At the end of Yorktown High School's graduation on June 20, the new graduates leave Constitution Hall.

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Senior Living, Page 13

At the end of Yorktown High School's graduation on June 20, the new graduates leave Constitution Hall.
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I oversee the trade work at my station to deliver a high-quality facility for the community.

We’re really proud of our safety record and the attention to detail so many have poured into this project. Having grown up in this area, it’s especially meaningful to work on something that will have such a positive impact on so many people’s lives. We’re working hard to make a difference for everyone in the region, not just people who ride Metro. We are paving roads, installing pedestrian bridges and adding lighting—all improvements meant to make the area safer. We want the Silver Line to be a community centerpiece for everyone to enjoy. I can’t wait to ride out of a station and tell the person next to me, “I helped make this possible.”

- Michelle Cousté, Assistant Superintendent, Silver Line Phase 2A

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Ready To Raise the Bar
Yorktown’s Class of 2019 celebrates its graduation.

By Liam Bowman
The Connection

Bridget Loft, principal of Yorktown High School, gave the opening address at the June 20 graduation ceremony that took place at D.C.’s historic Constitution Hall. In her speech, Loft recognized the accomplishments of the 436 graduates seated before her. “All of you have laid the groundwork for exciting and meaningful next steps as young adults,” Loft said. She also congratulated the college-bound graduates who, collectively, won over $18 million in scholarship money.

Rather than inviting a commencement speaker, the class of 2019 chose a speaker from among their ranks: Garrett Ferguson. He reflected on the four years the class had spent together. “Yes, freshman year was definitely a year of firsts, but it was also a year of lasts. It was the last time we felt like we did not belong at Yorktown,” Ferguson said.

Gabriel Barrett, the school’s valedictorian who is bound for the Massachusetts Institute of Technology this fall, expressed pride in his classmates. “Graduating high school is no small feat,” Barrett said. In addition to congratulating his fellow graduates, Barrett also wanted to impart some words of wisdom on his audience. “You’ll be average somewhere, maybe in a job or a school… Whatever it is you do, keep trying to be the best that you can. Maybe we’ll make it such that our collective average raises the bar and changes what it means to be average,” Barrett said.

After the ceremony finished, the students poured out onto the sidewalk, mingling with friends and family in the afternoon heat. Many of the new graduates walked around with wide grins on their faces. “I’m glad to be done. I am definitely ready to move on,” said Bridget Flynn, who will be attending Virginia Tech. Other students reflected on the hard work they put in to be able to graduate. “At first I kind of slacked off,” said Favio Antezana, “but I realized how important education was and really worked hard during my junior and senior years.”

Nathan Burson summed up the attitude of many graduates by simply saying, “It’s freaking epic!”

At H-B Woodlawn: Ceremony Spotlights Each Graduate

A unique graduation for Arlington’s alternative school.

By Liam Bowman
The Connection

Graduation is an informal affair at H-B Woodlawn. The cafeteria is filled with the hum of light conversation as students mingle with family and faculty at a pre-graduation potluck. Rather than the traditional caps and gowns, the students dress casually in sundresses and Hawaiian shirts.

The ceremony, which took place Wednesday, June 19, maintained the relaxed atmosphere of a family reunion. After opening remarks by Dr. Casey Robinson, the school’s principal, the ceremony began with teacher advisors giving short speeches for each of the 105 graduates.

Rather than having guidance counselors, H-B Woodlawn operates with a system of teacher advisors. “Individual teachers act as guidance counselors … for these small groups of students,” said Michael Coughlin, one of the teacher advisors. This approach to counseling is one of the ways the school tries to foster deeper connections between students and faculty. “It’s a much more personalized way for staff to be involved with students,” said Coughlin.

“Our ceremony is not short, but it is special.”
— Dr. Casey Robinson, H-B Woodlawn Principal

See Graduation, Page 5
Last Class to Graduate from ‘Washington and Lee’

School name set to change next year.

By Liam Bowman
The Connection

The largest senior class in the history of Washington and Lee High School graduated on Thursday, June 20, in a ceremony at Constitution Hall. The graduates, dressed in flowing blue gowns, were seated on the floor of the historic venue, with hundreds of friends and family filling the stands. The hall fell silent as school’s Junior Reserve Officers’ Training Corps presented the colors and the Washington & Lee Madrigal Singers launched into a rendition of the Star Spangled Banner.

Nancy Van Dorn, member of the Arlington County School Board and one of the event’s speakers, expressed her admiration for the 538 graduating students. “I have followed the class of 2019 closely for years, and know that you are all well-prepared for what lies ahead,” said Van Dorn. She also wanted to remind the graduating students to be resilient. “Remember how resilient you are,” Van Dorn said. “You have experienced so much together. I stand here humbled by your strength and hopeful for our future, because of you.”

Dr. Gregg Robertson, principal of Washington and Lee, had similar remarks for the graduates. “As I look at you in your caps and gowns, you really do look like the big graduates. “As I look at you in your caps and gowns, you really do look like the big dogs,” Robertson said.

