



The Arlington Connection

Gayle Kosarin, an Arlington County Animal Shelter volunteer, introduces Mauro Whiteman and Julia Tylor to a gray and white kitten, the first step in the adoption process at Clear the Shelters Day.

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PHOTO BY SHIRLEY RUHE/THE CONNECTION



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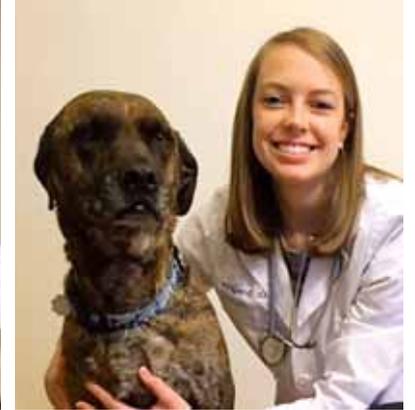
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New Homes for Arlingtonians in Need

Hundreds of new affordable units coming to Columbia Pike.

BY VERNON MILES
THE CONNECTION

The long struggle against declining affordable housing in Arlington just received a boost. The expansion of the South Rhodes Street project near Columbia Pike will include 105 new committed affordable housing units. More than half of those units will be multi-bedroom apartments.

At the July 20 County Board meeting, board members praised the new affordable housing and unanimously approved the project.

"This is a very robust, very effective affordable housing program," said County Board Member Christian Dorsey. "This is a great mix. This is not going to be accompanied by any county subsidy. This is a great approach and I think it's going to be greater than it's fully integrated into the existing Wellington buildings with no distinctive set aside."

Dorsey and other Board Members ex-



Data Note: Figures shown are average rents from County Rent and Vacancy Surveys.

The steady increase in regional rents.

pressed particular support that the project was new housing not drawing on the County's Affordable Housing Investment Fund.

The site is currently 711 market-rate units in three existing mid-rise buildings. The plan proposes a fourth building on the site over an existing parking lot and amenities.

The new six-story building would contain 401 units. As part of the redevelopment, 105 of the existing residences will be converted into committed-affordable housing. Of the committed affordable units, 53 will be two-bedroom units and 14 will be three-bedroom units.

Applicants redeveloping housing in Ar-

lington are required to have 25 percent of the new housing that will be available be affordable. The South Rhodes Street project offered 26 percent affordable housing in exchange for not meeting the excess parking ratio the affordable housing would require.

SEE NEW AFFORDABLE, PAGE 4

Fire Station 8 Will Remain on Lee Highway Site

County Board votes 4-1 to keep station where it is, praising task force efforts.

BY EDEN BROWN
THE CONNECTION

Marguerite Reed Gooden could not conceal her delight at the comments of County Board Member Christian Dorsey during the County Board vote on June 19. Dorsey said he was voting to keep the Fire Station 8 where it is, rebuilding on the site, rather than relocating the fire station further north.

The Board voted 4-1 to keep the Fire Station 8 on Lee Highway where it has served Arlingtonians for almost 100 years. Board Chairman Libby Garvey started off the voting by making a motion to move the fire house to Old Dominion and 26th Street. The move would put Fire Station 8 closer to underserved Arlington residents in north Arlington. She acknowledged she did not think she would get any support for the motion, but she believed it all came down to adding seconds to the response time for areas of Arlington which have insufficient response, and she believed the County Manager's interest in helping as many people as possible was valid.

"Far and away the most important criteria is getting as many people as possible that can be reached as quickly as possible," said Garvey. "It doesn't seem like a lot, but if you're waiting for help in a life or death situation, which I have done, desperately wait-

ing for someone to come save the person you love: every second counts. Every second is an eternity."

But for most on the County Board, the priority for response times centered around areas of greatest need rather than providing the greatest coverage. But for most on the County Board, the priority for response times centered around areas of greatest need rather than providing the greatest coverage.

"Response times are attractive because they have the appearance of determinative data, but they are not," said Dorsey. "One thing that concerns me greatly [with the] consideration of moving the fire station north [is that it] moves resources further away from the number of people who may be requiring services... Most of the emergencies that fire and rescue are called to are EMS, which take place in points at, south, and near the current Fire Station 8. While moving it north clearly expands the number of residents that fit within that coverage map, it moves it further away from where you have the largest concentration of people and the activity those people perform and where we expect the largest numbers of people to be in the future."

Katie Cristol voted to keep the station where it is. Cristol said cost mattered.... but response time has to be the deciding factor. She noted that using the 4-6 minute response time as a window was not necessarily the right goal: and a 6-minute travel time is not good enough. Performance measures, Cristol said, should be under 6 minutes, and the issue for her was not to get as many people as possible into a 6-minute window but to get as many as possible to a 0-4 minute window.

SEE COUNTY VOTES, PAGE 4

Area Potentially Affected by Relocation of Fire Station #8



Current Fire Station 8 location and associated coverage area.

New Affordable Units Coming to Columbia Pike

FROM PAGE 3

Current rents average 80 percent of the area median income, or an average rent of \$1,600 per unit. Members of the County Board expressed enthusiasm that the project's non-committed affordable units still generally fell within an acceptable range of affordability. In 2015, the average rent in Arlington rose to \$1,977. According to the Annual Affordable Housing Targets Report for 2015, the steadily increasing cost of rents between 2011 and 2015 meant that 1,644 units had been affordable to residents at 60 percent of the area median income, 31 percent of the County's affordable rental stock, were no longer affordable.

Kathleen McSweeney, a member of the Planning Commission, said the Commission had considered the project at their July 7 meeting and discussion primarily centered around the new building's effect on traffic in the neighborhood. McSweeney said the County is aware of the issues with traffic and is working with the Virginia Department of Transportation to resolve them.

