

# Ceremonial Farewell

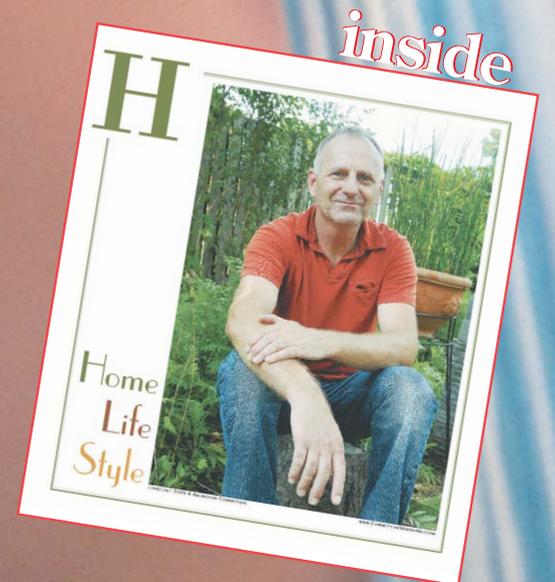
GRADUATION '09, PAGE 4

## Addressing Addiction

NEWS, PAGE 3

## School's Out, MCSL Now In Session

SPORTS, PAGE 8



Several Yorktown seniors expressed themselves in a variety of decorative items or words on their caps during their graduation ceremony, including senior Derek Brian Stotler.

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Church of The Brethren...703-524-4100
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- Trinity Presbyterian Church...703-536-5600**  
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### Saint Ann Catholic Church

**SUNDAY LITURGY SCHEDULE:**  
Saturday Vigil: 5:30 PM  
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## Westover Baptist Church

**Wednesday** Prayer Service 2:00 PM      1125 N. Patrick Henry Drive  
**Sunday** 9:30 AM Sunday School      **703-237-8292**  
& 11:00 AM Worship      [www.westoverbaptist.org](http://www.westoverbaptist.org)

**To highlight your Faith Community call Karen at 703-917-6468**

## Witnesses in Assault Sought

The Arlington County Police Department's Special Victims Unit is investigating the attempted sexual assault of a woman in the 900 Block of N. Taylor Street on Saturday, June 20, around 3:45 a.m. The victim was walking south through a small park between N. Stuart and N. Taft Streets. An unknown man walking north on N. Taft Street approached her. He grabbed her arm and forced her into bushes. He then tore at her clothing and assaulted her. The victim fought the attacker and yelled "Fire." A witness who heard the assault ran over, and the suspect fled the area.

The suspect is described as a white Hispanic male with a light complexion. He was between 20 to 30 years old, 5'6" and 145 lbs.

He was clean shaved, with short, gelled hair. The suspect was wearing a light colored button down shirt, dark dress pants, dress shoes, and a belt. He was also carrying a jacket with him. The suspect may have facial injuries that he sustained when the victim struggled.

Several people witnessed the suspect flee the area; police ask that they come forward to be interviewed. Anyone who has information about this assault or the identity of the suspect is asked to call the Arlington County Police Department at 703-558-2222, or Detective Melinda Woods at 703-228-4208 or via e-mail at [mjwoods@arlingtonva.us](mailto:mjwoods@arlingtonva.us).  
Witnesses can also call Crime Solvers at 866-411-TIPS (8477).

## New Hours at Branch Libraries

Beginning in July, Arlington Public Library's Cherrydale and Glencarlyn branches will operate on a reduced schedule on Thursdays and Fridays. The changes are a result of the Fiscal Year 2010 County budget as approved by the County Board in April. The libraries will be open on Thursdays, 2

p.m. to 6 p.m. and Fridays, 10 a.m. to 2 p.m.  
The branches will continue to operate on Mondays, 10 a.m. to 9 p.m.; Tuesdays and Wednesdays, 1 p.m. to 9 p.m.; and Saturdays, 10 a.m. to 5 p.m.  
Both branches will continue to be closed on Sundays.

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# NEWS

## Weighing New Drug Court Model

**“We don’t need a sham drug court.”**

— Commonwealth’s Attorney Richard Trodden

**A separate docket is proposed for probation violators who struggle with substance-abuse issues.**

BY MICHAEL LEE POPE  
THE CONNECTION

**D**ockets at the Arlington County Courthouse are clogged with cases in which people addicted to drugs finds themselves coming back again and again. These are repeat probation violators, defendants who are so frequently at the courthouse that many in the criminal justice system feel that a different approach needs to be considered. Many of them have families and hold down jobs, but can’t seem to shake drugs and alcohol. As soon as they fail another drug test, they’re back at the courthouse.

“These are cases we see often,” said Circuit Court Chief Judge William Newman. “Maybe they haven’t done everything right, and maybe they need a little more structure in their lives.”

That’s why Newman is working with public defenders and prosecutors in the county to investigate the possibility of creating a new drug court in Arlington. The drug-court model under consideration would create a separate docket for probation violators who struggle with substance-abuse issues. Supporters say the drug-court model

would emphasize treatment for those caught in a cycle of chemical dependence.

“Incarceration generally does not address the underlying problem, but detoxification and treatment programs often do,” said

**“Diversion to treatment improves the chances of turning offenders into contributing members of our community.”**

— Carol Skelly, chairwoman, Community Services Board

Carol Skelly, chairwoman of the Arlington Community Services Board. “Diversion to treatment improves the chances of turning offenders into contributing members of our community.”

**THE COMMUNITY SERVICES** Board is leading the effort to create the new drug court, forming an exploratory committee to investigate the issue in September 2008. Since that time, Chief Judge Newman has been working to

gather information on drug courts and determine what kind of consensus could emerge between prosecutors and public defenders. But Commonwealth’s Attorney Richard Trodden said the only kind of drug court he would be interested in pursuing would be limited to probation violators.

“We don’t need a sham drug court,” said Trodden. “As I understand it, the drug court would meet weekly to see if they are working and keeping their job and towing the line. And if they are not, it’s into the slammer they go for a while.”

