

Ready for An Emergency

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Mackenzie Nemoto practices CPR with a group of students under the direction of the American Red Cross staff and volunteers at the Operation Ready Rescue workshop on June 26 at the Thomas Jefferson Community Center.

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Honoring Alzheimer's Victims From Sunrise to Sunset

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JULY 2-8, 2014

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Honoring Alzheimer's Victims from Sunrise to Sunset

Local efforts join national fundraiser for Alzheimer Association.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

This June 21, Summer Solstice and thus the longest day of the year, was also the date of the Alzheimer Association's fundraising effort, The Longest Day. The date of this nationwide fundraising event is no coincidence, though, since every day can feel arduous and never-ending for those who battle Alzheimer's.

On The Longest Day, all participants did something active that they loved from sunrise to sunset in honor of those who cannot necessarily actively pursue their passions due to the disease.

"On The Longest Day, people across the globe join together to honor those facing Alzheimer's disease every day," Cindy Schelhorn, Alzheimer's Association National Capital Area Chapter Director of Communications and Marketing, said. "We selected the longest day for our event, the Summer Solstice, to honor the strength, passion and endurance of people living with the disease and their caregivers."

From coast to coast, 1,108 teams and 2,684 participants raised close to \$1 million and counting. The Alzheimer's Association will accept contributions toward this year's event through July 11.

"All proceeds benefit the Alzheimer's Association, supporting efforts to increase awareness and funding for care, support and research," Schelhorn said. "Most services we provide are free of charge, including a 24/7 Helpline, available round the clock help for all needs — for people who just want information or for those in a serious situation."

As long as participants raised at least \$1,600 and pledged to be active all day, they were a part of The Longest Day wherever they were.

"There were teams in Centreville, Richmond, San Francisco," Schelhorn said. "To participate, someone is active all day from sun up to sunset. You can go hiking, biking, running, or even get together spending the day baking grandma's favorite recipes."

THE NATIONAL CAPITAL AREA chapter has counted almost \$40,000 among the 16 local teams that participated. The teams varied in size and in their activities.

Gil Krawitz, team captain and creator of Team Step and Swing for Elaine, said his involvement in the Longest Day is inspired by his late wife, Elaine, who was affected by dementia and Alzheimer's disease.

"We were high school sweethearts and married 42 years," Krawitz said. "In 2011 she started experiencing symptoms and she died July of 2013. It took me quite a bit of time to put my life back together. By Febru-

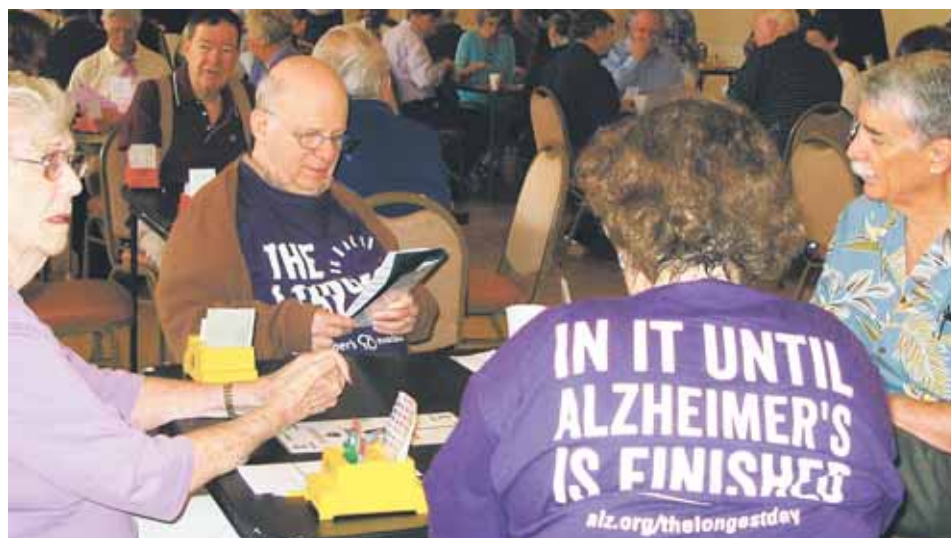


PHOTO CONTRIBUTED

Bridge Heroes United raised more than \$20,000 in Arlington to support Alzheimer Association's fundraising effort, The Longest Day.

ary of this year, I could finally think about moving forward."

Krawitz, a social dancer, said his friends in the dance community wanted to organize some kind of a tribute for Elaine. This year's summer solstice event was his first organized event in Elaine's name.

"I wanted to have a dance that day and I asked about a dozen of my friends to help out and they jumped at the chance," Krawitz said. "We started planning back in February."

Team Step and Swing for Elaine ended up raising more than \$20,000. He said more than 100 people participated in his Longest Day festivities at the Colvin Run Community Hall in Great Falls. Everything, including the Colvin Run Community Hall space, was donated.

"What we did was ask seven or eight of the local dance instructors if they would come and donate their time to provide a group lesson in whatever their specialty was," Krawitz said. "There was some swing, some ballroom, some Latin dance. We had deejays. We asked area local merchants to provide food, and many places stepped up wonderfully and then we asked some merchants to donate materials or services to auction off. Everything was donated — time, services and goods."

The event, which lasted from 10 a.m. through 8 p.m., went off without a hitch.

"We had a great success, we raised a lot of money and had a lot of fun preparing, and the day itself was fabulous," Krawitz said.

ANOTHER LOCAL TEAM, Bridge Heroes United, consisted of two local bridge units that combined forces for The Longest Day.

Arlington resident Yuen DeAnda, one of the five Bridge Heroes United team captains, said, "This was the first time the Northern Virginia Bridge Association (NVBA) joined forces with the Washington Bridge League (WBL) for a greater cause, raising funds to benefit Alzheimer's research on the Longest Day."

On June 21, Bridge Heroes United held a Bridge-a-Thon from 9 a.m. to 5:30 p.m.

People of all ages and bridge levels came, including school age students.

"A bridge game typically lasts about three hours," DeAnda said. "However, on The Longest Day, we held three two-hour games because we wanted the beginners, as well as the seasoned players, to have fun. The day included a silent auction to play with our favorite bridge celebrities, a raffle drawing, with all you can eat Ledo Pizza from Rosslyn."

Everything was donated, and Bridge Heroes United raised more than \$20,000 for the Alzheimer's Association.

DeAnda said bridge can benefit victims of Alzheimer's in more ways than one.

"It's been said that bridge delays the onset of Alzheimer's because it's a mental sport that requires working with other people,"

DeAnda said. "Bridge is an easy game to learn. We can enjoy it at many levels of competition, but many people play bridge just for fun. For school age students, bridge provides opportunities to improve their analytical skills while fine-tuning their interpersonal skills. Bridge is a game for all ages."

DeAnda said her father's battle with the disease drives her involvement with The Longest Day and the Alzheimer's Association.

"Communication was always difficult with my father, and Alzheimer's took that away completely," DeAnda said. "My father was a Chinese chess player, and even taught my son. We measured my father's progression of Alzheimer's by how well he played with my son. When I'm 90, I hope Cave will come play with me so there will always be a bridge for us."

IN ADDITION to the bigger teams with

five figured funding goals, there were also solo participants in The Longest Day. Michael Fitzsimmons of Hagerstown, Md., whose mother has Alzheimer's, spent his Summer Solstice on the back roads of western Maryland with just his reflections and his bike.

Fitzsimmons has been his mother's primary caretaker since she was diagnosed with early onset Alzheimer's.

"My mom was diagnosed with early onset Alzheimer's disease in her early 50s but had shown symptoms of dementia much earlier," Fitzsimmons said. "I was a senior in high school, so about 2004, when I noticed symptoms of something. I have been her primary caretaker since then and still am today, although she resides in a nursing home and is under hospice care at this time."

He said his involvement in the Longest Day this year was important to him, as this is most likely the last year his mother will be alive. Even with a recent move back to the D.C. area from Florida and a rainy day on the trail, he was determined to get out there to honor his mother and her fight.

"Earlier this year, my mother's doctors had indicated to me this is looking more and more like it will be my mom's last year with us and it provided the extra motivation I needed to do something to honor her and her love of the outdoors as well as to honor young caretakers across the world," Fitzsimmons said.

He said that while he exceeded his fundraising goal of \$500, it was more important for him to raise awareness of a disease that has been a part of his life for so long.

"For me, the most rewarding part ended up being the raising awareness piece in just sharing some of my experience with people that I hadn't before, which includes my spouse," Fitzsimmons said.

He said he was not able to reach his initial 100-mile goal, but still spent the day cycling.

"I know my mom would've been proud and those quiet back roads provide the kind of mind-clearing peace that we all need as caretakers and as such busy people every now and again," Fitzsimmons said.

Despite the differences in their activities, sizes, fundraising goals and locations, all teams that participated in The Longest Day did work to combat one of the country's most prevalent diseases.

"Alzheimer's affects my family so this is such a joy to be able to go out and provide information and fight the nation's fifth leading cause of death," Schelhorn said. "It is the only cause of death in the top 10 that has no prevention, no cure and no way to slow it down. This is the most expensive disease in the country."

"It's been said that bridge delays the onset of Alzheimer's because it's a mental sport that requires working with other people."

— Yuen DeAnda, Arlington resident



PHOTOS CONTRIBUTED

The Maloney family and friends participate in last year's Race for Every Child to support Children's National Hospital.

Grateful to Children's National Arlington family participates in Race for Every Child after daughter's brain injuries are reversed.

BY ALEXIS HOSTICKA
THE CONNECTION

After raising \$712,000 last year, Children's National Health System has set a goal of raising \$1 million through the 2nd annual Race for Every Child in September.

Ashley Husich, the race manager for the event, said that last year, the inaugural year for the race, surpassed expectations with 3,946 participants, and this year they are hoping to have 5,000.

"This (race) was an idea that was talked about for several years," Husich said. "A lot goes into it and we do a lot of events at our hospital. However, we didn't really have an event that was low cost and really engaged the entire community. We wanted something that anyone could attend and anyone could afford. We had a great turnout because there were some families who just wanted



Charlotte Maloney went through cooling therapy as an infant to help reverse brain injuries that she suffered during birth. She is now 8 months old and completely healthy.

to give back who could do it for a very low price." Husich encourages everyone to get involved, even those who are not runners.