"In terms of affordable housing, we had nothing but positive things to say about it," said McSweeney. "This is the first development to use the affordable housing formula set forth in the neighborhoods plan, to take existing market-rate and convert to affordable to achieve more density on the site with new construction." To many on the County Board, the project's emphasis on affordable housing merited the reduction in the parking requirement and the potential traffic in-



PHOTO CONTRIBUTED

Concept rendering for the new South Rhodes Street project.

crease. "To me, this is...designed to maximize our ability to achieve the goal, a goal that no one in the country has tried to adopt: no net loss of affordable housing in this corridor," said County Board Member Jay Fisette. "Looks like we've taken a very important step to accomplishing the goals of that plan."

"In terms of affordable housing, we had nothing but positive things to say about it."

— Kathleen McSweeney, a member of the Planning Commission

County Votes 4-1 to Keep Station

FROM PAGE 3

John Vihstadt, in his vote for keeping the station on Lee Highway, noted the development taking place in the Ballston corridor and increasing demand there and around Virginia Hospital Center as chief factors in the decision. Vihstadt also stressed

the County Manager and fire chief's mandate that they would try to reduce response times for every fire station across the county.

Jay Fisette said he had been told when he entered county government that the only thing harder than placing a fire station in an area was removing one from an area.

Once it was determined the site on Lee Highway could support a four-bay station, thanks to the the task force asking the question, the decision was easy.

In discussion after the vote, residents hugged and praised the process: this had been a major victory, they said, for the "Ar-

lington Way" — community involvement and advocacy. "This will be important," said Gooden, "as we move forward with Lee Highway corridor development."

— VERNON MILES CONTRIBUTED TO THIS STORY



Proposed four-bay redesign for Fire Station 8 at its current location.



PHOTOS CONTRIBUTED

The current Fire Station 8 building.

PEOPLE



Just a minute—is this a double take? Clara Hermida grabs a maraca from the instruments on the floor at Music Together and runs to show it to her father. Meanwhile her twin sister Mae Hermida marches to her own drummer and is ready to join the band. Breianne McKinley Zaug teaches this Music Together class targeted for birth-5-year-olds at Langston-Brown Tuesday and Wednesday and Lubber Run Monday and Thursday. McKinley says she first had the twins in her class when they were six months old and this is their third year. Trained Music Together teachers for groups of 6-12 children and their parents or caregivers lead these 45-minute programs. Registration for the fall sessions will open Aug. 10 for Arlington County residents.

Learning To Make Music

Breianne McKinley Zaug dumps a large bucket of child-size instruments onto the floor at Langston-Brown Community Center where she teaches a Music Together class for children from birth-5 years old. The children march randomly around the room, with Graham stopping to play his instrument with her. The Music Together program, reaching families worldwide, says “when given a supportive environment, children learn to sing and dance as naturally as they learn to walk and talk.”



“FLOURISHING AFTER 55”

Arlington Office of Senior Adult Programs for Aug. 1-5.

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 St.

Senior trips: Twilight Tattoo concert, Ft. Myer, Wednesday, Aug. 3, \$5; Potomac Nationals baseball game, Woodbridge, Thursday, Aug. 4, \$28; Wolf Trap, “La Boheme,” Friday, Aug. 5, \$68. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Line dancing classes for beginners start Monday, Aug. 1, 10 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Folk music sing-along, Monday, Aug. 1, 11:30 a.m., Lee. Free. Register, 703-228-0555.

Current events discussion, Monday, Aug. 1, 10 a.m., Culpepper Garden. Free. Register, 703-228-4403.

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

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

Volleyball, Tuesdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

Belly dance class, Tuesdays and Fridays, 10 a.m., Lee. Free. Register, 703-228-0555.

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

Arlington Mill Trekkers, Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

Table tennis, Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

Poker games, Tuesdays and Thursdays, 10 a.m.-12:30 p.m., Lee. Register, 703-228-0555.

Update on Arlington’s housing market, Wednesday, Aug. 3, 6:30p.m., Arlington Mill. Free. Register, 703-228-7369.

AARP’s smart driver class, Wednesday, Aug. 3, 9 a.m. – 5 p.m., Culpepper Garden, \$20. Register, 703-228-4403.

Healing benefits of essential oils, Thursday, Aug. 4, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

Fashions in the 20th century, Thursday, Aug. 4, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

Lee Woodcarvers share woodcarving tips, Thursdays, 1 p.m. Free. Details, 703-228-0555.

Scrabble games, Thursdays, 1 p.m., Culpepper Garden. Free. Details, 703-228-4403.

Dealing with the loss of a pet, Friday, Aug. 5, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Ballroom dance, Friday, Aug. 5, 1 p.m., Lee. Free. Register, 703-228-0555.

Lee Walkers, Lee Senior Center, Fridays, 9:30 a.m., \$4. Register, 703-228-0555.

Fast-paced walking group, Fridays, 8 a.m., Aurora Hills. Free. Register, 703-228-5722.

Mah Jongg, Saturdays, 12 – 3:45 p.m., Walter Reed. Free. Register, 703-228-0955.

Weight room, seniors only, Saturdays, 7 – 10 a.m., Madison Comm. Center, 3829 N. Stafford St., \$60/15 sessions, register, 703-228-4771.

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OPINION

Help Children Arrive at School Prepared

Many opportunities to contribute; tax-free back-to-school shopping is Aug. 5-7 across Virginia.

The first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many, if not most, families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families, families who are barely making it, families who are not able to indulge their children in a shopping spree before school begins, families who are already having trouble making up for the meals their children would be getting at school.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 5-7, 2016. Purchases of

most school supplies, clothing and footwear are exempt from the Virginia sales tax. Each eligible individual school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. See www.tax.virginia.gov/content/sales-tax-holiday.

Where to Give

❖ **Arlington Partnership for Affordable Housing** is collecting backpacks and supplies for more than 800 children among the 1,200-plus households a year served by APAH, providing low income families with affordable housing. Visit <http://www.apah.org/get-involved/donate/> for a link to their Amazon wish list.

❖ **St. George's Episcopal Church**, 915 North Oakland Street, Arlington, 22203 St. George's Outreach Committee is partnering again with Arlington Partnership for Affordable Housing (APAH) for its APAH Backpack and School Supply Drive. Donations will be accepted on Sundays through Aug. 14 or stop by the Parish Office, Monday-Friday, 10 a.m.-4p.m. Also donate cash or Target Gift Cards. 703-525-8286.