The drug-court model Trodden is interested in pursuing would be much more coercive than the current model. Because drug court would coerce defendants to undergo treatment, Trodden said, the coercions for not participating in treatment would be incarceration. As a result, the only kind of drug court that he would agree to in Arlington would be one that had consequences for probation violators that were much more severe than the current system.

“The places where drug courts



Commonwealth’s Attorney Richard Trodden

have worked the best is where the alternative to treatment has been incarceration, but in Arlington we just don’t lock people up for drug usage,” he said. “So what I’m having a hard time grappling with is why any defense attorney would participate in this.”

Supporters say drug courts offer a way for defendants to clear their record of criminal wrongdoing, allowing individuals to move on without continuing to carry the legal burden of their substance-abuse problems. Drug court participants often undergo mental health treatment, case management, drug testing and probation supervision while reporting to regularly scheduled status hearings before a judge with specialized expertise in the drug court

model. In some models, drug courts can provide job-skill training and family counseling.

“The real incentive for the defendant is the possibility of having their record wiped clean,” said Patrick Hope, a former chairman of the Community Services Board who is now running for the House of Delegates. “That’s a great opportunity for someone who is trying to get a job or get into law school.”

**DRUG COURTS WERE** first created 20 years ago in Miami. Since that time, more than 2,000 have been created in all 50 states and 20 countries. Virginia has 27 drug courts, although each individual drug court has its own format. In  
SEE NEW, PAGE 6

## Hall Embraces Jiu Jitsu in the Mall

**Arlington native and world-class jiu jitsu pro opens training program at Ballston.**

BY MARK GIANNOTTO  
THE CONNECTION

**I**n the area for an MBA program at Georgetown University, Jan Hohberger had endured through two days filled with meetings and seminars, when last Thursday night he ventured to Arlington in search of something, anything to get his mind “out of work mode.”

A German currently living in Barcelona, Spain, Hohberger was in search of somewhere to practice the submission-based sport of Brazilian jiu jitsu. Using the internet, he discovered Ryan Hall’s 50/50 Brazilian Jiu Jitsu Academy.

“I looked on a forum and saw Ryan’s name. He’s got a pretty

good reputation,” said Hohberger. Hall, a 24-year-old Bishop Ireton graduate and native Arlingtonian has twice qualified for the Abu Dhabi World Championships, the ultimate prize in professional jiu jitsu, and has more than 300 victories to his credit since turning professional in 2006.

Now, along with partner and fellow professional mixed martial arts (MMA) competitor Seph Smith, Hall has gone about relating his worldwide experiences with the rest of Arlington. Together the two opened 50/50 Brazilian Jiu Jitsu, a training program held every weeknight at the Sport & Health Club in Ballston Mall.

Each had been a part of gyms where the training became so

hardcore that the program bordered on tyrannical. They had seen others where the rules were so relaxed, no real work ever got done. So Hall and Smith sought a middle ground — a gym where veterans and rookies alike could come to train hard and enjoy the fruits of their labor.

“What we’re trying to do is put together a place where anyone from anywhere ... can come down and really have a good time, train hard, with people ranging from absolute beginners to guys fighting in the UFC or the top level of jiu jitsu,” said Hall, whose club already has close to 70 members since beginning in December.



PHOTO BY MADDIE MEYER/THE CONNECTION

**Twenty-four-year-old pro jiu jitsu competitor Ryan Hall shows a move on student Tanner Crowder during a recent training session of 50/50 BJJ, held weekdays at the Sport & Health Club in Ballston Mall.**

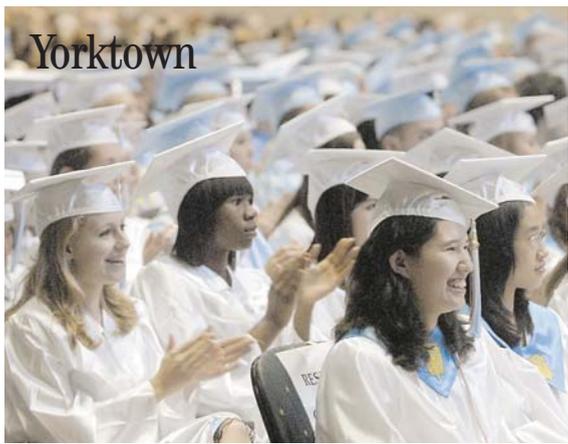
“Pretty much make it about training more than one personality or one’s sense of self.”

**HALL WENT** to Gonzaga in Washington, D.C. his first two

years of high school before graduating from Ireton in 2003. After a year at the Manhattan College for Electrical Engineering, he began to focus solely on jiu jitsu, turning

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# GRADUATION '09



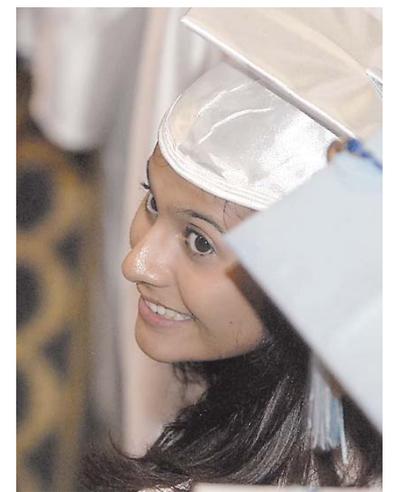
Yorktown

PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Yorktown seniors listen to a variety of seniors giving them advice during the Class of 2009 Commencement Exercise at the DAR Constitution Hall in Washington D.C. on June 18.



The 383 graduates of Yorktown High School have a little fun during their graduation.



Genesi Nichol H'Luz poses for a quick picture for her family while marching into Constitution Hall.