The class of 2019 is also the last to graduate before the name of the school changes. In January, the School Board voted unanimously to change the school’s name to Washington-Liberty High School. The name will go into effect at the start of the 2019-2020 school year. The name Washington-Liberty was, “selected by the [School] Board given the name’s alignment with [Arlington Public Schools] core values,” according to a press release.

After the ceremony finished, the graduates spilled out onto the steps of Constitution Hall, many used their newly-acquired diplomas to shield their eyes from the summer sun. The gathering took on a more informal air as students posed for pictures and embraced family members. “It’s really just a culmination of four years of hard work,” said Kieran Donaldson, one of the graduates.

Washington-Liberty High School. The name will go into effect at the start of the 2019-2020 school year. The name Washington-Liberty was, “selected by the [School] Board given the name’s alignment with [Arlington Public Schools] core values,” according to a press release.

A-SPAN Expands Housing Services for Homeless

Purchase of new building will serve most vulnerable.

By Shirley Ruhe
The Connection

Van and Maggie Baker and their 10-year-old son, Robbie, have stopped by A-SPAN’s open house Saturday, June 22 which celebrated the opening of A-SPAN’s new eight-unit apartment building in Westover. “I was finally able to get to an A-SPAN event since it is on a weekend. We support the needs of the homeless in Arlington County and our kids often talk about what they can do,” Evan Baker said.

Maggie Baker added that she has a special interest because she spent a year in London working with the homeless in an alcohol rehab center. “It was pretty much the same as America. The homeless knew when to come and we served them tea three days a week and then soup at night.” She said it’s different when you can see them face to face instead of just handing out a dollar here and there. “We always struggle with how to support people on the street.”

When asked how long it took to get the new apartment building, Scott Miller, A-SPAN senior director of development, held up the certificate of occupancy and answered, “It took us 27 years to get here. It has always been the vision of the board and it has been a priority for the last five years. We were looking for the right opportunity. This was a private sale. We didn’t get funds from the county or the state so we could do what we want. It is a luxury to finally be a landlord to our clients.”

While A-SPAN offers 80 beds in their Homeless Services Center as well as housing programs that get homeless into permanent housing, this is the first time they have owned an apartment building. Miller says they have placed 300 formerly homeless people into their own homes and their supportive housing programs have a 96 percent retention rate.

However, for that 4 percent who are the most at-risk clients who bounce from the shelter to the streets to couch surfing back to the shelter, Streets to Stability Housing will serve those homeless individuals who require the most oversight and enhanced support. “This newly acquired apartment facility will serve as a resource for on-site case managers during the day as well as skills coaches to offer support, as people need it in the evenings, on weekends and on holidays. Miller says the clients will receive 100 hours of support a week.

Some of the apartments are already occupied and others will have tenants soon. Each apartment has been furnished from the A-SPAN “Make it A Home Fund” with a couch, queen size bed and night table with lamp and dining room table, all for $700. “All of the apartments have refinished floors, fresh coats of paint and some with new kitchen renovations, and the dishes and pots and pans are often contributed by volunteers.”

Keleigh Neyhard, A-SPAN case manager, headed down to the basement. She said, “This large basement area currently remains unfinished but will become a community room for clients. And in the backyard there is plenty of space for outdoor activities like picnics and relaxation. That is unusual.” She says these social events are important. “A lot of these people are lonely and need to talk to somebody.” See A-SPAN, Page 12
Graduation at H-B Woodlawn

Each student stood side-by-side with their teacher advisor as their teacher spoke of their past experiences, unique qualities, and plans for the future. Some began to tear up as they spoke and, at the end of every speech, the teachers embraced their long-time students. Robinson waited off to the side with a diploma and lei necklace for each graduate. “Our ceremony is not short, but it is special,” said Robinson.

H.B Woodlawn is one of the few schools that teaches grades 6-12, and much of the staff expressed how proud they were of the students for all they have accomplished during their time at the school. “[The students] have a wide array of talents,” said Robinson. “This is a particularly musical and theatrical group, but we also have some great mathematicians. They have done so many things in the seven years that they’ve been here and I’m just really proud of them for that.” The students seemed to have a positive attitude towards the more personal approach to schooling. “Definitely the personal connections you develop with teachers and friends … I wouldn’t trade it for any other experience,” said Alex Jones, a graduate who will be attending the University of Vermont. “I love it,” said Jones, “I am so glad I made the decision in sixth grade to … embark on this journey.”
A New Chapter for Wakefield’s Class of 2019

Ready to move forward.

By Liam Bowman
The Connection

On the evening of June 20, 430 students of Wakefield High School’s class of 2019 celebrated their graduation at the historic Constitution Hall in downtown Washington D.C. More than 1,000 friends and family members cheered and snapped pictures of the graduates, dressed in green and white gowns.

