

INTRODUCING A HANDSOME FELLOW FROM DETROIT WITH THREE EYES.

Gift Idea for Dads & Grads



THE RUNWELL CONTRAST CHRONO WITH 3 EYE CHRONOGRAPH IN PVD BLACK STEEL CASE, BLUE DIAL, DETROIT-BUILT ARGONITE 5030 MOVEMENT AND AMERICAN-MADE BLUE LEATHER STRAP.



Where American is made:



BULLETIN BOARD

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.

SEPT. 10-21

2016 Northern Virginia Senior Olympics. Online registration will open July 5. Registration forms will be mailed to previous participants in late June and will be available at community and senior centers, senior residences and event venues. The registration fee of \$12, which covers multiple events, remains the same. Three events have an added fee, ten pin bowling, golf and orienteering. Deadline for registering is Aug. 27 (by mail), Sept. 3 (online). Call 703-830-5604 or email nvso1982@gmail.com for more. To volunteer, call 703-403-5360.

DONATIONS WANTED

The Arlington Food Assistance

Center's Plot Against Hunger program is again seeking local vegetable gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry. . Visit www.afac.org/plot-againsthunger/ or contact Puwen at Puwen.Lee@afac.org or 703-845-

THURSDAY/JUNE 16

Information Session. 6-7 p.m.

Leadership Center for Excellence is now accepting applications and holding information sessions for the Young Professionals Program Fall Class of 2016. Interested parties may RSVP for info sessions and apply for the program online at leadercenter.org/youngprofessionals-program/ with a rolling admission deadline until July 15.

SATURDAY/JUNE 18

Street Closures. 7:30 a.m.-10 p.m.

The Arlington County Police Department will close the following streets for the Columbia Pike Blues

* Walter Reed Drive will be closed from Columbia Pike to S. 9th Street. ❖ 9th Road will be closed from S. Garfield Street to Walter Reed Drive. * 9th Street will be closed from S. Highland Street to Walter Reed Drive.

Visit www.columbiapikepartnership.com for more.

SUNDAY/JUNE 19

Street Closures. 7-11 a.m. The Arlington County Police Department will close South Joyce Street and sections of Army Navy Drive to allow

the Zero Prostate 5K Race to be performed safely. In addition, street parking in the area will be restricted.

TUESDAY/JUNE 21

Moving Millennials to Home

Ownership. 5:30 p.m. at 4701 Old Dominion Drive (Lee Highway at Old Dominion). The happy hour seminar will feature topics such as down payment options, available programs, how to handle gifts/loans from parents or other relatives, the lending process and up-to-date market conditions. For more about the upcoming seminar or to RSVP, call or text 703-801-8528 or NBagley@weichertrealtors.net.

"Flourishing After 55"

"Flourising After 55" from Arlington Office of Senior Adult Programs for June 20-25.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th

Senior trips: Cruise on the Legends of Maritime vacht, Baltimore, Monday, June 20, \$65; Fisherman's Crab Deck, Grasonville, Md., all-you-can-eat crabs, Tuesday, June 21,\$55; White Oak Lavender Farm and Mt. Crawford Harrisonburg, Creamery, Va., Wednesday, June 22, \$65; Shenandoah Theatre, "My Fair Lady," Winchester, Va., Friday, June 24, \$38. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Basics of Facebook, Monday, June 20, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

Northern Virginia Senior Olym**pics,** events, details, Monday, June 20, 1 p.m., Lee. Register, 703-228-0555.

Pickleball games and instruc**tion**, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Ice skating, Mondays, 8:10-9:20 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4771.

Madison Chess Club, Mondays, 9:30 a.m. Games and strategies. Free. Details, 703-534-6232.

Table tennis, Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369

Budgeting for retirement, Tuesday, June 21, 11 a.m., Walter Reed. Free. Register 703-228-0955.

FALLS CHURCH LOCATION NOW OPEN!



The State of Affordable Housing

Arlington continues to struggle with loss of affordable housing.

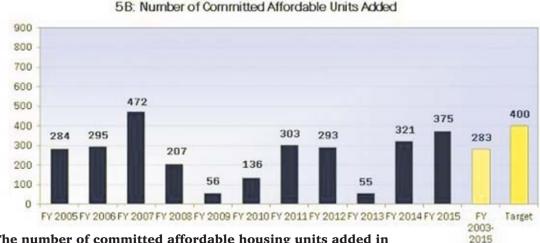
By Vernon Miles
The Connection

ith each year, Arlington becomes less and less affordable. According to David Cristeal, housing director for Arlington County, between 2000 and 2013, Arlington has lost 13,000 units of affordable housing. While Arlington did not lose any committed affordable housing in 2015, 2016 has already seen at least two major affordable housing projects face demolition and redevelopment. Additionally, between 2011 and 2015, Arlington has seen a 31 percent loss in affordable rental units while the average cost of rent in 2015 increased by 7.8 percent.

"A little more than a thousand units each year [are] lost to demolition, conversion, and rising rents," said Nina Janopaul, director of the Arlington Partnership for Affordable Housing. "Trend is continuing. At the beginning of 2016, we had a new wake up call seeing 25 units of market affordable housing demolished in the Westover neighborhood for new townhouses that will be going for close to \$1 million."

In the Westover redevelopment, not only are the units being eliminated, but Cristeal says there's very little the county can do to stop it or intervene. Cristeal says in cases where the housing is replaced, it's often in a by-right development. By-right developments take place when one property owner sells the land to another property owner who can develop it within existing zoning guidelines.

"When a property changes hands, it can be redeveloped by right," said Cristeal. "[In



The number of committed affordable housing units added in 2015 compared to the target 2015 goal.

this circumstance] there's no relocation assistance and very few ways we can intervene."

The county will sometimes work with a developer to try and offer redevelopment resources to help the citizens living in affordable housing find a new home. Cristeal says that did not happen in the case with Westover.

"Sometimes a small property owner will buy and sell a property, and they don't have to tell us," he said.

Cristeal says his team is working on ways to get around by-right development where it takes away from Arlington's affordable housing, with options ranging from tax exemptions to

looking at historic property protections. But, Cristeal said, most property owners don't have to comply with county requests.

"It's Arlington, there's always challenges for space. Westover is a symptom of the market," said Cristeal. "It's a desireable



Columbia Hills Apartments is the Arlington Partnership for Affordable Housing's 229-unit affordable housing development near Columbia Pike. Construction on the project began on June 9 and is expected to open spring 2018.

neighborhood ... and this is not unique to Westover."

Across town in the Ballston-Bluemont Community, Cristeal says more affordable housing is being eliminated to make room for new, non-income restricted apartments on a property sold by-right. When housing is eliminated and the county cannot offer relocation assistance, that burden falls on some of Arlington's local non-profit organizations.

Mark Moreau, intake and data quality coordinator for Bridges to Independence, says local affordable housing groups have felt the impact of increasing rents and housing loss. Bridges to Independence is a transitional program that helps Arlingtonians and Alexandrians facing homelessness find housing. In the past year, Moreau

says the organization has seen an increasing number of large families in need of housing assistance.

"It isn't getting easier," said Moreau. "It's very difficult to house large families, like a family of nine or the family of eight. We've partnered with [other organizations] for that, combining two two-bedroom units into one four-bedroom unit."

But Bridges to Independence faces its own internal pressures. Moreau says Bridges to Independence gets 75 percent of its funding from the office of Housing and Urban Development (HUD) and other government resources, which has

been pushing for the non-profit to move people quickly through the program.

"There is a push to get people out of the shelters quicker and not keep people in tran

SEE AFFORDABLE HOUSING, PAGE 4

Room for a Human or a Horse? Film focuses on solitary confinement.

By Shirley Ruhe
The Conenction

tep into your room. It is 80 square feet, smaller than most horse stables. It has a bed, sink and toilet. This is your solitary confinement cell for weeks, months or years. Your only contact is with prison guards and your food is delivered through a slot in the door.

Virginia is one of 44 states that use solitary confinement to manage some of its prisoners. It is used in Red Onion State Prison and Waller's Ridge, Virginia's two super-max prisons. In 2011 roughly 1,800 inmates in Virginia were kept in solitary confinement out of 25,000 nationwide. At Red Onion State Prison some 500 of its in-

Details

"BREAKING DOWN THE BOX"

This film investigates the mental health, racial justice and human rights implications of the use of solitary confinement in U.S. prisons.