"I believe that most people in this community have been touched by Children's in some way or another," Husich said. "We touch so many people in the community so a lot of people have a connection to the cause. In addition to being a race we focus on this being a fun, family friendly day with food trucks, a DJ, music, a whole area to learn about. It's basically a huge all day kind of event."

Arlington resident Margaret Maloney's daughter Charlotte was born last July and was not breathing when she was delivered.

"I had a completely normal pregnancy until about seven minutes before she was born," Margaret Maloney said. "Things started to go awry and when she was born she wasn't breathing and we honestly didn't think she was alive. It took a little while to get her breathing."

Within six hours of being born, Charlotte Maloney was transferred to Children's National and began hypothermic therapy.

"They lower her body temp to 92 degrees for three days to give the body a break and give her brain a chance to warm the injuries and we were extremely fortunate that it worked for her," Margaret Maloney said.

Last year's race took place shortly after Charlotte Maloney received her treatment, so Maloney felt a push to be involved.

"As she started to improve while we were at Children's we started to notice the flyers and we felt so much gratitude so my husband and I decided to get involved," Margaret Maloney said.

SEE GRATEFUL, PAGE 7

Blitzkrieg Special Election

Democrats to choose House of Delegates candidate this weekend.

BY MICHAEL LEE POPE
THE CONNECTION

Democrats are preparing for a lightning-fast special election this weekend, a caucus that will choose the party's candidate for the House of Delegates seat vacated by long-time Del. Bob Brink (D-46). Late last week, Brink announced he would be stepping down to become deputy commissioner for Aging Services, opening a seat that he was first elected to in

1997. Earlier this week, Republican House Speaker Bill Howell set the special election date for Aug. 19 — setting in motion one of the fastest elections in living memory.

"It's a real shame that the speaker chose to put it on Aug. 19 rather than Nov. 4 because now, under the code of Virginia, we have to have a candidate by 5 p.m. on Monday July 7," said Kip Malinosky, chairman of the Arlington Democratic Committee. "Unfortunately, we are going to have to expedite this process in a way that no one finds ideal."

"Unfortunately, we are going to have to expedite this process in a way that no one finds ideal."

— Kip Malinosky, chairman,
Arlington Democratic
Committee

Three candidates have already announced, and one more is expected to later this week. Four more candidates are considering a

campaign. Democrats have selected this Sunday to conduct a caucus so they can have their candidate in time for the election. The

SEE DEMOCRATS, PAGE 11

Brink Accepts Administration Job

Longtime delegate to become aging services deputy commissioner.

BY MICHAEL LEE POPE
THE CONNECTION

When asked about his new job as deputy commissioner for aging services in Virginia, longtime Del. Bob Brink (D-48) says he has a personal interest in the topic — one that's becoming more pressing every day.

"As Baby Boomers, of whom I'm one, get elderly, the kind of services that are offered and the kind of opportunities that people have to stay independent and live autonomously have to increase," said Brink, 67. "One of the biggest issues I want to focus on is transportation, making sure that people can get to the services that are available to them."

Brink leaves a House of Del-

egates that he says is starkly different from the one he entered as a freshman member almost 20 years ago. Brink was first elected in 1997, when three-term incumbent Judy Connally announced that she was retiring.

In the Democratic primary for the open seat, Brink faced community volunteer David Roberts, who raised more than twice as much money. But Connally's endorsement of Brink helped him win the primary, and he easily beat back Republican John Massoud and Reform Party candidate Dick Smith in the general election.

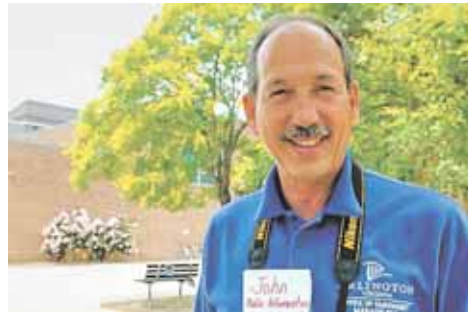
"Delegate Brink has been a terrific member of the House and a strong defender of Democratic values," said Democratic Leader David Toscano in a written state-

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Operation Ready Rescue

More than 100 Arlington County students participated in the first Operation Ready Rescue workshop on Thursday, June 26, at the Thomas Jefferson Community Center in South Arlington. The all-day emergency preparedness training camp was organized and coordinated by Grelia Solez of the Arlington Office of Emergency Management (OEM) in cooperation with the American Red Cross; Arlington Public Schools; The Arlington Department of Parks and Recreation; the Arlington Partnership for Children, Youths and Families, and the Arlington County Fire Department. Morning workshops included: Disaster Day; the Importance of Social Media and Technology in Emergencies, Disaster Movies, fundamentals of an Emergency Operations Center 101, CPR training, Fire Safety Skills, Debunking Disaster Myths and more.

During lunch Lauren Ohl-Trlica, deputy coordinator of training and education at OEM, reviewed key points from the morning workshops to the students. American Red Cross staff and volunteers provided box lunches and CPR training for the students. During the afternoon the students in teams worked out solutions to a simulated emergency — the aftermath of a hurricane.



Arlington Office of Emergency Management PIO John Crawford participated in the morning workshop session Emergency Operation Center 101.

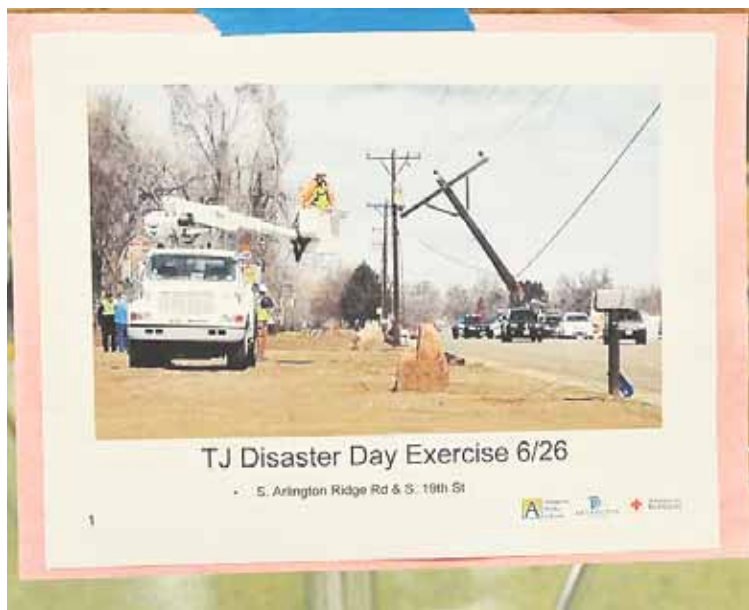
OEM Operation Rescue Ready program coordinator Grelia Solez.



Lauren Ohl-Trlica, deputy coordinator of training and education at OEM, reviews key points from the morning emergency preparedness workshops with the students.



At the conclusion of the of the all-day camp, participants received emergency go-paks.



During the afternoon simulated emergency exercise, students were separated into teams, each with an assigned color. The teams then branched out to search for clues of the emergency they were tasked in managing.



Firefighter Matt Dreher displays a firefighter's mask that was used in a morning fire safety exercise. The students were taken to a darkened room and then instructed to cross the room by following the walls. The masks were taped to block out the light to simulate what it is like for firefighters in an emergency.



Arlington Police Lt. Bob Medairos transports a program poster for display in the registration area of the community center.

CRIME REPORTS

The following incidents were reported by the Arlington Police Department.

HOME INVASION ROBBERY, 700 block of S. 31st Street. At 3:22 p.m. on June 21, two unknown suspects posed as power repair men and entered an elderly female victim's home. The suspects held the female victim and forcibly entered locked areas to steal items. Suspect one is described as a white or Hispanic male in his twenties, approximately 5'6" and 160 lbs., wearing an un-

known color baseball cap and a blue Nike t-shirt. Suspect two is described as a Hispanic male, approximately 5'1" and 145 lbs., wearing a baseball cap and long sleeve shirt.

ROBBERY BY FORCE, 900 block of S. 23rd Street. At 2:17 p.m. on June 18, a 67-year-old female victim was struck in the back of the head and robbed of her purse by an unknown suspect. The suspect then fled the scene. The suspect is described as a black male in his 20s, approximately 6'4" and 175lbs. He was wearing a black t-shirt, dark pants, and

had shoulder length dread locks.

ROBBERY, 6000 block of N. Wilson Boulevard. At 6:30 p.m. on June 21, an unknown male suspect allegedly displayed a black handgun and robbed a mini golf stand. The suspect then fled the scene. The suspect is described as a black male, approximately 5'8" and 170-180 lbs. He was wearing a black mask, white sweater, and black pants.

ROBBERY, 4900 block of S. Columbia Pike. At 1 a.m. on June 24, a known male suspect robbed a 17-year-old female victim of her gold bracelet. A

23-year-old man of Arlington was arrested and charged with robbery, contributing to the delinquency of a minor, and assault and battery.

ATTEMPTED ARMED ROBBERY, 4400 block of S. 31st Street. At 9:30 p.m. on June 21, three male suspects attempted to rob a 33-year-old male victim at knifepoint. Two Arlington men were arrested and charged with attempted robbery. An Ashburn Va. man was charged with attempted robbery and underage possession of alcohol.

MALICIOUS WOUNDING, 2300

block of N. 11th Street. At 5:18 a.m. on June 18, a subject assaulted a female victim and an elderly man during a dispute. The suspect fled prior to police arrival and remains at-large. Warrants were issued for a 42-year-old Arlington man for malicious wounding, assault and battery and petit larceny.

BURGLARY, 5400 block of N. Carlin Springs Road. Between 9:20 p.m., June 17 and 8:40 a.m., June 18, unknown suspect(s) broke into a swimming pool area.

Libertarian Challenge

Robert Sarvis to tap statewide contacts in race for U.S. Senate.