Dr. Christian Willmore, principal of Wakefield High School, gave introductory remarks before turning the microphone to a student speakers, who spoke of the hard work put in by the students and faculty. One of the student speakers, Brody Karton, used the opportunity to speak to rebuke an article he had recently read. The article, “basically made some pretty big generalizations about our generation. Apparently we don’t work hard...and we’re lazy,” Karton said. Karton made it clear that these stereotypes did not do justice to his fellow classmates. “The students I know have led clubs, participated in student government... shared their talent on the stage and their creativity through art and music,” Karton said. “I have seen fellow students who have organized walk-outs, attended rallies and proved that you’re never too young to have a voice in matters that affect you.”

Dr. Betty Saunders, one of the assistant principals of Wakefield High School, shared a similar view of the graduating class. “They’re a wonderful group of young people, and they are very talented and creative,” Sanders said. “I know I speak for the admin team, and we wish them to find a career or a path that leads them to ultimate happiness.”

The sun had set by the time the ceremony finished. The graduates emptied out onto the street and mingled with friends and family under floodlights that lined the roof of Constitution Hall.

Some expressed mixed feelings about the event. “I was nervous on stage. Right now I’m just feeling sad that it’s all over. I can’t see my friends anymore,” said Andrew Ruiz, who will be attending Northern Virginia Community College. However, students like Zain Shah, who is headed to George Mason University, were more enthusiastic about starting a new chapter in their lives. “I’m excited. I am ready to just move on to the next thing.”

CAMPS
Summer Camp, 9 a.m.-5 p.m. at Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive. Jane Franklin Dance Summer Camp for ages 5-12 builds physical skill and creativity through movement, theatre, and visual art. Five-day camps includes dance technique and creative movement, visual art projects, outdoor trips to a nearby park, performance practice and a concluding performance at the end of the week. Sessions from June 24-Aug. 23. $250 (scholarships available). Call 703-933-1111 or visit www.janefranklin.com/camps.

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

Spirit of America. Run the Marine Corps Marathon with Charity Partner Spirit of America. Runners will fundraise $500 for Spirit of America to get a bib for the race. Registration closes July 1. Contact Carrie Scott at carrie@spiritofamerica.org or 202-922-6416. Visit www.spiritofamerica.org for more.

ARTS & CULTURE
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Computing for Kids.

AMERICAN CIVIL WAR SOCIETY

PLANNED PARENTHOOD:
Together. 10 a.m. at The Arlington County Courthouse. A program to encourage healthy relationships, improve decision-making skills and prevent teen pregnancy.

FUNDRAISING
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Former CEO Sentenced

A n Arlington man was sentenced on June 21 to six and a half years in prison for orchestrating multiple fraud schemes that resulted in total losses of approximately $20 million.

According to court documents, Todd Elliott Hitt, 54, solicited approximately $30 million from investors for a variety of real estate and venture capital investments in the Washington, D.C. area from 2014 through August 2018.

The investments included Hitt’s solicitation of approximately $17 million from investors to purchase a five-story office building adjacent to a planned future stop on the Silver Line in Herndon. Hitt made false statements and material omissions to investors by failing to disclose that a significant portion of the monies raised were commingled with other unrelated investment projects, used for personal spending to support an extravagant lifestyle and new investor’s funds used to pay off old investors in a Ponzi-like scheme. Hitt’s fraudulent conduct resulted in investor losses of approximately $20 million.

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Remove ‘Colored’ from Clarendon Memorial

By Nick Penning

I magine you had a great grandfather who was involved in a great national cause, such as World War I, and to recognize his service, someone put his name on a memorial. But, unlike the others inscribed on that memorial, his name wasn’t listed in an alphanumerical or service order. Instead, his name was put in a small grouping far below everyone else’s, as though those men in his group were somewhat less in value. And next to your great grandfather’s name, and the others, the memorial makers attached a racial descriptor, one that wasn’t necessary then, and shouldn’t be there today.

In Arlington, there sits an old, worn memorial erected in 1931 that lists the names of the local men who died in service to their country in the Great War of 1914-1919. Thirteen men are commemorated, in total. Eleven of those names have only their branch of service listed after their names. A few places below those 11, after a blank area, are listed the names of the other two deceased Arlington servicemen, as if they were an afterthought. But they weren’t an afterthought. Because following the name of each of these remaining two men is inscribed, “(COLORED).”

Why was that necessary? In 2012, local discussion surfaced about per-haps changing that memorial, particularly because it was seen by some as offensive. But things were left alone. One commenter said the awkward wording was an example of “how life was at that time.”

You know what else “life at that time,” in 1931, consisted of? A Ku Klux Klan sign erected on a road near county property. A sign that attacked a County Board candidate, who happened to be Jewish, with these words: “Let us show our strength. Defeat Albert H. C. for County Board. KKK.” And when it stirred controversy, you won’t believe who promised to find the culprit, “Howard E. B., the exalted cyclops of Ballston Klan No. 4,” according to an article on page 13 of The Washington Post on Friday, Oct. 31, 1931. The KKK cyclops said, “Any signs that have appeared have been erected by individuals and not by action of the organization.” He then promised not to remove the sign, but to offer a reward for apprehen-sion of the culprit.