When: June 23, 7-8:30 p.m.
Where: Rock Spring UCC, 5010 Little Falls Road

mates out of 745 were in solitary confinement.

Two years later in September 2013 due to a campaign led by State Delegates Patrick Hope and Adam Ebbin along with the Washington Post, there had been a turnaround in philosophy. Solitary confinement had been reduced by 62 percent from 468 prisoners to 179. Prisoner grievances were down and correction officers were being

trained to be sensitive to communications with prisoners. Under the leadership of Maria Decker, then Virginia Secretary of Public Safety, and Corrections Director Harold Clarke, a "Step-Down" program was instituted that evaluates prisoners for potential success and puts them in a program where they gradually earn privileges and can work their way out of segregation with an intensive program of training and classes.

Kimberly Jenkins-Snodgrass, a parent of a prisoner in solitary confinement at Red Onion State Prison and a leader of the advocacy efforts in Virginia, said, "I believe the Step-Down program is blatantly flawed. The Department of Justice has been bamboozled to believe the program is working in Virginia."

Snodgrass says the program is psychological warfare, and there is retaliation to those in the program. She explained her son was under the impression he was getting out of the Step-Down program in May of this year but then they told him that he was on a schedule to complete the program by 2020. Snodgrass says that he completes one phase and then waits and waits. She said he never knows what to expect. Snodgrass added, "The guards get a gun, stick and badge and they hold their own court and practice law. They aren't legal officials." Snodgrass said,

SEE SOLITARY CONFINEMENT, PAGE 4

State of Affordable Housing

From Page 3

sitional housing," says Moreau. "If you put people in housing too quickly without support, it sets them up to fail. But HUD and others have argued that it is the model they're pursuing. We've adjusted to that, but a lot of the staff are not thrilled about it. We would like to keep people in the shelter longer to help them work through issues."

Where Bridges to Independence used to keep families for up to two years, and generally at least six months, the push has been to get that number down to four months. But Moreau says there's other issues homeless citizens are also facing that can't be fixed in four months. Moreau says some need mental health support, while others have little to no source of income. If they have criminal records, Moreau says that can make finding employment difficult. The nonprofit also helps those who might have a murky immigration status, which also makes finding employment and housing a challenge.

"Some of our folks have a hard time getting approved for an apartment because they have bad credit or even no credit," said Moreau. "It [was] initially shocking to me; people with no credit getting turned down. We're seeing more young people in transition age youth, 18-24. Some are adult children with parents. We had a 20-year-old that was pregnant with first child. It's harder [to find housing] with no rental history. That affects their chances of qualifying."

But at the county level, there is positive work be-

ing done. Janopaul said she was particularly happy to see the Arlington County Board adopt an Affordable Housing Master Plan in 2015, which lays out long-range strategies for securing additional affordable housing.

"It was an affirmation of this community's commitment to be inclusive and diverse, "said Janopaul. "We're a nerdy community and we responded well to data analysis, and that was part of that plan. It was pretty joyous when hundreds of people turned out on the day it was approved and really committed this community to affordable housing. That was a big highlight of the year."

The Arlington Partnership for Affordable Housing (APAH) is behind some of the biggest advances in affordable housing for the county in the last year. One of the most high profile achievements was an agreement to redevelop 173 affordable housing units in a partnership with the Arlington Presbyterian Church. In 2015, APAH pushed 400 new units of affordable housing forward into design and construction, but Janopaul said the looming battle is combating the loses due to rent increases on local properties

"The developer makes money, the county makes money, but renter who can't afford the rent loses out," said Janopaul. "But I'm optimistic to start to see the county implement affordable housing master plan in robust way, and pleased that the budget for the county increased the amount for affordable housing investment fund."

Solitary Confinement

From Page 3

"I am fighting his criminal conviction for a crime he didn't commit and then I am fighting his solitary confinement. We are fighting a case within a case." The way her son, Kevin D. Snodgrass, Jr. is able to go on is "he has faith in God, he knows he has a family who loves him and will fight for him and he knows he is innocent." Snodgrass said, "I have to just keep walking in faith."

Del. Patrick Hope said, "We can't lose sight of how far we have come. We have to keep in perspective that we have made progress. But I am very concerned about the 30 percent who are still in solitary, what they call 'segregation." He continued, "when you get to Red Onion, you have earned your way there. If you get into segregation you do something to get there." But he continued, "I want to know if there is a need for more mental health assistance; we need to take a good individualized look at who is in the 30 percent and who can be moved into the general prison population. We have got to figure out who they are and what we are doing to give them support and therapy."

During Torture Awareness Month, Rock Spring UCC will show life in a solitary confinement cell through virtual reality in the movie "Breaking Down the Box." This film investigates the mental health, racial justice and human rights implications of the use of solitary confinement in U.S. prisons. This event is a call to action for faith communities to prioritize restorative alternatives that emphasize rehabilitation, therapeutic interventions and recovery.

The 40-minute film followed by a discussion will be offered June 23 from 7-8:30 p.m. at Rock Spring UCC at 5010 Little Falls Road. The film was produced by filmmaker Matthew Gossage and the event made possible by the National Religious Campaign Against Torture. For more information contact Laura Martin, director of Mission Integration and Congregational Care at laura@rockspringucc.org.

Congratulations, Class of 2016!





Burgundy Farm Country Day School | 703.960.3431 3700 Burgundy Road, Alexandria, VA www.burgundyfarm.org | www.facebook.com/burgundyfarm

We're so proud of our incredible Burgundy graduates.

This fall, the Burgundy Class of 2016 will attend Bishop Ireton, Burke, Commonwealth Academy, Episcopal, Flint Hill, Georgetown Day School, Madeira, Maret, National Cathedral School, Randolph Macon Academy, Sandy Springs Friends School, St. John's College High School, St. Stephen's & St. Agnes, The STEM Academy at T.C. Williams, Wando High School, and West Potomac.

Burgundy offers to students in junior kindergarten through 8th grade.

Space is available in some fall 2016 classes.

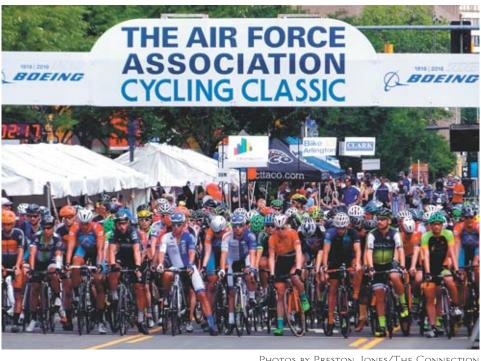
Call 703.329.6968 to schedule a tour of our 25-acre Alexandria campus or learn more at www.burgundyfarm.org.

Cycling through Crystal City

day, June 11, to compete in the second day

Cup along with a challenge ride for amaof competition during the annual Air Force teur cyclists and a children's race for the Association Cycling Classic. Day two of younger competitors.

Nearly 2,000 participants gathered Sunevents consisted of the race for the Crystal

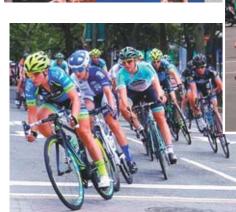


Photos by Preston Jones/The Connection

Riders prepare for the men's pro race as they gather near the starting line.



Top finishers from the men's pro race are (from left) Griffin Easter, Bobby Lea, Ty Magner, Orlando Garibay, and Jake Sitler.



Parents watch as the younger cyclists compete in the 100 yard

Riders turn corner two as they battle for the Crystal Cup.



BOWA presents

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JUNE 23, 2016 from 6:00 pm - 8:00 pm **BOWA's McLean Design Center**



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Please register online at bowa.com/learn or call 703-873-8005

OPINION

We Are One Community, One Nation

Deeply disturbed by the Orlando massacre, I wanted to help the wounded, help those families, help that community, but I was feeling at a loss. I was so far away from Orlando. I wanted to be there to hold a hand, to cry with them,

to hug them and love them, to be LETTER there with them. I heard that there was a need for blood. I called the Red Cross and was informed a blood drive for Orlando was taking place from 1:30 to 7 p.m., June 13. I chose not to fast for Ramadan so I could donate blood.