Wakefield

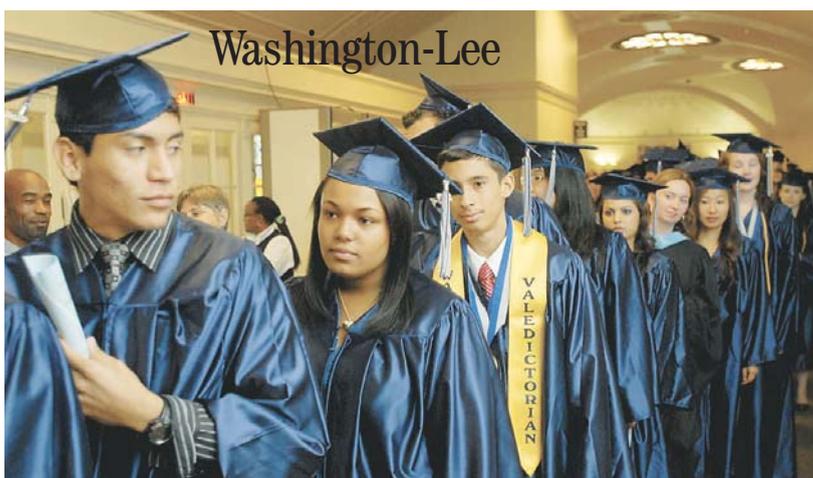
Wakefield seniors Mirtalita Castillo and Josselyn Gutierrez make sure they are ready to walk across the stage to receive their high school diplomas.



Wakefield High School senior officers Elisha Atkins and Joshua Downes give the opening speech of the Class of 2009 graduation ceremony held at Constitution Hall in Washington D.C. on June 18.



Several Wakefield seniors look for friends and family as they march into Constitution Hall for their graduation ceremony.



Washington-Lee

Washington-Lee seniors wait for their turn to march into Constitution Hall for the Class of 2009 Commencement Exercise on June 18.



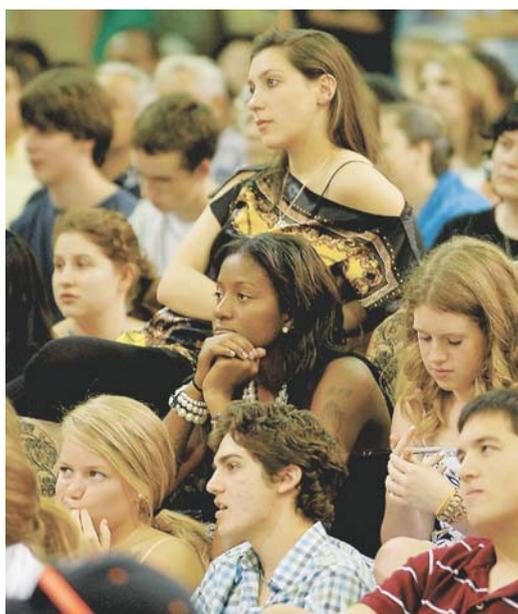
Odonchimeg Batbaatar and Sarah Bayliff wait for their turn to march into Constitution Hall.



After receiving her diploma, Mukti Islam stands with the rest of her classmates to officially become high school graduates.

## H-B Woodlawn

H-B Woodlawn graduated the 89 members of the Class of 2009 during the school's graduation ceremony at the school in Arlington on June 17.



Jake Ward helps to create more decorations for the H-B Woodlawn High School graduation ceremony while other seniors move another couch in to sit on for the ceremony.



Tiffany Rochelle Jones was one of the 89 graduating seniors of the Class of 2009 from H-B Woodlawn High School in Arlington on June 17.

# CALENDAR

Know of something missing from this community entertainment calendar? Send it to *The Arlington Connection*, e-mail it to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is 2 p.m. the Thursday before publication. Call Steve Hibbard at 703-917-6407 with any questions. Photos are welcome.

## ONGOING

**Enjoy the Party at the Plaza** with dancing and music every Wednesday from now through July 29, from 5:30-8 p.m. at the outdoor terrace of the Rosslyn Spectrum, 1611 N. Kent St., 2<sup>nd</sup> Floor Terrace. Australian dance champ Michael Rye will teach the latest moves, and on salsa nights (July 1), area salsas Eileen Torres and Jeri Dembrak will host. Call 703-228-1850.

The **Arlington Farmers' Market** takes place on Saturdays from 9 a.m.-noon year round. Located at the intersection of N. Courthouse Road and N. 14<sup>th</sup> Street. Visit [www.arlingtonfarmersmarket.com](http://www.arlingtonfarmersmarket.com) for more on the market and vendors.

A **Columbia Pike Farmers Market** runs every Sunday from 9 a.m.-1 p.m. at Pike Park in front of Rite Aid, at the corner of S. Walter Reed Drive and Columbia Pike. Browse fruit, produce, meats, plants and more. Visit [www.columbiapike.org](http://www.columbiapike.org).

**Ballston Farmers Market and Lunchtime Concerts.** The weekly market, now in its fifth year of operation, offers farm-fresh produce and locally produced foods. Live music is provided by local musician "Dan The Man." Participating vendors include Baguette Republic, Barajas Produce, Farmhouse Flowers and Plants, Grace's Pastries, Great Harvest Bread, La Provençale Cellars, Fleurir Hand Grown Chocolates, LMS Vegetable Farm, Red Apron Butcher Shop, Teaco, Tuckey Mountain Grown, Tyson's Farms, and Walnut Hill Farm. For product details, visit [www.ballstonvasquare.org/farmersmarket.html](http://www.ballstonvasquare.org/farmersmarket.html). The Market runs every Friday from 11 a.m. - 3 p.m. now through Oct. 16 (no market July 3rd). Welburn Square is located at N. 9th and N. Stuart Streets across from the Ballston Metro station on the Orange Line. Live music is provided between noon and 2 p.m.

**The Rosslyn Business Improvement District's (BID) Farmers Market** runs on Thursdays from now until Oct. 22, from 11 a.m. - 3 p.m. at Wilson Boulevard and North Oak Street. The market will give residents, visitors, and office workers the chance to buy fresh and local from regional vendors who have become Rosslyn favorites. Adjacent to the market, shoppers can enjoy a variety of live music during



## SATURDAY/AUG. 8

**Annual Target Open House.** Noon to 9:30 p.m. Sponsored by Signature Theater. Free performances, master classes, demonstrations and exhibits. Open House attendees can go behind the scenes at the innovative theatre, hear musical highlights from the upcoming season (including "Showboat" and "Sweeney Todd"), hear reunion concerts of past Signature shows, learn new dance steps from a Helen Hayes-winning choreographer, attend a Broadway concert, hear live rock music on the Plaza, and more. Visit, [www.signaturetheatre.org](http://www.signaturetheatre.org).

