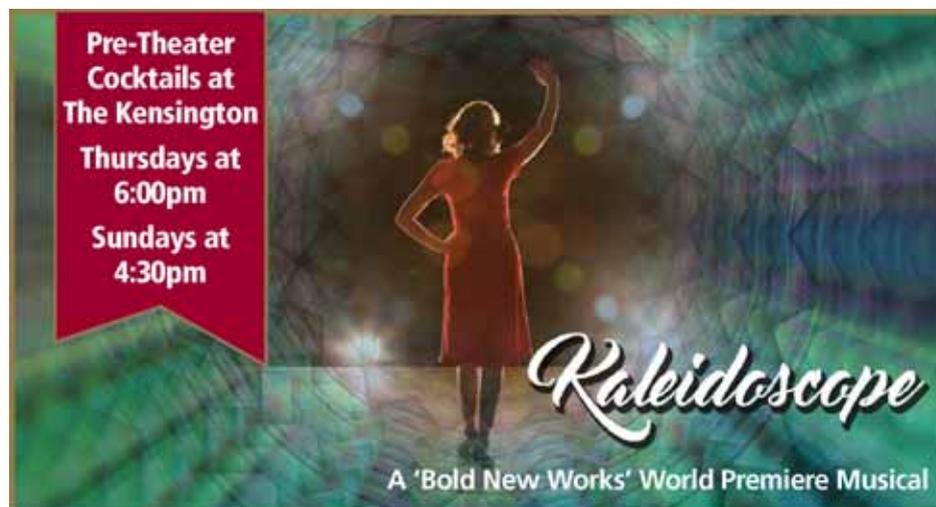
The Arlington County Board authorized the county manager to accept \$180,000 from the Arlington Sports Foundation and use \$190,000 from the Diamond Field Fund to convert the Gunston Park Diamond Athletic Field #1 to synthetic turf.

Gunston Park Diamond Athletic Field #1 was approved for a \$1.433 million capital maintenance project as part of the FY 2016 Pay-As-You-Go budget adoption.

As the project came forward during that process, the Arlington Sports Foundation proposed helping the county meet the costs of converting the field from natural grass to synthetic turf to allow for year-round play.

The Foundation raised \$180,000 of the \$370,000 needed for the conversion. The Arlington Sports Commission recommended allocating \$190,000 from the Arlington County Diamond Field Fund for the project.

The board voted 5 to 0 to accept the foundation funding, and to use \$190,000 from the county's Diamond Field Fund to convert the field.



Please join  
The Kensington Falls Church for  
enlightening post-show discussions at  
select performances of *Kaleidoscope*  
Pre-theater cocktails & hors d'oeuvres at The Kensington  
and post-show discussions at Creative Cauldron

The Kensington Falls Church is a proud sponsor of post-show discussions about *Kaleidoscope*, a heartwarming musical introduced this May by Creative Cauldron. *Kaleidoscope* showcases the life of a legendary Broadway performer who premieres her comeback one-woman show. As her humorous yet poignant performance unfolds, she touches hearts when it becomes clear that she is experiencing the early stages of Alzheimer's.

After each Thursday and Sunday performance, a dementia expert will join the artists to share insights and information that deepen the audience experience. We'd love for you to be part of the conversation.



Thursday, May 11th  
8pm show  
Jay Newton-Smith  
& Denver Nicks,  
Co-Founders,  
MemoryWell



Sunday, May 14th  
2pm show  
Carol Blackwell,  
Founder, Memory Café



Sunday, May 14th  
7pm show  
Anya Parpura, MD,  
President,  
Aging Perspectives



Thursday, May 18th  
8pm show  
Mikki Firor, Founder,  
Trovalto LLC

RSVP for cocktails to [ConciergeFS@KensingtonSL.com](mailto:ConciergeFS@KensingtonSL.com)  
Get show tickets at [www.CreativeCauldron.org](http://www.CreativeCauldron.org)



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# ENTERTAINMENT

Submit entertainment announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

**Arlington Farmer's Market.** Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email [csingiser@cfwdc.org](mailto:csingiser@cfwdc.org) or call 917-733-6402.

**Cycling Volunteers Needed.** The 20th annual Armed Forces Cycling Classic needs volunteers for the June 10-11 race. Email [info@arlingtonsports.org](mailto:info@arlingtonsports.org) for more.

**Annual Student Exhibition.** Through May 5, various times in the Barry Gallery in the Reinsch Library, Marymount University, 2807 North Glebe Road. Featuring art, design, and fashion illustration work. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery) for more.

**Artomatic Kicks Off 2017.** Various times through May 6 at Exhibition space, 1800 S. Bell St. A variety of creative work, including visual art, music, film, live fire performances, poetry, dance, fashion, workshops and special events showcases. Visit [www.artomatic.org/](http://www.artomatic.org/) for more.

**OCEAN Yoga.** through May 6 at Shirlington Branch Library, 4200 Campbell Ave., Campbell Room. Tricia Londres, owner of OCEAN Yoga, will instruct students of all levels and ability. Mats not provided. Visit [arlingtonva.libcal.com/event/3062874](http://arlingtonva.libcal.com/event/3062874) for more.

**Nature's Grasp Artshow.** Various times through May 13 in Lee Arts Center, 5722 Lee Highway. NATURE'S GRASP: A Printmaking Portfolio. Free. Call 703-228-0560 for more.

**Outdoor Zumba.** 6-7 p.m. on Wednesdays through May 24 (no class May 10) at Freedom Park, Entrance on Lynn St. at Wilson Blvd. \$20 for all five classes. Visit [www.rosslynva.org](http://www.rosslynva.org) for more.