It gave me some sense of peace that, maybe, it will save one of the lives that had been so brutally targeted. As I came out of the Red Cross building in Alexandria, two very polite Asian girls approached me and asked, what brought me to this drive. They introduced

themselves as writing a report on "Asian re- clusive of race, religion or sect. Unfortunately sponse to the Orlando shooting." A little caught off guard, I said I wanted to help. It came as a surprise to them when I told them I was a Muslim from Pakistan. The next question was: "How is your Muslim community reacting to

"I am from the Arlington community," I said, "and there are Muslims, Christians, Jews, Hindus, Atheists, Gavs, and Lesbians, all in it. I belong to that community" and "I don't like to isolate myself as a Muslim community."

We are the community we live in. We are the Arlington community, which is in the Virginia community, which is in the U.S. community, and we stand united against all evil to our state, county and nation.

We belong to our counties, states and nation to love, accept and protect each other exthat sense of unity is lacking when we find solace and comfort in our own isolated communities based on our ethnicities and we are constantly identified and divided by them.

Isolation and division weakens us against extremism, terrorism, and ISIS.

We need to rebut ISIS starting in our homes around our kitchen room tables, in schools and colleges, where we the communities are emphasized as a united front against radical terrorism, where all have a sense of belonging and a part to play.

It is a time to reflect on who we are and reclaim our identities as a unified strength as one community and one nation against ISIS.

> **Kay Neseem** Arlington

A REMEMBRANCE

Arlington's Loss with Death of 'Mr. Reilly'

By Veronica Bruno

r. Reilly Lewis passed away from a sudden cardiac arrest in his home in Arlington on June 9.

I write that and I can hardly believe the words. Dr. Lewis was a very good friend of our family. We spent many times sitting in his kitchen, my husband sang in several of his choirs, our kids visited with him, and my daughter would sit with him at the beautiful grant piano he kept in his home.

We moved back to New York City last year, but spending time with Reilly Lewis was something we profoundly missed. Reilly was the music director at the United Clarendon Methodist Church and my husband sang in the choir there on Sundays. I remember bringing my stepson, Thomas, to church to hear "daddy" sing, but another highlight was getting to sit down after the service and watch "Mr. Reilly" play the organ. He would marvel at how "Mr. Reilly's" fingers would magically move around the instrument and make it "sing."

My husband performed with him for almost a decade and our kids grew up watching countless rehearsals and performances conducted by him. Dr. Lewis was a pivotal figure on the music

scene in Washington, D. C. and performed as the artistic director for the Cathedral Choral Society and the Washington Bach Consort. Dr. Lewis employed a very positive conducting style with his choirs, and frequently used his master of the score to give constant cues and directions with this movements his ability to be everywhere at once during a performance.

Photo by Veronica Bruno and expressions. His **Dr. Reilly Lewis conducting** musicians marveled at a Washington Bach Consort performance.

way. Singer Kathy Watson recalled the first time she met him: "I met Reilly on a Saturday Cathedral Choral Society audition about a month after I moved to Washington, D.C. Looking for a place to sing and meet other singers he enthusiastically took my audition and then immediately put his arm around me and said 'Kathy, have you ever done any professional church choir work?' Let's just say five hours later I had met everyone

at Clarendon United Methodist Church, and in only the way Reilly can be, he had managed to convince everyone to hire me - the first soloist to ever be hired to work at CUMC as a member of the choir."

Laura Lewis (no relation), another singer in the Arlington community, reflected on her time with him: "He was so supportive and even as busy as he was, he always tried to make at least a part of most of my performances as I know he did with others. He gave me my first

> singing break in Washington and taught me so much about music. He was always so excited to introduce me as a 'Lewis' but not related. He was a mentor, friend, supporter and I will miss him."

The real focus of Reilly's professional life was JS Bach. He analyzed Bach's music ceaselessly, and connected to it on a spiritual and emotional level that gave him the ability to uncover the composer's intentions.

His performance of Bach, while always filled with astonishing virtuosity, were deeply nuanced and personal, but never indulgent. His respect for Bach was legendary,

and his signature move at the end of a perfor-He also nurtured several singers along the mance of Bach's work was to hold the score



Dr. Reilly Lewis in his beloved Arlington with singers Jon Bruno, Kathy Watson, Laura Lewis, and wife Beth Lewis.

up high with his two hands, as if he were offering it to heaven. Reilly also frequently cried in or during performances.

Even as his fame grew, he steadfastly defined himself as a church organist. He seemed to relish the small politics within his church, Clarendon United Methodist, and knew each member individually.

Kathy Watson moved to Tampa, Fla., a few years ago, but would frequently

travel to Virginia for business. The people she stayed with were Reilly and wife Beth Lewis. "I moved away and we stayed in touch. I started my own company and moved really far away and then I practically moved in with Beth and

"For two years I commuted to D.C. weekly from Tampa and they gave me a key to the house and I would meet them daily in the morning for coffee, the news, maybe some political banter. In the evenings I would cook or Bethy would cook and we would drink wine and when Reilly would blow in the door sometimes we would watch a Turner Classic Movie. sometimes chat and sometimes we would all go to sleep. On many nights I would wake up to the sound of Reilly practicing downstairs ... those were some of my favorite moments."

Another singer in the Washington, D. C. community, Nicolas Peterson, from Bowie, Md., posted on his Facebook page the following quote when he learned about Lewis' passing:

"He was a man, take him for all in all,/ I shall not look upon his like again."

— Hamlet, Act I, scene 11

Dr. Reilly Lewis is survived by his wife Beth, daughter Lauren, and grandson. Funeral services will be Thursday, 10:30 a.m., at the National Cathedral. In lieu of flowers, please make a donation to Dr. Reilly Lewis' beloved Wash-

ington Bach Consort, www.bachconsort.org/.

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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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CONGRATULATES THE CLASS OF 2016



We are proud of our 115 graduates and their accomplishments. Some highlights include:

- ♦ Accepted by more than 160 colleges and universities.
- ♦ More than one-third of the class was offered college scholarships or merit aid.
- Two National Merit finalists, two semi-finalists, and 15 commended scholars.
- Led our varsity mathletes to a first-place season finish and the robotics team to the state semi-finals.
- Prepared thousands of sandwiches for Martha's Table; collected food items and volunteered at local food banks. Led supply drives for local agencies and our partner school in Haiti. Volunteered thousands of hours with local non-profits. Participated in international causes in Romania and Haiti.
- ♦ A Cappies award and nomination for The 39 Steps. Performed in all of our drama and musical productions, Evening of the Arts, Multicultural Night, and the Pit Orchestra; directed the One-Act Plays.

- Performed in the Virginia District 10 Music Festivals and invited to sing Evensong at the National Cathedral.
- ◆ Won eight Gold Keys, nine Silver Keys, and 16 Honorable Mentions in the regional Scholastic Art & Writing Awards and one Silver Key at the national level. Awards for photography, painting, drawing, ceramic creations, poetry, and personal essays. Won top awards at the Alexandria All City High School Visual Art Exhibit.
- ◆ Thirty-three to play collegiate athletics next year, representing ten sports.
- ◆ Led the boys and girls lacrosse teams to VISAA state championships and won three individual state championships in boys swimming, girls indoor track relay, and wrestling. ISL championships in field hockey, girls lacrosse, girls soccer, and softball. Participated in league finals or state tournaments in boys basketball, cross country, field hockey, boys lacrosse, girls lacrosse, boys soccer, girls soccer, softball, swimming & diving, boys tennis, track & field, and wrestling.

