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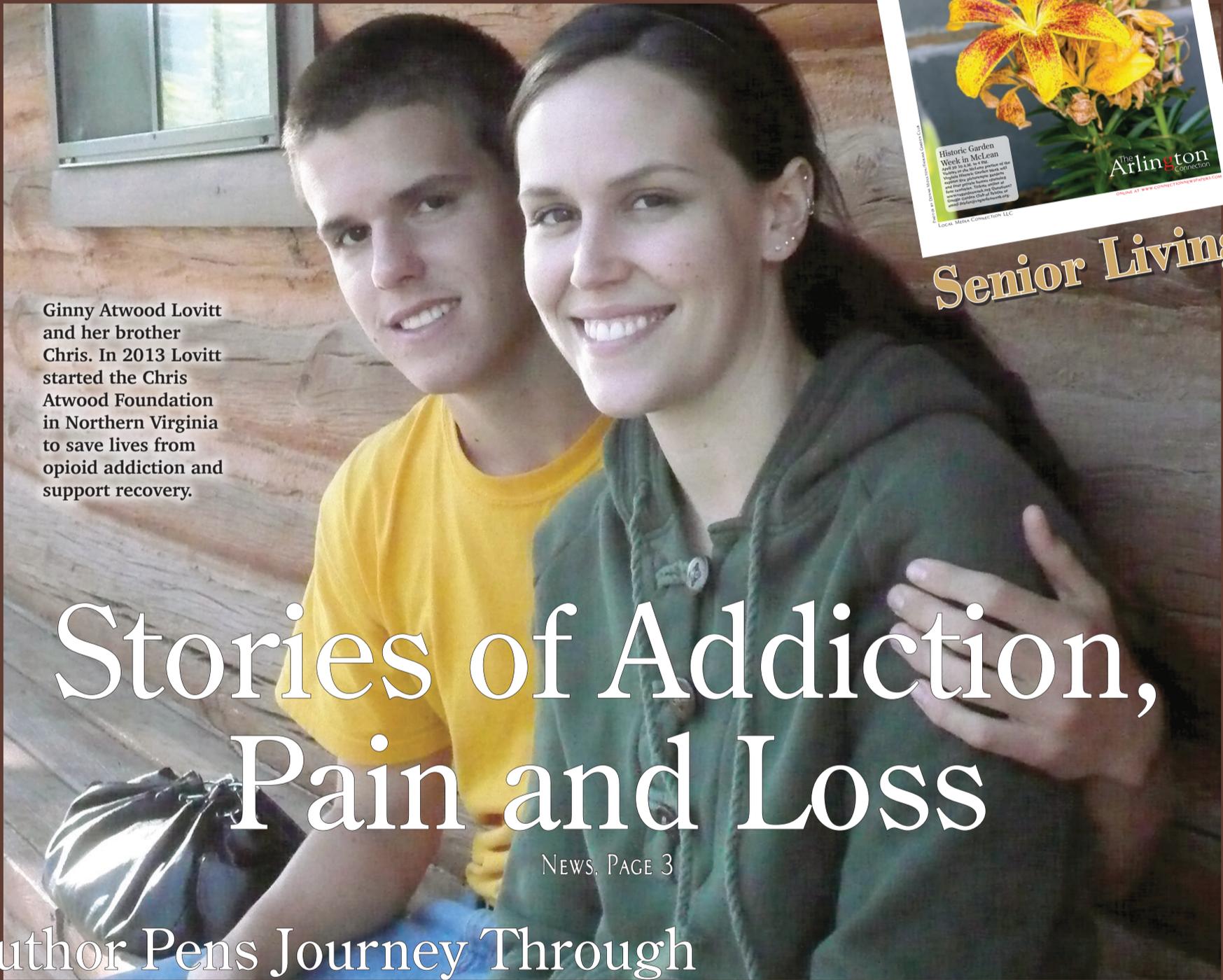
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The Arlington Connection



Ginny Atwood Lovitt and her brother Chris. In 2013 Lovitt started the Chris Atwood Foundation in Northern Virginia to save lives from opioid addiction and support recovery.

Stories of Addiction, Pain and Loss

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Tier II Budget Cuts Proposal Creates Uproar

Cuts threaten Equity and Excellence, crew, TJ access, libraries.

BY EDEN BROWN
THE CONNECTION

They walked up to the speaker's podium, one by one: students, parents, teachers. Each one of them had a story to tell about what had made Arlington Public Schools (APS) special to them or changed their lives — but was in danger of being taken away. Most if not all of the Wakefield, Yorktown, and Washington and Lee crew teams were in the crowd to speak about how crew changed their lives. The same themes were heard again and again: Crew is an inclusive sport, the only one which is a no-cut sport, that takes girls and boys regardless of experience or ability, that doesn't require that you start it at age 6. Crew gives students a second home. It teaches discipline, a strong work ethic, and teamwork. It reached out to handicapped kids. For some, it's the reason they go to school. For others, it is the only way they could afford to attend college. Rebekah

Nance spoke of crew reverently: "I come from a low income family: the support of the crew team boosters helped me pay the fees I couldn't afford. I got a full ride to college because of this sport." Speakers noted that a decision to cut crew — and not other, less inclusive sports — was a slap in the face to minority students, and given that crew is the least expensive sport, per participant, of any other high school sport in the budget, singling it out for cuts was hard to understand, particularly since it was the sport with the highest college scholarship record. Next up were the students who protested the proposed cut to Minority Achievement counselors or Equity and Excellence coordinators. Kristen Alleyne, a Washington and Lee junior, said she initially found herself struggling with adjusting to the Washington and Lee environment, where she was often the only Black student in many of her AP courses. "I spent many afternoons crying in the office of Mr. Sample," (James

Sample, Equity and Excellence Coordinator, Washington and Lee), she said. "It was my safe space ... I surely hope the presence of many minority students sitting in the first row here tonight has been noticed by the School Board ... I truly believe that the success and support of minorities in APS is worth way more than the \$330,000 saved by cutting this from the budget." Other Tier Two cuts which disturbed local parents and students: Cutting busing to the Thomas Jefferson High School for Science and Technology, the Virginia Governor's school to which APS students go via bus. The cuts would make that impossible for most students — disproportionately for lower income students. Cuts to librarian assistants, who, as Librarian K.C. Hoffman said, "are not just keepers of the books, but part of the whole family. We sometimes are the place kids come who don't want to go to recess, or we might fix someone's hair at the beginning of the day, or provide



PHOTO BY EDEN BROWN/THE CONNECTION

Musse Yimer, in green, captain of the Wakefield Crew team, and his crew teammates, stood up to support the next speaker about crew. He said: "Crew taught me confidence, leadership and collaboration. Coming to this country only 7 years ago, this sport took me in as a freshman and has built for me friendships and family, and enabled me to get a college scholarship. I also learned to care for others: our 'Athletes without Limits' program for rowers with disabilities taught me how to be more selfless."

advice." Many of the cuts, unintentionally or not, appeared aimed at the positions which provide emotional and social support to students, and many comments implied the rationale for cuts did not seem to take into account qualitative value. Physics teacher Dan Carroll noted in his remarks SEE PROPOSED CUTS, PAGE 5



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Students Tell Their Story

One former Yorktown high school (YHS) graduate, Cristian Carrillo, who is about to graduate from Bucknell University, talked about what a difference it made to him to have the Equity and Excellence coordinator, Shari Benites, to talk to. "I was raised by a single mother who was Guatemalan and only studied until middle school. I was supposed to attend Wakefield High but they redrew the districts so I came into YHS as a freshman — the demographics were really different — I had been at Gunston Middle School which is in south Arlington. I was struggling. But I was introduced to Mr. Lomax, an assistant principal, and he introduced me to Ms. Benites (Shari Benites, Equity and Excellence counselor at Yorktown High). These positions were formed to help eliminate the achievement gap. But she played a role in my scholarly development, and also provided me with emotional support. If you had problems you could go directly to her. She'd point you to the right person.



Cristian Carrillo

"She played a huge role especially when she nominated me to

the minority achievement network as a leader. They saw potential in me that I didn't even see myself. That's when I started to see the impact she had on students. She'd help people fill out forms for scholarships. I would be the first person in my family to graduate from college, and no one in my family knew how to fill out forms like that. I got no help from anyone but her. I didn't really know how to navigate all that. I had no real hope of ever being able to pay for college without financial help. She helped me prepare for interviews, telling me I was a born leader and to just be myself. No one else was telling me this. "Even after I got my Posse scholarship — specifically that comes from the Posse Foundation, I really doubted myself. I was worried about taking someone else's spot at Bucknell and failing; it was an elite institution and what if I couldn't get through? What if I failed? My mother was worried about me leaving. She wanted me to stay in the area and apply to NOVA. I had to talk to Ms. Benites about it. I was so emotional. She

SEE STUDENTS TELL, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

Stories of Addiction, Pain and Loss

Lovitt leads opioid crusade after loss of brother.