EDITORIAL

VOLUNTEER OPPORTUNITIES

Volunteer opportunities, volunteer calendar, donation needs, and volunteer board opportunities currently posted on the Online Volunteer Connection. Visit volunteer.truist.com/acvo/volunteer.

CARD GAME FACILITATOR

Arlington Public Library (22207). Are you interested in unplugged fun? Cherrydale Library is seeking a short term volunteer with knowledge of card games to teach "how to" programs and then act as an adviser

as participants play for practice. Games of particular interest include bridge, euchre, whist, canasta, hearts, and rummy and any other card game of interest. Call 703-228-7688.

CIRCULATION VOLUNTEER

Arlington Public Library (22205). Volunteer needed to un-pack and check in items received from branches and delivered every morning. Check-in and shelve 'holds' items. Every Wednesday morning, for at least three

hours. Call 703-228-7688.

VOLUNTEER- PAGING LIST

Arlington Public Library (22205). Volunteers needed for Tuesday mornings for at least 3 hours to work with paging lists to retrieve items from library shelves. Checking in items found and preparing them to be sent to another branch, and shelving 'holds' items. Commitment of six months to a year preferred. Call 703-228-7688.

BULLETIN BOARD

Arlington Rotary Club Lunches.

Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit www.arlingtonrotaryclub.org.

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com/.

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit www.accessjca.org.

Vajrayogini Buddhist Center offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, fulltime students, 65 and older). Visit <http://meditation-dc.org/arlington/> for

more.

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 is an international organization that 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.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourladyqueenofpeace.org for more.

Soil Testing. Virginia Cooperative Extension is offering soil testing

services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Recommendations generated usually within three working days of receipt. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit www.soiltest.vt.edu/Files/testing-process-and-fees.html.

Alzheimer's Association Support

Group has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at www.alz.org/nca.

SUMMER CAMP ASSISTANTS

Wesley Housing Development Corporation (22201). Help children thrive this summer! Wesley Housing's Summer Camp enrichment program at its community resource centers (CRC) focuses on rising 1st through 6th graders, providing them with an opportunity to explore the outdoors, learn new skills, build self-esteem, and make lasting friendships. We serve at-risk children in low- and moderate-income rental housing properties. Call 703-642-3830.

Pentagon Legacy Toastmasters

meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin Donuts. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604 www.toastmasters.org.

The **Friends of the Planetarium** has relaunched its official website. Visit www.friendsoftheplanetarium.org to find up-to-date show times, a schedule of future events, information about Friends of the Planetarium membership, astronomy news and events, the history of the David M. Brown Planetarium, a link to the Friends' store, and more.

The Northern Virginia Regional Park Authority announces that cyclists and pedestrians will now have access to the **W&OD Trail** beyond normal daylight hours. The new W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, to the western town limit of Herndon in Fairfax County.

Gentle Pilates. Saturdays at 9 and 11:15 a.m. A non-traditional mat Pilates class with modifications to suit all abilities. Learn proper form, strengthen core muscles and improve posture. \$78. Virginia Hospital Center, 1701 N. George Mason Drive.

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Jonathan Kosarin, AWLA volunteer, retrieves a 3-month old gray kitten from the corner of the greeting room at the Animal Welfare League of Arlington (AWLA) Shelter. The first step in the adoption process is to meet your potential new family member.



PHOTOS BY SHIRLEY RUIHE/THE CONNECTION

Alex Jabs and Alizé Chéné are deciding what they need to buy for their new gray kitten. They are adopting a kitten as a friend for their 14-month-old cat, Khaleesi. "We plan to name this one Tyrion. Can you tell we like 'Game of Thrones'?" One of the volunteers says, they really wanted this kitten. "They were here earlier this week."



Alex Jabs and Alizé Chéné were first in line at the Clear the Shelters event held Saturday, July 23 at the Arlington Welfare League of Arlington Shelter and were rewarded with Danny, the first adoption listed on the white board. Susan Sherman, Chief Operating Officer, says they had 35 adoptable cats and eight dogs plus various bunnies, guineas pigs and birds. The adoption fees are waived for the day. Fees range from \$225 for puppies 6-months-old or younger to adult cats at \$100 and lower fees for other small animals. The fee includes spaying/neutering surgery, all age applicable vaccinations, a microchip and a certificate for a free exam with a local vet. In four hours of the event on Saturday, 28 pets were adopted.



Tyrion peers out of his new cat carrier as he gets ready to be checked out of the AWLA Shelter to head for his new home where he will join his new friend Khaleesi.

Brittne Chidsey was second in line before the doors opened at the AWLA Shelter at noon on Saturday. She chooses a black kitten, named Ethel by the Shelter, to join an adult cat at home. As Chidsey leaves the Shelter she comments that "It's Ethel for now but when I get home I'll have time to decide what the kitten's real name will be."

Clearing the Shelter

An exciting day on all sides at the Animal Welfare League of Arlington. Pets were available with waived adoption fees at shelters participating in the nationwide Clear the Shelter event.



Two friends crowd into the greeting enclosure with kittens scampering around the floor and volunteers helping make animal-people connections. The small energetic kitten seems to become instantly attached. The adoption process involves meeting the animal as well as filling out adoption forms and a pre-consultation with an adoption counselor to match needs and personalities of potential owners and animal.



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ENTERTAINMENT

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

NoVa Lights Chorale Rehearsals.

Mondays, 7-9 p.m. at St. Paul's Episcopal Church, 3439 Payne Street, Falls Church. NoVa Lights Chorale is welcoming new singers for their Oct. 30 performance of the Gabriel Faure "Requiem." Singers need to start on Aug. 22 and hopefully commit. Free. Advance registration required: www.novalightschorale.jiggy.com/sing or email novalightschorale@gmail.com.

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 jeffbroadland@me.com.