COLLEGES AND UNIVERSITIES ENTERED BY THE CLASS OF 2016

University of Alabama + American University + Boston University + Bowdoin College + Brown University + University of California at Los Angeles + College of Charleston + University of Chicago + Coastal Carolina University + Colgate University + Columbia University + Cornell University + Dartmouth College + University of Delaware + Denison University + University of Denver + Drexel University + Duke University + Fordham University + Furman University + George Mason University + George Washington University + Georgetown University of Georgia + Hamilton College + Hobart and William Smith Colleges + College of the Holy Cross + University of Illinois + James Madison University + Kenyon College + Louisiana State University + Loyola University (MD) + Macalester College + Marquette University of Mary Washington + University of Maryland at College Park + Marymount University + Massachusetts Institute of Technology + Miami University (OH) + Middlebury College + Morehouse College + University of North Carolina at Chapel Hill + Northeastern University + Northwestern University + Oberlin College + University of Pennsylvania State University + University of Pittsburgh + Princeton University + Rhodes College + Rollins College + St. Francis University + St. Joseph's University + St. Louis University + University of San Diego + Santa Clara University + Savannah College of Art and Design + Shenandoah University + University of South Carolina + University of Southern California + Southern Methodist University + Susquehanna University + Syracuse University + Texas Christian University + University of Virginia + Virginia Commonwealth University + Virginia Military Institute + Virginia Tech + Wake Forest University + Washington & Lee University + College of William & Mary + College of Wooster

ENTERTAINMENT



Jane Franklin Dance At Capital Fringe

From July 8-17, Jane Franklin Dance will give six performance of "Wash Over You" at the Atlas Performing Arts Center in D.C. as part of the **Capital Fringe Festival. Tickets** are \$17. For more, visit www.janefranklin.com.



Email announcementsarlington @connection newspapers.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

Sci-Fi Book Club. Third Wednesday of each month, 7-8:30 p.m. at Java Shack, 2507 N. Franklin Road. Free. Visit www.library.arlingtonva.us.

Kenmore Students Glass Art Exhibit. Library hours at Arlington Central Library, 1015 N. Quincy St. Kenmore Middle School students will have stained glass art displayed.

Free. Email jeffbrookland@me.com.

Gallery Underground: "The View
From Within." Through June 25 at
2100 Crystal Drive. "View from Within," is a solo show by local painter Anna Schalk. The exhibition explores the artist's experience when interacting with another person. Free. Visit

www.galleryunderground.org for

"Flights of Fancy." Through July 9, gallery hours at Lee Arts Center, 5722 Lee Highway. Featuring works inspired by either texture, color, and/ or literal impressions from the Lee Arts Center's Butterfly Garden. Free Visit www.leeartscenter.org for more.

"La Cage Aux Folles." Through July 10, various times at Signature Theatre, 4200 Campbell Ave. Signature Theatre presents the story of the 20-year relationship between Albin, the lead drag performer of The Saint-Tropez Night Club on the French Riviera, and Georges, the club's owner, facing a test when their son announces his engagement to the daughter of ultra-conservative political parents. Tickets start at \$40. Visit www.sigtheatre.org for more. **Twilight Tattoo.** Wednesdays,

through Aug. 3, 7 p.m. at Joint Base Myer-Henderson Hall Summerall Field, Sheridan Ave., Fort Myer. Twilight Tattoo is an hour-long, liveaction military performance that blends the precision and discipline of the 3rd U.S. Infantry Regiment (The Old Guard) with the orchestral sounds and pop music from The U.S. Army Band "Pershing's Own." Free. isit www.twilight.mdw.armv.mil.

Netherlands Carillon Concerts. Saturdays through Aug. 28, 6-7 p.m. at 1400 N. Meade St. Guest artists play patriotic music, jazz and pop on the Carillon's 50 bells. Free. Visit www.rosslynva.org for more.

Ball Sellers House, Saturdays, April-Oct., 1-4 p.m. at Ball Sellers House, 5620 3rd St., S. The Ball-Sellers House, the oldest building in Arlington County is open to the public for tours. The house was built around 1742 by John Ball and named the Ball-Sellers House to honor both the builder and the donor. Free. Visit www.arlingtonhistoricalsociety.org.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

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 registration.arlingtonva.us. Free, no registration required.

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. 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-

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-

Storytime. Wednesdays and Fridays, 10:30-11 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. Glencarlyn Branch Library, 300 S. 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.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

WEDNESDAY/JUNE 8

Book Talk: Sara Hammel. 7-8 p.m. at One More Page Books, 2200 N Westmoreland St. Sara Hammel shares from "The Underdogs," her debut children's novel featuring two 12-year-old girls who investigate the mysterious death of a teenage girl at an elite tennis club. Free. Visit

www.onemorepagebooks.com. **Wednesdays in the Garden.** 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience Topic for this session will be "Weeds, Mulches, Tillage." Free. Visit library.arlingtonva.us for more.

THURSDAY/JUNE 9

Raising Monarch Butterflies. 2-

3:30 p.m. at Lee Community & Senior Center, 5722 Lee Highway. An instructor from the Monarch Teacher Network will share the stories of this remarkable creature and the benefit of inviting them into your garden. Free. Call 703-228-0550 for more.

FRIDAY/JUNE 10

Rosslyn Cinema: "Beethoven 2." 5-11 p.m. at Gateway Park, 1300 Lee Highway. Food will be available for purchase from Chix N Stix Food Truck and from 5 p.m. until the film starts, grab a glass of beer or wine at the Mobile Bar. Free. Visit

www.rosslynva.org for more. Vintage Crystal: Wine in the Water. 6-10 p.m. at Crystal City, 1750 Crystal Drive. Wine in the Water Park is an outdoor event featuring wine varietals and live music in the neighborhood's Crystal City Water Park. ArtJamz is offering a free painting session at Wine In the Water Park. Free. Visit www.crystalcity.org for more.

SATURDAY/JUNE 11

Arlington History Bike Tour. 9 a.m. at Ballston Metro Station. Bike from 1 to 23 miles visiting Arlington parks and historic sites and tour historic locations dating from colonial times to early 20th century. Tickets are \$2. Reservations required. Visit www.centerhikingclub.org for more.

Student Filmfest. 9:30 a.m.-3:30 p.m. at H-B Auditorium and Blackbox, 4100 Vacation Lane. More than 100 finalist films created by more than 200 students from 24 Arlington Public Schools were selected for

public screening. Judges watched and gave individual written feedback on nearly 200 films submitted this year. The number of entries has increased 50 percent each year . Free. Visit www.facebook.com/ arlingtonstudentsfilmfest.

I Am With Dad Day. 12:30 -3:30 p.m. at Walter Reed Community Center, 1415 S. Queen St. Activities include: cook out, outdoor games, photo booth, obstacle course, raffle and more. Free. Register at iamwithdadarlington.eventbrite.com.

Book Talk: Ruth Ann Aron. 3-4 p.m. at One More Page Books, 2200 N. Westmoreland St. "Corrupted Justice" tells the story of a Potomac, Md. woman who in 1994, at the request of the National Republican Senatorial Committee, became a candidate for the United States Senate. Free. Visit www.onemore pagebooks.com for more.

SATURDAY-SUNDAY/JUNE 11-12

Air Force Association Cycling

Classic. 11:30 a.m. Saturday and 7 a.m. Sunday at 2011 Crystal Drive. Participate in the challenge ride, children's race and more Registration is \$40-45, free for the children's race. Visit www.cylcingclassic.org for more.

SUNDAY/JUNE 12

Sunday in the Organic Vegetable

Garden. 1-4 p.m. at Potomac Overlook Park, 2845 Marcey Road. VCE Master Gardeners who maintain the Organic Vegetable Demonstration Garden will be in the garden to answer questions about organic gardening, including controlling pests and diseases without the use of chemicals. Free. Call 703-228-6414

or email mgarlalex@gmail.com. **Gulf Branch's 50th Anniversary** Party. 1-4 p.m. at Gulf Branch Nature Center, 3608 Military Road. Free. Call 703-228-3403 for more.

Mozart's Requiem. 4 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. The Clerestory Choir will sing Mozart's "Requiem" for soloists and chorus. Plan to hear the Choir perform this grand masterpiece which was W.A. Mozart's final large composition before his death at age 35. Free. Visit www.uucava.org for more.

Outdoor Concert. 6-8 p.m. at Mount Olivet United Methodist Church, 1500 N. Glebe Road. Arlington Jazz Collective and Yorktown Jazz Band from Washington-Lee and Yorktown High Schools perform. Free. Visit www.mountoliveumc.com for more.