**FRESHFARM Market.** 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

**Mobile Bike Repair.** 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email [DC@velofix.com](mailto:DC@velofix.com), or phone 855-VELO-FIX for more.

**Food Truck Thursdays.** 11 a.m.-2 p.m. at 1900 Crystal Drive & 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

**Crystal Ball: Street Hockey.** 6:30 p.m. Thursdays at 1900 Crystal Drive. A co-ed social league. In partnership with the DC Fray, hockey enthusiasts compete competitively and recreationally in Crystal City. Games are played weekly and champions are crowned at the end of each season. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

**Healthy Lifestyle Runs.** Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit [www.parkrun.us/rooseveltislanddc/](http://www.parkrun.us/rooseveltislanddc/) for more.

**Friday Night Live.** 8 p.m. Fridays at the Church at Clarendon, 1210 N.



## The Dancing Princesses

Mary-Shea McDowell is the princess in the full-length ballet, "The Dancing Princesses," on Saturday, May 6 at Kenmore Middle School Theater on Carlin Springs Road in Arlington. Two performances will be held at 1 and 7 p.m. Visit [www.CuppettPAC.com](http://www.CuppettPAC.com) or call 703-938-9019.

Highland St., Suite A. Local musicians perform. Free. Visit [1bc.org](http://1bc.org) for more.

**Culinaire's Winter Lunch.** Tuesdays through Thursdays, 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu on Tuesdays, Wednesdays and Thursdays. Visit [www.artinstitutes.edu/arlington](http://www.artinstitutes.edu/arlington) for more.

**Arlington's Historical Museum Open on First Wednesdays.** The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at [garrett.peck@arlingtonhistoricalsociety.org](mailto:garrett.peck@arlingtonhistoricalsociety.org).

**LGBT & Straight Friends Social.** Tuesdays. Happy Hour, 3-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) for more.

**Open Mic Comedy.** Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or Visit [www.RiRa.com/](http://www.RiRa.com/) Arlington for more.

**Food Truck Thursdays.** 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit [www.dmvfta.org](http://www.dmvfta.org).

**Invasive Plants Removal.** Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch

Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or Visit [registration.arlingtonva.us](http://registration.arlingtonva.us). Free, no registration required.

**Poetry Series.** 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Open Mic Nite.** 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Karaoke.** 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit [www.galaxyhut.com](http://www.galaxyhut.com) or call 703-525-8646.

**Pub Quiz.** 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit [www.whitlows.com](http://www.whitlows.com) or call 703-276-9693.

**Storytime.** Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

**Lego Club.** Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

**Crystal City Sparket.** 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit [www.crystalcity.org](http://www.crystalcity.org).

**Open Mic Night.** Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Café, 2832 Wilson Blvd. Free. Visit

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

**Art for Life.** Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit [www.torpedofactory.org](http://www.torpedofactory.org).

**Brunch at Freddie's.** Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit [www.facebook.com/events/700174390103305](http://www.facebook.com/events/700174390103305).

## THURSDAY/MAY 4

**Story & Art Classes.** 10:30-11 a.m.-9 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Classes are taught by retired Taylor School art teacher, Elizabeth Ashley. Four-week session is \$120 or \$30 a session. Call the desk to reserve a spot. 703-527-5929.

**Benefit Meal and Drinks.** 5:30-7:30 p.m. at Rocklands Arlington, 3471 Washington Blvd. Rocklands will officially kick off patio season with a special evening of food and drink to benefit Doorways for Women and Families. \$25. Visit [www.doorwaysva.org](http://www.doorwaysva.org) for more.

## FRIDAY/MAY 5

**Artists Reception.** 5-8 p.m. in the Art Underground, 2100 Crystal Drive. "Small works/BIG IMPACT," Artshow local artist Meg MacKenzie among others. Show continues May 1-26. Visit [www.galleryunderground.org](http://www.galleryunderground.org) for more.

**Artist Reception.** 5-8 p.m. at St. Andrews Episcopal Church, 4000 Lorcom Lane. "It's a Steal!" Annual Art Show is presented by the Arlington Artists Alliance, with 30 participating artists showing work. Find original paintings in oil, acrylic, watercolors, drawings, and mixed media works. Show continues through the weekend. Email [katjamieson@gmail.com](mailto:katjamieson@gmail.com) or call 443-989-8722.

## SATURDAY/MAY 6

**"The Dancing Princesses" Ballet.** Performances at 1 and 7 p.m. at Kenmore Middle School Theater, 200 S Carlin Springs Road. Ballet students from the Cuppett Performing Arts Center will perform the full-length ballet. Visit [www.CuppettPAC.com](http://www.CuppettPAC.com) or call 703-938-9019 for more.

**Compass Campfire.** 7-8 p.m. at the Long Branch Nature Center amphitheater, 625 S. Carlin Springs Road. Program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Call 703-228-6535 for more.

## SUNDAY/MAY 7

**County Wandering.** 11 a.m.-12:30 p.m. at Langston Brown Community Center, 2121 N. Culpepper St. Walking tour with artist Graham Coreil-Allen to explore, question and re-imagine the urban and suburban spaces of Lee Highway. Free. Visit [www.walkarlington.com/engage/](http://www.walkarlington.com/engage/) for more.

**George Washington's Forest History Walk.** 1:30 p.m. at Ball-Sellers House, 5620 3rd St. S. Trace the steps of George Washington as he surveyed his property in what is now Arlington. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org) for more.