BY MICHAEL LEE POPE
THE CONNECTION

This fall, Republican Ed Gillespie is facing a two-front campaign for the U.S. Senate. To his left, he faces incumbent U.S. Sen. Mark Warner, first elected in 2008, who will be able to raise vast sums of money and use the power of his office against the Republican challenger. To his right, he will face Libertarian candidate Robert Sarvis, fresh off his 2013 campaign for governor. In an interview, Sarvis dismissed criticism that his candidacy will do nothing more than act as a spoiler in favor of the incumbent Democrat. "There's a real palpable sense among voters that the two parties have become pretty much the same," said Sarvis. "So absent Libertarians getting on the ballot, we have no one to vote for who will decrease the government's intrusion into our lives."

If elected, Sarvis said, he would seek to legalize marijuana and move away from a criminalization approach to drugs. He also wants to loosen restrictions on immigration, allowing more people into the country. He also wants to lower taxes and decrease

SEE SARVIS, PAGE 6



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Libertarian candidate Robert Sarvis greets voters at the Annandale campus of Northern Virginia Community College last year during his campaign for governor.

Robert Sarvis, 37

A native of Springfield, Sarvis graduated from Thomas Jefferson High School for Science and Technology before receiving a bachelor's degree in mathematics from Harvard University. He studied mathematics at the University of Cambridge, has a juris doctor from New York University School of Law and a master's degree in economics from George Mason University. His professional background includes being an entrepreneur, a small-business owner, a software engineer, a mobile-app developer and a math teacher. Sarvis lives in Annandale.

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Climate Change Could Affect Drinking Water

Residents could see — and smell — a very different Potomac River by 2040.

BY LISA SPINELLI
THE CONNECTION



PHOTO BY LISA SPINELLI/THE CONNECTION

Water temperatures in the Potomac River are warming of .046° C per year due, in part, to the hotter air temperatures.

Drinking cups of clear tap water could be a luxury people are less likely to take for granted in the near future as climate-change culprits affect the waterways — and water bills.

The increased development of Northern Virginia, along with agricultural uses, have been slowing down the Potomac's fast-moving water for a number of years; add climate-change factors like rising air and water temperatures and residents now have what the Shenandoah Riverkeeper Jeff Kelble calls a "double whammy" on the river.

"Outside of big storms, hot dry summers like we experienced last summer reduce the flow of the Potomac over the falls, reducing its ability to flush pollution from the tidal waters in the area. This is sort of like under-filling a toilet tank before you flush — lots of gunk stays in the bowl," said Dann Sklarew, associate professor of environmental biology and public policy at George Mason University who is involved in the sustainability of the Potomac.

The Obama Administration's third National Climate Assessment report confirms earlier reports from the Interstate Commission on the Potomac River Basin that air temperatures in the area have risen about 2 degrees in the last 100 years. If global carbon emissions continue at their current rate, people will see a spread of longer heat waves and a further increase in average air temperatures.

WATER TEMPERATURES in the Potomac River are following suit with an average warming of .046° C per year due, in part, to the hotter air temperatures. By 2040, the Potomac River — which supplies 75 percent of the area's drinking water — will likely see an increase in surface water temperature of about 2.7° F, but could increase as much as 4.1° F.

"Algae love that gunk — it's what's for breakfast for them — so they tend to flourish in such soupy conditions," added Sklarew.

The increased temperatures — both in and outside the water — create a changed ecosystem for the Potomac and Occoquan that could force water treatment plants to change their filtration process. Some of these problematic scenarios could include longer blooming seasons for blue green algae, a decrease — or killing off of — eelgrass, and more runoff from farms and rainwater filled with contaminants and pollutants like manure and fertilizer.

"We just got results back from three weeks of sampling the North Fork, South Fork and Main Stem (three streams that feed the Potomac) and found species of blue green algae known in other places to create algal toxins," said Kelble last month. Kelble's group is a branch of the D.C.-based clean-water nonprofit company Potomac Riverkeeper.

Blue green algae or cyanobacteria can release toxins called cyanotoxins which have been known to cause liver tumors, neurological disorders and even death in animals and humans. While many European countries follow the World Health Organization drinking water guideline of 0.001 mg/litre for at least one type of cyanotoxin, the U.S. has yet to adopt any federal regulations on these toxins.

Fairfax Water's Chief of Source Water Protection Gregory Prelewicz admits they have no cyanotoxin regulations either.

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Sarvis Seeks Voters Fed Up with Major Parties

FROM PAGE 5

regulation, an approach Sarvis hopes will resonate in a commonwealth known for its distrust of executive power and excessive taxation.

"Sarvis can be a deal-breaker for Republicans in this election," said Stephen Farnsworth, political science professor with the University of Mary Washington. "Gillespie now basically has to fight a two-front war, the people who might support Sarvis and the people who might support Warner."

UNLIKE GILLESPIE, Sarvis is not a first-time candidate. His first campaign was in 2011, when Sarvis ran as a Republican against longtime incumbent state Sen. Dick Saslaw (D-35). Saslaw won with 62 percent of the vote, but Sarvis was able to get more than 9,000 votes in that election — about 36 percent of the electorate. Last year, he was the Libertarian candidate for governor. In the race against Democrat Terry McAuliffe and Republican Ken Cuccinelli, Sarvis took more than 146,000 votes, about 7 percent of the electorate.

"The reason Sarvis performed so well in the governor's race was largely because conservatives and Republicans were not happy with Ken Cuccinelli," said Quentin Kidd, professor at Christopher Newport University. "That unhappiness doesn't seem to exist with Gillespie."

Sarvis says the Democrats and Republicans

should not have a lock on American politics in general or the U.S. Senate in particular. He says both have increased the size of government, as well as the amount of federal spending as well as the amount of what he calls "intrusion"

"If people are worried about the spoiler effect, well then they should support me in calling for changes to our electoral system. We should have instant runoff voting and easier ballot access and term limits."

— Robert Sarvis

into the private lives of Virginia citizens. Sarvis wants to join the U.S. Senate and work for smaller government that he says would be more responsive to the people.

"If people are worried about the spoiler effect, well then they should support me in calling for changes to our electoral system," said Sarvis. "We should have instant runoff voting and easier ballot access and term limits."

NO THIRD-PARTY candidate has been elected from Virginia to the U.S. Senate in

modern times, although the Reconstruction era saw the election of a senator from the Readjuster Party. Aside from whatever influence the libertarian might have on the debate over federal policy, the real impact Sarvis is likely to have on the race would be attrition of Republican votes. If Cuccinelli had been able to capture 40 percent of Sarvis voters last year, he would have won the election for governor.

"Some of those conservative Republican voters were casting protest votes for Sarvis, so he might not have the fissure in the Republican base to use like he did last year," said Kidd. "The difference is that Gillespie spent nine months going around the state talking to everybody who would talk to him and essentially went into the convention in Roanoke with a lot of support among conservatives and even the Tea Party side of the Republican Party."

Nevertheless, the Sarvis campaign is likely to be a drag on the Republican candidate for Senate. The most recent poll, conducted by from Quinnipiac University in March, had Warner with 46 percent and Gillespie with 31 percent. Sarvis was polling at 6 percent. The poll of 1,300 Virginia voters had a margin of error of plus or minus 2.7 percent.

"What we are talking about is an uphill challenge that has gotten even more steeply uphill since Sarvis qualified for the ballot," said Farnsworth.

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Grateful to Children's National

FROM PAGE 3

"We had a great team. It's a really family-friendly event. It's just a phenomenal organization, the research they do is really impacting lives here in D.C. and throughout the country. It's just a really well-rounded organization that serves everybody."

She said she is excited to be involved again this year and looking forward to raising more money and enjoying the events of the day.

The race is on Saturday, Sept. 13 from 7 a.m.-noon, with events including a 5K run/walk, kids' dash, and on site vendors and activities. Race registration for the 5K is \$35 through Aug. 31 and \$45 Sept. 1-10. Kids' dash registration is \$10 but participants are encouraged to fundraise beyond the registration fees.

Husich said that the race offers many incentive prizes for fundraising ranging from water bottles for individuals who raise \$100 up to a night's stay at a hotel and an additional gift for those who raise \$10,000. For all the details on registration,



PHOTO BY JESS LYNN PHOTOGRAPHY

Charlotte Maloney is now a happy and healthy baby after going through cooling therapy to reverse brain injuries.

fundraising and the event visit raceforeverychild.org. Participants are also encouraged to use the hashtag #RaceforEveryChild when posting on social media about the event.

SCHOOL NOTES

Email announcements to arlington@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Tyler A. Laredo, a graduate of Washington-Lee High School, plans to study engineering and is among incoming freshman students at the University of Michigan who will receive the Gloria Wille Bell and Carlos R. Bell Scholarship for academic year 2014-15. The schol-

arship is awarded to academically outstanding high school students who plan to major in engineering, mathematics, physics, computer science or another related scientific field at U-M.

Two Arlington students have graduated from Davis & Elkins College: **Virginia Haynes**, daughter of Mr. and Mrs. Mark Haynes, received a Bachelor of Arts in hospitality; and **Gloria**

Lemus Perez, daughter of Antonio Lemus and Rosa Perez, received a Bachelor of Arts in elementary education.

Erik L. Wagner, the son of Karl Wagner of Arlington, was inducted into Randolph-Macon Academy's chapter of the National Junior Honor Society.

Caroline Connors qualified for Belmont University's spring dean's list.

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ENTERTAINMENT



Jackson Freeman, 17, listens to a record.



David Schlank, manager of CD Cellar, sorts vinyl records last week at the store's Arlington location.

PHOTO BY KARA COLEMAN/THE CONNECTION

Turning the Tables

BY KARA COLEMAN
THE CONNECTION

Spencer Leach walks in to CD Cellar carrying two brown paper sacks and sets them on the store counter, where manager David Schlank takes a look inside. They are filled with CDs and vinyl records that Leach is trading to the store in exchange for more vinyl records.

In an age when music is always digitally accessible via apps like Spotify and iHeart Radio, consumers in their 30s, 20s and even teens are opting to purchase vinyl copies of their favorite albums. Retailers like Urban Outfitters carry stylish portable turntables in their stores, and everyone from Daft Punk to Lady Gaga is releasing their albums on vinyl. Listening to records is the cool thing to do again, and music stores are noticing.