MONDAY/JUNE 13

Documentary Screening. 3-4:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Encore Learning will offer a showing of a film documentary called "Best of Enemies, the 1968 Buckley and Vidal Debates Revisited." Free. Call 703-228-2144

for more.

Outside Going-In Concert. 7:30-8:30 p.m. at Westover Baptist Church, 1125 Patrick Henry Drive. The Arlington Chorale (formerly the Metropolitan Chorus) presents selections from its 50th season "Outside Going In." Free. Visit www.metchorus.org for more.

WEDNESDAY/JUNE 15

Wednesdays in the Garden. 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Topic for this session will be "Insect Pests & Beneficials." Free. Visit library.arlingtonva.us for more.

THURSDAY/JUNE 16

Tree Tour. 1-2:30 p.m. at Walter Reed Community Center, 2909 S. 16th St. Learn the pros and cons of planting various tree types in the urban landscape and good management practices for keeping your trees healthy. Presented by a Master Gardener representative from Virginia Cooperative Extension. Free.

Call 703-228-0935 for more. **Summer Solstice Celebration.** 6:30-8:30 p.m. at Bluemont Park, 601 N. Manchester St. Celebrate the longest day of the year with ACE. Volunteers will have a variety of service projects including trash and litter cleanup and invasive plant removal. Free. Visit www.arlingtonva.us for more.

Premiere: "Ageless Friends." 8:30 p.m. at Netherlands Carillon, 1400 N. Meade St. Free. Visit www.rosslynva.org for more.

FRIDAY/JUNE 17

Brown Bag Bingo. 12:30-1:30 p.m. at Aurora Hill Community & Senior Center, 735 18th St. S. All participants are asked to bring a white elephant gift for prizes. Free. Call 703-228-5722 for more.

Rosslyn Cinema: "Eat, Pray, Love." 5-11 p.m. at Gateway Park, 1300 Lee Highway. Food will be available for purchase from Bao Banh Boys and from 5 p.m. until the film starts, grab a glass of beer or wine at

www.ConnectionNewspapers.com

Entertainment

the Mobile Bar. Free. Visit www.rosslynva.org for more. Vintage Crystal: Wine in the

Water. 6-10 p.m. at Crystal City, 1750 Crystal Drive. Wine in the Water Park is an outdoor event featuring wine varietals and live music in the neighborhood's Crystal City Water Park. ArtJamz is offering a free painting session at Wine In the Water Park. Free. Visit

www.crystalcity.org for more.

Lecture: "How We Got to Pluto."
7:30 p.m. at Arlington Planetarium,
1426 N. Quincy St. Michael Neufeld,
Senior Curator in the Division of
Space History of the National Air &
Space Museum, will share the story
of one of the most ambitious
planetary fly-by missions ever
attempted. Tickets are \$3/child up to
age 12; \$5/Friends members and
seniors; \$7/teens and adults. Visit
friendsoftheplanetarium.org/ or 703228-6070

"Full Moon" Walk. 8-9:30 p.m. at Theodore Roosevelt Island – George Washington Memorial Parkway. The Friends of Theodore Roosevelt Island invite visitors to experience the natural setting of Theodore Roosevelt's memorial at night in full moonlight. Tickets are \$20 for nonmembers, \$18 for members. Visit www.theodorerooseveltisland.org.

FRIDAYS-SUNDAYS/JUNE 17-SEPT. 18

Lubber Run Concerts. 8 p.m. Fridays and Saturdays, 6 p.m. Sundays at Lubber Run Amphitheatre, 200 N. Columbus St. International artists including Cissa PAz and Mbongo Star perform. Free. Visit www.arlingtonarts.org for more.

SATURDAY/JUNE 18

p.m. at the corner of Columbia Pike & S. Walter Reed Drive. Music, local food, arts and crafts vendors, community groups, local businesses and kids' activities. Free. Visit www.columbia-pike.org/bluesfest.

25th Anniversary of Teens Talking
About Books. 2-4 p.m. at Arlington
Central Library, 1015 N. Quincy St.
Alumni of the program and current
members of both high school and
middle school Talking About Books
are invited. Free. Visit
arlingtonva.libcal.com/event/
2558212 for more.

"Many Voices, Many Songs." 7 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. The Arlington Community Chorus will present its spring concert. Directed by McKenna Stenson and accompanied by Tatiana Loisha, the chorus will perform a varied repertoire of choral music, featuring songs from around the world. Free. Visit www.apsva.us/adutled for more.

SUNDAY/JUNE 19

Crystal Car: Father's Day Car Festival. 2-6 p.m. at 2121 Crystal Drive and 220 20th St. S. The day will feature a variety of exciting automobile categories including innovative electric vehicles, area sports car auto clubs, classic muscle cars, and a beer garden hosted by the Washington Wine Academy. Free. Visit www.crystalcity.org for more.

TUESDAY/JUNE 21

Acoustic Cafe. 7-8:30 p.m. at Walter Reed Community Center, 3501 Second St. S. Enjoy music from the '50s to today at the new Acoustic Café Night. Free. Call 703-228-5920.

WEDNESDAY/JUNE 22

Wednesdays in the Garden. 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Topic for this session will be "Solar Cooking." Free. Visit library.arlingtonva.us for more.

FRIDAY/JUNE 24

Rosslyn Cinema: "Raiders of the

Lost Ark." 5-11 p.m. at Gateway Park, 1300 Lee Highway. Food will be available for purchase from Rocklands Barbecue and from 5 p.m. until the film starts, grab a glass of beer or wine at the Mobile Bar. Free. Visit www.rosslynva.org for more.

Vintage Crystal: Wine in the Water. 6-10 p.m. at Crystal City, 1750 Crystal Drive. Wine in the Water Park is an outdoor event featuring wine varietals and live music in the neighborhood's Crystal City Water Park. ArtJamz is offering a free painting session at Wine In the Water Park. Free. Visit www.crystalcity.org for more.

Firefly Festival. 7:30-9:30 p.m. at

Firefly Festival. 7:30-9:30 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Activities include; bug hunts, games, crafts, walks, and talks about fireflies. Tickets are \$7. Call 703-228-6535 for more.

FRIDAY-SATURDAY/JUNE 24-25

Spain Under the Spotlight. 8 p.m. at Gunston Arts Center, 2700 S. Lang St. Carmen de Vicente and the Requiebros Spanish Dance Group

perform. Tickets are \$25. Visit

www.carmendevicente.com.

SATURDAY/JUNE 25

Claiming a Legacy: Marriage and Freedom at Arlington

Plantation. 10 a.m.-4 p.m. at The Arlington House, 321 Sherman Drive, Fort Myer. The Robert E. Lee Memorial will celebrate the historic union of Maria Carter and Charles Syphax, an enslaved African American couple, as an NPS Centennial event. Free. Visit www.nps.gov.arho for more.

Hour of Code. 10:30-11:30 a.m. at Arlington Central Library, 1015 N. Quincy St. The Hour of Code Workshop is a one-hour introduction to computer science, designed to demystify code and show that anybody can learn the basics. While designed to encourage girls to learn to code, the workshop is open to all 6th-8th graders, regardless of gender. Free. Visit arlingtonva.libcal.com/event/2563326 to register.

SATURDAY-SUNDAY/JUNE 25-26

Children and Teens Book Sale. 9

a.m.-1 p.m. Saturday, 8 a.m.-12 p.m. Sunday at St. Mary's Episcopal Church, 2609 North Glebe Road. Find a wide selection of books, DVD movies, and magazines for sale, all proceeds go to the Arlington Pediatric Center. Free to attend. Visit www.stmarysarlington.org/childrenand-teens-booksale/.

JUNE 25-JULY 31

Art Exhibit: "Reconciliation."

Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This multimedia exhibition explores alternative historical narratives that unfold non-sequentially during the excavation of an 18th century stonelined privy in the backyard of a former tenement building in the Lower East Side of Manhattan. Free. Visit www.arlingtonartcenter.org for more

Art Exhibit: "Materialized Magic."