"The Good Devil (in Spite of Himself)." Various times at Gunston Theatre Two, 2700 S. Lang St. When a Commedia dell'Arte theater troupe in 17th-century France is bedeviled by a royal decree forbidding them from speaking onstage, the rambunctious actors stage an ingenious revolt. Tickets are \$10-35. Visit www.wscavantbard.org for more.

Art Exhibit: "Suite Inspirations."

Through July 29, gallery hours at Gallery Underground, 2100 Crystal Drive. Gallery Underground features "Suite Inspirations," focusing on what it means to create art in a series. Free. Visit www.galleryunderground.org for more.

Art Exhibit: "Reconciliation."

Through July 31, 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 stone-lined 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."

Through July 31, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. On the Lower Level, AAC's Jenkins Community Gallery will be transformed into an immersive three-dimensional 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 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, live-action 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. Visit www.twilight.mdw.army.mil.

Call for Artists. Through Aug. 8, 5 p.m. Arlington County is accepting qualifications from artists or artist teams interested in a public art opportunity at Oakland Park, located in the Virginia Square neighborhood. The selected artist/team will design, fabricate and install a permanent

work of art that will function as a shading element in the park that is being upgraded for enhanced user experience. Visit www.publicart.arlingtonva.us for an application and more.

"Twelfth Night." Through Aug. 9, 8 p.m. Wednesday-Saturday and 2 p.m. Sunday at Synetic Theater, 1800 S. Bell St. Set in the roaring 20s, "Twelfth Night" tells the tale of fraternal twins, Viola and Sebastian, separated in a strange new land. Tickets start at \$35, \$15 for students. Visit www.synetictheater.org for more.

Dance Instruction Classes.

Mondays through Aug. 22, 6:30-7:30 p.m. at Walter Reed Community Center, 2909 S. 16th St. Instructor Kat Kinnunen teaches foxtrot, waltz and swing. Free. Call 703-228-0935 for more.

Wednesdays in the Garden.

Wednesdays through Aug. 24, 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series of indoor and outdoor programs, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Free. Visit www.library.arlingtonva.us for more.

Yoga for Non-Yogis.

Thursdays through Aug. 25, 8-8:50 a.m. at Barcroft Sport & Fitness Center, 4200 S. Four Mile Run Drive. Free. Call 703-228-0701 for more.

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.

Lubber Run Concert Series.

Fridays-Sundays through Sept. 18 at Lubber Run Amphitheater, 200 N. Columbus St. Free. Visit www.arlingtonarts.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 for more.

Exhibit: "Strange Landscapes."

Through Oct. 2, 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 for more.

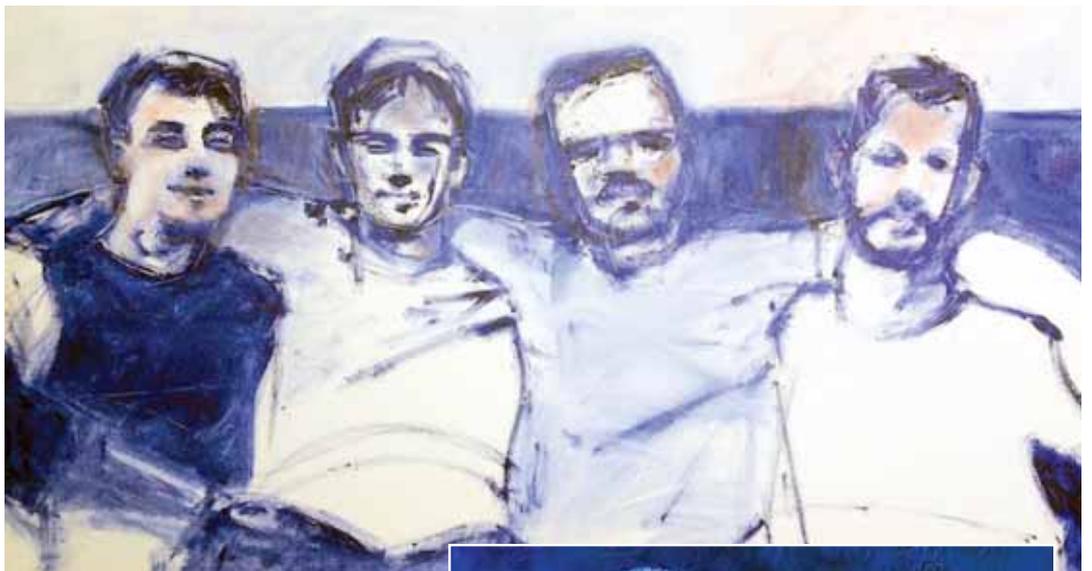
Post-Graduate Residency Studio.

Through Nov. 17, gallery hours at The Torpedo Factory Art Center, 105 N. Union St. The Torpedo Factory Art Center welcomes four emerging artists to participate in the Post-Graduate Residency Program. Jihee Kang, Paulette Palacios, Anne Smith, and Danielle Smith, were juried by Paul Shortt, new media curator for Arlington Cultural Affairs. Artists can create and sell work, interact with the public, and network with other artists. The program will culminate in a group exhibition in the Torpedo Factory's contemporary exhibition space, the Target Gallery. Free. Visit www.torpedofactory.org for more.

Friday Night Live.

8 p.m. at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

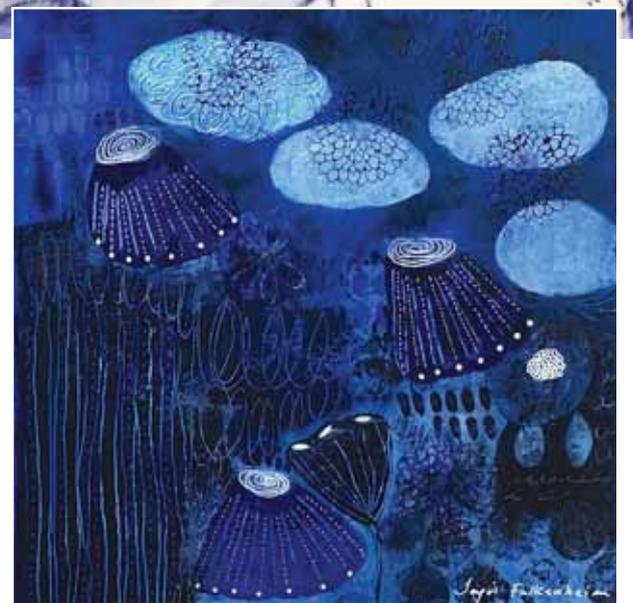
Arlington's Historical Museum



Mary Ryder "Four Guys Burgers and Fries!"

