

7th Congressional District

★ ★ ★ ★ ★  
**MEET THE  
CANDIDATES**  
★ ★ ★ ★ ★

1:30 p.m.  
Meet and greet  
2 p.m.  
Program  
March 18, 2018  
LOW Community Center



**Helen Alli** is a veteran of the United States Army and has been trained to protect and serve our country. She began serving her community as a volunteer at a battered women's shelter helping women begin again and became the league coordinator for the United States Tennis Association. She is a successful businesswoman in the health care industry and was appointed to the board of the Richmond Economic Development Authority.



**Abigail Spanberger** began her career of public service as a federal law enforcement officer working narcotics and money laundering cases with the U.S. Postal Inspection Service. Following her love of country, public service and languages, Abigail joined the Central Intelligence Agency as an operations officer. She traveled and lived abroad collecting intelligence, managing assets and overseeing high-profile programs in service to the United States.



**Dan Ward** was raised in Central Virginia and attended Virginia public schools before accepting an NROTC scholarship to Vanderbilt University. After graduation, Dan spent 25 years in the Marine Corps flying attack jets in combat missions over Iraq, Bosnia and Kosovo. Col. Ward later served as a senior military advisor in President Obama's State Department, where he ran cooperative defense programs in Syria and Ukraine before retiring in late 2014. As a civilian, Dan pilots 777 aircraft.

**Lake of the Woods Democratic Club**

**lowdemocrats.org**