Rosslyn Lunchtime Concerts held from 11:45 a.m. - 1:30 p.m. through Sept. 24. The lineup includes R & B, Pop, Folk, Jazz musicians and more.

**The Arlington County Central Library** will feature 13 Color Field paintings by local artist, Bryan Jernigan, in a show called, "Color Therapy," that will hang through June 30. Jernigan, who is the president of the Arlington Artists Alliance, has been painting for more than 30 years and after moving to the area 20 years ago, was struck by the work of original Washington Color School painters including Morris Louis, Gene Davis, Sam Gilliam and Alma Woodsey Thomas. Jernigan also teaches Color Field techniques in Arlington and Northern Virginia through the Arlington Artists Academy. For more information about Jernigan, visit [www.myspace.com/bryanjernigan](http://www.myspace.com/bryanjernigan).

## WEDNESDAY/JUNE 24

**Air Force Concert Band.** 8 p.m. U.S. Air Force Concert Band and Singing Sergeants perform. Free. At the Air Force Memorial, One Air Force Memorial Drive, Arlington. Call 202-767-5658 or go to [www.usafband.af.mil](http://www.usafband.af.mil).

## THURSDAY/JUNE 25

**Vegetable Gardening Workshops.** 9:30-11:30 a.m. The public is invited to join Virginia Cooperative Extension's Master Gardeners in a workshop on sound practices in the vegetable garden to prevent, diagnose and manage diseases. At Fairlington Community Center, 3308 S. Stafford

Street, Arlington. Call 703-228-6414.

## FRIDAY/JUNE 26

**Air Force Concert Band.** 8 p.m. U.S. Air Force Concert Band and Singing Sergeants perform. At the Air Force Memorial, One Air Force Memorial Drive, Arlington. Free. Call 202-767-5658 or go to [www.usafband.af.mil](http://www.usafband.af.mil).

**I Love the '80s Movies.** Rosslyn Outdoor Film Festival shows classic '80s movies such as "Breakfast Club," "Goonies" and more at Newseum space, 1101 Wilson Blvd. Free. Visit [www.arlingtonarts.org](http://www.arlingtonarts.org).

**Ice Cream Social.** 6:30-9 p.m. Sponsored by the Pilot Club of Arlington to raise money for local service projects. \$6/adults, \$3/children 4-7, \$1/children 3 and under. At Lyon Park, 414 N. Fillmore Street, Corner of Pershing Drive and Fillmore Streets, Arlington.

## SATURDAY, JUNE 27

**Bipolar artist Lauren Voiers**, 18, will present her art exhibition at the Wentworth Gallery in Arlington on Saturday, June 27 from 1-3 p.m. At Fashion Centre at Pentagon City, 1100 South Hayes St., Arlington. Call 703-415-1166.

**The Big Cheese.** 7-9:30 p.m. Eclectic Pop and Fiddle Music. Two Free CDs for all who attend. T-Shirts too while supplies last. Bangkok Blues (926 W. Broad St., Falls Church). \$7.

**Argentine 2009**, a tango, rock and folk celebration. 5:45 p.m. Doors open at 4 p.m. Tickets are \$25 or \$20 online. At 125 South Old Glebe Road, Arlington. Call 703-212-5850. Go to

SEE CALENDAR, PAGE 7



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2524B FAIRFAX DR N #8 B II	2	2	0		ARLINGTON	\$525,000	Townhouse			BARTON PLACE
4625 4TH ST S	3	1	1		ARLINGTON	\$525,000	Detached	0.29		BARCROFT
5410 22ND RD N	3	1	1		ARLINGTON	\$525,000	Detached	0.14		LEEWAY HEIGHTS
1015 KENNESAW ST	2	2	0		ARLINGTON	\$522,500	Detached	0.11		WESTOVER
1205 GARFIELD ST N #208	2	2	0		ARLINGTON	\$516,000	Hi-Rise 9+ Floors			STATION SQUARE
900 TAYLOR ST N #1711/27	2	2	0		ARLINGTON	\$515,000	Hi-Rise 9+ Floors			JEFFERSON RETIREMENT CONDOS
6839 WASHINGTON BLVD #D	3	2	2		ARLINGTON	\$515,000	Townhouse			LAUREL MEWS & WA COURT
1190 VERMONT ST N	2	2	0		ARLINGTON	\$507,000	Townhouse	0.02		BALLSTON AREA TOWNH
4612 7TH ST S	5	2	1		ARLINGTON	\$507,000	Detached	0.11		BARCROFT
1133 UTAH ST N #1133	2	2	1		ARLINGTON	\$505,000	Garden 1-4 Floors			BALLSTON COURT
228 GREENBRIER ST N	3	1	0		ARLINGTON	\$504,000	Detached	0.14		ARLINGTON FOREST
5025 CARLIN SPRINGS RD N	3	1	1		ARLINGTON	\$502,400	Detached	0.14		BRANDON VILLAGE
1020 HIGHLAND ST N #822	2	2	0		ARLINGTON	\$500,000	Hi-Rise 9+ Floors			PHOENIX
711 KENSINGTON ST N	5	2	0		ARLINGTON	\$500,000	Detached	0.14		BONAIR
961 RANDOLPH ST S	3	2	1		ARLINGTON	\$495,000	Townhouse	0.04		ALCOVA ROW
2152 BRANDYWINE ST N	2	2	0		ARLINGTON	\$494,000	Attach/Row Hse	0.04		GLEBEWOOD VILLAGE
820 POLLARD ST #701	2	2	0		ARLINGTON	\$493,300	Hi-Rise 9+ Floors			HAWTHORN
851 GLEBE RD N #704	2	2	0		ARLINGTON	\$490,000	Hi-Rise 9+ Floors			CONTINENTAL
6839 WASHINGTON BLVD #6839C	3	2	2		ARLINGTON	\$490,000	Townhouse			LAUREL MEWS & WA COURT
1101 ARLINGTON RIDGE RD S#1010	2	2	1		ARLINGTON	\$480,000	Hi-Rise 9+ Floors			THE REPRESENTATIVE
1606 TAYLOR ST	2	2	1		ARLINGTON	\$480,000	Townhouse	0.04		VIRGINIA GARDENS TOWNH
2434 WALTER REED DR S	3	2	1		ARLINGTON	\$480,000	Townhouse			WINDGATE OF ARL
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3814 14TH ST S	4	2	0		ARLINGTON	\$470,000	Detached	0.21		DOUGLAS PARK
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1001 VERMONT ST N #501	2	2	0		ARLINGTON	\$452,100	Hi-Rise 9+ Floors			WESTVIEW AT BALLSTON
4721 31ST ST S #1983	2	2	0		ARLINGTON	\$444,950	Townhouse			FAIRLINGTON VIL
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3083 WOODROW ST S #1866	2	2	0		ARLINGTON	\$412,000	Townhouse			FAIRLINGTON VILLAGE
1616 TAYLOR ST	3	3	1		ARLINGTON	\$410,000	Townhouse	0.04		VIRGINIA GARDENS TOWNH
2851 BUCHANAN ST S	2	2	0		ARLINGTON	\$410,000	Townhouse			FAIRLINGTON VIL
4141 HENDERSON RD N #1205	2	2	0		ARLINGTON	\$409,000	Hi-Rise 9+ Floors			HYDE PARK
3060 WOODROW ST S #1883	2	2	0		ARLINGTON	\$408,000	Townhouse			FAIRLINGTON VIL
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## New Drug Court Recommended