"It's a trendy, novelty sort of thing," said Schlank, who said that CD Cellar has been buying and selling vinyls for about a decade now. "Kids who grew up listening to music on their iPods see it as something different. And people who have always bought vinyl, people in their 40s and up, are really happy places like this are still around."

CD Cellar is one of two small businesses in the Arlington area that specialize in selling vinyl. The other, Blue Groove Soundz, sells records and repairs turntables and

other audio equipment as well. According to owner Gary Foreman, the merchandise that Blue Groove carries is about 95 percent vinyl.

"Vinyl is true, it's real," Foreman said. "It's where it originated, and it has come back strong. Young people are bringing it back."

Foreman said he believes that artists themselves are largely responsible for the trend. Jack White, he pointed out, has been pressing to have his work on vinyl for years.

Schlank agrees.

"Bands like The Black Keys are in the camp of folks whose fans have always bought vinyl, and they were just waiting for it to become fashionable again," he said. "I think artists like Justin Timberlake and Katy Perry are doing it because it's popular now. Fans will buy it, and they're latching on to the popular thing right now."

Gen-Yers and Millennials have various reasons for choosing vinyls over digital copies of albums. For some, it means recognizing the amount of work it takes for an album to be produced.

"With vinyls having the larger artwork, you can see everything that was intended for the listener," Leach said. "Whoever's re-

Vinyl records are back in style, especially with young listeners.

cording the music is putting something on there, but they're also hiring someone to put a visual aspect to it, and that's equally important." He said that he likes to see everyone involved in the work, including who produced and engineered the album, and he likes that the information is included with the hard copies of albums.

For Arlington resident Jackson Freeman, 17, it's about being part of a culture.

"My sister listened to Fergie and The Cheetah Girls, and my parents

don't listen to music that much, so I never really had music around me," Freeman said. He said that he had some friends in the neighborhood whose parents were fans of classic rock, so that's the kind of music that Freeman was drawn to.

"I know they do sell classic rock on iTunes, but I just figure this is a lot cooler," said Freeman, who received a turntable for Christmas. "I like not just listening to it, but being a part of the culture."

THE CULTURE CONTINUES to spread. Foreman said that Blue Groove Soundz has been in business for four and a half years, and plans are in the works for a recording

studio and record label to launch there later this year.

CD Cellar opened its first store in Falls Church in 1992, and opened a second location in Arlington a decade ago, according to Schlank. That was around the time the business decided to invest in buying and selling vinyl. Schlank said that the bulk of records that customers bring to trade in are records from the '60s, '70s, and '80s. The store orders new records as well, including remastered copies of classic records. "People can't always afford to spend the collector's price for something," he said. "You can pay big bucks for a Miles Davis original, or you can buy a remastered version."

According to a report released by the Recording Industry Association of America, sales of physical copies nationwide only accounted for 35 percent of album sales last year, giving way to digital downloads and subscription services. But the report also mentions that vinyl sales grew 33 percent up from 2012, making vinyl a \$211 million industry in 2013.

"We have classical music on vinyl, we have jazz from the '30s, but we also have music to suit the tastes of modern music lovers," said Schlank. "So on any given day, there's somebody in their teens and somebody in their late 60s shopping for records. One reason we've lasted so long is that we try to cater to a wide variety."

"I know they do sell classic rock on iTunes, but I just figure this is a lot cooler."

— Jackson Freeman, 17

CALENDAR

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Master Storytellers. Through July 3 every Monday and Wednesday 7-8:30

p.m. Shirlington Branch Library, 4200 Campbell Ave. Learn from the best storytellers and share valuable tips for telling stories of your own. Free. Call 703-228-6545 for more.

Hike the Pike. Through July 6. Event kicks off at 2 p.m., William Jeffrey's Tavern. Visit 10 different restaurants and collect all of the stamps to be entered to win prizes. Visit www.columbia-pike.org/events.

Theater Performance. Signature

Theatre finishes the season with "Cloak and Dagger (Or the Case of the Golden Venus)," a new musical comedy. Signature's performance is a world premiere with four actors playing nearly 20 roles. Runs through July 6 at the Signature Theater, 4200 Campbell Ave. Tickets are \$36 and up. Visit www.signature-theatre.org or call 703 820 9771.

Photo Exhibit. Through July 7, see "America's First Green Space: Central

Park, New York City — Photographs by Steve Rosenbach." At Cherrydale Library, 2190 Military Road. Free. Call 703-228-6330.

World Soccer Party. Through July 13. During World Cup matches. 100 Montaditos, 1776 Wilson Blvd., Rosslyn. Drink specials during all World Cup matches and large-screen TVs for watching the action. Visit www.rosslynva.org/go/100-montaditos for more.

Art Exhibition. Through July 20, see "Texture in Wax and Fiber" by art quilter Dominic Nash and mixed media artist Susan Feller in the Crossroads Gallery of Goodwin House Bailey's Crossroads, 3440 South Jefferson St., Falls Church. Visit www.goodwinhouse.org for more.

"How are you doing today?" Paintings on Emotion in Color. Tuesdays-Saturdays, July 1-26.

ENTERTAINMENT

Opening reception Friday, July 11 5-8 p.m. Gallery Underground, 2100 Crystal Drive. Anne Chandra, creator of the exhibit, is a painter with 20 years of experience. Free and open to the public. Visit www.galleryunderground.org or call 571-483-0652.

Visual Art and Sound. Through Sunday, Aug. 10 at the Artisphere, 1101 Wilson Blvd. Fermata, a celebration of sound, mixes visual art and sound. Special events throughout exhibit. Visit www.artisphere.com or call 703-875-1100.

Marine Corps Sunset Parade and Concerts. Tuesdays through Aug. 12. 7 p.m. in July. 6:30 p.m. in August. Iwo Jima Memorial, Arlington. Sunset parade by the U.S. Marine Drum and Bugle Corps and the Silent Drill Team. Visit www.barracks.marines.mil.

Yappy Hour. Fridays through Oct. 31, 6-8 p.m. at the Le Meridien, 1121 N 19th St. Le Meridien hotel, along with the Rosslyn BID, is hosting a Yappy Hour every Friday. This event will be held on the terrace outside of Amuse. Amuse will be serving specialty cocktails and appetizers for pet owners as well as a few treats for dogs. Free. Visit www.rosslynva.org/do/yappy-hour#sthash.tuQQKjco.dpuf.

Historic Home Tours at the Ball-Sellers House, 5620 S. 3rd St. The oldest surviving house in Arlington County opens for the season with free tours and refreshments. The house is open 1-4 p.m. Saturdays April through October. Visit www.arlingtonhistoricalsociety.org.

Children's Music. 10:30 a.m. on Fridays through Oct. 31. Market Common Clarendon, 2800 Clarendon Blvd. Mr. Knick Knack will perform music for children at the gazebo in

The Loop at Market Common Clarendon. Call 703 476-9377 or visit www.marketcommonclarendon.com for more.

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

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit <https://registration.arlingtonva.us>. Free, no registration required.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. Children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz ("clean") and at 10 p.m. on Friday and Saturday is the Blue Show ("adult"), both at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

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

Open Mic Nite. 8 p.m.-12:30 a.m.

every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

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

Storytime. Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

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

CAMPS, CLASSES & WORKSHOPS

Fitness Classes. Summer Boot camp classes in Gateway Park, 1300 Lee Highway. Classes for all levels use high-intensity interval training. Classes run from June 23-Aug. 16 and meet Mondays and Wednesday 6-7 p.m. and Saturdays 9:30-10:30 a.m. \$25. Visit www.rosslynva.org/feature/rosslyn-boot-camp for more.

Girls Fire Camp. Hosted by the Arlington County Fire Department, runs July 11-13. Girls age 13-18 can apply. The Girls Fire Camp is a three day, overnight camp that gives young

FOOD & DRINK

Fourth of July Specials. During normal operating hours, Friday, July 4-Sunday, July 6. Capitol City Brewing Company, 4001 Campbell Ave. 10 percent off with active military ID, food and drink specials and "Red, Wheat, and Blue" beer. Call 703-578-3888 or visit capcitybrew.com for more.

Rosslyn Farmers Market and Concert. 11 a.m.-2 p.m., Thursdays, May 29-Sept. 25, 1401 Wilson Blvd. The market offers fresh foods and goods from regional vendors including bread and pastries, farm-fresh and organic produce, herbs and spices, exotic teas and specialty coffees, gourmet baked goods, and marinades and sauces. Visit www.rosslynva.org/do/rosslyn-farmers-market1.

Clarendon Farmers Market. Year-round, has locally produced breads and pastries, organic vegetables, flowers, soap, sorbet and more. Saturdays and Sundays, 8 a.m.-noon at Courthouse Parking Lot, 3195 North Wilson Blvd. Also year-round on Wednesdays from 3-7 p.m. at Clarendon Metro Station. Visit www.Clarendon.org or call 703-812-8881.

Arlington Farmers Market at Courthouse. Adjacent to the Arlington County Courthouse Parking Lot, at the intersection of N. Courthouse Road and N. 14th Street. This is a 'producer only' market with more than 30 producers. From January through March, the market is open on Saturdays 9 a.m.-noon. Visit www.arlingtonfarmersmarket.com for a list of vendors.

The Crystal City FRESHFARM Market is open April-November on Tuesdays, 3-7 p.m. with a selection of foods and goods from local producers, in front of 251 S. 18th St. Visit www.crystalcity.org for more.

Culinaire Restaurant at 1820 N. Fort Myer Drive is open for spring, Monday-Wednesday, 11:30 a.m.-1 p.m. and 7:30-9 p.m. Rosslyn's student-run restaurant at the Art Institute of Washington offers gourmet fare. For reservations contact aiwculinaire@aui.edu or 703-247-3841, or visit <http://culinaire.aiwdepts.com> for more.

women a chance to experience firsthand what it takes to be a firefighter and emergency medical technician. The camp consists of classroom sessions covering fire history, fire behavior, introduction to EMS, and nutrition and injury prevention in addition to physical training, fire stations visits and practical exercises. The camp is free. Visit <http://fire.arlingtonva.us/community-services/girls-fire-camp> for information and to download an application.