Gallery hours at Arlington Arts
Center, 3550 Wilson Blvd. On the
Lower Level, AAC's Jenkins
Community Gallery will be
transformed into an immersive threedimensional fiber art installation,
Materialized Magic: Mythical
Creatures in a Yarn Artistry Habitat.
Artists Stacy Cantrell and Erika
Cleveland source the community for
creation, assembly, installation, and
de-installation. Free. Visit
www.arlingtonartcenter.org.

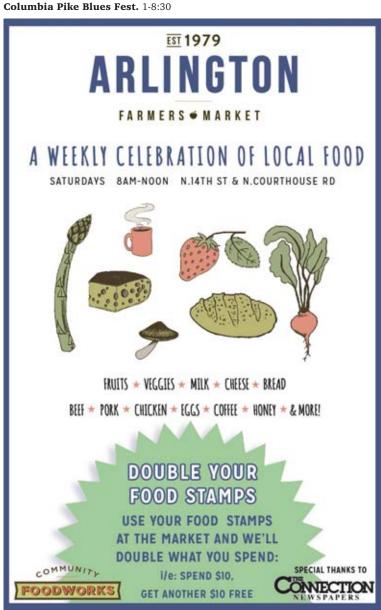
JUNE 25-OCT. 2

Exhibit: "Strange Landscapes."

Gallery hours at Arlington Arts
Center, 3550 Wilson Blvd. "Strange
Landscapes" approaches landscape as
a historical legacy, a lens for
exploring nature, and foundation for
imagining alternative ways of being.
Featuring painting, drawing,
installation, video, sculpture, and
performance, the exhibition
highlights artists whose work draws
on and challenges traditional artistic
approaches to the natural and built
environments. Free. Visit
www.arlingtonartcenter.org

MONDAY/JUNE 27

Laughter Yoga. 6:30-7:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Laughter Yoga, for all ages, is a practice that reduces stress and strengthens the immune system. Free. Email arlingtonlaughteryoga@ yahoo.com.





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The Gap Year Trend The pros and cons of taking a break in academic studies before college.

BY MARILYN CAMPBELL The Connection

appelling down an 80-foot waterfall, the ground appearing miles away, zip lining through thickets of dense, steamy rain forest, treating wounded travelers in the wilderness and engaging in other limitpushing adventures — that's how three local young adults spent their time after graduating from high school.

"Scuba was definitely my favorite part of the course because of a strong reinforcement that I would enjoy working as a scuba instructor one day," said A.J. Galindo or Alexandria. His adventure was part of Outward Bound's Costa Rica program.

Galindo took what is known as a "gap year," which means taking an academic break for a year or a semester before beginning college. Gap year programs offer students an opportunity for "personal growth in ... leadership, self-awareness [and] ... character development," said Soizic Hagege, spokeswoman for Outward Bound Costa Rica.

After completing his Outward Bound program, Galindo enrolled in Thompson Rivers University in British Columbia, Canada.

The American Gap Association (AGA), an organization that accredits and sets standards for gap year programs, reports that taking a gap year has become an increasingly popular choice for American students. The association has seen renewed interest since Malia Obama's recent decision to take a year off before beginning her studies at Harvard University.

A RECENT AGA STUDY showed that students who took a gap year over performed academically in college. The organization released the results from a survey of its 2015 alumni. More than 90 percent of those sur-



A.J. Galindo of Alexandria, Benjamin Waters of Fairfax and Kirby Nassetta of Arlington participated in Outward Bound Costa Rica's Gap Year program.

veyed credited their gap year with increasing their self-confidence and maturity as well as offering time for personal reflection.

Uncertainty about future plans is one of the reasons students decide to take time off between high school and college. "Some don't know yet what they want to study, or want to take the opportunity to travel or work to get experience in the real world," said Francesca Reed, associate vice president for Enrollment Management and director of Graduate Enrollment Services at Marymount University. "A gap year ... can be a great opportunity for a person to mature and discover their interests before pursuing a college degree."

Experiences gained during a year away from school can offer clarity, says Jim McClellan, PhD, dean of Liberal Arts at Northern Virginia Community College in Alexandria. "Few students know what they want from life or what will be their life's work when they first enroll in college," he said. "Few finish college in the same major where they began. Sometimes a year of reflection can help a student focus. A year abroad or in some environment beyond

their previous experience can offer new perspectives. Working at a 7/11 convinced me I needed to continue college."

While the AGA reports that 90 percent of students are actively enrolled in a four-year institution of higher learning within one year of completing a gap year, the organization acknowledges that this option is not for everyone. The decision to delay college comes with a caveat that students may lose the academic momentum they gained through high school.

"There is a set of skills that a student learns moving through each grade level. Like playing tennis or any other sport, the more practice, the better the performance," said McClellan. "Laying out for a year leads to skills atrophy. [For some students] it is better to continue on while in top form than to try to rebuild lost skills and regain good study habits."

Even for students who feel certain that they want to take a gap year, Reed advises completing the college application process if obtaining a college degree is future goal.

"It is easier while they are still in school to gather letters of recommendation and use

Small steps this summer can minimize

stress of application process.

the resources of guidance departments when applying for college," she said. "It will also keep them focused with a future plan. If the student decides to go abroad or work full-time, it may be difficult to request a letter of recommendation while they are busy overseas or with work. Once accepted into college, they can defer their admission a semester or a year."

Boosted by a belief in the benefits of a gap year experience, a growing number of colleges and universities are supporting students who want to take time off between high school and college. "Most colleges are accommodating and will move their start date to the following year," said Reed. "Colleges and universities like to see students with a plan and a degree of motivation before entering college, and the gap year may be the perfect opportunity to do just that."

RESEARCHING OPPORTUNITIES.

thinking about goals and having a plan in place about how the time will be spent are critical components of a successful gap year. "They shouldn't wait until they graduate to start planning," said Reed. "Do you want to travel abroad? Learn a new language or improve your foreign language skills? Volunteer either at home or abroad? Explore career interests? It's important to have something meaningful in mind. There are many programs available for students that are considering a gap year."

McClellan suggests an alternate option for students and parents who are concerned that a gap year could slow a student's academic progress. "Spending the junior year abroad is a better idea since no academic momentum is lost and the experience of living and studying abroad is of incalculable value," he said. "Plus, with two years of college completed and added maturity, the junior year abroad is more meaningful than

Considering Private School?

BY MARILYN CAMPBELL The Connection

he school year has just come to an end ... which means it's the ideal time to prepare to apply to leading independent schools.

A supply versus demand imbalance for a coveted spot at one of the local, top-tier private schools makes advanced planning a critical part of the process. Local admissions directors offer suggestions on what can be done during the laid-back days of summer before the demanding fall application process begins.

"Do your research over the summer," said Mimi Mulligan, assistant head of school and director of admission and enrollment management at Norwood School in Bethesda, Md. "Spend time educating yourself on the wide variety of independent school options in the area."

Perusing school websites and becoming familiar with a school's mission and philosophy toward education can help narrow down choices. Reading social media postings can give parents a sense of a school's culture and community.

Have a family conversation about the type of school that would best serve your child, advises Mulligan, who warns that a school's perceived prestige or reputation doesn't necessarily translate into a good match.

"Be realistic about your child's strengths, weaknesses, and learning style, then create a list of schools that you feel would be a good fit for your child and your family,"

Talking to parents and students at prospective schools is one way families can get a sense of a school. "Create a chart to compare [factors such as]: How the students

treat each other. What is the teacher-student relationship like? How does the school care about each individual student and other things that are important to you?" said Terri Collins of Oak Crest School in McLean. "Ask to speak with two current parents to get their perspective of what they see as the strengths and weaknesses of the school."

"I think one of the things would be to indentify the type of school: a boarding school or a day school," said Scott Conklin, director of admissions at Episcopal High School in Alexandria. "Once you've come up with a list of schools, visit some of them. Most are probably open during the summer."

"Once families have narrowed down the list, they can send for information and begin to map out their fall visits," said Clare Dame, director of enrollment management at Randolph-Macon Academy. "Plan to visit no more than two schools in one day so that they have time to fully investigate each one and will have the time to assimilate the information."

However, Richard S. Moss, director of admission at the Heights School in Potomac, Md. underscores the importance of creating a balance between advance planning and enjoying a summer respite, and questions the wisdom of focusing too much energy on an academic year that is more than 12 months away.