FROM PAGE 3

Alexandria, for example, the drug court is held in the Juvenile and Domestic Relations Court so that those who can demonstrate they have kicked the habit can regain custody of their children.

"Our version of the drug court gives families the ability to reconnect if the defendant can leave drugs behind," said Circuit Court Judge Nolan Dawkins, who created the program when he was a family-court judge. "But with success also goes failure, and not many people relapse."

The Arlington Community Services Board estimates that about 80 percent of people in the Arlington jail have some kind of substance abuse problem, including alcohol abuse. Yet the criminal-justice system tends to punish addicts as criminals rather than treat their additions. Because each day in jail costs Arlington taxpayers about \$150 per inmate, supporters of the drug-court movement say implementation would save money and reduce crime.

"This is the most effective justice intervention program in our nation's history," said Chris Deutsch, communications director for the Alexandria-based National Association of Drug Court Professionals. "This is for addicts to address the root cause of why they are involved with the criminal justice system."

**SINCE THE WAR** on drugs was launched by President Richard Nixon in 1969, the incarceration rate for the United States has become the highest in the world. According to the London-based International

Center of Prison Studies, although America has about five percent of the world's population the country now houses 25 percent of the world's reported prisoners. Meanwhile, according to the Washington-based Bureau of Justice Statistics, mass incarceration of illegal drug users has not curtailed drug usage while incarceration for drug crimes has disproportionately targeted minorities.

"America's criminal justice system has deteriorated to the point that it is a national disgrace," said Democratic U.S. Sen. Jim Webb in a written statement on the issue. "There is great appreciation from most in this country that we are doing something drastically wrong."

In March, Webb introduced bipartisan legislation to create a blue-ribbon commission charged with conducting an 18-month review of the nation's entire criminal justice system and offering concrete recommendations for reform. Meanwhile, the Community Services Board will spend this summer trying to build consensus around creation of a new drug court in the Arlington. Any model that will be adopted will need buy-in from judges, prosecutors and public defenders. Then it will need statutory authority from the General Assembly and funding for training programs.

"Obviously, there are going to be concerns about community safety," said Skelly. "These concerns would be addressed by setting thresholds on what kinds of crimes would be eligible, likely nuisance crimes, such as trespassing or failure to cooperate with police, but not violent crimes."

# CALENDAR

FROM PAGE 5

www.festivalargentinausa.com.

**"Finding Our Voices."** 12:30-5:30 p.m. Dream Catcher Films Inc. presents a screening of "Finding Our Voices" at the Rosebud Film and Video Festival, which honors the best of D.C. area filmmakers' works. \$8 admission. The Rosebud Festival Web site www.RosebudFestival.org has a complete listing of all the nominated film screening times. The Rosslyn Spectrum Theater is located at 1611 N. Kent St., Arlington, and is two blocks from Rosslyn Metro Station. An award ceremony honoring winners of the festival will be held Sunday, June 28 in the Clarendon Ballroom. Call 703-524-2388.

## SATURDAY, JUNE 28

**Ultimate Frisbee Tournament.** 6:30-9 p.m. At Thomas Jefferson Community Center. Free. Come challenge yourself and friends with a night of playing ultimate Frisbee.

## MONDAY/JUNE 29

**Play Reading Series.** 7 p.m. at Arena Stage, 1800 S. Bell St. Free, but must have reservations, 202-488-3300. "Mary T & Lizzy K" by Tazewell Thompson.

**Cartoonist Richard Thompson.** 7 p.m. Hear from the man behind the syndicated daily comic strip "Cul de Sac." At the Arlington Central Library Auditorium, 1015 North Quincy Street, Arlington.

## WEDNESDAY/JULY 1

**U.S. Air Force Concert Band.** 8 p.m. Free performance at the U.S. Air Force Memorial, One Air Force Memorial Drive, Arlington. Call 202-



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**Paradox Now!** The Arlington Arts Center's show of historical reenactments, parodies, alternative histories, and curious lies. The show includes the work of eight artists. At Arlington Arts Center, 3550 Wilson Blvd., Arlington.

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## FRIDAY/JULY 3

**Air Force Strings.** 8 p.m. Free performance at the Air Force Memorial, One Air Force Memorial Drive, Arlington. Call 202-767-5658 or go to www.usafband.af.mil.

## SATURDAY/JULY 4

**Barcroft Parade.** 10 a.m. At the Barcroft Community House, 800 S. Buchanan Street. Features the National

Guard, Arlington Fire Department and a unicyclist juggler. Awards ceremony and barbecue; bring a dish to share. Call Katherine McGwier, Barcroft Community Parade Committee at 703-979-7727.