BY SHIRLEY RUHE
THE CONNECTION

This is the third in a series of articles on opioid addiction in Arlington County.

Ginny Atwood Lovitt remembers her 12-year-old brother Chris would bring her breakfast in bed — scrambled eggs, toast, coffee, jam in those little jars. “He would go all out to make people happy. At Thanksgiving when everyone was in a coma after dinner he would rub their back, as if you could feel any better.”

But she says his really soft heart made him vulnerable to all the pain in the world, to a deep feeling of depression. In his early teens he started experimenting with different drugs, “but we didn’t really know. He was mostly acting normal.” She says he got in trouble a couple of times when he attended high school in Arlington, “but he was a zany, funny person and we thought he was just being wild and crazy Chris.”

“I don’t think my parents or I knew at all until he got addicted in 2007 to heroin at 15. He was losing weight rapidly and his sleeping schedule was off. That’s the first sign.” Lovitt said Chris was acting sullen so her mother looked around his room and found a syringe. He had taped it on the inside of the amp for his electric guitar.

Lovitt said it took a while to really admit



Ginny Atwood Lovitt and her brother Chris.

it. “He was in and out of treatment places for six years. He would be in a period of recovery and then relapse. He was in six different places, considered to be top notch. But they didn’t get it.”

The programs were abstinence based — spend two weeks or a month, basically in detox and “send you on your way. Don’t do that again.” Lovitt said, “Now we know it takes three months at a bare minimum and up to a year.” She said, “My parents did a lot of research. We just didn’t know. And they didn’t have enough family support.”

She says Chris ended up on medically assisted treatment, which is considered the gold standard today but back then there was a stigma. Lovitt says Chris was doing really well with Suboxone and was able to go back to school and finish. He was going to the gym every day. “Unfortunately while there

is marginally more support for medically-assisted treatment today, there is still a prevailing stigma against these medications in the 12-step recovery plan — that you don’t count, that you wouldn’t fully fit in until you went off these medications your doctor recommended. That was deadly for someone like Chris who was just figuring out life and trying to enter the career world. So he went off his medication early and he died less than two months later.”

In 2013 Lovitt started the Chris Atwood Foundation in Northern Virginia to save lives from opioid addiction and support re-

covery. She said, “We know a lot more but if we look at it, it is embarrassing, the slow progress.” Lovitt has been working to eliminate the barriers to distribution and availability of Narcan, the only drug known to be effective in recovery of opioid overdose victims. She has been active in getting legislation enacted in the Virginia General Assembly, has equipped 3,000 people to reverse overdoses and has gone out on the streets to find people at high risk. “Addicts don’t put a training session on their calendars three weeks in advance.” But she said, “How slow progress moves.”

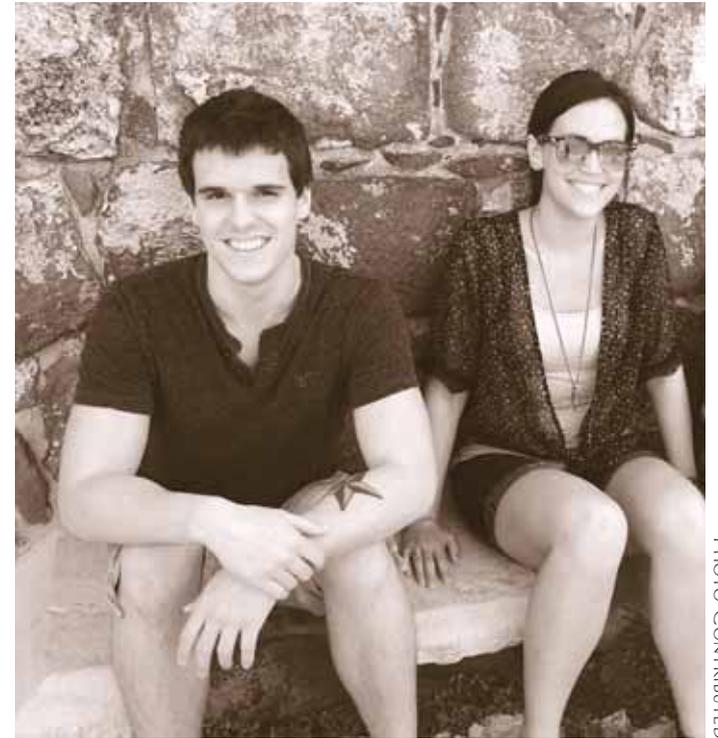


PHOTO CONTRIBUTED

A Resident’s Road Back from Addiction

“We relapse — that’s what we know how to do.”

BY SHIRLEY RUHE
THE CONNECTION

It’s almost been five years. June 2 will be one Arlington resident’s “locked in clear date” from when he stopped using drugs and acknowledged a problem. “I got drug along the bottom.” If it hadn’t been for a parole violation that threatened actual jail time and led him to court-ordered treatment, “I’d probably be dead today with the amounts I was using.”

He grew up in Arlington where it all started in adolescence, being a part of what his peers were doing and smoking pot. There were 20 some years of partying “marijuana and alcohol, acid and ecstasy.” He said he had a good job, got promotions, paid his bills. “By outward appearances I seemed normal.”

It wasn’t until his 30’s that he moved to opioids, and it became a habit. “That’s when I started going into rapid decline.” He said,

“I never had a prescription itself.” But he says in the 2000’s opioids were very poorly regulated. He says they were traded on the street and “the VA is notorious for overprescribing, and veterans sell opioids when they are desperate for money.” He added, “In our society we have a pill for everything.”

He says the mind of an addict is one of denial. “They say I’m just going to drink and smoke pot.” It took him five trips to social detox (non-medical) on Columbia Pike before he acknowledged he had a serious problem. But these were two-week sessions, “and your brain chemicals take two years to completely stabilize. Even after 90 days of treatment, craving can cause a physiological reaction — your stomach churns, blood pressure responds, sweating.” Pretty soon after these sessions he would return to using.

When he was finally remanded by the court to treatment, “I wasn’t a willing par-

icipant. Under duress of law I was in the Patient Recovery 90-day inpatient program, then I went to Independence House for a year. I managed to keep clean.” But even starting the process it was about a year down the line until he had a wake up call. “People were dying around me. There have been a lot of funerals in the time I’ve been around.”

“It was really here that he had an epiphany.” He says Independence House was a good structured environment. “It had been years since I made my own bed. I had lost life skills.” He said he had been self-employed. “No, you’re not. They wanted to know where I was 40 hours a week.”

He says unfortunately there isn’t help for everyone who needs it. “You have to be willing to walk the walk. After almost five years off, I have memory bubbles pop up of using. But I can pretty easily shut them down.”

He says it was a perfect storm that came

SEE ROAD BACK, PAGE 15



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Looking forward to his five-year “locked in clear date” free of drugs.

NEWS

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Paul Diehl (AOEA); Todd Parker, AOE board president; Scott Kovarovics (AOEA); supporters Sandy Horwitt; Joan Horwitt; Mary Ann Penning (AOEA); Swanson student Henry Brys and his mother Jamie Brys waited four hours to address School Board Chairman Reid Goldstein during his office hours on the topic of Outdoor Lab cuts.

Outdoor Lab Faces Budget Cut

Visits to the lab by APS students would cease.

BY EDEN BROWN
THE CONNECTION

At a meeting of the school board on March 28, advocates of the Outdoor Lab spoke out about the Tier II budget cuts proposed in the superintendent's budget document. The staff, buses, and educational programs at the lab are not currently funded.

Students, parents, and teachers who value the Outdoor Lab as a resource spoke out about the cuts at the meeting. "For students with ADHD (Attention Deficit and Hyperactivity Disorder) physical learning is most impactful; the one thing they will never forget is the Outdoor Lab," said Nicole Merlene, who went through APS K-12 with severe ADHD. "The physical nature of the Outdoor Lab was able to teach us in a way that cannot be replicated in any other setting and that is important as we increasingly rely on screens"

MaryAnn Penning retired six years ago from APS after teaching fifth grade and raising four daughters in APS. She saw firsthand the effect it had on her students and her children. "The lab visits were a unique experience, quite unlike anything else in Arlington, especially for the kids in my classroom who had trouble sitting still. When they got to the lab, I had no problems with them."

"Arlington Public Schools leased the property but the big joke was that it was a lease for one dollar a

year and they never paid the bill," Penning said. The schools provided staff and buses to take students out to the lab. Each year students paid \$10 dues to help defray the costs. With 6,000 to 9,000 students a year coming out, APS helped pay \$110,000 of operating costs.