Bike Camp. iCan Bike Camp is

designed to help individuals with disabilities (ages 8 and older) learn how to ride a bike independently. Volunteer spotters are also needed to run alongside the riders as they learn, providing physical and emotional support. Camp runs July 28-Aug. 1 at Kenmore Middle School, 200 S. Carlin Springs Road. Interested riders should contact TRInfo@arlingtonva.us. Interested volunteers (ages 16+) contact Hkihm@arlingtonva.us. Visit <http://parks.arlingtonva.us/therapeutic-recreation/therapeutic-recreation->

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ENTERTAINMENT

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Junior Jam for Teens. The Junior Jam drop-in program is for teens 11-16 who want to enjoy field trips, special events, sports, swimming, music, arts, cooking projects, group games and tournaments and more. Sign up for all eight weeks for a one-time registration fee of \$46 for Arlington residents. Extra cost for trips; there is the possibility of a fee reduction. Visit <http://parks.arlingtonva.us/junior-jam-3>.

Summer Enjoy Arlington Classes. Registration is now open for these county classes, a variety of programs for all ages and abilities including fitness and sports, crafts and more. Programs have fees but there is the possibility of a fee reduction. Visit <https://registration.arlingtonva.us/wsc/webtrac.wsc/wbsplash.html>.

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

Summer Art Camps. Summer camps for children and teens meet daily in several sessions throughout the summer at Arlington Arts Center, 3550 Wilson Blvd. Classes range from portfolio development to drawing, acrylic painting, and contemporary landscapes with oil paint. Members receive 10-15 percent off class tuition. Visit www.arlingtonartscenter.org/aacsummercamps. Original art classes for all ages and all skill levels are offered year-round.

ComedySportz Improv Classes. ComedySportz is holding classes focused on learning and playing comedy improvisation games to help students increase their communications skills, boost their confidence, and develop a strong inner playful spirit. Sessions cost \$200 and include 8 classes and 1 show. Classes meet Saturday afternoons, Monday, Tuesday and Thursday evenings. Visit www.comedyindc.com/classes.htm.

Summer Field Hockey. 9 a.m.-noon, Monday-Friday, July 14-18 at Yorktown High School, 5200 N Yorktown Blvd, Arlington. Academy International provides an opportunity for field hockey players to experience quality training directly on home fields. Coaches from Britain and Australia will customize training for all players. Ages 10-18. \$245. Contact Martyn Conquest at 1-888-529-3827 or email sports@academyinternational.net.

Summer Field Hockey. 5-8 p.m., Monday-Friday, July 21-25 at Yorktown High School, 5200 N Yorktown Blvd, Arlington. Academy International provides an opportunity for field hockey players to experience quality training directly on home fields. Coaches from Britain and Australia will customize training for all players. Ages 14-18. \$245. Contact Martyn Conquest at 1-888-529-3827 or email sports@academyinternational.net.

Summer Field Hockey. 9 a.m.-noon, Monday-Friday, July 21-25 at Washington Lee High School, 1301 N Stafford St, Arlington. Academy International provides an opportunity for field hockey players to experience quality training directly on home fields. Coaches from Britain and Australia will customize training for all players. Ages 10-18. \$245. For more information, contact Martyn Conquest at 1-888-529-3827 or email sports@academyinternational.net.

Summer Field Hockey. Monday-Friday, July 28-Aug. 1, 9 a.m.-noon, ages 10-18; 5-8 p.m. ages 14-18. Washington Lee High School, 1301 N Stafford St, Arlington. Academy



PHOTO CONTRIBUTED

Mary Ann Redmond at Lubber Run

Come see this soulful jazz artist from the D.C. area. Picnics are encouraged and it is a great way to wrap up your July 4th weekend. The performance starts at 8 p.m. Lubber Run Amphitheater is located at North Columbus Street and 2nd Street North. Call 703-228-1850 or visit www.arlingtonarts.org for more.

International provides an opportunity for field hockey players to experience quality training directly on home fields. Coaches from Britain and Australia will customize training for all players. \$245. Contact Martyn Conquest at 1-888-529-3827 or email sports@academyinternational.net.

Synetic Summer Camp. Session 2: July 7-18, Session 3: July 21-Aug. 1. Training, rehearsal and performance process is complemented with a visual art component for students to explore the themes and images of this classic children's novel. \$737, add ons available. Visit www.synetictheater.org for more.

Boot Camp Exercise Classes. Through Aug. 16. Mondays and Wednesdays, 6-7 p.m. Saturdays 9:30-10:30 a.m. Gateway Park, 100 Lee Highway, Arlington. High-intensity interval Training. \$25 registration fee. Visit www.rosslynva.org/do/boot-camp1.

TUESDAY/JULY 1

Fiction Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Discussion on "The Other Typist," by Suzanne Rindell. Free. Visit www.onemorepagebooks.com.

THURSDAYS/JULY 3-SEPT. 4

Free Outdoor Movie Series. 7:30 p.m. "The Loop," Market Common Clarendon, 2800 Clarendon Blvd. Market Common Clarendon presents "Now Playing on The Loop," a series of free outdoor movies on the first Thursdays of July, August and September. Popular movies including The Karate Kid on July 3, The Princess Bride on Aug. 7 and Top Gun on Sept. 4. Admission is free, as well as popcorn, snacks and water. Call 703 476-9377 or visit www.marketcommonclarendon.com.

FRIDAY/JULY 4

Independence Day Celebration. 1-4 p.m. at The Ball-Sellers House, 5620 S. Third Street. Independence Day is always a special day at the Ball-Sellers House. The house will be open in honor of our national independence. Visit www.arlingtonhistoricalsociety.org.

July 4th Celebration. 4-10 p.m. at Long Bridge Park, 475 Long Bridge Drive. Activities for all ages. Free admission and shuttle from the nearby metro. Visit parks.arlingtonva.us/july-4th.

4th of July Celebration Concert. 8 p.m. Air Force Memorial, One Air Force Memorial Drive. The United States Air Force Concert Band and

Singing Sergeants are holding a concert in celebration of the 4th of July. The theme will be "Star-Spangled Celebration-200th Anniversary of the Star-Spangled Banner." Free. Contact United States Air Force Band's Concert Line at 202-767-5658 or visit www.usafband.af.mil for more.

SUNDAY/JULY 6

Outdoor Concert. 6 p.m. at Lubber Run Amphitheater, North Columbus Street and 2nd Street North. Two Car Living Room, classic rock, blues and pop. Free. Picnics welcome, alcohol prohibited. Call 703-228-1850 or visit www.arlingtonarts.org for more.

MONDAY/JULY 7

Meet the Author. 7-8:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. Author event with Charlie Clark-Central about her book "Arlington County Chronicles." Call 703-228-6321 for more.

WEDNESDAY/JULY 9

YA Book Club. 5 p.m. One More Page Books, 2200 N. Westmoreland St. Discussion on "The Raven Boys" by Maggie Stiefvater. Free. Visit www.onemorepagebooks.com.

Summer Sizzlin' Nights Series. 8 p.m. Signature Theater, 4200 Campbell Ave. Natascia Diaz performs songs from the 70s. \$25. Call 703-820-9771 to purchase tickets or for more information.

THURSDAY/JULY 10

Summer Sizzlin' Nights Series. 8 p.m. Signature Theater, 4200 Campbell Ave. Tom Goss, a gay singer-songwriter, spends an evening telling stories and singing. \$25. Call 703-820-9771 to purchase tickets or for more information.

FRIDAY/JULY 11

Daytime Book Club. 11 a.m. One More Page Books, 2200 N. Westmoreland St. A discussion about "Americanah" by Chimamanda Ngozi Adichie. Free. Visit www.onemorepagebooks.com for more.

Summer Sizzlin' Nights Series. 7 p.m. Signature Theater, 4200 Campbell Ave. Erin Driscoll explores songs of her youth in an eclectic cabaret featuring Springsteen, Benatar and more. \$25. Call 703-820-9771 to purchase tickets or for more information.

Film: The Internship. 8-10 p.m. at

Gateway Park, 1300 Lee Highway. This year's Rosslyn Outdoor Film Festival features movies about work: bad bosses, crazy co-worker, best friends. Bring blankets, low chairs and a picnic. Movies shown rain (cancelled for severe weather) or shine. Visit www.rosslynva.org/ events for more.

Synetic Theatre Performances. 8 p.m. Lubber Run Park, North Columbus St. Arlington. Featuring the family shows The Music Box and The Miraculous Magical Balloon. The two shows are part of Synetic Theater's Educational Outreach program that enriches children with the magic of theater through pantomime, choreography, dance, music, physical comedy, and audience participation. Free admission. Visit www.synetictheater.org for more.

Bella Notte-An Italian Salute. 8 p.m. Lubber Run Amphitheater, One Air Force Drive. The United States Air Force Concert Band and Singing Sergeants will be presenting this concert as a public service. Free; no tickets required. Visit www.usafband.af.mil for more.

Summer Sizzlin' Nights Series. 9 p.m. Signature Theater, 4200 Campbell Ave. Bobby Smith and Evan Casey, world-renowned thespians, perform, mingle, and give a fun performance.. \$25. Call 703-820-9771 to purchase tickets or for more information.

FRIDAY-SATURDAY/JULY 11-12

Shocked and Amazed: Todd Robbins. 9 p.m. Artisphere, 1101 Wilson Blvd. Step into the world of carnival sideshows with Todd Robbins' show "Carnival Knowledge." Tickets: \$15 in advance, \$18 the day of. Visit www.artisphere.com.

SATURDAY/JULY 12

Games at Kinder Haus Toys. 11 a.m.-1 p.m. Kinder Haus Toys, 1220 N. Fillmore St. Play award-winning games from "Think Fun" and "Ravensburger" that promote family fun and thinking skills. For ages 18 month and older. Call 703-527-5929.

Too Big To Fail. 3-8:30 p.m. Arlington Arts Center, 3550 Wilson Blvd. Siobhan Rigg will host a curd-making workshop as part of her project "Too Big To Fail," which functions as a nexus for different kinds of conversations including labor. Visit www.arlingtonartscenter.org/reprise for more.