**Ring the Bell.** Come to Arlington County's Constitution Park on July 4 at noon and help ring the bell to mark the day. The park is located at Wilson Blvd. and George Mason Drive and was dedicated at the time of the Constitution's Bicentennial. Children of all ages are invited to pull the rope that tolls the bell.

## TUESDAY/JULY 7

**Faithful Readers Book Club.** 7 p.m. At the Arlington Central Library, 2nd floor conference room. Current reading is "Three Cups of Tea" by Greg Mortenson. Contact Jane Dixon at 703-465-0341.

## WEDNESDAY/JULY 8

**Airmen of Note.** 8 p.m. Free concert. At the Air Force Memorial, One Air Force Memorial Drive, Arlington. Call 202-767-5658 or visit the homepage: www.usafband.af.mil.

## THURSDAY/JULY 9

**Carol Gaylor and Bruce Katsu.** 7 p.m. Original music. \$10 tickets online at NVFAA.ORG and at the door. The Athenaeum, 201 Prince Street, Alexandria. 703-548-0035.

## FRIDAY/JULY 10

**The Airmen of Note.** 8 p.m. Free concert. At the Air Force Memorial, One Air Force Memorial Drive, Arlington. Call 202-767-5658 or visit our homepage: www.usafband.af.mil

## SUNDAY/JULY 12

**Firefly Festival.** 7 p.m. At Ft. CF Smith. Celebrate summer's natural night-lights. Enjoy tons of activities celebrating these critters that light up the night. Events begin include bug hunts, games, crafts, walks, contests, talks about fireflies, and much more.

## JULY 9-18

**"Measure for Measure" and "King Lear."** Sponsored by Empty Chair Theatre Company. At H-B Woodlawn's

Black Box Theatre, 4100 Vacation Lane, Arlington. July 9-11, 16 and 17 at 7:30 p.m. and July 12 and 18 at 2 p.m. and 7:30 p.m. Go to http://www.emptychairtheatre.org for more information; email ectc.boxoffice@gmail.com to reserve tickets.

## SATURDAY/JULY 11

**Ballston Arts & Crafts Market.** Free admission. 30 local artists and crafters. Live music by Arlington's own, The Constituents from noon to 2 p.m. At North Stuart and North 9th Streets, across from the Ballston Metro Station. Go to http://ballstonarts-craftsmarket.blogspot.com.

## SATURDAY/JULY 18

**Charity Dog Wash.** 9 a.m. to noon. \$15 donation. Fur-Get Me Not is hosting a Dog Wash to benefit the Lost Dog and Cat Rescue. The Lost Dog & Cat Rescue Foundation is a dedicated group of volunteers that rescues abandoned or displaced dogs and cats from the threat of euthanasia by area shelters or other at-risk situations. At 4140 S. Four Mile Run Dr., Arlington.

## JULY 31

**Become a Master Naturalist.** 9 a.m. to 2:30 p.m. The Virginia Master Naturalist program trains volunteers to provide education, citizen science and outreach to conserve and manage natural resources and public lands. The Arlington chapter of Master Naturalists will be holding its fall classes from Sept. 14 through Dec. 14, in Arlington, with fieldwork in nearby locations. Applications are due by July 31. Visit www.armn.org. Email at arlingtonmasternaturalist@gmail.com.

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# 'No Place We'd Rather Be'

Rain or shine, swimmers rejoice over start of NVSL swim season.

BY MARK GIANNOTTO  
THE CONNECTION

The race in the pool had just ended Saturday morning, when 16-year-old Carolina Galdiz began sprinting up a hill at Tuckahoe Recreation Club in McLean to bang a small drum as hard as she could five times.

It's a tradition for the Donaldson Run swim team of Arlington, every time one of their swimmers wins a race, somebody on the team grabs a stick and bangs the drum in celebration — five times since a first-place finish nets the team five points.

"It just brings out a lot more spirit and little kids get more out of it when they see older kids excited," said Gitez, designated drummer for this meet.

And though Donaldson Run lost to Tuckahoe, 260-117, in its first Division 2 meet of the Northern Virginia Swim League season amidst on-again, off-again rain showers, nothing could dampen the enthusiasm and buzz created by the start of another summer

swimming campaign.

In an area that has become known for its swimming thanks to the Olympic exploits of several area athletes like Katie Radloff and Tom Dolan of Yorktown High School fame, the beginning of summer brings out the quirky celebrations, wild costumes, funny cheers, and even creative face paint displays.

The competitive swimming circuits of the winter may be top notch around here — Maryland-based programs Rockville Montgomery Swim Club and Curl Burke are the No. 1 and 2 ranked club teams, respectively, in the entire country — but ask any swimmer and they'll say their love for the sport was born in the summer, in less-pressurized atmospheres like the NVSL.

Because most importantly, summer swim season reunites a family of sorts, the kind that has been built on a ritual of fast swimming, encouragement, and fun each weekend over many years.

"It's like time just stops in the summer," said 15-year-old Yorktown swimmer Lydia Carpenter, one of the "older kids" on the Donaldson Run swim team. "Once you hit the summer time, it's just a fun season. We've been doing this since we were six years old, it's a big part of our lives now."

"It's the team, you get out of bed every morning for that," said 17-year-old Yorktown student Greg Crosswell, as he stood wet from

## Full Arlington Swim Results

- ❖ Dominion Hills 239, Commonwealth 154
- ❖ Overlee 227, Hamlet 115
- ❖ Tuckahoe 260, Donaldson Run 117
- ❖ Arlington Forest 220, Hayfield Farm 181
- ❖ Fort Myer 246, Armfield Farm 198

head to toe thanks to a combination of pool water and rain drops. "There's no place we'd rather be."

The team aspect in swimming is unique from other sports. While there are technically no teammates to help you out in the water, there are plenty providing encouragement from the side of the pool. And it's not often a high school senior is cheering on an elementary school student, but the NVSL, now in its 43<sup>rd</sup> year of existence, brings children of all ages together in one, fun-filled setting. This season more than 15,000 swimmers will dive into the pool in NVSL meets.