**Post-Impressionism Inspired Concert.** 4:30 p.m. in Paca Hall, St. Mary's 2609 N Glebe Road. Tenor CJ David sings a 30-minute concert featuring songs from Dear Theo, a song cycle by Ben Moore on letters written by Vincent Van Gogh to his brother Theo, as well as songs from Stephen Sondheim's "Sunday in the Park with George." St. Mary's Choir will sing a Choral Evensong. A reception follows. Visit [stmarysarlington.org/](http://stmarysarlington.org/) for more.

## MAY 9-JULY 2

**"Jesus Christ Superstar."** Various [www.CONNECTIONNEWSPAPERS.COM](http://www.CONNECTIONNEWSPAPERS.COM)

# ENTERTAINMENT



ARTWORK BY SVETLANA MONACHOVA

## Artists Alliance Exhibit

Part of the Artists Alliance show May 5, 5- 8 p.m. in the Art Underground, 2100 Crystal Drive.

### CALENDAR

times at the Signature Theatre, 4200 Campbell Ave. Visit [www.sigtheatre.org](http://www.sigtheatre.org) for more.

#### MAY 10-JUNE 11

##### “Hunchback of Notre Dame.”

Various times at Synetic Theater, 1800 S. Bell St. \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Group discounts are available. Visit [synetictheater.org/](http://synetictheater.org/) for more.

#### FRIDAY/MAY 12

**Feeding Frenzy Campfire.** 7-8 p.m. at the Long Branch Nature Center amphitheater, 625 S. Carlin Springs Road. Program will be filled with entertaining activities that may include stories, special animal guests, games, songs and S'mores. Call 703-228-6535 for more.

#### SATURDAY/MAY 13

**Turtle Trot Race.** Check in at 9 a.m., race begins at 10 a.m. at Bluemont Park, 601 N. Manchester St. Proceeds from the Turtle Trot race help give them medical attention and a place to live until they are strong enough to be released back into the wild. \$30, kids 12 and under \$15. Visit [parks.arlingtonva.us](http://parks.arlingtonva.us) for more.

**International Migratory Bird Day Festival.** 9-11 a.m. at Lacey Woods Park Picnic Shelter, 1200 N. George Mason Drive. Tiny hummingbirds and osprey are all migrating back from South America. Come learn about these and other birds with hands-on activities, games, crafts, and bird walks. Free. Call 703-228-6525 for more.

**Document Shred Fundraiser.** 9 a.m.-noon in the parking lot at 700 S. Buchanan St. Woman's Club of Arlington are sponsoring event, proceeds going to their 4-year-scholarship program. Call 703-553-5800 or email [womansclubarlington@gmail.com](mailto:womansclubarlington@gmail.com).

**SmartPhilm Festival.** 4 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. The SmartPhilm Fest is a film/tech festival that celebrates and showcases shorts shot exclusively with smartphones and other mobile devices. \$15. Visit [www.arlingtondrafhthouse.com](http://www.arlingtondrafhthouse.com) for more.

more.

**Festival Argentino.** 6 p.m. at the Thomas Jefferson Theater, 125 S. Old Glebe Road. Celebrates 30 Years of tango, folk, pop music. \$20 adv \$30 door, \$15 child under age 12. Visit [www.festivalargentino.org](http://www.festivalargentino.org) for more.

**Arlington Festival of the Arts.** 7:30 p.m. At Rosslyn Spectrum, 1611 N. Kent St. National Chamber Ensemble is joined by the Bowen McCauley Dance for the final concert of its 10th anniversary season, “Music of Our Time.” \$33 for adults and \$17 for students. Visit [www.nationalchamberensemble.org](http://www.nationalchamberensemble.org) or call 703-685-7590 for more.

#### MONDAY/MAY 15

##### Immigrant Artists as

**Entrepreneurs.** 7 p.m. at the Clarendon Ballroom, 3185 Wilson Blvd. Fundraiser to meet the overwhelming demand from the public for accurate and actionable data on immigrants. Visit [www.iir.gmu.edu](http://www.iir.gmu.edu) for more.

**“Outside Going In” Concert.** 7:30 p.m. in the Westover Baptist Church, 1125 Patrick Henry Drive. Under the baton of Artistic Director and Conductor, Dr. Nancia D'Alimonte, “Outside Going In” will offer traditional and contemporary music from the Chorale's 51st season. Visit [www.arlingtonchorale.org](http://www.arlingtonchorale.org) for more.

#### WEDNESDAY/MAY 17

**Enriching Lives Breakfast.** 8-9 a.m. at Army Navy Country Club, 1700 Army Navy Drive. Funds raised at Enriching Lives will directly help more than 450 vulnerable individuals with disabilities and veterans secure meaningful employment and reap the benefits of greater independence, financial security and self-esteem. Email [philanthropy@linden.org](mailto:philanthropy@linden.org) or call 703-299-3247 for more.

#### FRIDAY/MAY 19

**Bike to Work Day 2017.** All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Register online at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org).

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# Staying in the Home You Love



Love your home and neighborhood, but have simply outgrown your space? This is actually a very common situation. It could be that you are expecting a new baby, or you are now working from home and need office space, or possibly have older relatives moving in so that they can be close to you but at the same time desire a little independence and their own space. If any of these scenarios apply to you, then a home remodel may be the perfect solution.

The possibilities are endless when it comes to reconfiguring space in your home. Depending on the situation, you may be able to make modifications within your existing space. This could involve finishing a basement or attic, opening up walls to create more usable space, converting an existing room such as an extra bedroom into an office, or transforming a garage into an in-law suite. If your existing space is simply maxed out, building onto the back of your home or adding a second level may be the way to go.