Evening with an Author. 6 p.m. One More Page Books, 2200 N. Westmoreland St. Adam S. Miller

discusses "Letters to a young Mormon." Free. Visit www.onemorepagebooks.com for more.

Opening Reception for Reprise: 40 to the Fore. 6-9 p.m. Arlington Arts Center, 3550 Wilson Blvd., Arlington. Free opening reception for REPRIS: 40 to the Fore. Enjoy a glass of wine with the artists, then visit the resident artists' studios upstairs. Sheldon Scott will be performing during the opening reception. The performance will take place outside on the lawn of AAC. Visit www.arlingtonartscenter.org/reprise for more.

Summer Sizzlin' Nights Series. 7 and 9 p.m. Signature Theater, 4200 Campbell Ave. Alysha Umphress sings her favorites after a debut this past winter as Cee Cee Bloom in "Beaches." \$25. Call 703-820-9771 to purchase tickets or for more information.

Synetic Theatre Performances. 8 p.m. Lubber Run Park, North Columbus St. Arlington. Featuring the family shows The Music Box and The Miraculous Magical Balloon. The two shows are part of Synetic Theater's Educational Outreach program that enriches children with the magic of theater through pantomime, choreography, dance, music, physical comedy, and audience participation. Free admission. Visit www.synetictheater.org for more.

JULY 12-OCT. 5

REPRIS: 40 to the Fore. Saturday-Sunday, July 12 through Oct. 5. Opening reception, July 12, 6-9 p.m. Arlington Arts Center, 3550 Wilson Blvd. REPRIS: 40 to the Fore rethinks, remixes, and re-presents exhibitions that Arlington Arts Center (AAC) created over the past 40 years. Free admission. Visit www.arlingtonartscenter.org/reprise for more.

Organic Tales. Wednesdays-Fridays. 1-7 p.m.; Saturdays and Sundays, noon-5 p.m. Opening reception, July 15. 6-9 p.m. Arlington Arts Center, 3550 Wilson Blvd. Alice Whealin and Si Jae Byun present a two-person exhibition called "Organic Tales." Free Admission. Visit www.arlingtonartscenter.org.

SUNDAY/JULY 13

Mother-Daughter Book Club. 3 p.m. One More Page Books, 2200 N. Westmoreland St. A discussion about "The Girl Who Could Fly" by Victoria Forester. Free. Visit www.onemorepagebooks.com for more.

Outdoor Concert. 6 p.m. at Lubber Run Amphitheater, North Columbus Street and 2nd Street North. Dead Man's Hollow, vocals and traditional bluegrass instrumentation. Free. Picnics welcome, alcohol prohibited. Call 703-228-1850 or visit www.arlingtonarts.org for more.

MONDAY/JULY 14

Nonfiction Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Discussion on "Behind the Beautiful Forevers" by Katherine Boo. Free. Visit www.onemorepagebooks.com.

TUESDAY/JULY 15

Laughter Yoga. 6:30-7:30 p.m. Arlington Central Library, 1015 N. Quincy St. Use breathing, clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. Free. Contact alingtonlaughteryoga@yahoo.com for more.

Mystery Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Discussion about "O Jerusalem" by Laurie R. King. Free. Visit www.onemorepagebooks.com.

Brink To Become Deputy Commissioner for Aging Services

FROM PAGE 3

ment. "His knowledge on budgetary issues will be sorely missed from the House floor."

BRINK SAID one of his proudest achievements was his work on a program that provides health coverage to children of the working poor.

One of his bills that became a law, for example, allows free clinics to get liability insurance through the state's risk-management plan.

He also introduced unsuccessful attempts to regulate the use of automatic dialing devices to send recorded messages, raise taxes on cigarettes and lift the ban on campaign apparel at polling places.

"Delegate Brink is a close friend and colleague," said Caucus Chair Mark Sickles. "He has served his country, the commonwealth and his district with distinction, and



Brink

to advocate for health care services to Virginia's most vulnerable citizens. As the ranking Democrat on the House Privileges and Elections Committee, he advocated for reform of the redistricting process and expansion of access to voting rights. "When I got down to Richmond, the General Assembly was still dominated by rural interests," said Brink. "But as Virginia has changed, the legislature has changed as well

I wish him the best of luck as he enters this next phase of public service."

Brink served as a member of the House Appropriations Committee and its Health Subcommittee, a position that gave him an opportunity to advocate for health care services to Virginia's most vulnerable citizens. As the ranking Democrat on the House Privileges and Elections Committee, he advocated for reform of the redistricting process and expansion of access to voting rights. "When I got down to Richmond, the General Assembly was still dominated by rural interests," said Brink. "But as Virginia has changed, the legislature has changed as well

and so the voices of Northern Virginia are heard much more strongly now."

THE VIRGINIA

Division for the Aging, where Brink will begin working this month, is located in the Virginia Department for Aging and Rehabilitative Services. The division works with 25 area agencies on aging as well as various other public and private organizations to help older Virginians and their families find services. It also oversees all state programs using funds provided by the Older American

Act. Brink says one of his first responsibilities will be familiarizing himself with the organizational structure, a complicated web

of state institutions.

"I have been so very lucky to call him my advisor, my colleague and my friend," said former Lt. Gov. Don Beyer, who is now running for Congress. "I truly cannot think of a better person to take the helm at DARS."

"When I got down to Richmond, the General Assembly was still dominated by rural interests. But as Virginia has changed, the legislature has changed as well and so the voices of Northern Virginia are heard much more strongly now."

— Former Del. Bob Brink (D-48)

Democrats To Choose Candidate in Caucus on Sunday

FROM PAGE 3

first candidate to formally announce a campaign was Rip Sullivan, former president of Legal Services of Northern Virginia. He announced his candidacy at noon on Monday.

"Our next delegate must be an effective voice for our shared progressive values of equality and opportunity," said Sullivan in a written statement. "As a delegate, I would apply my extensive experience in Northern Virginia housing, transportation, education and legal policy to help even the playing field and fight for our Democratic values."

A few hours later, Cherrydale resident

David Boling announced he would also be seeking the Democratic nomination. A former antitrust attorney with the U.S. Department of Justice, Boling served as chief of staff to Rep. Vic Snyder (D-Ark.). When Snyder announced he would not seek another term in 2010, Boling launched an unsuccessful campaign for the Arkansas seat. Now he's running again, this time in Virginia.

"I'm running to succeed the great Delegate Brink because I want to put the Democrats back on the offensive in pursuit of our values and principles," said Boling. "We shouldn't put politics before people, which

is exactly what the Republicans are doing in Richmond now."

Late Monday afternoon, Arlington Democratic Committee Paul Holland announced that he will also be a candidate in the race. A lifelong resident of Arlington, Holland is the son of former state Sen. Edward Holland (D-31).

"I am the candidate in this race with a proven record of public service and who has been working for years to elect Democrats throughout the 48th House of Delegates District," said Holland. "I will be a passionate and progressive advocate for the environment, education and transportation in

Richmond."

Malinosky says Yorktown Civic Association president Andrew Schneider is also expected to announce his week. The chairman said more potential candidates are also considering a campaign, including former Planning Commission member Peter Fallon, Young Democrats of American President Atima Omara-Alwala, Rosslyn precinct captain Steve Baker and Arlington attorney Yasmine Taeb.

"I wish this could have been a longer and more democratic process," said Malinosky. "But we have a lot of really good candidates in the race."

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for July 14-19.

Senior trips: Tuesday, July 15, post Bastille Day lunch, La Cote D'Or Café, Falls Church, \$48; Wednesday, July 16, shopping trip to Potomac Mills, \$8; Thursday, July 17, Sight & Sound Theater, lunch, Strasburg, Pa., \$96; Saturday, July 19, Amish Market, Annapolis, \$7. Call Arlington County 55+

Travel, 703-228-4748. Registration required.

Cooking demo with summer vegetables, Monday, July 14, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

Pilates classes begin Monday, July 14, 1:30 p.m., \$27/6 sessions, Arlington Mill. Register, 703-228-7369.

Gentle Hatha Yoga classes, Monday, July 14, 10 a.m., \$35/7 sessions,

Aurora Hills. Register, 703-228-5722.

Line dancing for beginners, Mondays, 11 a.m., Thomas Jefferson. Free. Register, 703-228-4403.

Home safety class, Tuesday, July 15, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Geocaching, Tuesday, July 15, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955.

Beginners cardio boxing classes,

Tuesday, July 15, 9 a.m., Walter Reed. \$40/8 sessions. Register, 703-228-0955.

Arlington Mill Trail Trekkers, Tuesday, July 15, 9:30 a.m. Free. Register, 703-228-7369.

Around the world travel shared by Ralph Driscoll, Wednesday, July 16, 10 a.m., Walter Reed, Free. Register, 703-228-0955.

Investing on a fixed income, Wednesday, July 16, 1:30 p.m., Aurora

Hills. Free. Register, 703-228-5722.

Car talk with certified mechanic, Wednesday, July 16, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

Duplicate bridge, Wednesdays, 10 a.m. -10 p.m., Aurora Hills. Cost \$5. Register, 703-228-5722.

Boomer Boot Camp, Wednesday, July 16, 9 a.m., Arlington Mill. Cost \$40/8 sessions. Register, 703-228-7369.

Saint Ann Catholic Church

<p>SUNDAY LITURGY SCHEDULE: Saturday Vigil: 5:30 PM Sunday: 8:00, 9:30, 11:00 AM 1:30 PM Spanish Liturgy 5312 North 10th Street Arlington Virginia 22205 Parish Office: (703) 528-6276</p>	<p>DAILY EUCHARIST: Weekdays Monday-Friday, 6:30 AM & 8:30 AM Saturday, 8:30 AM</p>
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Passing Tournament Champions

The Washington-Lee Generals football team began their spring passing tournament season in great form. With rising senior Ronnie Fecso taking over the QB duties and a number of talented freshman and sophoms joining the veteran mix, the Generals entered the 7 on 7 University Championship Series passing tournament at Westfield on June 22, and went on to win the championship. In the first game of pool play, the Generals defeated Paint Branch who went on to earn the second seed out of pool play. The next two games provided learning experiences for the young players, but the team managed a middle seed for the elimination round. In the single elimination round, W-L found their stride and dispatched Langley and the Hayfield-2 teams. In the semi-final against Hayfield-1 and the championship against Madison, last drive touchdowns and conversions proved the difference and earned the Generals the title. Two week earlier, the Generals went to the semi-final game in the Falls Church passing tournament on Saturday, then on Sunday, they again went to the semi-final game in the Lee High School Passing League end-of-season tournament.