The program costs \$700,000 to operate. If the budget does exclude the lab, the lab itself won't change, but students won't be able to come out. The fifth graders will lose their overnight. The overnight visit is important, said Penning. "It is, in fact, the 'jewel in the crown.'"

The APS School Board suggested the nature field trips could be continued on a reduced basis with trips to the Arlington nature centers, specifically Gulf Branch and Long Branch centers. Ironically, the County Budget specifically cites cuts to those same centers, and APS visits to them: "Program offerings would be reduced by up to half with impacts to summer camps, native plant sales, environmental education programs, birding trips, and specialty visits within other DPR and County programs. All Arlington Public Schools (APS) visits would be eliminated."

To express views on cuts to the Outdoor Lab to the school board, email: school.board@apsva.us or call 703-228-6015, to leave a voicemail for School Board and individual board members. Residents with an interest in the budget process can also visit the arlington county hearings on the budget or email: county.board@arlington.us.

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PHOTOS BY EDEN BROWN/THE CONNECTION



The budget meeting was standing room only which included a cohort of students who had benefited from the programs subject to Tier II cuts.

Proposed Cuts Create Uproar

FROM PAGE 2

to the board: “There was a reason you decided to increase the number of social workers at high schools: Do you think that reason is just gone? It isn’t.”

School Board Chair Reid Goldstein reminded the attendees that the school budget was a proposal, not a finalized document, and reiterated his appreciation for those who had come forward to speak. The upshot of the long meeting was a motion proposed by School Board member Monique O’Grady to direct School Board chair Goldstein to convey to the County Board that additional funds would be necessary. O’Grady said she looked forward to considering more cuts but felt the need to register concern to the county early in the process.

To comment to the School Board about the budget, contact individual board members or email the board at school.board@apsva.us. To comment to the county on the budget, contact individual county board members or email:



Mark Golden and son waited for his turn to speak at the budget hearing. He was speaking about Arlington high school students having access to Thomas Jefferson High School for Science and Technology.

county.board@arlington.us and learn more about the county budget see: <https://budget.arlingtonva.us/fy-2020-budget-information/>.

Students Tell Their Story

FROM PAGE 2

told me that it would be difficult, but that I should stop thinking short term and start thinking long term. I went ahead and accepted the scholarship, went to Bucknell, and developed the potential she thought I had. I’ll be graduating and getting a good job at Deloitte. I never could have believed I would be capable of taking a job like this 10 years ago. This is why I always talk to people about her because I was so close to rejecting a full scholarship and she got me to accept it.

“When a student is able to attend college, it makes such a difference. You start to meet people from other backgrounds. Social capital is so important. I’ve made some incredible connections through my friends at college. Shari Benites had always said to me: go out and meet new people — and she was right.”

Jade Northover, a senior at Yorktown High this year, said: “Everything Mrs. Benites has done in my life is huge. She has helped me all throughout my high school career. She’s helped me when my grades were bad; she helped me talk to my teachers and find a solution to the problem. She has helped me



Jade Northover

with depression; whenever I was down, Mrs. Benites was the person I would always go to talk to. Honestly, I believe if it wasn’t for Mrs. Benites, I don’t think I would be graduating high school this year.

“If I didn’t have Mrs. Benites, I probably wouldn’t have had all of the opportunities that I have had these past four years, such as getting interviewed to be on the news, twice, once in English and once in Spanish, being able to go to the MSAN (Minority Student Achievement Network) Conference and meet some great people. I have gained a lot of skills, opportunities, and happiness being around Mrs. Benites and spending time with her everyday. My school counselor has also helped me, but the only thing is that Mrs. Benites is more available than counselors because they have a lot of meetings and they have other students to care about. With Mrs. Benites, I can go to her and if she knows that I need to talk to her she’ll find me as soon as she is free.”



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Kenmore Praised For Inclusion Efforts

Kenmore Middle School is receiving recognition as a national banner Special Olympics Unified Champion School for its efforts to provide inclusive sports and activities for students with and without disabilities. The Special Olympics Unified Champion Schools program is aimed at promoting social inclusion through intentionally planned and implemented activities affecting systems-wide change.

Kenmore is receiving this honor as a result of meeting national standards of excellence in the areas of inclusion, advocacy and respect. A banner presentation and unified basketball game will take place at the school on April 12 from 1 to 2 p.m. with Michele Steele from ESPN, Special Olympics Virginia President Rick Jeffrey and Kenmore Principal David McBride.

Kenmore is among five schools to receive this distinction, being chosen specifically from the 131 schools to achieve recognition in 2018. They will be presented with a banner to hang in their school and be included on a list of other schools around the country who have achieved this status. Visit www.specialolympicsva.org.

Police Target Human Trafficking

A two-day joint operation on March 21-22 by the Arlington County Police Department and the FBI Washington Field Office's Child Exploitation and Human Trafficking Task Force located victims of human trafficking.

Utilizing various investigative methods to identify classified ads advertising prostitution in Arlington County, the operation resulted in eight misdemeanor and two felony charges.

Human trafficking is an issue facing communities throughout the country and the Arlington County Police Department is committed to thoroughly investigating all reported incidents. If anyone has information about a potential trafficking situation in Arlington County, call the Emergency Communications Center at 703-558-2222 or 9-1-1 in an emergency. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477). Those with information about a potential trafficking situation throughout the country, call the National Human Trafficking Resource Center (NHTRC) at 1-888-373-7888. NHTRC is a national, toll-free hotline, with specialists available to answer calls from anywhere in the country, 24 hours a day, seven days a week, every day of the year related to potential trafficking victims, suspicious behaviors, and/or locations where trafficking is suspected to occur.

BULLETIN BOARD

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

NOW THROUGH MAY 6

Spring Cleaning for Water Pipes. Crews at the Washington Aqueduct will begin the temporary disinfectant switch from chloramine to chlorine. The annual switch is part of a routine program to clean and maintain the drinking water systems. During the cleaning, Arlington's Water, Sewer, Streets Bureau will continually monitor the output for safe chlorine levels as well as conduct system-wide flushing to enhance water quality. Concurrently,



PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

Nowhere To Go

Cars weaved through Arlington back streets like a spider web, in a diversion of traffic around an overturned oil truck on the American Legion Bridge on Thursday, March 27 at 2 p.m. Traffic was rerouted around the Beltway onto alternate routes. Bumpers from side streets wedged into mainstream traffic on Glebe Road and sat in the middle of intersections through successive red lights, blocking traffic on the other side of the road. A man opened his car door, ran into the dark down the block and returned to his car a minute or two later. The car was still sitting in the same location. Some people slept in their cars. One driver reports sitting in traffic on Glebe Road headed toward Chain Bridge for 62 minutes three blocks from home. Thirteen hours later the truck was removed so traffic could reopen.

staff will also start systematically flushing fire hydrants throughout the County. Running the cold water tap for about two minutes, using water filters and letting water sit in a container in the refrigerator are generally effective for removing chlorine taste and odor. Visit water.arlingtonva.us/water/ for more.

FRIDAY/APRIL 5

Annual Legislative Breakfast. 7-9 a.m. at Army Navy Country Club, 1700 Army Navy Drive, Arlington. Leadership Center for Excellence is hosting the 8th Annual Legislative Breakfast. The local legislative delegation will share personal insights on leadership during the recent Virginia

General Assembly Session and answer audience questions. Scott McCaffrey, Managing Editor of the Sun Gazette, will moderate the panel. Tickets include breakfast and are available at leadercenter.org.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe

SEE BULLETIN, PAGE 14

NEWS DEPARTMENT: arlington@connectionnewspapers.com

Steven Mauren
Editor
703-778-9415
smauren@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
arlington@connectionnewspapers.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

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

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly, Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
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PHOTOS BY DONNA MOULTON/FAIRFAX GARDEN CLUB

Historic Garden Week in McLean

April 30 10 A.M. to 4 P.M.

Visitors to the McLean portion of the Virginia Historic Garden Week will explore five picturesque gardens and four private homes spanning four centuries. Tickets online at www.vagardenweek.org Questions? Google Garden Club of Fairfax or email fairfax@vagardenweek.org.

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Historic Garden Tour Comes to McLean

History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary.

The Garden Club of Fairfax will host this year's House & Garden Tour, part of the 86th Historic Garden Week in Virginia. McLean is the site for this year's tour hosted by The Garden Club of Fairfax.

Visitors to the McLean Tour will explore five picturesque gardens and four private homes spanning four centuries. History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary properties.

The McLean tour on Tuesday, April 30, from 10 a.m. to 4 p.m. showcases exciting gardens, creative flower arrangements, and unusual private homes, each with intriguing stories behind them.