'Blue' Opens in August At Gallery Underground

During August, Gallery Underground presents "BLUE," an all-media juried show by Arlington Artists Alliance members. The color blue is everywhere, woven through our oceans to our skies to our jeans. Commonly named as the world's favorite color, blue is associated with serenity, calm and spirituality, but also "feeling blue." Free. Visit www.galleryunderground.org for more.



Jaqui Falkenheim, "Winter Blues"

Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day.

The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

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

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 www.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 703-525-8646.

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. 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 for more.

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.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

SATURDAY/JULY 30

"Cursed Child" Midnight Release Party. 12 a.m. at One More Page Books, 2200 N. Westmoreland St. Celebrate the newest release from the Harry Potter franchise with butterbeer, costume contests, karaoke, trivia, and more. Free. Visit www.onemorepagebooks.com for more.

Water Play Day. 10 a.m.-12 a.m. at Shirlington Branch Library, 4200 Campbell Ave. Join the Northern Virginia Association for the

ENTERTAINMENT

Education of Young Children and Arlington Public Library for a water play party to celebrate the joy of running through sprinklers, pouring, dripping, splashing, painting and exploring water in the hot summer. Free. Visit arlingtonva.libcal.com/event/2664405.

SUNDAY/JULY 31

Summer Tasting Dinner. 6-10 p.m. at Osteria da Nino Cucina Italiana, 2900 S. Quincy St. Four courses and five wines. Tickets are \$40. Visit www.osteriadaninova.com.

AUG. 1-26

Gallery Underground: "Blue." Gallery hours at 2100 Crystal Drive. During August, Gallery Underground presents "BLUE," an all-media juried show by Arlington Artists Alliance members. The color blue is everywhere, woven through our oceans to our skies to our jeans. Commonly named as the world's favorite color, blue is associated with serenity, calm and spirituality, but also "feeling blue." Free. Visit www.galleryunderground.org for more.

TUESDAY/AUG. 2

Lecture: "What is Traditional Hula." 7-9 p.m. at Aurora Hills Library, 735 18th St. S. Learn about the culture and history of traditional Hawaiian Hula during an interactive lecture-demonstration, with Melissa Mokihana Scalp. Free. Visit arlingtonva.libcal.com/event/2635882 to register.

AUG. 2-SEPT. 11

"Jelly's Last Jam." Various times at Signature Theatre, 4200 Campbell Ave. Signature presents a musical about famed and notorious jazz entertainer Jelly Roll Morton. Tickets start at \$40. Visit www.sigtheatre.org for more.

FRIDAY/AUG. 5

Keeping Mini-Beasts: Daddy Long Legs. 4:30-5:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Get ready to (temporarily) own all sorts of mini-beasts and have a series of amazing, unique pets. Learn all about different animal's lives while caring for them over a month. Tickets are \$30, \$20 material fee. Call 703-228-3403 for more.

Gallery Underground Reception: "Blue." 5-8 p.m. at 2100 Crystal Drive. During August, Gallery Underground presents "BLUE," an all-media juried show by Arlington Artists Alliance members. The color blue is everywhere, woven through our oceans to our skies to our jeans.

Commonly named as the world's favorite color, blue is associated with serenity, calm and spirituality, but also "feeling blue." Free. Visit www.galleryunderground.org for more.

SATURDAY/AUG. 6

Kennan Garvey Memorial Ride. 7 a.m.-4 p.m. starting at Phoenix Bikes, 4200 S. Four Mile Run Drive. This ride, dedicated in memory of Kennan Garvey, helps Phoenix Bikes raise money to build a new facility where they will be able to combine space for teaching and working on bikes with storage and work areas to make a community bicycle space. Registration \$25, free for youth. Visit www.bikereg.com/jgmr2016 for more.

Bats Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. This program will be filled with activities which may include stories, special animal guests, games, songs and S'mores. Tickets are \$5. Call 703-228-6535 for more.

MONDAY/AUG. 8

Meet the Speaker: Carl Proper. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. What role does Organized Labor play in a democracy? Speaker Carl Proper details how Labor Unions have contributed to the health of the nation and how recent trends have created political unrest. Free. Call 703-228-2144 for more.

TUESDAY/AUG. 9

Ocean Storytime. 10:30-11:15 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Hear stories about animals from the sea. Free. Call 703-228-6535 for more.

WEDNESDAY/AUG. 10

Nature Art. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children 8-12 are invited to visit scenic spots in Glencarlyn Park, then sketch and sculpt what they see. Tickets are \$5. Call 703-228-6535.

FRIDAY/AUG. 12

Summer Night Hike. 7:30-8:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Walk the trails under the moon and stars, learn a new constellation, or meet a different nocturnal critter each month. Tickets are \$5. Call 703-228-6535 for more.

SATURDAY/AUG. 13

Cool Creek Critters. 10-11:30 a.m. at Donaldson Run, 4628 26th Street N. Explore waterfalls, try to catch water

striders, and take a closer look at some creek critters. Tickets are \$5. Call 703-228-3403 for more.

Super Snakes Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. Meet at the Gulf Branch fire ring for stories, special animal guests, games, songs and S'mores. (Tickets are \$5. Call 703-228-3403.

SUNDAY/AUG. 14

Sunday in the Organic Vegetable. 1-4 p.m. at 2845 Marcey Road. Get answers to questions about what is ailing tomato plants or eating zucchini in the garden, stop by the Organic Vegetable Garden to speak with a Master Gardener. Call 703-228-6414 or email mgarlalex@gmail.com.