Thunderbolts Defeat Stingrays

In its second Division III NVSL meet of the season, the Donaldson Run Thunderbolts defeated the Little Rocky Run Stingrays 231 – 189.

Double individual race winners for Donaldson Run were (in order of age and event): TJ Hutchison, boys 9-10 backstroke and butterfly; Emily Brooks, girls 13-14 freestyle and backstroke, and Ellie Belilos, girls 15-18 freestyle and breaststroke.

The team's single winners were: Julia Sherinian, girls 8&U freestyle; Jack Oliver, boys 8&U backstroke; Charlie Longnecker, boys 8&U breaststroke; Charlie Greenwood, boys 8&U butterfly; Lily Hendrey, girls 9-10 backstroke; Drew Harker, boys 9-10 freestyle; Ella Rigoli, girls 9-10 butterfly; Sean Conley, boys 11-12 breaststroke; Anna Trainum, girls 11-12 breast-

stroke; Grace Motta, girls 13-14 breaststroke; Emma Hutchison, girls 13-14 butterfly; Huck Browne, boys 13-14 butterfly; Mike Poppalardo, boys 15-18 freestyle, and Andrew Walker, boys 15-18 breaststroke.

DR swept three events: boys 8&U breaststroke with Charlie Longnecker, James Snaith, and Charlie Greenwood; boys 8&U butterfly with Charlie Greenwood, James Snaith, and Charlie Marsh; girls 9-10 backstroke with Lily Hendrey, Gracie Jansen, and Elsa Leichty; girls, 13-14 freestyle with Emily Brooks, Emma Hutchison, and Julia Fayer; girls 13-14 butterfly with Emma Hutchison, Julia Fayer and Kerry Meade, and boys 15-18 breaststroke with Andrew Walker, Jack Storrs, and Mike Poppalardo.

WGCC Swimmers Crush Edgemoor

The Washington Golf and Country Club (WGCC) Lightning, one of five teams competing in the top division of the CCSDA (Country Club Swimming and Diving Association) competed in their first Division-A dual meet of the season last Thursday night – and they defeated Edgemoor in a lopsided victory. The Lightning swimmers won almost every individual event – and won every single relay event. The final score was WGCC 409, Edgemoor 69.



Triple winner Jack Carman

Triple winners for WGCC were: Jillian Johnson (Girls 12U IM, Back & Fly); Ollie Bernasek (Boys 12U IM, Back & Fly); Zander Zidlicky (Boys 14U Free, Back& Fly), and Jack Carman (Boys 10U Back, Breast & Fly). Double winners were: Cate Barrett (Girls 18U IM & 14U Back); Chris Outlaw (Boys 18U IM & Fly); Pearson Shay (Girls 8U Free & Fly); Avery Nassetta (Girls 10U Free & Back); Caroline Otteni (Girls 12U Free and Back); Petie Nassetta (Girls 14U Free & Fly); Caitlyn O'Berry (Girls 18U Free & Back); Ryan Baker (Boys 18U Free & Back), and Conner McCarthy (Boys 8U Breast & Fly). Single winners

were: Lucas Zidlicky (Boys 8U Free); Alex Gerlach (Boys 10U Free); Sean Curran (Boys 8U Back); Elice Lebeder (Girls 8U Breast); Sydney-Cate Thornett (Girls 10U Breast); Angus Ricks (Boys 12U Breast); GG Richmond (Girls 14U Breast); Richard Gentry (Boys 14U Breast); Faith Palmer (Girls 18U Breast); Sophie Yoder (Girls 10U Fly), and Kirby Nassetta (Girls 18U Fly).

The following relay teams won their events: Girls Junior Medley (Pamela Grace von Seelen, Petie Nassetta, Sofie Fisher, Izzy Bernasek); Boys Junior Medley Relay (Zander Zidlicky, Angus Ricks, Jack Carman, Lucas Zidlicky); Girls Senior Medley (Cate Barrett, Alston Offutt, Caroline Otteni, Avery Nassetta); Boys Senior Medley (Ryan Baker, Richard Gentry, Ollie Bernasek, Alex Gerlach); Girls Mixed Age Free Relay (Pearson Shay, Avery Nassetta, Jillian Johnson, Petie Nassetta, Caitlyn O'Berry), and the Boys Mixed Age Free Relay (Lucas Zidlicky, Jack Carman, Ollie Bernasek, Zander Zidlicky, and Ryan Baker).



Triple winner Jillian Johnson

Climate Change Could Affect Drinking Water

FROM PAGE 6

The algal blooms do occur naturally, but the increase in duration, species and number of algal blooms could create toxins harmful to residents' health as well as absorb the much-needed oxygen in the water, which affect the odor, clarity and taste of the water.

Still, the people in charge of the drinking water are not overly concerned.

"There are no real alarm bells going off for us," said Tom Jacobus, general manager

of the U.S. Army Corp of Engineer's Washington Aqueduct. The aqueduct collects, filters and sells the drinking water to D.C. Water who provides Falls Church, Dunn Loring and other parts of Northern Virginia with drinking water.

And while Fairfax Water, who provides the majority of the area's drinking water, has a quantity contingency plan by developing the new Vulcan Quarry, they see "nothing [else] on the horizon that has come to our attention that we need to prepare for," said Tracy Goldberg, manager of planning.

Customers in the future are likely to see higher water bills, Jacobus conceded. The additional costs could be as low as a few dollars, though a few dollars could be problematic for lower-income families who can't afford even a moderate increase in their bills.

ONE GROUP HELPING educate Northern Virginia residents on water quality and taking action is the Arlington-based nonprofit Arlingtonians for a Clean Environment (ACE). ACE leads monthly river

clean-ups to help fish out the bikes, packing peanuts and other random trash thrown into the waterways. The 30-year-old organization also helps educate people on water conservation and how using less means less energy consumption not just for them, but the water treatment plants as well — reducing everyone's carbon footprint.

"Just installing things like low-flow faucets, we have seen it cut a person's water bill by 10 to 25 percent," said Elenor Hodges, ACE executive director.

WELLBEING

Summer Health and Safety Hazards

Keeping danger at bay during warm weather months.

BY MARILYN CAMPBELL
THE CONNECTION

Summer comes but once a year. From picnics and days at the pool to backyard barbecues and day-long hikes, many people spend the season outdoors. Danger, from water-related illnesses to heat stroke, often comes with the fun. Public safety officials say people can prevent accidents and illnesses by taking safety measures and staying informed.

“One of the core messages with public health is that we can’t be everywhere all the time,” said Glen Barbour, public safety information officer for the Fairfax County Health Department. “It is really in the hands of the public to take precautionary measures and protect themselves.”

Celebratory sparklers are popular during the summer, but they’re a source of danger. The U.S. Consumer Product Safety Commission reports that 60 percent of fireworks injuries occur around July 4. Hand, eye and face injuries are among the most common.

“The first thing that we recommend is viewing fireworks displays in a public place that has been permitted and checked for safety,” said Dan Schmidt, spokesman for the Fairfax County Fire and Rescue Department. “It saves them money and provides a safe environment to view fireworks.”

Other safety officials agree. Fireworks are banned in the City of Alexandria. “We have close to 100 percent compliance, so we don’t see many injuries,” said Tony Washington, spokesman for the City of Alexandria Fire Department.

For those who decide to use consumer fireworks, there are a few safety considerations to keep in mind: “Fire them from a flat surface and make sure there are no combustible materials near the fireworks,” said Schmidt. “Have bystanders at least 25 feet away, read the directions and don’t let children handle or light fireworks.”

OTHER SUMMER HEALTH HAZARDS are equally preventable. From recreational water illnesses to sunburns, staying informed about potential hazards and strategies for keeping them at bay can lead to a more fun and relaxing summer for everyone.

“The best way to prevent recreational water illnesses is to keep germs, pee and poop out of the water,” said Kurt Larrick, spokesman for the Arlington County Department of Human Service. “Check diapers frequently and take a shower with soap before going into the water.”

Fairfax County issues the same message. “The main thing that we at the health department emphasize is gastrointestinal ill-



PHOTO BY MARILYN CAMPBELL

Water-related injuries and illnesses increase during the summer. Among the best defenses against such hazards are awareness and good safety practices like teaching children how to swim.

ness caused by feces in the water,” said Barbour. “We encourage people, especially the parents of small children, to not go to a public pool when they have diarrhea.”

Barbour warns of factors that might give the public a false sense of security. “We want parents to be mindful that not all germs are killed right away, even in chlorinated water, and that leak-proof diapers don’t always keep feces out of the water.”

Other preventative measures include frequent hand washing, taking a shower before entering a public pool, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

IN ADDITION TO ILLNESSES, other water-related dangers spike during the summer. “There are a lot of accidents like drowning,” said Barbour. “Teach kids how to swim, watch young children very carefully when they are near water.”

Swimming with a partner and wearing a life vest when boating are also important. “Should someone fall in the water and injure their head, the life vest will keep them floating,” said Barbour.

Heat-induced ailments like sunburns, heat rashes, heat exhaustion and heat stroke are other hot-weather culprits. “The three most important things to do to prevent them are drink enough fluids, wear proper clothing and choose the best times to be outside,” said Caroline Sutter, RN DNP-BC, assistant professor of nursing, George Mason University. “Avoid the extreme heat of midday.”

Wearing sunscreen, staying hydrated and avoiding alcohol when in the heat are also good ideas. “Most of the research shows that you should drink water before going out

into the heat, even if you don’t feel thirsty. Thirst is the last warning sign of dehydration,” said Sutter. “After you come in, you can add back water with sports drinks that have electrolytes.”