The good news is that changes in your life and therefore your home's needs, don't mean you have to give up the house you love. An experienced designer will help you envision the possibilities and solutions to modify your home so that it works perfectly for you.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.

## BULLETIN BOARD

FROM PAGE 6

techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit [www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).

### SUNDAY/MAY 21

**Blood Drive.** 8:30 a.m.-2 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. By appointment at [www.redcrossblood.org](http://www.redcrossblood.org) (use sponsor code templerodefshalomva). Contact Janet Roseman [JBSRosebud@gmail.com](mailto:JBSRosebud@gmail.com) or Susan Freilich [sularkar1@aol.com](mailto:sularkar1@aol.com).

### WEDNESDAY/MAY 24

**Gardening Talks & Demonstrations.** 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit [www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).

### WEDNESDAY/MAY 31

**Gardening Talks & Demonstrations.** 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit [www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).



PHOTO CONTRIBUTED

### 'Respect for Life Mass'

Nearly 200 people, including 120 college students, packed Saint James Catholic Church in Falls Church for a "Respect for Life Mass" on April 22. The Most Reverend Michael F. Burbidge, Bishop of the Catholic Diocese of Arlington was the celebrant. Afterwards, in the rain, dozens linked up to pray the rosary in front of an abortion clinic.

[www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).

### GET MORE WITH SNAP

**Arlington and Alexandria Farmers' Markets** accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get

matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Rpad (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the

month).

### ONGOING

**Aging Matters.** 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics

SEE BULLETIN, PAGE 15

### "FLOURISHING AFTER 55"

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

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16<sup>th</sup> St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18<sup>th</sup> St.

**Senior trips:** Civil War walking tour, Culpeper, Tuesday, May 9, \$19; Tanger Outlet Mall, National Harbor, Wednesday, May 10, \$8; Washington Nationals vs Baltimore Orioles, D.C., Thursday, May 11, \$56; Dutch Country

Farmer's Market, Laurel, Saturday, May 13, \$7. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**NEW PROGRAMS:**  
**Classical music** featuring pianist Vladimir Horowitz, Monday, May 8, 1 p.m., Langston-Brown. Details, 703-228-6300.

**Beginners pickleball**, Monday, May 8, 9 a.m., Arlington Mill. Free. Register, 703-228-7369

**Wills and estate planning**, Tuesday, May 9, 1 p.m., Langston-Brown. Free. Register, 703-228-6300

**CCRC contracts explained**, Tuesday, May 9, 1 p.m., Lee. Register 703-228-0555.

**History roundtable topic**, the impact of philosophies on history, Tuesday, May 9, 11:15 a.m., Lee. Register, 703-228-0555.

**Smart Phone photography tips**, Wednesday, May 10, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

**Coastal and river cruising**, Wednesday, May 10, 6:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

**The Russkie Musikanti En-**

**semble** to perform Wednesday, May 10, 11 a.m., Arlington Mill. Free. Details, 703-228-0555.

**Creating storage space**, Thursday, May 11, 10 a.m., Walter Reed. Register, 703-228-0955.

**Annual plant exchange**, Thursday, May 11, 11 a.m. - 2 p.m., Lee. Free. Details, 703-228-0555.

**Evening pickleball**, Friday, May 12, 6 - 10 p.m., Langston-Brown. Details, 703-228-6300.

**55+ Fitness Day**, Friday, May 12, 9 a.m. - 3 p.m., Arlington Mill. Free. Details, 703-228-7369.

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# Strategies for Maintaining Weight Loss

**Study shows lifestyle changes are critical to keep off unwanted pounds.**

BY MARILYN CAMPBELL

**A** 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

“One reason maintenance is so difficult is that your body isn’t seeing that weight loss as a good thing,” said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. “It’s not just will power, it’s biology. It’s your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger.”

The reasons that maintaining a significant

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

“The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them,” said Sanders. “Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight.”

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

“Consistency is [necessary] and a better approach is going to include multiple strategies,” he said. “One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training. Recommendations vary, but should be close to 150-minutes of moderate intensity ac-

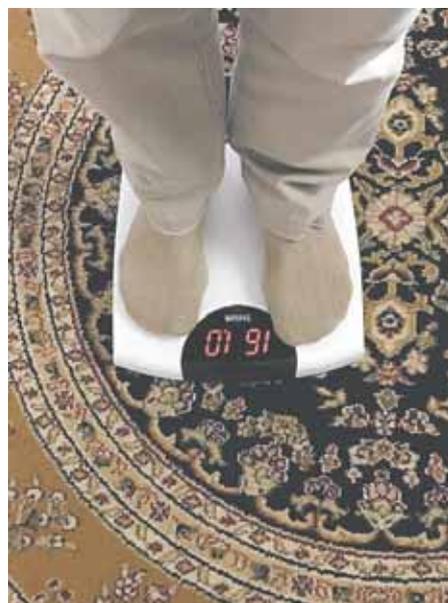


PHOTO BY MARILYN CAMPBELL

**A lifestyle overhaul is necessary to maintaining a desired weight.**

tivity or 75-minutes of high intensity activity each week.”

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. “This is probably the most difficult thing to change, he said. “... [F]or

long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy.”

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. “... [W]e need to eat and drink less sugar,” said Sborz. “Sugar is a big reason why people don’t see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food is must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight.