The tour includes a mix of historic, traditional and contemporary homes ranging from a home built in the 1750s with ties to the Revolution and used as a hospital during the Civil War, to a contemporary Japanese-influenced home built on a hillside with terraced gardens, a pool and patio that are perfect for entertaining.

BIENVENUE, CHURCHILL ROAD, McLean. Previously called "Benvenue," the name of this 18th century Colonial home was reportedly changed when General Charles de Gaulle visited and said that the correct spelling was "Bienvenue."

Built in 1754 using sandstone from a nearby quarry. Furnishings and decorative art throughout the home combine historic, contemporary and whimsical pieces collected by the homeowner from travels and local and international sources. Union troops occupied the property during the Civil War when the house served as a field hospital. Bullets and a cannonball were found in the walls, while medicine bottles, surgical instruments and horseshoes were discovered under the carriage house floor during renovation. A massive sycamore tree next to the house is believed to be the oldest and largest in Fairfax County. Dr. Karen L. Kierce, owner.



PHOTOS BY DONNA MOULTON/FAIRFAX GARDEN CLUB

Bienvenue on Churchill Road in McLean was built in 1754 using sandstone from a nearby quarry. A new wing was added in 1929 to include indoor water.

OLD LANGLEY ORDINARY 1101 Chain Bridge Road, McLean. Built shortly before the Civil War, this Federal Farmhouse style building served as headquarters for Union Gen. George McCall. After the war it became an ordinary, a tavern or meeting-house. Located just a few miles from the Potomac River crossing at Chain Bridge, it was an important stopping-place for travelers and for farmers transporting livestock and wagons to merchants across the river in Georgetown. The homeowner's extensive collection of traditional Americana is displayed throughout. Wraparound porch with outdoor living space includes a kitchen and double-sided outdoor fireplace. The original carriage house is now a guest-house with American flags, painted by the homeowner, displayed on an exterior wall. Garden beds surrounding the home feature indigenous Virginia plantings with roses, sedum, hydrangea and 900 tulips.

OLD CHESTERBROOK ROAD, McLean. Built on a hillside, the long, clean horizontal lines of natural stone, wood and glass in this contemporary home reflect Japanese influence. In addition to subtle indirect lighting throughout the home, a paper chandelier by artist Oh Mei Ma is suspended from a soaring ceiling above the dining area and the sitting room has a red Italian Murano glass chandelier. The focal point at the top of the hill is a children's playhouse complete with Dutch doors, kitchen and skylight. Additional points of interest are a Japanese gate (Torii) built by the homeowner's parents, a standing stone Buddha and a stone birdbath in the shape of a bird in flight.

WOODLEY MILL ROAD, McLean. Built in 2000, this Italianate villa with yellow stucco has a traditional orange clay barrel-tile roof. The front features European sculp-

HISTORIC GARDEN WEEK IN MCLEAN

April 30 10 A.M. to 4 P.M.

Visitors to the McLean portion of the Virginia Historic Garden Week will explore five picturesque gardens and four private homes spanning four centuries.

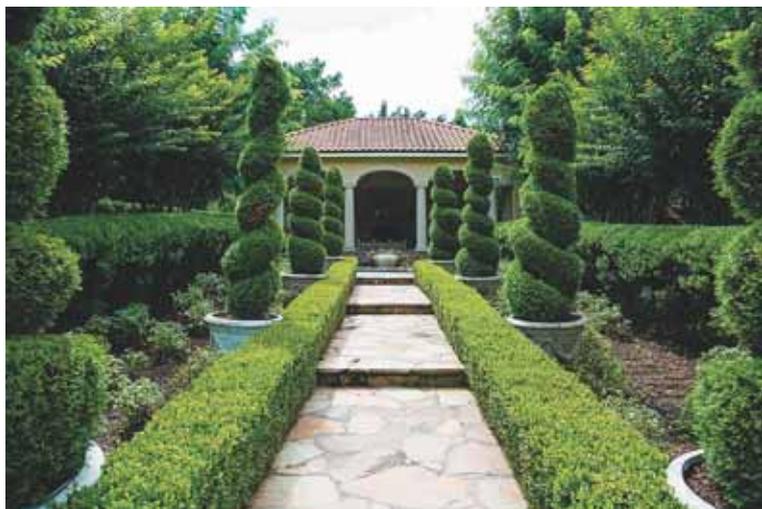
- ❖ Headquarters – Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Complimentary refreshments served from 10 a.m. to 3 p.m.
- ❖ Tickets: Advance tickets - \$40 online at www.vagardenweek.org, or by mail, until April 20, 2019. Tickets Day of Tour - \$50 at Headquarters or Tour Homes
- ❖ Questions? Google Garden Club of Fairfax or email fairfax@vagardenweek.org. For more information on this tour or to see the Historic Garden Week statewide schedule of tours, go to www.vagardenweek.org.

PHOTOS BY DONNA MOULTON

tured gardens with boxwood parterres, three arched doorways, balconies and veranda. Two fountains greet guests as they enter the front property. The home's gallery-like foyer features marble floors, a 20-foot ceiling and walls displaying large scale paintings, Belgian tapestries and a metallic finish bas-relief. From the pavilion, a wide Tennessee buff flagstone path lined on both sides with carefully maintained topiaries in Tuscan style pots leads to a large bronze fountain. Extensive hardscaping with mature evergreens, roses, hydrangeas, crepe myrtles and other plantings creates multiple garden rooms surrounding the home.

DAVISWOOD DRIVE, McLean. (Garden only) More than 40 mature 'Green Giant' arborvitae provide the background, shading and privacy for this garden oasis. This formal garden features multiple garden rooms showcasing crepe myrtles, hostas, hollies, boxwood, hydrangeas, rhododendrons and ninebarks with water features, statuary, travertine walkways and a hidden putting green. The garden's centerpiece is the saltwater swimming pool.

Historic Garden Week in McLean is Tuesday, April 30, 10 a.m. to 4 p.m. with headquarters at Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Advance tickets are \$40 per person online at www.vagardenweek.org, or by mail, until April 20. Tickets on the day of tour are \$50 at headquarters or tour homes.



Home on Woodlea Mill Road includes European sculptured gardens.



Old Langley Ordinary built just before the Civil War.

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'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for April 15-20.

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

Senior trips: A Day in Fredericksburg, Monday, April 15, \$8; Rocky Gap Casino, Cumberland, Md., Wednesday, April 17, \$7; Dollies Tea Room, Clear Spring, Md., Friday, April 19, \$45. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Tai Chi for beginners, Monday, April 15, 3:30 p.m., \$76/19 sessions, Langston-Brown. Register, 703-228-6300.

Billiards and table tennis, Monday through Friday, 10 a.m. – noon, Walter Reed. Practice for senior Olympics. Details, 703-228-0955.

Madison Chess Club welcoming new players, Mondays, 9:30 a.m. – 2:30 p.m., Madison. Details, 703-228-4878.

Writing and sharing workshops, Tuesday, April 16, 11:30 a.m., Lee. Details, 703-228-0555.

Rubber Stampers, Tuesday, April

16, 11:30 a.m., Lee. Details, 703-228-0555.

Unplugged music from various performers, Tuesday, April 16, 7 p.m., Walter Reed. Details, 703-228-0955.

55+ Biking Group, contact info, 703-228-4771; email, 55plusbikinggroup@arlingtonva.us.

Foreign language conversation groups, Spanish, French Italian, German, Langston-Brown. Details, 703-228-0955.

Fixed income investments discussion, Tuesday, April 16, 11 a.m., Arlington Mill. Register, 703-228-7369.

Rubber Stampers group, Tuesday, April 16, 11:30 a.m., Lee. Details,

703-228-0555.

Healthy ways to prepare beets, Tuesday, April 16, 11 a.m.

Settling an estate advice, Wednesday, April 17, 1:30 p.m., Aurora Hills. Register, 703-228-5722.

Healthy Indian dishes, Wednesday, April 17, 1:30 p.m., Aurora Hills. Register, 703-228-5722.

Earth Day Festival, Wednesday, April 17 10 a.m. – noon, Arlington Mill. Details, 703-228-7369.

In-depth Medicare presentation, Thursday, April 18, 1 p.m., Arlington Mill. Register, 703-228-7369.

Free blood pressure monitoring, Thursday, April 18, 10 -11 a.m.,

Walter Reed. Details, 703-228-0955.

Senior trekkers, Thursdays, 9 a.m., Arlington Mill. Details, 703-228-7369.

Crafting glass bead pendants, Friday, April 19, 10 a.m., Aurora Hills. Register early, 703-228-5722.