That’s how things were in Arlington, “at that time.” A Klan sign, and a Klan “cyclops” in Ballston, in our Arlington, Virginia. Four years after that 2012 statement, Arlington’s NAACP president called for a change that would show equal recognition; though again, nothing was done. The article noting the NAACP objection began by suggest-ing that when the sign was erected, “few likely gave any notice” to how the names were arranged. That may have been true of white people, but for those who live every day with suspicious eyes staring at them, that order of names constantly called out again, “You don’t belong here.”

Last year the county accepted a grant to install at the memorial interpretive signs, the main goal of which would be “to provide his-toric context for the segregation of the names.” Seriously? You would allow official segrega-tion of those men to continue, and simply explain why they were thought less worthy?

Each day that sign remains (it has been re-port ed to have been taken down in May to correct the spelling of one name), we are say-ing to every African American man, woman and child who walks by, “We didn’t think much of this Black family’s great grandfather then, and we still don’t today.”

Using the words Henry Louis Gates has said of Confederate monuments raised after Recon-struction, similarly, each day that “colored” plaque exists, it represents “a haunting sym-bol of oppression.” It may be small, but the hurt is not.

However it is done, that sign must change, or it should be taken out of public display. We no longer see, nor accept, KKK signs publicly displayed, as one was in 1931; and we shouldn’t have this 1931 plaque on display ei-ther. To allow it to remain proclaims inequal-ity. In 2019 Arlington, that is simply wrong.

Nick Penning (www.PenningThoughts.com) is an Ar-lington freelance writer.

Arlington Swears In 12 New Police Officers

The Arlington County Police Department welcomed 12 new officers this week, as Session 140 graduated from the Northern Virginia Criminal Justice Training Academy (NVCJA) and took their oath to serve and protect the residents and visitors of Arlington County.

Graduation from NVCJA is the first of many milestones in their training process to become solo police officers in Arlington County. The officers will complete local and field training programs before they begin solo patrol in the county.

The new officers who make up Session 140 are representative of the department’s ongoing efforts to recruit and hire a force that is reflective of Arlington’s diverse population and are well accompl-lished in their studies. Officer John Nelson and Officer T. Pullop were awarded first and third place, re-spectively, for their achievements of academic excellence. Officer T. Pullop was awarded third place in firearms. Officer J. Riggs received the Thomas L. Shaw Award, one of NVCJA’s highest honors. The award’s namesake, Thomas L. Shaw, worked in criminal justice in the Northern Virginia region for 36 years, more than half of which was in service to NVCJA as the executive director from 1982-2000. Riggs was selected by NVCJA’s Basic Training Staff as the officer who they feel best exhibits the potential to meet standards for professionalism, dedication and leadership, set forth by Shaw.

After being hired by the department, the new officers began their training at the NVCJA, a regional academy offering training to recruit officers who will go on to serve agencies in Northern Vir-ginia. Recruiting officers enrolled in the basic training program complete over 800 hours of training curriculum, which orients them to the day-to-day challenges experi-enced by law enforcement personnel while on the job. In addition to basic training, NVCJA offers in-service training programs to officers throughout their careers.

After graduation from the NVCJA, the new officers take part in local training, which reviews the department’s specific policies and procedures, as well as aspects of Arlington County. Following local training, the new officers complete the department’s 12-week Field Training Program. During field training, the officers work alongside a Field Training Officer, who is responsible for mentoring, teaching and evaluating them as they begin to apply knowledge gained during basic training at the academy to real world situations they encounter when responding to calls for service.

Following successful completion of field training, the officers begin solo patrol.

The Human Resources Management Section is actively recruiting applicants to join future academy sessions. Visit ACPD.jobs.
exercise and better nutrition. Grants up to $2,000 are awarded in a competitive grant process. Public elementary, middle and high schools located in Northern Virginia are all eligible to apply. Visit www.cfnova.org/grant-seekers/healthy-kids-grants for more.

MONDAY/JULY 8
Homicide Support Group, 6:30-8 p.m. at Convergence, 1801 N. Quaker Lane. Monthly support group for Alexandria or Arlington residents who have lost a loved one through homicide. Offered by the Alexandria Victim/Witness Program, and Virginia Victim Assistance Network. Registration is required. Free. Call 703-514-5762.

THURSDAY/JULY 18

MONDAY/JULY 22
Fundraiser: Opera NOVA’s Summer Institute. Opera NOVA will hold a Summer Institute for High School students at the Woman’s Club of Arlington. The institute will introduce High School students to what it is like to have a career singing opera. Instructors who are Opera NOVA singers will instruct attendees on technique as well as acting and presentation skills. The institute will last 10 days and end with a concert at the Woman’s Club. To make a donation supporting the institute, visit www.donor24.org/operanova or visit www.operanova.org.

THROUGH SEPT. 8
Metro Station Closures. Through Sunday, Sept. 8, 2019, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. Read more at www.wmata.com/service/rail/PlatformProject/.