"Just being with everyone outside of school is what I look forward to," said 10-year-old Williamsburg Middle School student Chris Radke, adding that he planned on following in the footsteps of Donaldson Run's current crop of older swimmers and participate in the NVSL well into high school. "Every year, I have a better time than last year."

Over at Dominion Hills, the summer swim season also got off to a rousing start, despite the less than



COURTESY OF BETH ELLIS

Eric Weiner of Dominion Hills prepares to dive in headfirst during the 10-11 age group relay last Saturday as part of the opening weekend for the NVSL.

ideal weather. In a Division 8 matchup, Dominion Hills defeated Commonwealth Pool of Fairfax, 239-154.

Double winners included eight-year old Luke Hepp in the freestyle and backstroke, 10-year-old Kara Fox in the freestyle and breaststroke, 14-year-old Abby Young in the freestyle and backstroke, and 18-year-old Andrea Oaxaca in the freestyle and butterfly.

In Division 1, Overlee's meet with Hamlet was shortened due to thunder and lightning, but it didn't stop the Flying Fish from claiming a 227-115 victory over Hamlet.

Overlee, last year's Division 1 champion, had seven double winners: Ryan Baker (11-12 boys' back and fly), John Thomas Dolan (8&under boys' free and back), Tyler Gehrs (15-18 boys free and fly), Michaela Morrison (9-10 girls free and breast), Nicholas

Pasternak (9-10 boys free and fly), Rachel Robertson (11-12 girls back and breast), and Maggie Shipley (8&under girls free and breast). Single event winners for Overlee included John Aldinger (9-10 boys breast), Katie Bennett (13-14 girls back), Sean Coleman (11-12 boys breast), Bridget Condon (13-14 girls breast), Emma Day (9-10 girls fly), Jonathan Day (9-10 boys back), Suzanne Dolan (11-12 girls free), Rebecca Horner (11-12 girls fly), Virginia Hosty (8&under girls back), Abigail Ortmyer (15-18 girls breast), Izzy Pasternak (13-14 girls fly), Tate Rusby-Wood (8&under boys breast), Olivia Shipley (15-18 girls free), Liana Tai (15-18 girls back), and Kaitlin Wolla (15-18 girls fly).

To have team's swim results posted in the paper or online each week, contact sports editor Mark Giannotto at mgiannotto@connectionnewspapers.com

# Hall Embraces Jiu Jitsu in the Mall

FROM PAGE 3

pro in 2006. Now he trains twice a day (once in the morning and again at night with 50/50 BJJ students) every weekday and once a day on Saturdays.

He first met Smith in 2005 while training under Lloyd Irvin in Maryland, but both had dreams of one day starting their own program in their own practice space. Each were head instructors before, but the hard work and time needed to remain at the top levels of MMA, made planning such a venture next to impossible.

That all changed beginning last August, when Hall had reconstructive surgery on his left wrist and underwent arthroscopic surgery on the same elbow in a span of three months. With training halted for the next eight months, he "needed a positive outlet to do something because I was pretty much just sitting around, being depressed, watching reruns on television."

"It was something both of us had kind of wanted to do for a long time and we figured now was a good time," said Smith, who

has won several regional titles in both jiu jitsu and other forms of mixed martial arts. "We just started looking around the area, putting the pieces together, and it seemed feasible. ... The jiu jitsu community is small so we get a lot of referral, there's a lot of word of mouth involved, but we thought it would be harder than it actually has been."

**BUT WHAT SETS** 50/50 BJJ apart from other training programs around the area is the combination of laid back rules for participation and the presence of Hall. With a turnout generally between 15 and 25 people each night, it's not unusual to see Hall and one of his top MMA friends — such as when UFC veteran and Herndon native Aaron Riley recently showed up — rolling around side-by-side with two students who just began MMA training a few weeks earlier.

It hasn't hurt having a teacher like Hall, who recently qualified for his second consecutive Abu Dhabi World Championships by winning the North American qualifier held in Long Beach, Calif., last month. The Abu Dhabi world championships are sched-

uled to take place in Barcelona at the end of September, with \$40,000 awarded to the winner of each weight class. Hall will participate in the 143-pound weight class. In 2007, he was "lucky" to fight in the tournament, qualifying as an alternate. But Hall, currently a brown belt, made his presence known by defeating a world champion black belt via submission. In the process, he broke his opponent's knee with a move called a 50/50 heel hook.

Hall's philosophy as a teacher, though, is to break down moves in an almost physics-like manner, so students know exactly what they are performing. Last Thursday for instance, he spent several minutes simply explaining the correct angle to place one's foot on an opponent's knee when trying to fight off the back.

"Just look at him," said 35-year-old Fairfax resident Andy Ruffner, who weighs close to 250 pounds, of his teacher, Hall. "Brute strength has nothing to do with this. He's

150 pounds and he could kill me."

"I think that pretty much anybody can get into it," said 27-year-old Arlington resident Joel Borovsky, who was already a member of Sport & Health and picked up jiu jitsu once he heard around 50/50 BJJ. To join 50/50 BJJ, participants must become members at the Ballston Sport & Health Club before paying a monthly fee for the actual jiu jitsu club. "It's just a real tough sport, so if you're up for a challenge, this is the best place to be."

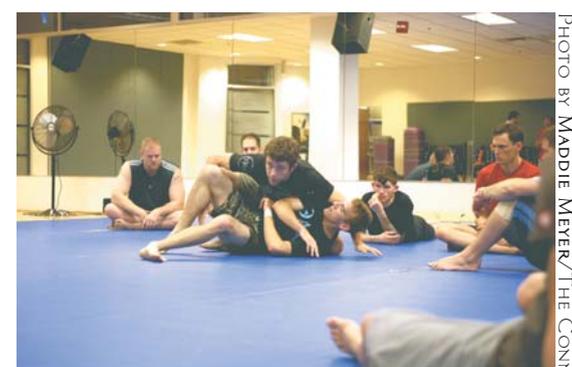


PHOTO BY MADDIE MEYER/THE CONNECTION

Ryan Hall demonstrates a move to the class at 50/50 BJJ. Hall will compete in the Abu Dhabi World Championships, held in late September in Barcelona, Spain.