Celebrate National Jazz Appreciation month, Friday, April 19, 11 a.m., Walter Reed. Register, 703-228-0955.

Latin Dance with popular Latino music, Friday, April 19, 10 a.m. – noon, Arlington Mill. Details, 703-228-7369.

Sunshine Gang band, Fridays, 1-3 p.m., Walter Reed. Details, 703-228-0955.



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Join us each month to share time connecting with other caregivers and discussing common challenges. Guest facilitators offer information, advice and support in a welcoming, private setting. Dr. Aleksandra (Anyia) Parpura, an expert in aging and dementia, leads our Caregiver Connect program and brings to us vast knowledge, helpful tips and a kind heart.

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A Career Change After 50

Strategies for job hunting after retirement.

By MARILYN CAMPBELL
THE CONNECTION

Ever since she was in high school, Yashika Mailey has wanted to be a nurse. She put that dream on hold however, when she started a family at the age of 17. Now that she's 55 and her three children are adults, she's finally working to turn that dream into a reality.

"I'm a full time student and I'm working full-time in medical billing," she said. "I'm starting by becoming an LPN (licensed practical nurse) first and then we'll see what happens." Whether changing careers to fulfill a dream, re-entering the workforce out of financial necessity or getting a job to stay socially connected, many Americans of retirement age still want to be employed. In fact, a recent Harris survey of workers in the U.S. between the ages of 54 to 72 showed that almost a quarter said that they plan to work in retirement.

"Obviously a career change or a job search

after 50 will require a different approach that it would if you were just out of college," said Hope Navolio, a career coach and former human resources executive in Alexandria. "It's not hopeless in the way that some people might think, but there are factors that you have to consider."

Age bias is a fear that Navolio hears often, but she advises clients to use age to their advantage. "The thought of competing for a job with people who are young enough to be their grandchildren can be intimidating for some older workers," she said. "But I think people can view their age as an asset and present themselves that way. There's a level of maturity and insight that only comes with age. Many employees are looking for someone who's stable, dependable and who won't get involved in petty office squabbling or office politics."

"One of the first things that I would say is to make sure you're web and tech savvy," said Bethesda headhunter Mara Rappaport. "That might mean that you have to take a

few classes, but you need to be able to use social media to your advantage. I would think anyone looking for a job today needs to have a LinkedIn page and cultivate a professional network, even if the jobs you're looking for aren't considered professional in the traditional sense. You could even start a blog and write about things that interest you or that are related to the type of job that interests you. For example, if you want to be a fitness coach, blog about current fitness trends.

That would demonstrate that you're both tech savvy and aware of what is going on in your field."

Modernizing one's appearance is another suggestion that Rappaport offers to those who are concerned about being too old to get a particular job. "It might sound shallow, but getting a makeover can breathe a breath of youthful air into your appearance and make a world of difference in a potential employers' first impression of you," she said. "I tell people to add a few trendy items into their wardrobe. That doesn't mean you need to

dress like a 20-year old, but I think you do need to show that you're at least aware of current trends, even if you don't follow all of them."

Not limiting oneself of traditional options when contemplating a career change can increase the chances of finding meaningful work, says Navolio. "Don't think of a career change as moving from one boring job to another," she said. "If there's something that you enjoy doing as a hobby, consider making a career out of it. If you've always practiced yoga, train to become a yoga teacher. If you love being around young children, a job at a preschool might interest you."

Ronald Potts, a former attorney with a knack for numbers and one of Navolio's client's, began working as a seasonal tax preparer in January. After becoming bored and isolated in retirement, he decided to look for a job, but he wanted one that required fewer hours and offered more flexibility than he had in his law career. "When I retired, I didn't really have a plan for how I was going to fill my time and I got bored within a few weeks," he said. "I thought about all of the things could do and I've always been good with math. Now I just do straightforward tax returns, so the work is still somewhat challenging, but don't have the long days and all the pressure that I had when I was at my firm."

"Obviously a career change or a job search after 50 will require a different approach that it would if you were just out of college."

— Hope Navolio.



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THE CONNECTION
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ENTERTAINMENT

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

ONGOING

“Masterpieces of the Oral and Intangible Heritage of Humanity.” Through April 7, at Signature Theatre, 4200 Campbell Ave., Arlington. Three women— an art restorer, her nurse and their military captor — are trapped in a ravaged museum during a catastrophic hundred years war. Tasked with restoring a damaged Rembrandt painting, the women find common shreds of humanity as they try to save a small symbol of beauty in their broken world. Featuring Holly Twyford (A Little Night Music, Sex with Strangers) and Felicia Curry (The Scottsboro Boys). Visit www.sigtheatre.org.

THURSDAY-SUNDAY/APRIL 4-7

Little Shop of Horrors. Thursday-Saturday, 7 p.m.; Sunday, 2 p.m. at Bishop O’Connell High School, 6600 Little Falls Road. Purchase tickets at www.bishopoconnell.org/the-arts/oconnell-players.

FRIDAY/APRIL 5

2019 Crystal City 5K Fridays. 6:30 p.m. Run a low key race after work on Friday and meet up for happy hour after the run. Runners will receive post-race drink tickets that can be used at select Crystal City watering holes. Individual races \$20-\$25; series \$60-\$75. Visit www.runpacers.com/race/crystal-city-5k-fridays/.

APRIL 5-20

Photos with the Easter Bunny. At



Brian Barr, Installation View, Fictionhearted, 2018

Spring SOLOS

Artists Brian Barr, Emily Campbell, Noel Kassewitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC’s seven main gallery spaces. The artists tackle timely environmental issues, draw on their own experiences of childhood, and create installations that shift viewers’ perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. April 13-June 7, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. An opening reception will take place Saturday, April 13, 6-9 p.m. Visit arlingtonartscenter.org for more.

Fashion Centre at Pentagon City 1100 S. Hayes St. Visitors can hop down the bunny trail near Nordstrom on the First Level to meet and take egg-

citing photos with the Easter Bunny; skip the line, make an appointment at simonbunny.com. Families can also visit Caring Bunny for a sensory-

friendly experience on April 7, 9-11 a.m. Visit simon.com/fashioncentreatpentagoncity for more.

SATURDAY/APRIL 6

Ball-Sellers Season Opening. 1-4 p.m. at Ball-Sellers House, 5620 3rd St., South. Celebrate history with colonial and revolutionary era music as the oldest house in Arlington opens for its 2019 season. Reenactor musicians from the Monumental City Ancient Fife and Drum Corps will perform at 1 p.m. and share musical favorites that the 18th century residents would have enjoyed. Free docent-led house tours and colonial era snacks. Free. Visit arlingtonhistoricalsociety.org or call 703-892-4202.

Ballet Performance: Cinderella. 2 and 7:30 p.m. at NOVA Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. Audiences of all ages will be dazzled by this full-length production of this classical fairy tale Cinderella. Performers from Classical Ballet Theatre will tell the story of a young girl who discovers her prince with a little help from her fairy godmother. \$15. Visit www.cbntva.org/cinderella or call 703-573-0182.

SATURDAY-SUNDAY/APRIL 6-7

Artist Studios Opening. Saturday, 6-9 p.m.; Sunday, 2-5 p.m. at Columbia Pike Artist Studios, 932 S. Walter Reed Drive. The Columbia Pike Artist Studios and Cooperative will offer an open studio of 26 artists working across media: painting, drawing, printmaking, photography and sculpture. A group exhibit will be opening in the gallery. Free, open to the public. There is metered parking (free on Sundays) and free parking in the overflow lot behind the McDonalds. Visit www.columbiapikeartiststudios.org for more.

Author Pens Journey through WWII-Era Arlington

Childhood memories help create novel’s setting.

BY SENITRA MCCOMBS
THE CONNECTION

Similar to many other small American towns in the spring of 1945, the small suburban town of Farnsworth is feeling the ever present effects of World War II from ration coupons to the loss of family and friends fighting overseas. However, for three young sisters and their young neighbor, the dangers and mysteries of war come to their own backyards.

Author Jill Carlson’s second novel “The Fugitive’s Concerto” combines the historical aspects of World War II with the magic of music and childhood curiosity.

Set in her childhood community in Arlington, “The Fugitive’s Concerto,” centers around the journey of three musically inclined sisters and their young neighbor as they try to discover more about the mysterious neighbor, the “Bottle Man,” and why the War Department is suddenly on his trail.

Her inspiration for one of the novel’s main characters, the “Bottle Man” came from a childhood memory.

“... I remembered an elusive guy from my childhood. He was always roaming through our neighborhood, picking up bottles. And because I have lived and breathed music



from the time I learned to talk, it was a natural to give this man some extraordinary abilities,” she said.