Notable Nature. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Construct nature journals, hone writing and drawing skills, and talk about the season during a hike. Free. Call 703-228-6535 for more.

King Street Bluegrass. 6-8 p.m. at Mount Olivet United Methodist Church, 1500 N. Glebe Road. Frozen treats will be available for purchase from the Inside Scoop food truck. Free. Visit www.mountolivetumc.com/concert.

WEDNESDAY/AUG. 17

Citizen Science: Cricket Crawl Prep. 7:30- 8:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Learn to identify the crickets and katydid calls, how and why they sing, and more. Then help census Arlington's cricket and katydid populations. Free. Visit www.discoverlife.org/cricket/DC for more.

WEDNESDAY-SUNDAY/AUG. 17-21

Arlington County Fair. Times vary at Thomas Jefferson Community Center, 3501 Second St. South. Summer family event complete with carnival rides, musical entertainment, food and more. Admission is free. Visit www.arlingtoncountyfair.us.

SATURDAY/AUG. 20

Spectacular Spiders. 11 a.m.-12 p.m. at Gulf Branch Nature Center, 3608 Military Road. Learn all about arachnids and hike in search of spiders in the pond, forest and everywhere in between. Tickets are \$5. Call 703-228-3403.

Treasures in Tree Bark. 2-3 p.m. at Gulf Branch Nature Center, 3608 Military Road. What happens under the bark of a tree? Who lives under the bark after the tree has died? Hike to answer these questions. Tickets are \$5. Call 703-228-3403.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

AUGUST

8/10/2016.....HomeLifeStyle
8/17/2016...A+ Camps & Schools – Back to School – Private Schools
8/24/2016...Newcomers & Community Guide Pullout
8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5
9/7/2016..... Wellbeing
9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes
9/21/2016.....A+ Camps & Schools Back to School, Open Houses
9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

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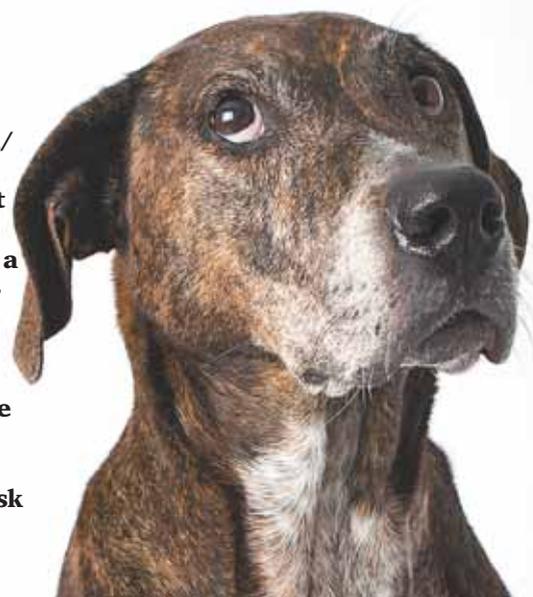
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CONNECTION FAMILIES
PET CONNECTION



Ginger McNair:
Age 11, Plott Hound/
Boxer Mix, Reston
One of Ginger's best
adventures was
getting to play with a
wild fawn who wander-
ed into his yard.
Fast thinking dad,
Doug McNair, cap-
tured their exchange
on video. [https://](https://www.youtube.com/watch?v=18VAGzOL8sk)
[www.youtube.com/](https://www.youtube.com/watch?v=18VAGzOL8sk)
[watch?v=18VAGzOL8sk](https://www.youtube.com/watch?v=18VAGzOL8sk)



Ginger McNair: Age 11, Plott Hound/Boxer Mix, Reston

SCREEN GRAB FROM DOUG MCNAIR'S VIDEO.

Ginger and fawn playing together.

Senior Dogs: Untold Stories

BY JOAN BRADY

Like many geriatrics, senior dogs in our area are illness survivors and living with a range of conditions including arthritis, hip dysplasia and chronic back pain. But nothing keeps them from enjoying their people, traveling, taking walks, napping and eating as many snacks as are made available.

While primary canine focus is limited to what goes on in their own backyards, some are paying attention to the election. And, if able to talk, they would offer some advice to the presidential candidates.

Sasha Marusin is concerned about the environment, "Pay attention to climate change, it's important for animals and humans." Max Kennedy has an opinion about Trump's pro-

SOME PET ADOPTION RESOURCES

- Animal Welfare League of Arlington:
www.awla.org
- Lucky Dog Animal Rescue:
www.luckydoganimalrescue.org
- Homeward Trails Animal Rescue:
www.homewardtrails.org
- Lost Dog & Cat Rescue Foundation:
www.lostdogrescue.org
- Petfinder: www.petfinder.com

posed wall, "No walls (or leashes!), we all want to run free." Daisy Gilbert wants both candidates to do a better job of getting along, "I accept and love everyone. You should find a way to do the same."

And, quoting Senator Ted Cruz, Buddy Emami offers advice to voters for November, "Vote your conscience."