# Skinny!?



By KENNETH B. LOURIE

If I ever felt like Robert Di Niro (which would be never), it was recently when my co-worker, Winslow, called me skinny. She couldn't have been talking to me, could she? But since it was she and I speaking on the telephone (and it wasn't a conference call), it had to be me. Granted, I've lost weight, chemotherapy has an affect of doing that, but skinny?

If there's an adjective, disparaging or otherwise, that I haven't been called in my entire life, it's skinny. In fact, growing up, my nicknames (most often given to me by my older brother, Richard) almost exclusively had to do with my girth. Other than being called by my first and middle initials, K.B., I was called a variety of synonyms for fat: Fatso, Goodyear Blimp, Endicott "Chub" (after a former Massachusetts Governor, Endicott "Chub" Peabody; he wasn't skinny either) and my personal least favorite, corpulent. Look it up in the dictionary/thesaurus, my brother did; it means fat.

So for me to react, literally, when anyone calls me skinny, is beyond any sense of reality or proportion I've ever known. It's simply not relevant, accurate, possible, etc. However, as a cancer patient, surviving through six days of six-hours of chemotherapy (every three weeks) over the course of 15 weeks, give or take, will, as many of you might already know, dampen your eating enthusiasm, you might say. Food begins to matter less, sort of. Its unique taste disappears or worse, changes. Food you used to love now inspires zero interest. Food you never thought to eat becomes food you tolerate because it tastes no different (no worse) than the food you formerly loved but now only ingest as a matter of need/routine. And so, the passion for food is gone. The lust for food is gone. The desire to eat diminishes as the taste and flavor of food likewise diminishes.

Combine this disappointing change in your senses with the depressingly low energy level you're progressively struggling to maintain — a direct result of the chemotherapy destroying your red blood cells (in its battle to destroy the cancer cells) and causing anemia in the process, and your interest in food; physically, mentally, emotionally becomes practically nil. And unless you're incredibly diligent or disciplined, the result is, you lose weight. It's not exactly an ideal scenario for a chemo/cancer patient since your body needs sustenance/energy to fight/destroy the cancer but the demands on your body during this time can be overwhelming. As such, forces beyond your control (or so it seems) make it extremely difficult to maintain your weight.

And so I've lost weight. But skinny? 215 pounds is not skinny. Sure, it's 20 pounds that I've lost in the last three months, and perhaps 40 that I've lost in the last 30 months (due to a pre-diabetes diagnosis in Sept. '06), but 215 is a long way from skinny (especially so if I told you my lack-of-height). Heck, it's even a long way from the weight I've listed on my driver's license.

And though I'm hardly a shell of my former self, I can certainly appreciate and respect the perspective of friends and family members who've seen the changes, I'm not exactly shriveling up to nothing.

But neither am I "around" 250 pounds anymore.

Such is life as a chemo/cancer patient. I just hope its cheating death as well.

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

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### 21 Announcements 21 Announcements

#### TRUSTEE'S SALE

#### OF VALUABLE

#### IMPROVED REAL ESTATE

Improved by the premises known as

1352 Carpers Farm Way, Vienna, Virginia

In execution of a Deed of Trust from Byron J. Jones and Shirley A. Jones, dated October 28, 2003, and recorded November 5, 2003, in Deed Book 15363 at page 194 and re-recorded November 23, 2005, in Deed Book 17984 at page 1825 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Monday, July 6, 2009 at 11:00 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 110, Section 3-A, Carpers Farm, as the same appears duly dedicated, platted and recorded in Deed Book 5519 at page 1433, among the Land Records of Fairfax County, Virginia.

Commonly known as 1352 Carpers Farm Way, Vienna, Virginia 22182.

**TERMS OF SALE:** A deposit of \$50,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 2.75 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY  
Substitute Trustee

FOR INFORMATION CONTACT:  
David N. Prenskey  
Chasen & Chasen  
5225 Wisconsin Avenue, N.W. #500  
Washington, D.C. 20015  
(202) 244-4000

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## Two Land & Timber Auctions

**Auction 1**  
Monday, June 29  
6PM • On site

- 675+ acres offered in 3 tracts in Albemarle County, VA
- 53 Home Site Development Potential
- Located in southeast Albemarle close to the Fluvanna line
- Property is 60 days from final plat approval

**Auction 2**  
Sealed Bid Auction  
Bids must be received  
by 6 PM Monday, June 29

- 246+ acres offered as entirety in Fluvanna County, VA
- 950 Home Sites & Commercial Development Potential
- Property is located across from the planned Government Office Complex. The topography of the land is gently rolling.



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## Land Auction

SATURDAY • JUNE 27 • 2 PM  
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21 Announcements 21 Announcements

### TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as  
1642 Besley Road, Vienna, Virginia

In execution of a Deed of Trust from Sunil Chacko and, dated August 30, 1996, and recorded September 3, 1996, in Deed Book 9797 at page 1951 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Monday, July 6, 2009 at 11:00 a.m.

26 Antiques

We consign/pay top \$ for antique/semi antique furn. including mid century & danish modern Teak furniture, sterling, mens watches, painting/art glass, clocks, jewelry, costume jewelry, etc. Call Schefer Antiques @ 703-241-0790.

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the following property being the property contained in said Deed of Trust, described as follows:

Lot 16, Section 2, Spring Lake, as the same appears duly dedicated, platted and recorded in Deed Book 1734 at page 22, among the Land Records of Fairfax County, Virginia.

Commonly known as 1642 Besley Road, Vienna, Virginia 22182.

**TERMS OF SALE:** A deposit of \$20,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 5.125 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY  
Substitute Trustee

FOR INFORMATION CONTACT:  
David N. Prensly  
Chasen & Chasen  
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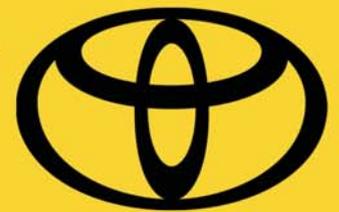
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