SATURDAY/SEPT. 14
Disaster Relief Trials. Beginning and ending at Gateway Park in Rosslyn. Arlington County’s Department of Public Safety Communications & Emergency Management will host a second year of the Disaster Relief Trials (DRT). The competition simulates a large-scale disaster, blocking roadways and challenging participants to use bikes to transport emergency supplies, critical messages and (simulated) medicine throughout the County while traversing obstacles, such as barriers and water crossings. New to this year’s event is a Finish Festival at Gateway Park, held from 10 a.m.-2 p.m. Register at DRTArlington.com.
Signature Theatre Stages 'Blackbeard'

Rowdy high-seas musical about a journey across the globe.

By Steve Hibbard  The Connection

G

et ready to be entertained. Signature Theatre is presenting the rowdy high-seas musical, “Blackbeard,” from now through July 14. After learning he’s a wanted man by the British army, Blackbeard and his merry crew of maritime marauders embark on a journey across the globe to raise an undead pirate army from the depths of the sea.

Maria Egler plays the role of the pirate named Meg, who is one of the crew members on the Queen Anne’s Revenge, and La Mer who is the physical embodiment of the ocean. “As you know, all sailors and pirates are ‘married to the sea’ so be on the lookout for our trials and tribulations,” she said.

She said the challenge when working on a new piece is being able to incorporate changes to the script and music on a daily basis. “Sometimes the new material coming at you can make your head spin, but in the end it all makes the piece so much stronger which is well worth it,” she said.

As far as audience takeaways, she added: “I hope that audiences will have as good of a time watching this show as we have performing it. And I also hope that the underlying message of treasuring the journey is a big takeaway.”

Rory Boyd plays the role of Roger, a new contributor to the ship. “In ways, he’s the eyes and ears of the audience as he learns about life on a pirate ship. To get by, he has to make good use of his quick wit, open mind, sense of adventure and kind heart,” he said.

He added: “Working on a new musical is itself a unique experience. It’s been wonderful having the writers and the creative team in the room, and collaborating with them has been an unforgettable experience for me. For any actor, I think the opportunity to work on a new piece and originate a role is not one that comes by often; so, when it does you go for it,” he said.

He continued: “This musical is like a rollercoaster ride. From the very beginning right through to the end (no intermission) the audience is with us on the ship and transported across the world. I hope that cathartic feeling of having just come off a rollercoaster is similar to what audiences might feel; that sense of ‘wow, how was all that possible?’

“Of course, we’re using the magic of theatre to make it all happen, and I hope audiences will be reminded of it by seeing our show. In addition, our show has as much heart as it does adventure, so if our audiences leave both moved and enthralled by what they’ve seen, then we’ll have done our job,” he added.

Signature Theatre is presenting “Blackbeard,” from now through July 14. Shows take place on Tuesdays through Sundays at varying times (7 p.m.; 7:30 p.m.; and 8 p.m.); Saturday at 8 p.m.; and Sunday at 7 p.m., with matinees at 2 p.m. Tickets are $40-$98. Specialty Nights are Discussion Nights on June 26 and July 9, 2019; Pride Night on June 28, 2019; and Open Captioning July 14, 2019 at 2 p.m. The venue is located at 4200 Campbell Ave., Arlington. Call the Box Office at 703-820-9771.

Signature Theatre presents “Blackbeard” from now through July 14.
FRIDAY/JUNE 28
Horde of the Flies. 4-5 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 6 to 10. “Time flies like an arrow. Fruit flies like a banana.” Get to know this important and underrated insect order, meet a maggot, and learn what makes flies fabulous. For information: 703-228-3403. $5. Register at parks.arlingtonva.us, activity #642889-D.

Skittering Skinks Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families Register children and adults. Children must be accompanied by a registered adult. The whole family is invited to meet at the Gulf Branch fire ring for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, Skink’s. For information: 703-228-3403. $5. Register at parks.arlingtonva.us, activity #642885-O.


SATURDAY/JUNE 29
McCoy Park Reopens. 10 a.m. at McCoy Park, 2121 21st St. N. Celebrate the reopening of McCoy Park. The project sought to enhance the appearance of the park entrance and provide amenities and beautification. VIDA Fitness will lead a stretch and yoga class and MOM’s Organic Market will provide snacks. For information: 703-532-2662.

Dawson Terrace Park Reopens. 1-2 p.m. at Dawson Terrace Park, 2133 N. Military St. Celebrate the reopening of Dawson Terrace Park and see the renovated playground, picnic area, trails, courts, and more. Enjoy a scavenger hunt, games and MOM’s Organic Market will provide snacks. Visit parks.arlingtonva.us/locations/ dawson-terrace/.

Mouse in the House

Jane Franklin Dance performs Mouse in House, adapted from the book by Elizabeth Spires. This show is about a mouse who forms a friendship with 19th-century poet Emily Dickinson. The mouse’s life changes forever when a gust of wind blows one of Emily’s poems her way. Moved by Emily’s evocative words that capture her own feelings, the mouse becomes determined to be a poet herself. Monday, July 8, 1-2:30 p.m. at Cherydale Branch Library, 2106 Military Road and 4 p.m. at Glencarlyn Branch Library, 300 S. Kensington St. Tuesday, Aug. 6, 4 p.m. at Shirlington Branch Library, 4200 Campbell Ave. and 7 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Free. Visit www.janefranklin.com/arlinton-libraries or call 703-933-1111.