"Most importantly, families should ... have a good, restful, and productive summer," said Moss. "It is easy to think about the long-term goal of admission while sacrificing the immediately important goal of having a truly great break. ... Though it is good, as a parent, to be generally aware of the process so that in September you can hit the ground running."

Happy 50th Birthday Gulf Branch

Friends celebrate nature center's anniversary.

BY MICHEL MCMORROW The Connection

t was quite a day. Artifacts of American Indians were displayed beside children making butterflies of paper and clothespins. An open door welcomed visitors to a reconstructed, post-Civil War log cabin. The beekeeper offered his wares as bluegrass music hummed in the background. Costumed actors and antique automobiles brought memories of the "flapper era" because of stories that a silent movie star, Pola Negri, once lived on the premises. Amid nature's silence, pounding noises signaled that the blacksmiths were at their forge.



Encore Stage student actors Zackary Longsworth (Rudolph Valentino), Zoe Rocchio (Pola Negri), and Nicholas **Boone (Charlie Chaplin)**



'Model A" Fords await Pola Negri and party.

Рнотоѕ ву Michael McMorrow The Connection



Annika Joesten, with mom Adrienne, is busy with crayons and stickers.

County Park Division.

In 1966, some far-thinking local citizens

combined efforts to save "open space" in a

burgeoning local building boom. One result is

what some call "Arlington's hidden gem," while

others know only the official name: Gulf

Branch Nature Center, a unit of the Conserva-

tion and Interpretation Section, Arlington

It was quite a day. But the good news is that much of what was enjoyed last Sunday is available throughout the year just a few steps off

Military Road. Woody paths with wayside sta-

tions explaining the works and workings of

Mother Nature remain. Stillness punctured by

birdsong awaits. Hundreds of books form an

environmental library for research on site, in-

cluding many in Braille for the visually im-



Paul Diehl, beekeeper

Reagan and **Bridget** Fruzzetti create butterflies.



Details

http://site.friendsofgbnc.org and https:// parks.arlingtonva.us then search term "Gulf Branch."

One-half cake means one-half an afternoon.



Is An Open Floor Plan **Home Right** For You?



While open floor plans may not be for everyone, they are certainly the trend in today's home remodels. Here are some of the benefits of an open floor plan home and why they are so popular with young families and seniors alike.

Lots of Natural Light - With less walls and doors, your home will be basking in natural sunlight.

Great for Entertaining -Open floor plans in the home always bring one thing to my mind, parties!

Fewer Walls Mean Less Decorating - With less wall space, you can keep things simple and streamlined.

Accessibility - Open floor plans are ideal for those in a wheelchair or walker.

Kid Friendly – With fewer hiding spots for your kids, open floor plans make it easy for you to keep an eye on the little ones from nearly every room.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning

Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

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SPORTS



Members of the Washington-Lee boys' soccer team celebrate winning the 6A state championship game on Saturday at Robinson Secondary School. state title in program history on Saturday.



Lucas Mendes and the Washington-Lee boys' soccer team won the first

Nunez Leads W-L Boys' Soccer to First State Championship

Senior scores two goals in state final win over First Colonial.

> By Jon Roetman The Connection

ashington-Lee forward Maycol Nunez dribbled the ball between a pair of First Colonial defenders early in Saturday's 6A state championship game when a third Patriots player came over to assist his teammates.

Once inside the 18, Nunez's right foot contacted the foot of a defender, causing the W-L striker to fall forward. Rather than trying to convince the referee of a foul by going to the ground, Nunez placed both hands on the turf and continued fighting to maintain possession and regain his balance.

A fourth First Colonial defender got involved before Nunez was able to get upright again. On this day, however, with a state championship on the line and adversity faced in previous seasons serving as motivation, not even a four-on-one advantage could help First Colonial stop a determined Nunez.

No. 11 in the white kit fought through the group of First Colonial defenders, took a shot and beat the Patriots keeper, giving the Generals a 1-0 lead. Nunez's goal in the fifth minute set the tone for the Washington-Lee boys' soccer team, which captured the first state championship in program history with a 3-1 victory over First Colonial on June 11 at Robinson Secondary School.

Nunez scored a second goal in the 25th minute, bending the ball between a pair of defenders and inside the back post for a 2-0 W-L lead. First Colonial cut the Generals' lead to 2-1 with a goal in the 56th minute, but W-L added some insurance in the 74th minute, when a slick pass by Gatorade Na-

tional Player of the Year Lucas Mendes --which ended up as a top 10 highlight on - led to a goal by Benhur

Saturday's state championship was the first for a Washington-Lee team in any sport since the girls' tennis team took home the state title in 1977, W-L Director of Student Activities Carol Calloway said.

"It's unbelievable." 17th-vear W-L head coach Jimmy Carrasquillo said about the Generals winning the program's first state title. "[I'm] just proud of my boys, proud of the team, happy for the school, happy for Arlington that we could do something like that for the community. It's great."

That's not the game. Soccer already has a bad name because of people diving."

Nunez's second goal resulted from a shot that split two defenders before bending inside the post.

"That's just him," Carrasquillo said. "One goal, he's barreling through people, taking on guys and finishing with ease and then the next one he's bending a ball 25 yards out. That's just the type of player he is. Sometimes I want to pull him by his ears, and other times you just can't help it: 'Oh my gosh, that was unbelievable.'

"... He doesn't like to go down. He's not the type of kid that will go down. ... Maycol will fight through anything. That's just his

"That's just [Maycol Nunez]. One goal, he's barreling through people, taking on guys and finishing with ease and then the next one he's bending a ball 25 yards out. That's just the type of player he is. Sometimes I want to pull him by his ears, and other times you just can't help it: 'Oh my gosh, that was unbelievable.'"

- W-L boys' soccer coach Jimmy Carrasquillo

W-L made history thanks in large part to Nunez, who scored six goals in two state tournament games, including four in Friday's 6-0 win over Grassfield in the semi-

On Saturday, Nunez's desire to push forward — and stay on his feet — led to his first goal of the state final.

That's one thing I do, man, I never dive - no matter what," Nunez said. "I remember my travel coach used to get mad at me. He's like, 'Dude, go down at least once.' I was like, 'No, that's not how I play.' ... I never dive — unless the guy really fouls me all the way down, unless he breaks my leg.

style. He likes the contact; he thrives on it, so the fact that he's able to kind of get through that and finish that one goal was great."

Nunez suffered a right hamstring injury during his second goal and sat out for the remainder of the first half. He returned to action in the 52nd minute, but went back to the bench in the 68th minute.

"I just felt like I had to be out there," said Nunez, a four-year varsity athlete who will play college soccer at UMass Lowell, "because this has always been my goal, basically since I got to this school, but mostly after sophomore year."

Late in the game, Mendes sent a rabona cross that led to Gebretnsaie's goal.

"That's my natural position — wide left," said Mendes, who will play at the University of Virginia. "I got the ball and I was 1v-1 so I had to expose him. I beat him down the line, played a nice cross in and we got the goal."

W-L finished the year with an 18-1-2 record, including a third straight undefeated regular season. The Generals' only loss came to rival Yorktown in the Conference 6 tournament semifinals. The Patriots went on to capture the conference title, but W-L responded by winning its final six matches, including a 3-0 victory over Yorktown in the 6A North region final.

After surrendering three goals to Yorktown in the conference semifinal loss, W-L allowed three in its final six games, thanks in part to senior defender Noah Goodkind.

"Noah Goodkind, he was here sophomore year," Carrasquillo said. "He's not the flashiest player, he doesn't look like a D-1 athlete, but he's just a great soccer player great heart, knows what to do, calm under pressure."

Goodkind praised W-L's offensive fire-

"[Nunez] brought us up," Goodkind said. "In that first 20 minutes where he scored his first two, gave us an awesome cushion, he does that game after game - him and Lucas. They give us nice cushions to work with, take some of the pressure of our back four and midfield."

W-L's state championship came two years after the Generals lost to T.C. Williams, 2-0, in the 2014 state final. Nunez scored 37 goals that season and W-L finished with an 18-2-3 record, but the Generals' two losses came against TC in the region and state championship games.

Last year, Nunez suffered a broken left fibula and ankle late in the regular season.