Exercise is one of the most important aspects of maintaining your weight, adds Rubino. “People have to understand that obesity is a chronic disease,” she said. “You can’t just take medicine and not exercise and eat whatever you want. The medicines help, but you’re not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there’s no magic.”



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# HOME SALES

In March 2017, 254 Arlington homes sold between \$2,825,000-\$140,000. This week's list represents those homes sold in the \$2,825,000-\$757,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

# NEWS

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
2921 GLEBE RD N	5	4	2	ARLINGTON	\$2,825,000	Townhouse	0.09	22207	COUNTRY CLUB HILLS	
2907 KENSINGTON ST N	7	6	2	ARLINGTON	\$2,186,500	Detached	0.32	22207	NORTH ARLINGTON ENGLEWOOD	
1605 EDGEWOOD ST N	5	4	1	ARLINGTON	\$1,994,000	Detached	0.14	22201	LYON VILLAGE	
2523 JEFFERSON ST	6	5	2	ARLINGTON	\$1,875,000	Detached	0.35	22207	LEEWAY GARDENS	
412 GARFIELD ST N	7	5	0	ARLINGTON	\$1,735,000	Detached	0.24	22201	ASHTON HEIGHTS	
2926 24TH RD N	5	5	1	ARLINGTON	\$1,699,000	Detached	0.18	22207	WOODMONT	
4761 24TH ST N	1	2	1	ARLINGTON	\$1,650,000	Detached	0.18	22207	LIVINGSTON HEIGHTS	
6529 29TH ST N	5	6	1	ARLINGTON	\$1,647,000	Detached	0.21	22213	MINOR HILL	
1719 GREENBRIER ST	7	7	1	ARLINGTON	\$1,625,000	Detached	0.19	22205	TARA	
1908 MONROE ST N	6	5	1	ARLINGTON	\$1,620,000	Detached	0.16	22207	CHERRYDALE	
1881 NASH ST #1402	1	2	1	ARLINGTON	\$1,620,000	Hi-Rise 9+ Floors		22209	TURNBERRY TOWER	
5001 34TH ST N	7	7	1	ARLINGTON	\$1,600,000	Detached	0.16	22207	COUNTRY CLUB MANOR	
709 GARFIELD ST N	6	4	0	ARLINGTON	\$1,585,000	Detached	0.12	22201	CLARENDON	
4429 16TH ST N	5	4	1	ARLINGTON	\$1,560,000	Detached	0.19	22207	WAVERLY HILLS	
3401 POWHATAN ST	3	4	1	ARLINGTON	\$1,440,000	Detached	0.32	22207	COUNTRY CLUB HILLS	
937 DANIEL ST N	4	3	0	ARLINGTON	\$1,400,000	Detached	0.19	22201	CLARENDON	
1125 ILLINOIS ST N	5	5	0	ARLINGTON	\$1,380,000	Detached	0.17	22205	LACEY FOREST	
3601 POWHATAN ST	4	5	0	ARLINGTON	\$1,355,000	Detached	0.39	22213	MINOR HILL	
2361 KENMORE ST N	4	3	0	ARLINGTON	\$1,327,000	Detached	0.22	22207	DOVER BALMORAL RIVERWOOD	
821 UTAH ST S	5	4	1	ARLINGTON	\$1,280,000	Detached	0.15	22204	BELMONT POINTE	
2388 DANVILLE ST N	4	4	1	ARLINGTON	\$1,280,000	Detached	0.51	22207	WOODMONT	
2350 LINCOLN ST N	5	4	1	ARLINGTON	\$1,277,500	Detached	0.15	22207	MAYWOOD/WINDY RUN	
3172 QUINCY ST	5	4	1	ARLINGTON	\$1,275,000	Detached	0.20	22207	BELLEVUE FOREST	
4437 33RD RD N	5	3	1	ARLINGTON	\$1,275,000	Detached	0.23	22207	COUNTRY CLUB HILLS	
1300 CRYSTAL DR #1702S	3	2	1	ARLINGTON	\$1,200,000	Hi-Rise 9+ Floors		22202	CRYSTAL GATEWAY	
4119 23RD ST N	5	3	2	ARLINGTON	\$1,190,000	Detached	0.18	22207	LEE HEIGHTS	
4544 26TH ST N	4	3	1	ARLINGTON	\$1,175,000	Detached	0.24	22207	LEE HEIGHTS	
709 KENSINGTON ST N	5	3	1	ARLINGTON	\$1,160,000	Detached	0.17	22205	BON AIR	
2119 21ST RD N	3	3	2	ARLINGTON	\$1,150,000	Townhouse	0.05	22201	HILLCREST	
3516 VALLEY ST N	3	2	1	ARLINGTON	\$1,150,000	Detached	0.33	22207	COUNTRY CLUB HILLS	
2205 EDISON ST N	5	4	1	ARLINGTON	\$1,150,000	Detached	0.19	22207	HIGHVIEW PARK	
1220 FILLMORE ST N #804	2	2	1	ARLINGTON	\$1,080,000	Hi-Rise 9+ Floors		22201	STATION SQUARE	
3309 WASHINGTON BLVD	4	3	1	ARLINGTON	\$1,050,000	Townhouse	0.03	22201	BROMPTONS AT CLARENDON	
5136 10TH ST N	4	3	1	ARLINGTON	\$1,050,000	Detached	0.14	22205	LACEY FOREST	
4628 23RD RD N	4	3	1	ARLINGTON	\$1,025,000	Detached	0.14	22207	LEE HEIGHTS	
4019 25TH ST N	3	3	0	ARLINGTON	\$986,000	Detached	0.34	22207	LEE HEIGHTS	
5142 33RD ST N	4	3	0	ARLINGTON	\$981,000	Detached	0.26	22207	STRAITFORD HILLS	
4420 8TH ST S	4	3	1	ARLINGTON	\$962,000	Detached	0.41	22204	BARCROFT	