Know the warning signs that it is time to get out of the heat: “Heat cramps are the first thing that you’ll feel,” said Sutter. “Your muscles will get tired and cramp easily because they aren’t getting enough blood flow.”

Nausea, vomiting and headaches are also clues. “Your body is good about giving your warning signs,” said Sutter. “If you listen to your body you can avoid some of these major complications.”

The elderly and very young children are at greatest risk of heat illnesses.

“Children in sports camps or outdoor camps should wear sunscreen and have regular rest breaks in the shade,” said Rosemarie Berman, RN, Ph.D., chair, B.S.N. program; assistant professor of nursing, Marymount University in Arlington. “A well-regulated camp will have regulated rest periods.”

Barbour said, “Parents of infants and small children should be aware because a baby can’t tell you when they’re sick. Check on elderly neighbors who don’t have air con-

More on
Summer
Safety

Arlington County
Public Health
Department
health.arlingtonva.us/

ditioning.”

Avoid leaving the elderly, young children and pets in small, enclosed spaces like cars. “They could die even after a short period of time like when you’re running to get gas,” said Sutter.

Stay informed about potentially dangerous weather like heat waves. “We have cooling centers open on really hot days,” said Barbour. “You can also go into an air conditioned public space like a library.”

BITES FROM MOSQUITOES and ticks can also pose health threats. “People should be mindful that we do have West Nile virus and Lyme disease in our area,” said Barbour. “When summer comes, people are outside and are exposed to insects that cause people to get sick.”

Heavily foliated spaces, like those with tall grass, are where such bugs hide. “If you’re in an area where the grass is high, on the fringes of a park or even your backyard, be aware,” said Barbour.

When hiking or working outside, wear light-colored, loose fitting clothing, long sleeves and long pants. “Ticks are sneaky,” said Barbour. “They will crawl up your leg without you knowing it.”

Other precautionary measures include checking your body carefully for ticks after

coming inside and eliminating standing water from around a home. “At least once a week, we encourage people to walk around their house and dump water from places like bird baths and your dog’s water bowl.”

Health and safety officials say that most summer hazards are avoidable. “Summer safety pretty much all boils down to common sense and reducing your exposure to risks,” said Larrick.

“One of the core messages with public health is that we can’t be everywhere all the time. It is really in the hands of the public to take precautionary measures and protect themselves.”

— Glen Barbour, public safety information officer for the Fairfax County Health Department

Look Out Below



By KENNETH B. LOURIE

I think I know what a rampaging bull feels like; and I don't mean one on Wall Street, either. I mean one in the figurative sense: when one has a need, an overwhelming, unstoppable-type urge, to scratch that itch, to gratify that which has been delayed. What am I talking about? (You sound like my wife, Dina.) I am talking about food. More specifically, I am talking about a side effect I've been experiencing of late from the chemotherapy drug Alimta, with which I've been infused every three weeks since late September, 2013 (successfully I may add, given the shrinkage noted in my most recent CT Scan).

I would say that sometime within the last three months, for seven to 10 days immediately after my Friday infusion, food doesn't taste right; it doesn't feel right (its texture in my mouth), it doesn't digest right, its after-taste is not right; it doesn't do anything right. In fact, it's downright wrong. Oh, I still have an appetite, but the idea of actually eating doesn't appeal to me, almost instinctively, if that makes any sense. And when I do think about eating now/eating later, it's way less than thrilling and way more than simply distressing. You see, I'm an "oral-fixator" and not being able to gain any pleasure from eating is making me feel null and void.

Apparently, according to my oncologist, (If I understand him correctly, and there's a huge chance that I don't), my taste buds are being adversely affected by the Alimta, doing the same kind of damage to them that chemotherapy, generally speaking, does to hair: eliminating it/slowing its growth/changing its properties.

Consequently, my taste sensation is not sensational. It's quite the opposite. Throw in some lingering post-chemotherapy nausea and related burping, and another side effect: hiccuping, and you have a recipe not for food/eating. Not that I'm thin as a result; hardly, but I am not exactly bursting at my seams, either. Certainly I could stand to lose a pound or two, but I'd rather pick my own battles, if you know what I mean.

Fortunately, (so far) my taste issues seem to resolve themselves within the time frame I've mentioned. And oddly, therein lies a problem. After not eating much – or deriving any pleasure from eating during the previous week or so, once food regains its appeal and I can eat "normally" – for me, it's Katie bar the door. I might as well be Dan Aykroyd as Beldar from the Saturday Night Live Conehead sketches eating "mass quantities." It's not merely a slippery slope I'm on, it's more like an avalanche threat with "falling rocks." Once I start eating, I'm not stopping – until I hit bottom; of the bag, the box, the plastic container, the carton, anything. I'll admit, it's not a pretty sight, but as yet, it's a sight unseen by either man or beast. (At present I'm eating my way through a bag of Starburst Fruit Chews; I'm not proud, just hungry.)

At least I'm smiling again, and feeling more positive, which of course is a must as a cancer patient. However, that pent-up demand from a week of not eating is a killer. I wish I could stop it, but being interested in eating again feels so good – for which I'm exceedingly grateful – and so far, there's seems to be very little I can do to slow down the train. (I imagine Nabisco and M&M/MARS are grateful, too. At least now they won't have to declare bankruptcy.)

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

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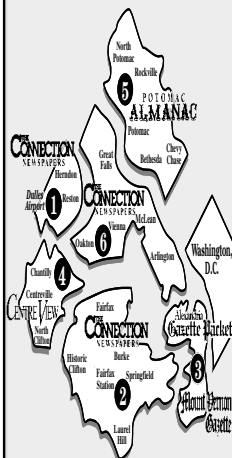
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21 Announcements

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Pio Pio Pollo Inc, trading as Pio Pio Pollo, 762-A Walker Rd, Great Falls, VA 22066-2611

The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and off Premises and Delivery and Keg license to sell or manufacture alcoholic beverages. Edna Feizi, Managing member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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The biggest things are always the easiest to do because there is no competition.
-William Van Horne

21 Announcements

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Santinis Mclean, Inc trading as Santinis New York Style Deli, 1443 Chain Bridge Rd, Mclean, VA 22101-3722. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Robert Lesando, Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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21 Announcements

21 Announcements

21 Announcements

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21 Announcements

21 Announcements

21 Announcements

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21 Announcements

21 Announcements

21 Announcements

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Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

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FRIDAY/JULY 4

Independence Day Cab Rides. 10 p.m.-4 a.m. Rides offered throughout Northern Virginia to curb drunk driving, as drunk drivers cause nearly half of all U.S. traffic deaths on July 4. Free up to \$30 fare. Visit www.soberride.com. Call 1-800-200-TAXI for pickup.

SATURDAY/JULY 12

Gardening Talk. 10 a.m.-noon at Burke Branch Library, 4701 Seminary Road, Alexandria. Arlington County Extension Agent Kirsten Buhls and VCE MAster Gardeners will discuss the top 10 insect pests and top 10 summer diseases of vegetable gardens. Free. Advance registration is requested. To register, call 703-228-6414 or email mgaralalex@gmail.com.

Summer Rose Care Clinic. 9-11 p.m. at Bon Air Memorial Rose Garden, 850 N. Lexington St. Hands-on information that will keep your garden in top condition as the temperature rises. Bring pruners. Call 703-371-9351 for more.

THURSDAY/JULY 17

Capital Improvement Plan Wrap-Up. 3-4:30 p.m. at Arlington County Board, 2100 Clarendon Blvd. Suite 300. Visit <http://budget.arlingtonva.us/capital-improvement-program>.

FRIDAY/JULY 25

Health Lecture: Aging at Home. 11 a.m.-noon at 601 S. Carlin Springs Road. Candace Baldwin of Capital Impact and Scott Bauer of Goodin Homeshare discuss new initiatives to help older adults age in place. Call 703-558-6859 or visit www.virginiahospitalcenter.com.

TUESDAY/AUG. 19

NOVA Registration Closes. Registration for Northern Virginia Community College's 16-week fall semester and the first 8-week term closes. Classes begin Aug. 20. Visit www.nvcc.edu or visit campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

TUESDAY/OCT. 14

NOVA Registration Closes. Registration for Northern Virginia Community College's second 8-week term closes. Classes begin Oct. 15. Visit www.nvcc.edu or visit campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

PUBLIC INPUT WANTED

Survey. In conjunction with public meetings, a survey is available for community input regarding a farmers' market at Fairlington Community Center. Access the survey at www.arlingtonva.us/dpr.

NORTHERN VIRGINIA SENIOR OLYMPICS

Registration for the senior olympics will open in mid-June for the 10 day of competition from Sept. 13-24. Events include track and field, tennis, handball, dominoes and more. Registration is \$12 which covers multiple events. Participants must be 50 by Dec. 31, 2014. Online registration opens July 1 at www.nvso.us. Call 703-228-4721 for more.

ONGOING

PFLAG of Arlington. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets at the Unitarian Universalist Church at George Mason Drive and Route 50. Email aly.pflagdc@gmail.com for more.

Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters helps everyone speak, think, lead and listen better. Contact Carl Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

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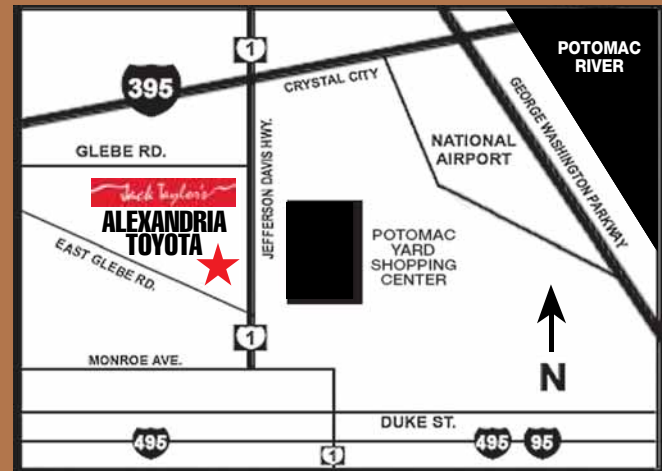
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