SATURDAY-JULY 29-30
St. Mary’s Used Book Drive and Sale. Saturday, 9 a.m.-1 p.m. Sunday, 8 a.m.-noon at St. Mary’s Episcopal Church, 2609 North Glebe Road, Fairfax Station. Donate novels, short stories, board books, history, art, and comic books, fiction and non-fiction books for Spanish readers; as well as family-friendly DVD movies through June 27. Annual Used Book Sale will run June 29-30. Donations accepted with bargain prices. Call 703-527-6800 or visit stmarysarlington.org/event/used-book-sale/.

SUNDAY/JUNE 30
Dog Days of Summer Craft Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Celebrate the Dog Days of Summer with local rescue groups and learn about Adopt Don’t Shop for finding a new pet. Make pull toys out of old jeans and fleece to be donated to pups waiting for their forever home. Donate old jeans or fleece on any Sunday or bring it along on the 30th. Ages 16 and older, $4; 5-15, $2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSR, or call 703-425-9225.

Firefly Festival. 7-30-9:30 p.m. at Fort C.P. Smith Park, 2411 N. 24th St. Celebrate summer’s natural night lights and learn about these bioluminescent beetles. Join in for bug hunts, games, crafts, walks and talks about fireflies. Bring a picnic blanket and dinner while waiting for sunset and for the natural lights to come out. $7 per person. Canceled if raining. For information: 703-228-6535. $7. Register at parks.arlingtonva.us, activity #642959-F.

MONDAY/JULY 1
The Declaration of Independence. 4-30 p.m. at the Arlington County Courthouse, 1201 South Glebe Road and open to everyone. Visit www.nps.gov/gwmp/playyourvisit/ netherlandscarillon.htm for more.

PHOTO BY CAL BINGHAM

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WASHINGTON, DC

JULY 1 - 2, 2019

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Arlington Connection ● June 26 - July 2, 2019 ● 11
Some Questions about Recycling

Solid Waste Division working to update website.

By Eden Brown
The Connection

S
ometimes recycling defies logic, which is why it’s a good idea to ask if you aren’t sure. Arlington’s Solid Waste Division has a website with a tool (“where does it go?”) you can use to query the database, but sometimes it isn’t comprehensive enough. Never fear, Ursula Escoto, the administrative technician at Arlington County’s Solid Waste Bureau, and her colleagues are happy to answer your questions and, when you ask, it adds to the database. Some of her recent answers:

❖ Empty plastic jar of cold cream. No recycling marks on it. Recycle cart.
❖ Wine cork – Trash cart or take back programs from stores such as Total Wine or Mom’s Organic
❖ 12 oz. Dixie cup – paper inside, outside feels like foam – Trash cart
❖ Plastic top of milk carton – on or off? – On, recycling cart.
❖ Old school binders – Trash cart
❖ Cardboard shred used as packing material – Trash cart
❖ Plastic cups number 2 – Recycle cart
❖ Used ballpoint pen – Trash cart
❖ Butcher paper – Trash cart
❖ Brita filters - can be recycled through Brita
Still have a question? Visit https://recycling.arlingtonva.us/where-does-it-go/ and the email query is on the same page.

Police Warn Of Latest Scam

T
he Arlington County Police Department and Sheriff’s Office are warning the public about a telephone scam that uses the threat of arrest to extort money from potential victims. Several residents have reported receiving unsolicited phone calls claiming they have an outstanding warrant for their arrest. The resident is provided with a phone number and instructed to call an individual the scammer claims to be a lieutenant with the Arlington County Sheriff’s Office. The scammer then demands immediate payment for an alleged fine.

If residents receive a call of this nature, immediately hang up with the caller and verify the claim by calling the Arlington County Sheriff’s Office at 703-228-4460. Never use a phone number provided to you from the caller to verify their credibility.

After making a verification call, if you find that you were a target or victim of a scam, file an online police report or call the Emergency Communications Center at 703-558-2222.

Cut waste, speak out, get involved.

Do Something

By Eden Brown
The Connection

This article is the third in a 4-part series about things you can do at home and locally to recycle, reuse, and reduce. Readers are invited to send in suggestions for what they would add to the list.