3135 THOMAS ST N	3	2	0	ARLINGTON	\$958,300	Detached	0.35	22207	BROYHILL HILLS	
1610 QUEEN ST N #233	2	2	0	ARLINGTON	\$955,000	Mid-Rise 5-8 Floors		22209	GASLIGHT SQUARE	
1509 SCOTT ST N	4	3	0	ARLINGTON	\$951,200	Detached	0.11	22209	COURTHOUSE	
3711 MILITARY RD	4	3	0	ARLINGTON	\$950,000	Detached	0.37	22207	RIVER CREST	
3112 9TH RD N	4	3	1	ARLINGTON	\$927,000	Townhouse	0.02	22201	BERKELEY SQUARE	
5116 37TH ST N	3	2	0	ARLINGTON	\$925,000	Detached	0.29	22207	WOODLAND ACRES	
1004 KENNESAW ST N	4	3	1	ARLINGTON	\$920,000	Detached	0.12	22205	WESTOVER	
1531 WAKEFIELD ST N	4	3	0	ARLINGTON	\$912,000	Detached	0.18	22207	WAVERLY HILLS	
3206 TACOMA ST N	3	3	1	ARLINGTON	\$900,000	Townhouse	0.07	22213	BRANDYMORE AT MINOR HILL	
6024 25TH RD N	4	3	1	ARLINGTON	\$881,000	Detached	0.16	22207	BERKSHIRE OAKWOOD	
739 ALBEMARLE ST N	4	4	0	ARLINGTON	\$879,000	Detached	0.14	22203	MAPLE VIEW PARK	
626 29TH ST S	4	2	0	ARLINGTON	\$875,000	Detached	0.14	22202	OAKCREST	
4010 25TH PL N	3	3	1	ARLINGTON	\$869,500	Detached	0.37	22207	RIDGEVIEW	
6733 26TH ST N	3	2	1	ARLINGTON	\$865,000	Detached	0.18	22213	HEATHER HEIGHTS	
713 31ST ST S	4	3	0	ARLINGTON	\$856,000	Detached	0.16	22202	OAKCREST	
1709 13TH ROAD S	3	3	2	ARLINGTON	\$854,755	Townhouse	0.00	22204	CARVER PLACE	
1881 NASH ST #1505	1	1	1	ARLINGTON	\$852,500	Hi-Rise 9+ Floors		22209	TURNBERRY TOWER	
6291 15TH PL N	4	2	1	ARLINGTON	\$852,000	Detached	0.19	22205	MADISON MANOR	
3733 NELSON ST	4	3	0	ARLINGTON	\$843,000	Detached	0.23	22207	RIVER CREST	
1715 13TH ROAD S	3	3	2	ARLINGTON	\$835,970	Townhouse	0.00	22204	CARVER PLACE	
2600 HAYES ST S	4	3	0	ARLINGTON	\$831,500	Detached	0.19	22202	AURORA HILLS	
446 PARK DR N	3	2	2	ARLINGTON	\$830,000	Townhouse	0.03	22203	CATHCART SPRINGS	
4339 26TH ST N	3	2	0	ARLINGTON	\$820,000	Detached	0.39	22207	BROYHILL HILLS	
4317 LORCOM LN	4	2	0	ARLINGTON	\$820,000	Detached	0.33	22207	LEE HEIGHTS	
3439 KEMPER RD	3	3	1	ARLINGTON	\$814,990	Townhouse	0.03	22206	SHIRLINGTON CREST	
4425 1ST RD S	4	3	0	ARLINGTON	\$813,000	Detached	0.21	22204	BARCROFT	
1812 CULPEPPER ST N	5	3	1	ARLINGTON	\$810,000	Detached	0.10	22207	ARLINGTON	
3911 9TH ST S	4	3	0	ARLINGTON	\$805,000	Detached	0.24	22204	ALCOVA HEIGHTS	
1530 KEEL BLVD #518	3	3	0	ARLINGTON	\$800,000	Hi-Rise 9+ Floors		22209	THE ATRIUM	
406 LIVINGSTON ST N	4	3	0	ARLINGTON	\$789,000	Detached	0.17	22203	BVD MANOR	
2018 WOODROW ST N	4	2	0	ARLINGTON	\$779,000	Detached	0.14	22207	WAVERLY HILLS	
4619 4TH RD N	3	2	2	ARLINGTON	\$777,026	Townhouse	0.04	22203	CATHCART SPRINGS	
6814 27TH ST N	4	3	0	ARLINGTON	\$775,000	Detached	0.21	22213	ARLINGTON	
6125 WASHINGTON BLVD	3	2	1	ARLINGTON	\$767,245	Detached	0.20	22205	OVERLEE KNOLLS	
1508 KENTUCKY ST N	3	2	0	ARLINGTON	\$766,575	Detached	0.12	22205	RAY KEENE S ADD WESTOVER	
1231 NASH ST N #1	2	2	2	ARLINGTON	\$765,000	Townhouse		22209	OVERLOOK TOWNHOUSES	
4612 2ND ST S	3	2	1	ARLINGTON	\$761,000	Detached	0.11	22204	BARCROFT	
3808 PERSHING DR N	3	2	0	ARLINGTON	\$759,900	Detached	0.13	22203	ASHTON HEIGHTS	
1201 GARFIELD ST #607	2	2	1	ARLINGTON	\$757,000	Hi-Rise 9+ Floors		22201	CLARENDON	

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PHOTO CONTRIBUTED

**Volunteers sort food at the Arlington Food Assistance Center.**

## Supporting Nonprofits

More than 100 local volunteers from various Chamber of Commerce member businesses and organizations lent a helping hand to area nonprofits as part of the 18th Annual Volunteer Arlington Day. Produced each year by the Arlington Chamber of Commerce's Community Action Committee, this day of service provides an opportunity for nonprofits to develop relationships with Arlington businesses, and for businesses to enjoy an afternoon of team-building while giving back to the community.