Carlson spent seven years developing the novel. After writing

“What Are Your Kids Reading?,” she longed to write a novel with “all the things and people” she found missing in most Young Adult books.

She hopes readers will gain a “deep satisfaction in the power of love and forgiveness through the template of music — and in the untapped glory of a child’s experience with that music” after reading the book.

At 2 years old, Carlson moved to Arlington with her family. So, it is not surprising that Arlington plays a central role in each of the characters’ lives.

Some Arlington landmarks readers will recognize include: the Glebe Theater, Arlington Hospital, John Marshall School, and Old Dominion Drive in Rosslyn.

“During the war and for several years afterward, Arlington grew like bamboo. Washington D.C. and its suburbs was the hub of the universe for the war effort here at home,” she said.

Writing the novel also brought back many fond memories from her adolescence including her time in the Washington-Lee High School’s choir.

“And if I could, I’d love to sing for just a few more minutes with the Washington-Lee High School Choir,” she said.

Carlson began her professional career as a high school English teacher (full time and as a substitute). Later on, she and her husband co-wrote for the Landowner Newsletter via a contract with the Professional Farmers of America.

In addition, she was a proofreader for a medical newsletter and did some editing



Jill Carlson in Arlington

jobs for her agricultural colleagues. She has published over 100 articles and wrote “What Are Your Kids Reading?” and “Run Baby Jake.” Readers can pick up their own copy of “The Fugitive’s Concerto” at any local bookseller as well as through Amazon and Barnes & Noble.



ENTERTAINMENT

MONDAY/APRIL 8

History Presentation. 2:30-4:30 p.m. at the Arlington County Central Library, 1015 N. Quincy St. Jean S. Moore will take the audience on a journey through the life and times of Mary Queen of Scots explaining how fate, intrigue and ill conceived personal decisions influenced her life. Moore is a local lawyer and artist and member of Encore Learning. The public is invited. For more information call Encore Learning at 703-228-2144.

TUESDAY/APRIL 9

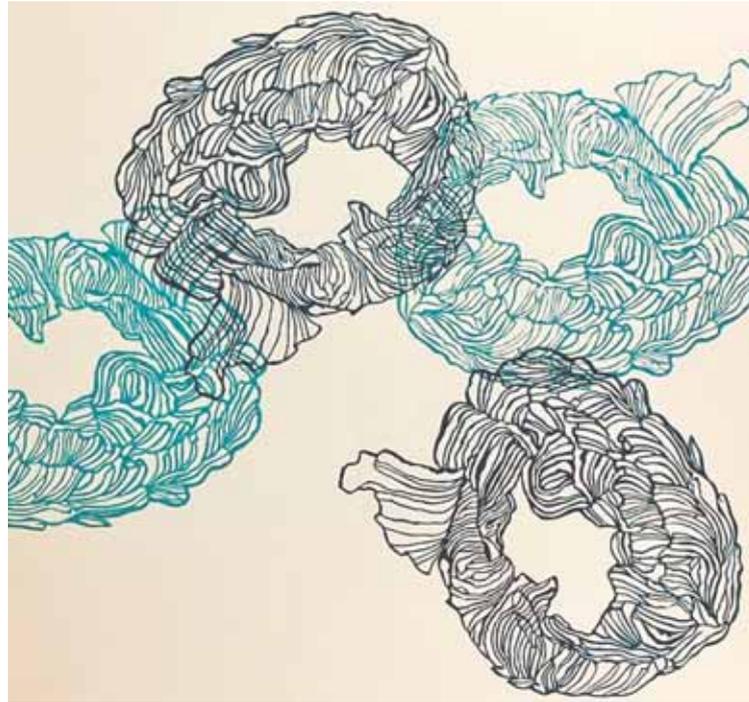
Author Event: Lisa Scottoline. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., Suite 101. Lisa Scottoline is the New York Times bestselling author and Edgar Award-winning author of 32 novels. Her new novel, "Someone Knows," explores the guilt that ripples from a 20-year-old tragedy that took one teenager's life and forever changed many others. Visit www.onemorepagebooks.com for more.

Tomato Love. 7-8:30 p.m. Westover Library, 1644 N. McKinley Road. Learn about growing tomatoes: understand the many varieties; select those that suit your needs; prepare a garden; plant and nurture the plants; and harvest tasty tomatoes. This class is offered by Extension Master Gardeners. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com with questions.

WEDNESDAY/APRIL 10

Better Sports Club Dinner. Cash bar social hour at 6:30 p.m., followed by dinner and program around 7:15. In 24 years as head coach at Washington-Lee (following another six as JV coach), Doug Grove's teams won 286 games and six National District Championships, qualifying for the regional tournament 20 times. Hear Coach Grove reflect on his career. \$25 for BSC members; \$30 for guests. Reserve at BSCRSVP@gmail.com or 703-241-0390. Or reserve online at BetterSportsClub.org. Specify choice of entrée: chicken cordon bleu, sliced sirloin or vegetarian plate.

Gardening Talks. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St., in the Bluemont Room. Balcony and Container Gardening Basics. No room? No problem. Grow herbs, native plants, flowers and edibles on a patio, balcony, front stoop, or back deck. Visit afac.org/plot-against-hunger/pah-events/ for more.



Ink on Paper, hand-pulled serigraph print by Janis Sweeney.

Artist Studios Opening

The Columbia Pike Artist Studios and Cooperative will offer an open studio of 26 artists working across media: painting, drawing, printmaking, photography and sculpture. A group exhibit will be opening in the gallery. There is metered parking (free on Sundays) and free parking in the overflow lot behind the McDonalds. Saturday, April 6, 6-9 p.m.; Sunday, April 7, 2-5 p.m. at Columbia Pike Artist Studios, 932 S. Walter Reed Drive. Free, open to the public. Visit www.columbiapikeartiststudios.org for more.

THURSDAY/APRIL 11

Young Entrepreneurs Academy Pitch. 6-8 p.m. at Marymount University, Ballston Center, 1000 North Glebe Road. Arlington Public Schools Career Center students involved in the Arlington Chamber of Commerce's Young Entrepreneurs Academy (YEA!) have worked diligently crafting their business ideas, and now is their chance to transform these ideas into reality. Students will pitch their business plans before a panel of investors and a public audience for the opportunity to receive startup capital. Visit web.arlingtonchamber.org/events/YEA-Investor-Panel-2758/details to register.

Fundraiser: Mother2Mother. Doors, 6:30 p.m.; show starts 7:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Mother2Mother, in partnership with Safe Shores—The DC Children's

Advocacy Center, presents the debut of "Songs of Hope: Voices Raised to End Child Abuse" cabaret show. Twice a year, the nonprofit Mother2Mother (M2M) supports a Washington, D.C. 501(c)(3) organization that advocates for at-risk women and children. 100 percent of proceeds will benefit Safe Shores – The DC Children's Advocacy Center. The event is for ages 21+. Full drink and dinner menu available. General admission: \$20. Visit www.m2m.org for more.

FRIDAY/APRIL 12

2019 Crystal City 5K Fridays. 6:30 p.m. Run a low key race after work on Friday and meet up for happy hour after the run. Runners will receive post-race drink tickets that can be used at select Crystal City watering holes. Individual races \$20-\$25; series \$60-\$75. Visit www.runpacers.com/race/crystal-city-5k-fridays/.

SATURDAY/APRIL 13

2019 Arlandria Eggstravaganza. 11 a.m.-3 p.m. at Four Mile Conservatory Center, 4109 Mt. Vernon Ave. This year's event features entertainment by the Rainbow Rock Band, Uncle Devin, Kalin Jones, and more with plenty of food, activities, and games for the whole family. The event also includes multiple egg hunts specifically for tots, elementary aged children, and teens/adults. A petting zoo, health services area, and a pupusa making contest are new additions. Free, family-friendly. Visit www.arlandriaeggstravaganza.com.

SATURDAY-SUNDAY/APRIL 13-14

Arlington Festival of the Arts. 10 a.m.-5 p.m. at 3003 Washington Blvd. Washington Boulevard will transform into an art-lover's during the 7th Annual Arlington Festival of the Arts. One hundred and fifty national and international artists are set to display their fine works from across the globe in a prestigious show encompassing fine jewelry, exquisite works of art and hand-crafted apparel and decor. Ample parking is available and pets on leashes are welcome. Visit www.artfestival.com for more.

APRIL 13-JUNE 2

Art Exhibit: The Binding Ties. Gallery hours in the Wyatt Resident Artists Gallery at Arlington Arts Center, 3550 Wilson Blvd. In The Binding Ties, Roxana Alger Geffen presents sculptures created in part with objects and materials drawn from her family, ordinary things found in her own attic or her grandmother's junk drawer. An opening reception will take place Saturday, April 13, 6-9 p.m. Visit arlingtonartscenter.org for more.