❖ Bike, walk, or use public transportation when feasible: it will improve your physical and mental health.
❖ Go digital — think twice before you hit print; get bills online.
❖ Reduce the number of boxes and packaging material by consolidating your purchases so you only check-out once several times.
❖ Support local businesses. Sometimes it’s a better deal and free advice and community engagement comes with it.
❖ Join a group or volunteer: EcoAction Arlington, GoGreen Arlington, Sierra Club, the Nature Conservancy, Tree Stewards,

Tree Action Group,
❖ Participate in occasional events if you can’t commit: EcoAction Arlington’s stream cleanup, Earth Day bike/tun clean up, invasives plant removal, county special events support
❖ Send your child to school with lunch they will eat, not waste.
❖ Volunteer at schools to teach about the 3Rs: teaching the young is easier than breaking old habits.
❖ Advocate: at your HOA/condo association, at your place of worship or club, at your PTA,
❖ School waste is enormous: composting unused food or donating it is doable but volunteers are needed.
❖ Write letters, talk to the County and School Board members — there is strength in numbers.
❖ Vote for the candidate with a clear green agenda.

This was the scene at the Westover Market Beer Garden after two diners finished an early dinner. This kind of food waste scenario is replayed over and over again in affluent Arlington.

Eco Faux Pas

Can you spot the (two) faux pas in this photo? Dirty pizza boxes (separate the dirty part out) and putting bottles and cans in a plastic bag (the whole load could get trashed instead of recycled: don’t put cans and bottles in a plastic bag).

Another double faux pas: Hang-ers don’t go in recycling. If you want to see them go to the right place, call for a metal pick up or save them for the next community recycling event. And again, for the third week in a row: bottles and cans in a plastic bag.

From Page 4

A-SPAN

Miller said the property was purchased from Huy Phan who “decided to go all in because we believe A-SPAN will do great things with the building.”

The purchase of this building preserves affordable housing in an Arlington neighborhood at risk for redevelopment.

A-SPAN’s day program began in 1999 with permanent housing in 2007, medical services in 2010 with 1,000 medical visits annually. The Homeless Services Center, providing shelter for up to 80 individuals and veterans nightly, was opened in Arlington in 2015 with Job START in 2016.

Miller stresses the importance of A-SPAN supporters who can donate at a-span.org, prepare or serve meals or organize a donation drive to collect toiletries, clothing, blankets or food.

Newly renovated apartments for A-SPAN homeless clients in Streets to Stability Housing.

From Page 4

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Evan and Maggie Baker and their 10-year-old son, Robbie, tour the newly opened A-SPAN apartment building in Westover on Saturday, June 22.
A Difficult Conversation

Talking to loved ones about Alzheimer’s Disease

By Marilyn Campbell

After witnessing the slow decline of family members with Alzheimer’s and other forms of dementia, Ana Nelson knows the importance of early recognition of signs of the disease and enacting a plan as early as possible. During the month of June, Alzheimer’s & Brain Awareness Month, Nelson who is vice president of Programs and Services with the Alzheimer’s Association National Capital Area Chapter, is working to encourage family members who notice signs of cognitive decline in a loved one, to have an open dialogue, no matter how difficult.

“You’re always thinking that your parents or loved ones are going to be around for a long time, but we’re talking about a disease where there’s no way to stop it or cure it,” said Nelson. “Alzheimer’s is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms so that you can plan for it. Families sometimes wait too.”

A new survey released by the Alzheimer’s Association reveals that nearly 9 in 10 Americans say that if they were experiencing signs of cognitive decline they would want their loved ones to share their concerns. However, nearly three out of four Americans say talking to a close family member about such a decline would be challenging for them.

To offer ideas for closing that communication gap, Nelson points to a recently launched national campaign and partnership between the Alzheimer’s Association and the Ad Council. The project, called “Our Stories” uses stories from people who’ve noticed cognitive changes in a family member and initiated a conversation.

An early diagnosis allows families to plan both financially and legally for the future. Recognizing the signs of mental decline allows for a timely diagnosis. “The most common early symptom of Alzheimer’s is difficulty in remembering recent events,” said Jerome Short, Ph.D., licensed clinical psychologist and associate professor of psychology at George Mason University. “Later symptoms are getting lost, problems with language, mood swings, lack of self-care, impulsivity, or lack of motivation.”

See Alzheimer’s, Page 15

Senior Living

SLOW DANCING WITH A STRANGER

Lost and Found in the Age of Alzheimer’s

MERYL COMER

Among the resources recommended for those dealing with Alzheimer’s are books entitled, “The 36 Hour Day” and “Slow Dancing with a Stranger.”

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In the team’s opening home meet of the NVSL Division IV season, June 22, the Donaldson Run Thunderbolts beat the High Point Pirates with a final score of 231-189. Swimmers broke four Donaldson Run team records during the meet. Donaldson Run team siblings, Rachel and Sean Conley, set new Donaldson Run records in the girls’ 11-12 50 free and boys’ 15-18 50 free with times of 28.85 and 24.91 respectively. Jack Tsuchitani broke the Donaldson Run boys’ 13-14 breast team record with a time of 31.23 and Andrew Meighan broke the Donaldson Run boys’ 15-18 butterfly team record with a time of 27.07. Sean Conley also tied his own pool record in boys’ 15-18 backstroke.