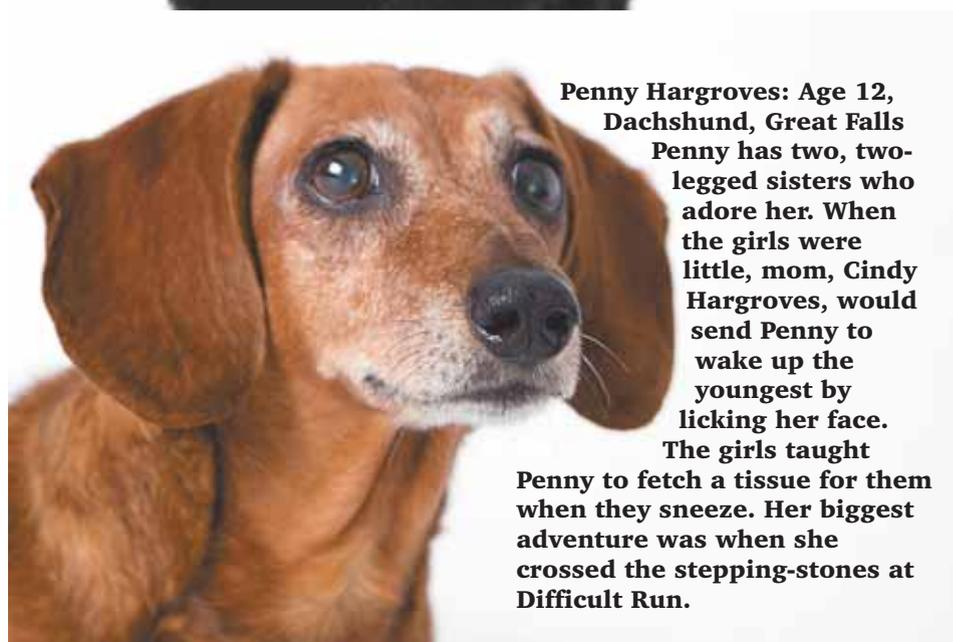
Teddy Beekman: Age 13,
Coton De' Tulear, Great Falls
Teddy volunteers with
Fairfax Pets on Wheels;
visiting a local adult
daycare center and a local
senior living facility several
times a month. Given his
wonderful life, he doesn't
likely have many regrets,
but he would have enjoyed
having a four-legged sibling,
says mom, Karen Beekman.



Sasha Marusin: Age 14,
Border Collie, Great Falls
Sasha likes to hike with
the family, when she
isn't napping. Mom,
Robin Marusin, says that
if Sasha could talk, she
would likely say her
biggest regret was not
having puppies.



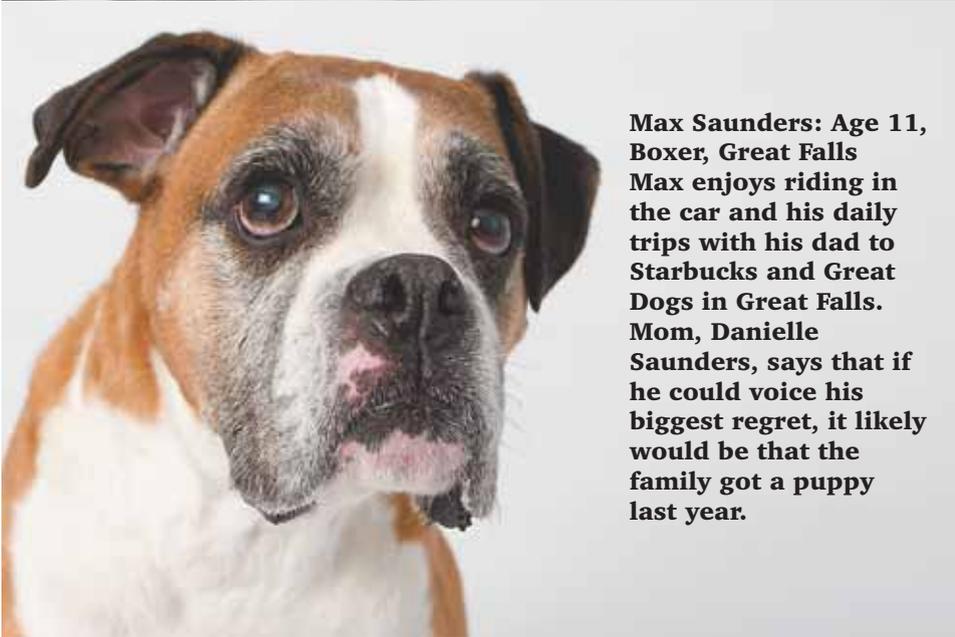
Daisy Gilbert: Age 10,
Yellow Lab, Great Falls
Beloved by her young
two-legged siblings,
Daisy does all kinds of
tricks for them. She
rolls-over, gives hugs
and balances a treat
on her nose. She
especially loves going
to West Virginia where
she gets to play with
her biological sister.



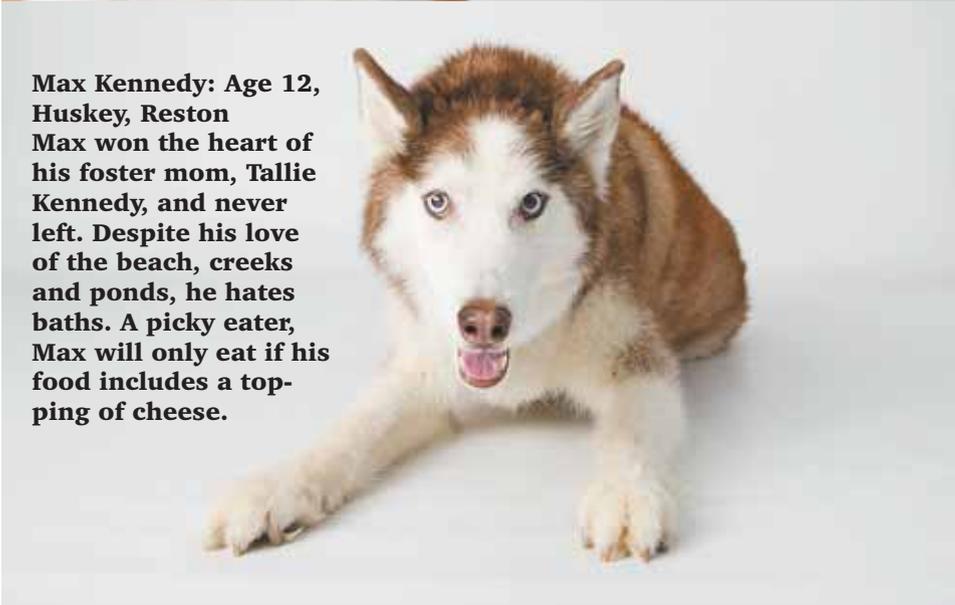
Penny Hargroves: Age 12,
Dachshund, Great Falls
Penny has two, two-
legged sisters who
adore her. When
the girls were
little, mom, Cindy
Hargroves, would
send Penny to
wake up the
youngest by
licking her face.
The girls taught
Penny to fetch a tissue for
them
when they sneeze. Her biggest
adventure was when she
crossed the stepping-stones at
Difficult Run.