Art Exhibit: Onwards and Upwards. Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Organized by instructor Faylinda Kodis, Onwards and Upwards presents work by H-B Woodlawn seniors who have made a commitment to the visual arts, concentrating on creating a portfolio throughout their time as high school students. As they prepare for graduation and their school moves from its longtime location on Vacation Lane to a new building in Rosslyn, these five students reflect on the experience of moving on and consider the history, ideology, and accomplishments that shape both the school and their time as students. Visit arlingtonartscenter.org for more.

APRIL 13-JUNE 7

Spring SOLOS. Gallery hours in the Main Galleries at Arlington Arts Center, 3550 Wilson Blvd. Artists Brian Barr, Emily Campbell, Noel Kassewitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC's seven main gallery spaces. The artists tackle timely environmental issues, draw on their own experiences of childhood, and create installations that shift viewers' perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. An opening reception will take place Saturday, April 13, 6-9 p.m. Visit arlingtonartscenter.org for more.

TUESDAY/APRIL 16

Embrace Your Voice: A Night of Poetry. 6:30-8:30 p.m. Join Doorways, Friends of Guest House, and the Alexandria Sexual Assault Center for our annual Sexual Assault Awareness and Prevention Month (#SAAPM) poetry share. This event is free, but space is limited, so tickets are required. Specially trained advocates will be available for anyone who may be triggered and would like help with grounding. If you're interested in speaking or reading your work, please contact Ashley Blowe at ashley.blowe@alexandriava.gov or 703-746-3118 by March 30. Reserve tickets at www.doorwaysva.org/events/event/embrace2019/.

Movie Screening: Grand Hotel. 7 p.m. at Shirlington Library, 4200 Campbell Ave. Attend a free screening of the classic film that inspired the musical Grand Hotel. Greta Garbo, Joan Crawford, John Barrymore, Lionel Barrymore, and more star in this beautiful, exciting movie from the Golden Age of Hollywood. Free, no reservations required. Call 703-228-6545 for more.

WEDNESDAY/APRIL 17

EarthFest. 10 a.m.-noon at Arlington Mill Community & Senior Center, 909 S. Dinwiddie St. Learn about compost, recycling, energy efficiency and more. Play recycling games, learn how to compost and create upcycled art. Stations will include representatives from AIRE, Virginia Cooperative Extension, Environmental Services, Arlington Art Truck, Remove Invasive Plants, Creative Arts, Fitness, and more. This free activity takes place over spring break – all ages are invited. Visit parks.arlingtonva.us/events/earthfest/ for more.

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Artfestival.com Information:
 A Howard Alan Event (561) 746-6615

ENTERTAINMENT

Gardening Talks. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St., in the Bluemont Room. Vegetable Gardening in the Shade. Learn which vegetables appreciate shade during summer's hot months. Visit afac.org/plot-against-hunger/pah-events/ for more.

FRIDAY/APRIL 19

2019 Crystal City 5K Fridays. 6:30 p.m. Run a low key race after work on Friday and meet up for happy hour after the run. Runners will receive post-race drink tickets that can be used at select Crystal City watering holes. Individual races \$20-\$25; series \$60-\$75. Visit www.runpacers.com/race/crystal-city-5k-fridays/.

WEDNESDAY/APRIL 24

Gardening Talks. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St., in the garden (tennis court side). Vertical Garden Structures & Protection Techniques. Make better use of limited space and use cages, trellises, and fencing to train vegetables – tomatoes, cucumbers, pole beans, peas – to grow upwards rather than sprawl. Learn about structures to protect your vegetable tables from squirrels and other critters. Visit afac.org/plot-against-hunger/pah-events/ for more.

THURSDAY/APRIL 25

Rosslyn Reads! Book Festival. 10 a.m.-10 p.m. at Central Place Plaza, 1800 N. Lynn St. In addition to celebrating community (entertainment, food and drink for all ages) and giving (all proceeds

benefit Turning the Page), the festival will honor: women's fight to obtain the right to vote with an author talk and book signing with Elaine Weiss, author of *The Woman's Hour*; Bring Your Child to Work Day with Tunes & Tales (a musical story hour), craft activities and the Magic of Zain. Visit www.rosslynva.org/do/rosslyn-reads-book-festival for more.

FRIDAY/APRIL 26

Digital Preservation. 2-3 p.m. at Westover Library, 1644 North McKinley Road. Learn how to store, preserve, and organize a photo collection. Join the Center for Local History as they give advice on how to best care for and preserve both physical and digital photo collections. Free. Visit arlingtonva.libcal.com/event/5107879 or call 703-228-6327.

2019 Crystal City 5K Fridays. 6:30 p.m. Run a low key race after work on Friday and meet up for happy hour after the run. Runners will receive post-race drink tickets that can be used at select Crystal City watering holes. Individual races \$20-\$25; series \$60-\$75. Visit www.runpacers.com/race/crystal-city-5k-fridays/.

SATURDAY/APRIL 27

EcoAction Arlington Earth Day Cleanup. 9 a.m.-12 p.m. at the Bon Air Park Shelter, 850 N. Lexington St., Arlington. Join the community in celebration of Earth Day as we bike, walk, and plog (picking up trash while jogging) to remove litter from our parks, trails and streams. This event is free. For registration or more information, visit www.ecoactionarlington.org.

Bike Rodeo. 10 a.m.-noon at The



COURTESY OF ARLINGTON HISTORICAL SOCIETY

The ball-Sellers House, Arlington's oldest building, built c. 1742.

Ball-Sellers Season Opening

Celebrate history with colonial and revolutionary era music as the oldest house in Arlington opens for its 2019 season. Reenactor musicians from the Monumental City Ancient Fife and Drum Corps will perform at 1 p.m. and share musical favorites that the 18th century residents would have enjoyed. Free docent-led house tours and colonial era snacks. Saturday, April 6, 1-4 p.m. at Ball-Sellers House, 5620 3rd St., South. Free. Visit arlingtonhistoricalsociety.org or call 703-892-4202.

Woman's Club of Arlington Parking Lot, 700 South Buchanan St. Bring children and their bikes to participate in: safety helmet check; bike maintenance check; and games to teach basic biking skills. Two riding courses of varying levels; and balancing bikes available for preschooler use. Donate unwanted bikes to Phoenix Bikes that day. Free. Call 703-553-5800 or email womansclubarlington@gmail.com for more.

Handmade Arlington 2019. 10 a.m.-

4 p.m. at Swanson Middle School, 5800 N. Washington Blvd. Handmade Arlington 2019 will feature more than 60 high-quality, professional arts and crafts makers and local food trucks: The Big Cheese, Rocklands Barbeque, and Captain Cookie and the Milkman. Free admission. Visit www.handmadearlington.com for more.

Arlington Home Show and Garden Expo 2019. 10 a.m.-4 p.m. at Kenmore Middle School, 200 S. Carlin Spring Road. Come get tips on

how to make a home more beautiful, valuable, and energy efficient. Featuring home remodelers, architects, energy auditors, realtors, master gardeners, banks, nonprofit organizations and Arlington County housing, zoning and inspection representatives. Visit www.arlingtonhomeshow.org or call 202-599-0665.

Complete Dogness. 4 p.m. at Theatre on the Run, 3700 S Four Mile Run Drive. A family friendly performance about a dog with bad habits who learns new tricks. Featuring Andie deVaulx, Kelsey Rohr, Brynna Shank, and Rebecca Weiss of Jane Franklin Dance. Tickets \$15 adults; \$10 children under age 10; \$45 family of four. Visit www.janefranklin.com or call 703-933-1111.

ACF Annual Gala. 6-11 p.m. At The Ritz-Carlton Pentagon City, 1250 S. Hayes St., Arlington. Join the Arlington Community Foundation's "Building Bridges for Arlington's Future" Annual Spring Gala. Celebrate the community connections that make Arlington a special place. Enjoy a cocktail reception, silent and live auctions, and live entertainment. \$300. Visit www.arlcf.org for more.

Jane Franklin Dance Presents EyeSoar. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat non-gentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$22-\$35. Visit www.janefranklin.com/eyesoar or call 703-933-1111.

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NEWS



PHOTO BY SHIRLEY RUBE/ARLINGTON CONNECTION

“How to start your own business” session for immigrant women was followed by graduation.

Ready To Start a Business

The last session of the five-week training project for immigrant women was winding up, and 47 women were set to graduate on Saturday, March 30. This final week is “una discusión con nuestras emprendedoras,” coordinated by facilitator Rosalia Fajardo and Andres Tobar, executive director for Shirlington Employment and Education Center (SEEC).