SEE W-L'S STATE FINAL WIN, PAGE 13

SPORTS

W-L's State Final Win

From Page 12

W-L entered the Conference 6 tournament as the No. 1 seed with an undefeated record, but lost to McLean in the opening round, ending the Generals' season.

"All the things that I went through make this really special," Nunez said. "Especially losing a final, breaking my leg my junior year and now we're here senior year. Nothing stopped this team."

W-L compiled a 48-4-6 record over the last three seasons. On Saturday, the Generals added a state championship.

"It kind of puts things in perspective," Carrasquillo said. "You could have a great season all the way through the tournament ... but until you get here, until this is the end result, it doesn't mean anything."

SCHOOL NOTES

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

Karen Tremel, of Arlington, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest collegiate honor society for all academic disciplines. Tremel was initiated at University of the Pacific.

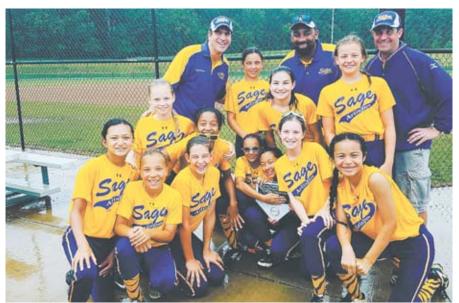
Sedrick Banks, of Arlington, was among 19 post 9/11 military veterans who completed the Entrepreneurship Bootcamp for Veterans with Disabilities in April 2016 at Saint Joseph's University (Philadelphia, Pa.). Banks is a veteran of the U.S.

Peter Hazel, of Arlington, is one of five University of Virginia students who have received grants from the University Award for Projects in the Arts program, Hazel is a third-year dual interdisciplinary major in philosophy and film theory and practice, who is making a short film to examine color and black and white film and their effect on emotion and an understanding of beauty. Hazel is an Echols Scholar and is currently equipment manager and Virginia Videographers chair of the Filmmakers Society. A Washington-Lee High School graduate, Hazel's long-term goal is to be an assistant director or producer in the film industry.

Brooks Askew, of Arlington, a graduate student at Saint Joseph's University (Philadelphia, Pa.), was inducted into the national business honor society, Beta Gamma Sigma, during the spring 2016 semester.

Nathan Thompson, an economics and political science major from Arlington, was selected to address the graduating class at Furman University's (Greenville, S.C.) graduation exercises. A 2012 graduate of Gonzaga College High School, he is the son of Curt and Phyllis Thompson. Thompson is a Herman W. Lay Scholar at Furman and a member of Omicron Delta Kappa, Phi Beta Kappa and Quaternion, He received the Alfred S. Reid Memorial Award his freshman year.

Eleanor Rose Avery, of Arlington, was honored during individual college celebrations and the All-University Honors Convocation April 24. Avery, a freshman in the College of Business Administration, was recognized as a high scholar.



12U Softball Champions

Arlington Sage 2K4 went undefeated (5-0) en route to winning its first State Championship, at the USSSA 12UB States in Leesburg. Sage went undefeated with three wins on Saturday, to earn a #1 seed. Sage started the day with a victory over the Loudon Liberty. Tied 2-2 with two outs in their last at-bat, Emily Reagan singled, Sasa Groome pinch ran and stole second, and Molly Kaufman delivered the walk-off single for a 3-2 victory. Sage then defeated the Glory 7-4 and the Mayhem 11-5 with strong defensive plays from Lauren Siesky, Delaney Mosley and Maggie Ramos. On Sunday in the Quarterfinals, Sage defeated the Cardinals 4-2 behind Abby Kohan's complete game and key RBI double. In the Semis, Sage defeated the Comets 6-4 behind key hits from Olivia Mataya and Eva Butler, and a squeeze bunt by Megan McMaster. Zoe Brennan made two web-gems at second base to preserve the victory. Lily Brumbaugh caught all five games and threw out six runners stealing. Sage 2K4 is ranked #1 in Virginia and #11 nationally in its division.

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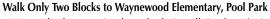
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21 Announcements

ABC LICENSE
Pork, Inc. trading as Earl's
Sandwiches, 2605 Wilson Boulevard, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises license to sell or manufacture alcoholic beverages. John B. Snedden, owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publising date of the first of two required newpapers legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

ABC LICENSE Quinns 1776 LLC trading as Quinns, 1776 Wilson Blvd. Arlington, VA 22209. The above establishment is

applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic

beverages. Reese Gardner 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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements 21 Announcements

ABC NOTICE Caribou Hunter, LLC trading as Matchbox American Kitchen & Spirits, 1100 S. Hayes St. Arlington, VA 22202. The above

222UZ. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverages on Premises license to sell or manufacture. license to sell or manufacture alcoholic beverages.
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ABC NOTICE

ABC NOTICE
Passion Food Ten, LLC trading as TenPenh Tysons, 7900
Westpark Dr, Tysons Corner,
VA 22101. The above

va 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage license to sell or manufacture. license to sell or manufacture

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David Wizenberg, Member
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ABC NOTICE Highgate Hotels, L.P trading

Highgate Hotels, L.P trading as Westin Arlington Gateway, 801 N. Glebe Rd., Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises and Mixed Beverage Restaurant (Seating Capacity over 150 seats)

over 150 seats) license to sell or manufacture alcoholic beverages. Rickey D. Whitworth,

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Control And/Or Lack Thereof



By KENNETH B. LOURIE

If being diagnosed with a "terminal" form of lung cancer makes you feel anything, it is loss of control; along with all the anxieties associated with feeling powerless. As I may have written previously, "terminal" is all it's cracked up to be. That prognosis hangs over your head, almost physically - or so it seems, but most assuredly: emotionally and spiritually. The trick is; there is no trick. Compartmentalizing, deluding, pretending, denying, hoping, praying, laughing and crying are but a few of the methods I've employed over these past seven-plus years in an attempt to overcome that original "13 month to two year" prognosis. Being open to diet and lifestyle changes and non-Western alternatives, and maintaining a positive attitude and a self-effacing sense of humor have likewise contributed – or so I've been told, to my above-average years of survival.

I wouldn't characterize these last seven years, however, as my friend Sean has joked, as "being on the clock," but cancer patients are usually on something. And the "something" we're most typically on is, a schedule. For me: 24/7 urine collection on Tuesday, pre-chemotherapy lab work on Wednesday (two days prior to Friday infusion), pre-infusion medication taken at home beginning Thursday and continuing through Saturday, Friday infusion, post-chemo weak for the next seven to 10 days; repeat every four weeks; quarterly C.A.T. scans followed by a quarterly face-to-face appointment with my oncologist to discuss the scan/results, P.E.T. scans every six months, M.R.I. of the brain once a year; plus my daily regimen of pills, supplements, apple cider vinegar, alkaline water, wheat grass, among other miscellaneous presumptive anti-cancer options.

Given this chronology of treatment and routine/maintenance, it's extremely difficult (let me amend that: I'll say challenging instead) to plan, schedule, coordinate, arrange and commit to social activities, especially those involving travel away from home. Because, at least for me, the cancer stuff comes first and is foremost - as does my daily routine - so anything that upsets that figurative apple cart is yet another complication/blip on my radar that initially serves no particular purpose other than reinforcing some of the less obvious problems/negatives of living life as a cancer patient undergoing

Perhaps understanding this lack of control/fairly rigid set of circumstances - as well as my recurring attempts at extending my life as long as possible - my oncologist, to his credit, has regularly given me opportunities to stop, start, change, etc. my treatment/ schedule in order to enhance the quality of my life and give me back some control. Rarely have I taken advantage, however. As much as I respect and appreciate his opinion, it has always been difficult for me to find that balance. The logistics of juggling my mandated routine along with my personal routine – and dealing with the subsequent fears of not doing/maintaining either, given the fact that I've survived so long adhering to them, is a hurdle I've been unable to overcome.

I've often heard it said that laughter is the est medicine. I wonder though, as it pertains to cancer patients like myself, currently still on treatment, if breaking/braking routine - and saying the heck with it, for awhile anyway, is not the pause that refreshes? As much as I like to laugh, I'd like to live a little, too.

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

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