The participating nonprofits had a variety of tasks for volunteers. Some of these tasks included restocking and sorting food drive donations at the Arlington Food Assistance Center (AFAC) and cleaning and organizing classrooms at Arlington Arts Center.

Volunteers included employees from a variety of industries and businesses in Arlington. Member groups who participated today in-

clude: Access National Bank; Arlington Community Federal Credit Union; Arlington Strategy; BB&T; Caulkins & Bruce, PC; Clarendon Animal Care; Design TLC, LLC; Dittmar Company; DoubleTree by Hilton Washington DC-Crystal City; Encentric, Inc.; Esoarc Studio; Expo Branders; Lafayette Federal Credit Union; Merrill Lynch; Piedmont Office Realty Trust; Segue Technologies; United Bank; Urban Alliance; Washington First Bank; and Waterford, Inc.

The nonprofit organizations who participated were: Arlington Arts Center; Arlington Food Assistance Center; Arlington Medical Society; Arlington Partnership for Affordable Housing; Arlington Thrive; Arlingtonians for a Clean Environment; BallstonGives, Inc.; Community Residences; Culpepper Garden; Linden Resources; Offender Aid and Restoration; Phoenix Bikes; and The Reading Connection.

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# Celebrating the Grand Opening of Union on Queen

The Bozzuto Group and non-profit developer Wesley Housing Development Corporation were joined on April 26 by state Sen. Barbara Favola and representatives from the Virginia Housing Development Authority and Arlington County to celebrate the grand opening of Union on Queen, a mixed-income, multifamily community. The community offers 193 apartment residences, of which 78 (40 percent) are designated as affordable housing.

Support was given to this project from Arlington County and the Virginia Housing Development Authority as well as from financial partners Capital One, Hudson Housing, Walker & Dunlop and Freddie Mac.

At Union on Queen, housing is affordable to households earning 50 percent and 60 percent of area median income. By creating mixed-income communities with affordable housing options, teachers, police officers and firefighters, as well as low-income renters such as service workers with jobs essential to the community (restaurant staff, retail clerks, cashiers, daycare workers, hairdressers, maintenance technicians and security guards), or retired people living on Social Security income, can live in the



Representatives from the Development Team of Bozzuto and Wesley Housing were joined on April 26 by partners from Arlington County and the Commonwealth of Virginia to cut the ribbon and celebrate the grand opening of Union on Queen, a mixed-income, multifamily community.

neighborhoods where they work. Union on Queen dedicates 41 percent of its site to open space. It also received the first EarthCraft-certification for a high-rise community in the Commonwealth of Virginia.

Union on Queen is located at 1515 N. Queen Street in downtown Arlington, with access to Route 50, 1-66 and the George Washington Parkway. This 12-story, LEED Silver certified development is considered a transit-oriented community because of its proximity to the Orange, Blue and Silver Metro lines at the Rosslyn and Courthouse stations.

Union on Queen's floor plans include studio apartments as well as one, two, and three bedrooms. Its amenity spaces encourage neighbors to socialize and interact. The community's outdoor living areas flow into a landscaped patio with seating surrounding outdoor kitchens next to a fire pit and green space. The rooftop deck with fireside lounge, coffee bar and kitchen offers views of the United States Capitol building.

Architectural firm Davis Carter Scott designed Union on Queen, with interior design by Design Works. Bozzuto Construction Company served as the general contractor.

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## Legals

### ABC LICENSE

Silver Diner Development LLC trading as Silver Diner, 3200 Wilson Blvd, Arlington, VA, 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage license to sell or manufacture alcoholic beverages. Robert Giaimo, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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**THE CONNECTION  
NEWSPAPERS**

## NEWS BRIEFS

FROM PAGE 2

his vehicle and attempted to flee the scene on foot. Following a brief foot pursuit, the suspect was taken into custody without further incident.

A 32-year-old man of no fixed address was arrested and charged with attempted malicious wounding on law enforcement, felony eluding, felony hit and run, misdemeanor identity theft and driving while suspended. At the time of the incident, he was wanted in Arlington County and Anne Arundel County, Md.

## Board Honors Park Volunteers

Paul Holland and Yu-hsin Hsu were recognized by the Arlington County Board on Tuesday, April 25 as the 2016 recipients of the Bill Thomas Outstanding Park Service Volunteer Award for demonstrating a passionate dedication and support for our dynamic programs, natural resources and public open spaces.

Holland was recognized for being a leading voice for park and recreation spaces in Arlington. He has served on the County's Park and Recreation Commission, Mosaic Park Planning Task Force and as the Park and Recreation Commission's representative to the Realize Rosslyn planning effort and as a member of the Western Rosslyn Area Planning Study.