Double individual race winners for Donaldson Run were: Thomas Rodman (boys’ 11-12 50 free and 50 fly); Sean Conley (boys’ 15-18 50 free and 50 back); Charlie Greenwood (boys’ 11-12 50 back and 50 breast); Jack Tsuchitani (boys’ 13-14 back and 50 fly); Eleanor Wertzler (girls’ 9-10 50 free and 50 back); Grace Jansen (girls’ 11-12 50 breast and 50 fly); and Rachel Conley (girls’ 11-12 50 free* (tie race) and 50 fly).

The team’s single winners were (in order of age and event): Yvelisse Cabocel (girls’ 8 & under 25 back); Keegan Clark (girls’ 8 & under 25 breast); Evelyn Petty, Evelyn Maloney, Ryan Clark, Eleanor Wertzler (girls’ 9-10 100 medley); Sean Conley, Drew Harker, Andrew Meighan, Harrison Rehr (boys’ 15-18 200 medley); Charlie Greenwood, Sloan Stafford, Jack Tsuchitani, Sean Conley (boys’ Mixed Age 200 free); and Rachel Conley, Eleanor Wertzler, Grace Jansen, Emma Hutchison (girls’ Mixed Age 200 free).
Senior Living

Alzheimer’s

Before initiating a conversation, plan the way in which it might begin. “You can share what you have observed,” said therapist Carol Barnaby, LCSW-C. “For example, ‘It seems you are having trouble with remembering some things’ and give examples. You can ask, ‘Is this frustrating for you? Have you noticed or spoken to your doctor?’”

“We recommend being direct, yet warm and caring,” added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College.

Offering comfort and support can make the conversation less daunting. “You might say, ‘I’m beginning to feel concerned about your health because I’ve noticed that you are having some trouble with your memory lately’” said Bagshaw. “Have you noticed that as well? How can I support you?”

Even with advanced preparation the conversation might not go as planned, says Nelson. “This is a delicate issue that might require multiple conversations,” she said. Encourage the family member to seek medical advice for an accurate diagnosis, suggests Barnaby. “Some mental confusion can be caused by certain medications, so it isn’t always dementia,” she said.

Be flexible in realizing the conversation might not go as planned and raise concerns subtly. “Ask them if they have any concerns,” said Barnaby. “You might say, ‘I have been wondering how you are doing. You haven’t seemed your usual self. I am wondering if you have noticed anything.’

The Alzheimer’s Association offers resources and assistance to those living with Alzheimer’s and their families, says Nelson. “This is a delicate issue that might not go as planned and raise concerns,” she said. “It is important to have open and honest conversations with loved ones.”

Carol Barnaby, LCSW-C “For example, ‘It seems your usual self. I am wondering if you have noticed anything.’

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New Programs

Leonardo Da Vinci’s portraits of women, Monday, July 8, 7:30 p.m., Aurora Hills, $6. Register, 703-228-5722.

Fishermen’s group meets monthly, newbies welcome, Monday, July 8, 10 a.m., Walter Reed. Details, 703-228-9515.

Diabetes support group discusses daily management, community resources, Monday, July 8, 11 a.m., Langston-Brown Senior Center. 2121 N. Culpeper St.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior travel: High Tea at Gramercy Mansion, Stevenson, Md., Wednesday, July 10, $55; Captain Billy’s, Newburg, Md., Thursday, July 11, $5; Bus Tor, F. Hermingue, Occoquan, pre Bastille Day lunch, $67; Newseum, D.C., “John Stewart, The Daily Show,” exhibit, Saturday, July 13, $27. Call Arlington County 55+ Travel, 703-228-4714. Registration required.

Newest hearing technology, Tuesday, July 9, 11 a.m., Walter Reed. Details, 703-228-9515 (WR).

Writers’ workshop, Tuesday, July 9, 11 a.m., Lee. Register, 703-228-9555.

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That of Which I’m Most Proud

By KENNETH B. LOURIE

Not ending the title of this column with a preposition?
Not starting either of these sentences with a “so?”
Not beginning any of the first three sentences with an “especially” or an “and” (although I do begin many sentences with “And,” just neither of these so far?
No, if what I’m most proud, at least in the context of the nonsense I’ve presented so far, is my ability, going on a few months now, to ignore the illuminated warning lights on the dashboard of both of our cars: “Maint Req’d” on one and the low tire pressure icon on the other.

Typically, these kinds of non-stop reminders wore me out in my driveway. As far as I’m concerned, that’s the danger zone. Nothing good will ever come from yours truly entering it. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, “total-loss” to quote my late mother.

As you may have discerned from reading the two preceding paragraphs, as it involves cars, I’m not exactly a hands-on person. More like, hands off.

Granted, this lack of interest and, dare I say, maligns, has no doubt cost me thousands of labor-rate dollars at the dealership/service centers.

But it’s just not me. It’s never been me. I’m a sports and chocolate person. The only thing I want my hands on is the television remote or something sweet.

Not tools! To quote your favorite Italian mobster: “Forget about it.”

Definitely hands off, literally, especially if there’s a car in the driveway. As far as I’m concerned, that’s the danger zone. Nothing good will ever come from yours truly entering it. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, “total-loss” to quote my late mother.

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