“How to start your own business” is sponsored by SEEC and funded by local churches, donations, and

other organizations. The sessions are taught by experts and focus on legal requirements for starting a business, how to finance a business, financial reporting requirements, components of a business plan and marketing a business. Free babysitting is provided during the sessions.

The program began in 2015 and has trained 180 women in six sessions. For more information about upcoming sessions contact andrestobar45@gmail.com.

BULLETIN BOARD

FROM PAGE 6
or www.seniorhelpers.com/arlinton-alexandria-va for more.

SATURDAY/APRIL 6

Caregiver Bootcamp. 9:30 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Join IMCC for a day-long training event covering many essential caregiving topics. A continental breakfast and lunch will be provided free of charge. Sessions include: Dementia 101 & Clinical Trials; Understanding Veterans Benefits; Practical Tools for Caregivers; and A Person-Centered Approach. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

Jennie Dean Park Update. 10:30 a.m.-noon at Shirlington Library,

Campbell Room, 4200 Campbell Ave. Based on the Park Master Plan and feedback from the community, the Arlington County Department of Parks and Recreation has put together options for various elements of the new Jennie Dean Park such as the playgrounds, frontage, restrooms and more. Children's activities available. Visit projects.arlingtonva.us/projects/jennie-dean-park/ for more.

TUESDAY/APRIL 9

The Climate Crisis: Impacts and Solutions. 7-9 p.m. at George Mason University Founders Hall, 3351 Fairfax Drive. Former Arlington County Board Chair and Managing Partner of DMV Strategic Advisors Jay Fisette will present the Climate Reality Project, Al Gore's latest slide deck on the climate crisis and

solutions. The presentation will convey the tangible impacts and significant challenges we face, the progress we have made, and the path forward. A Q&A session will follow the presentation. Register at ecoactionarlington.org.

THURSDAY/APRIL 11

Jennie Dean Park Update. 7:30-9 p.m. at Charles Drew Community Center, Cafeteria, 3500 23rd St. South. Based on the Park Master Plan and feedback from the community, the Arlington County Department of Parks and Recreation has put together options for various elements of the new Jennie Dean Park such as the playgrounds, frontage, restrooms and more. Children's activities available. Visit Friday/May 3

SEE BULLETIN, PAGE 15

Legals

ABC LICENSE

My 1222, LLC trading as Pentagon City Wine Merchant, 1330 S Fair St Arlington, VA 22202-3640. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premise/Keg Permit license to sell or manufacture alcoholic beverages. Young H. Kim/Managing Member. 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 or 800-552-3200.

Employment

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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.

-Werner Heisenberg

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connectionnewspapers.com/Calendar

Road Back

FROM PAGE 3

together for him, “but I don’t know if I could weather it again.” He thinks over half of fatal overdoses aren’t accidental. “Addicts are so depressed they don’t want to face the struggle. They say ‘this monster is going to win.’” He says he thinks that labeling it an accidental overdose helps the family but more of fatal ODs are suicides.” He says he thought about OD suicide but he didn’t know how to do it and he thought about the impact on his family.

“Addiction controls our thinking. We think that help will never work. There is a barrier between you and the help. Our heads will rationalize the worst decisions.” He said, “We relapse; that’s what we know how to do. The statistics are pretty depressing with the amount of relapse.”

Now he is actively involved in education and peer counseling for other addicts. He says talking about it is the most people can do, and collaboration is the key. “There is no magic wand but we need to stop stigmatizing. It won’t stop until we can acknowledge the problem.”

BULLETIN BOARD

FROM PAGE 14

projects.arlingtonva.us/projects/jennie-dean-park/ for more.

SATURDAY/APRIL 14

Passover Seder for Families with Tots. 5-6:15 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Join Rabbi Gilah Langner and Tot Shabbat Coordinator Andrea Cate for a Passover Seder hosted by Kol Ami, filled with song, story and movement. Great for children 0-8 and their families too. No fee, but RSVPs to admin@KolAmiVirginia.org requested. Visit KolAmiVirginia.org for more.

THROUGH APRIL 15

Tax Preparation Assistance. Tuesdays, 10 a.m.-7 p.m.; Thursdays 10 a.m.-4 p.m. at Arlington Central Library, 1015 N. Quincy St. AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention to those 60 and older. AARP Foundation Tax-Aide is offered in cooperation with the IRS. No need to be a member of AARP to receive assistance with tax preparation. Some appointments available, call 703-829-6192.

MONDAY/APRIL 15

Exhibit Submission Deadline. 11:59 p.m. Arlington Art Center’s Regional Biennial will take place for the first time in the fall of 2019. Artists who produce contemporary art in any media, and who live or work in the Mid-Atlantic region (defined as Virginia; Washington, DC; Maryland; West Virginia; Pennsylvania; or Delaware) may submit. Any existing works must have been completed within the last 3 years in order to be considered. Artists at any stage of their career are welcome to apply. Visit arlingtonartscenter.org/exhibitions/call-for-artist/ for more.

SATURDAY/APRIL 20

Passover Community Seder. 6-8 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Kol Ami (the Northern Virginia Reconstructionist Jewish Community) will host a friendly and inclusive Passover Seder. Congregation member Herb Levy will lead the ceremony, supplemented by the active engagement of those in attendance. A mostly potluck meal will follow. \$20 per adult, \$5 per child, plus a potluck dish. Those who are physically able are also asked to help with set up or clean up. Reservations must be made in advance through on a link at www.KolAmiVirginia.org.

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It's Not As If My Life Depends On It



By KENNETH B. LOURIE

Being totally honest with my oncologist, that is. I mean, it's not as if being diagnosed with non small cell lung cancer, stage IV isn't a "terminal" disease.

Oh wait, it is.

As my oncologist said to me at the initial Team Lourie meeting: "I can treat you, but I can't cure you."

Huh? Followed fairly soon after by the equally distressing prognosis: "13 months to two years." Wait. WHAT!? (As Curly Howard of The Three Stooges said years ago while looking into a mirror: "I'm too young to die, too handsome, well, too young anyway.")

That prognosis - as you regular readers know - is old news, as I recently passed my 10-year anniversary; my oncologist's "third miracle," as he characterizes me. And as life goes on, so too do the studies and research and clinical trials.

As much progress as has been realized, still there are few guarantees for lung cancer patients. Although there are many more of us living beyond the years our respective oncologists initially gave us (our wildest dreams, I often say).

Living as a cancer patient/survivor, especially one still undergoing treatment, requires regular sit-downs with one's oncologist to discuss and/or assess lab work, results from diagnostic scans and side effects - or as I refer to them: "straight-on effects." At these sit-downs, the oncologist will sit down behind his computer and review my past and inquire about the present, typing away as I respond.

The questions are all too familiar.

My answers, maybe familiar as well. Because if they're not, they may catch the attention of the doctor. And if they do catch his attention, he likely will probe further into their occurrence; their frequency, their location, their pain, their intensity, etc. And in so doing, he may learn things that could possibly alter/maybe even stop your treatment.

The doctor may become so worried about the symptoms you're describing, he may focus on the symptom, not the cause. And that's my fear in being honest: he may stop the treatment. I realize it might be counter-intuitive, but cancer scares the hell out of me. As a direct consequence, dishonesty sometimes becomes one's best policy.

Granted, being dishonest, or rather not totally forthcoming, with the person entrusted in extending your life, doesn't exactly win one the patient-of-the-year award. But when that same one is diagnosed with a "terminal" disease at age 54 and a half, there's a certain amount of clear thinking that quickly dissipates.

And if that same one is "ambalanced" to the hospital (in August 2013) for a week long stay in SICU (surgical intensive care), the fear of God is officially invoked which further clouds your judgment.

If you live long enough, your judgment improves but so too does your chance of dying. As I find myself saying: "I just can't keep on living with this thing, can I? I mean, I was diagnosed with a 'terminal' disease. They don't call it 'terminal' for nothing." But here I am, 10 years, post diagnosis, and living the dream, so to speak.

So how do I answer the doctor's questions when doing so honestly might lead to a gruesome outcome: hospitalization, and then, well, you know.

Let me be clear then about my answers. Maybe I'm not so certain about the "straight-on" effects? Maybe, they're not that bad and continuing the treatment will moderate the effects somehow while continuing to keep the cancer in its current place - without growing or moving?

I don't mean to understate my condition, but neither do I want to overrate it. Perhaps this mental anguish I'm describing makes no sense. But that's what cancer seems to do.

Nevertheless, I realize being honest with one's doctors is kind of important. Still, I may be too afraid of the consequences to be so inclined.

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

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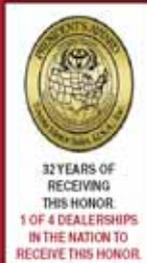
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