Hsu was recognized for donating her time for the good of Arlington's green spaces and wildlife. She has volunteered with Long Branch Nature Center, the Arlington Central Library pollinator garden, the Natural Resources Management Unit and Arlington Regional Master Naturalists. In addition, Hsu has worked with the Department of Parks and Recreation's Natural Resources Management Unit, educating and involving children in the removal of invasive plants.

## Park Improvements Coming

The County Board approved on April 25 contracts to upgrade the playgrounds and picnic shelter at Oakgrove Park and add a restroom/picnic pavilion and futsal court at Tyrol Hills Park.

The board voted 5 to 0 to approve a \$620,404 contract, (including \$56,400 contingency), with Playground Specialists, Inc. to replace the existing tot lot and picnic shelter and add play equipment for children 5-12 years old at Oakgrove Park. The project also will improve accessibility for persons with disabilities, improve stormwater management, and add furnishings and landscaping at the 3.4-acre park, located at 1606 North Quincy Street. Funding is available from a voter-approved Neighborhood Conservation Bond. Construction is expected to last about four months.

The board's action followed its 5 to 0 vote on Saturday, April 22 to approve a \$1.1 million contract, to Bennett Group, Inc. to build a restroom/picnic pavilion and futsal court at Tyrol Hills Park, located at 5101 7th Road South.

The project also will include site clearing; earthwork; drainage; underground stormwater management; concrete and asphalt work; permeable pavers, and site furnishing. Structures will be made accessible for persons with disabilities.

Tyrol Hills is a 3.36-acre park bordered on the south by 7th Road South and by Glencarlyn Park to the north. It has jogging and walking trails, nature trails leading to Glencarlyn Park, a lighted basketball court, playground and picnic shelter.

The approved budget for the project is \$1.55 million, which includes design, construction, project management and other soft costs. Funding is available from Fiscal Year 2017 bond funds for the Park Master Plan program. Some \$185,000 of design and pre-construction services were previously funded in FY 2013. Construction is expected to last about nine months.

## Rosslyn Farmers Market

The County Board approved a use permit and license agreement on April 22 for a farmers market on the public plaza at Central Place in Rosslyn. The applicant, FreshFarm Markets, plans to operate on Wednesdays 4-8 p.m. from April through November and anticipates 6-10 vendors during the first year.

Arlington already has eight farmers markets operating in commercial/mixed-use districts across the county. FreshFarm operates markets in the Ballston and Crystal City neighborhoods.

The board voted 5 to 0 to approve the use permit and license agreement. The approved market will be close to the Rosslyn Metro Station and parking is available in nearby parking garages.

## Kenney Wins Leadership Award

**M**elissa Kenney, Doorways for Women and Families' volunteer resources manager, has received the Leadership Center for Excellence's 2017 Volunteer Arlington Leadership Legacy Award.



**Melissa Kenney**

Kenney started at Doorways as a volunteer where she logged more than 350 hours in three years helping survivors of sexual and domestic violence and families experiencing homelessness at Doorways' Domestic Violence Safehouse and Freddie Mac Foundation Family Home. Her roles included answering Doorways' 24-Hour Domestic & Sexual Violence Hotline, providing shelter coverage at the Safehouse, and supporting Children's Services. Now, she works to train other volunteers to help carry out Doorways' critical mission, including Sexual Assault Response Advocates (SARA volunteers).

Doorways for Women and Families is a nonprofit, community service organization that creates pathways out of homelessness, domestic violence and sexual assault leading to safe and stable lives.

Visit [www.DoorwaysVA.org/volunteer](http://www.DoorwaysVA.org/volunteer) for more.

## Join in 55+ Fitness Day

National Fitness Month is being celebrated by Arlington's Office of Senior Adult Programs with a day-long program of fitness related activities, Friday, May 12 at Arlington Mill Senior Center, 909 S. Dinwiddie St. The 55+ Fitness Day will highlight many of the fitness programs offered at all senior centers throughout the year.

The demonstrations and classes will begin at 9 a.m. and end at 3 p.m. and will include strength training, stretching, high intensity exercises, seated exercises, dance fusion, line dancing, pickleball, balance, meditation and more. The program will also feature a cornhole toss contest, healthy cooking demonstration and information booths.

There is no admission fee. Register at 703-228-4771 or [jweber@arlingtonva.us](mailto:jweber@arlingtonva.us).

## BULLETIN BOARD

FROM PAGE 10

affecting the lives of older adults and their loved ones. Visit [www.facebook.com/agingmatterswera](http://www.facebook.com/agingmatterswera) to listen to programs.

**Volunteer Bike Repair Night.** First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

**Public Financial Fraud, Waste and Abuse Hotline.** The Arlington County offers public hotline as a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Submit a complaint at 1-866-565-9206 or at [arlingtonva.ethicaladvocate.com](http://arlingtonva.ethicaladvocate.com). Available in English and Spanish.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>						

## Hear Ye, Hear Ye



By **KENNETH B. LOURIE**

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town crier - without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.").

*Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com).*

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

**5**

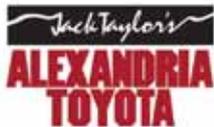
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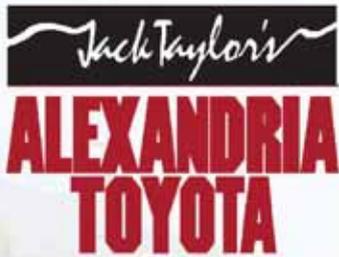


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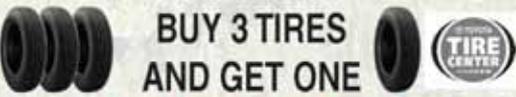
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