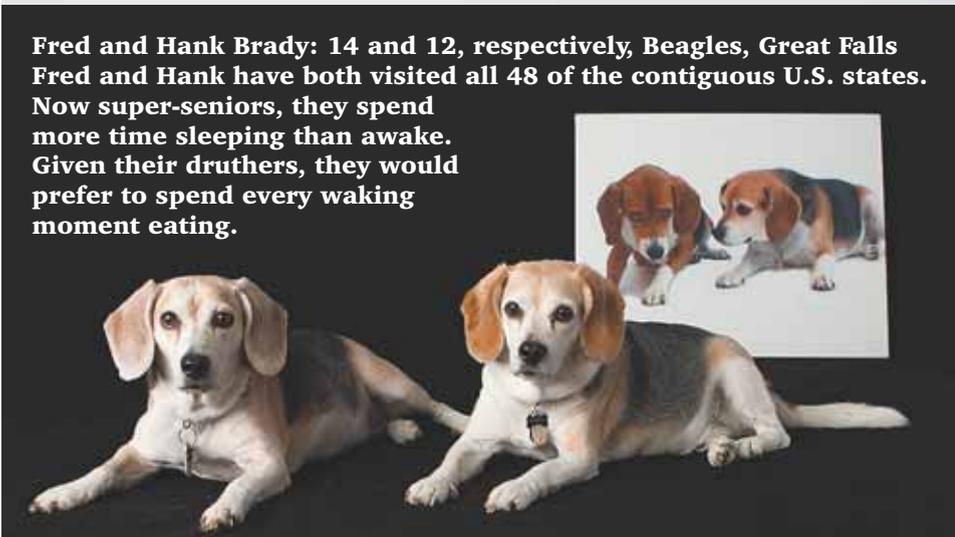
Lily Stowell: Age 14, Australian Shepherd, Great Falls
A retired agility champion, if Lily could talk, mom, Kathy Stowell, thinks she would likely ask, "Why won't you let me use the toilet, so I don't have to go outside?"



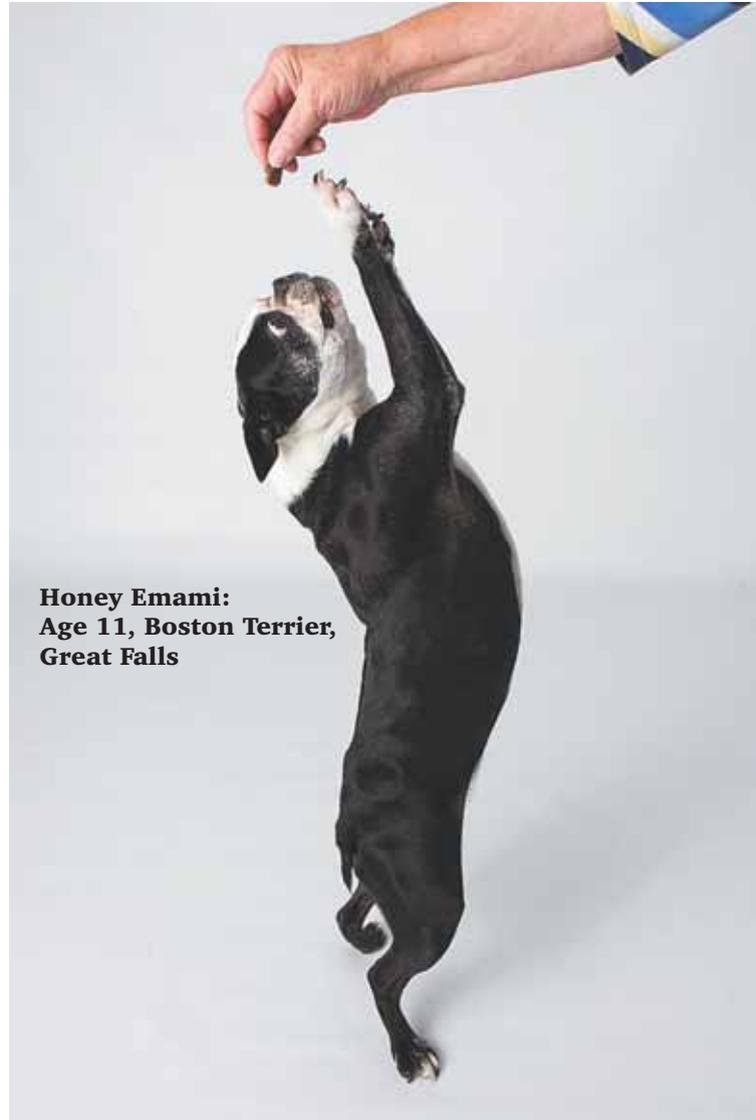
Max Saunders: Age 11, Boxer, Great Falls
Max enjoys riding in the car and his daily trips with his dad to Starbucks and Great Dogs in Great Falls. Mom, Danielle Saunders, says that if he could voice his biggest regret, it likely would be that the family got a puppy last year.



Max Kennedy: Age 12, Husky, Reston
Max won the heart of his foster mom, Tallie Kennedy, and never left. Despite his love of the beach, creeks and ponds, he hates baths. A picky eater, Max will only eat if his food includes a topping of cheese.



Fred and Hank Brady: 14 and 12, respectively, Beagles, Great Falls
Fred and Hank have both visited all 48 of the contiguous U.S. states. Now super-seniors, they spend more time sleeping than awake. Given their druthers, they would prefer to spend every waking moment eating.



Honey Emami: Age 11, Boston Terrier, Great Falls

There is some dispute as to whether Honey has had run-ins with badgers or raccoons, but for sure there have been two big fights. A young Honey prevailed in the first. But it was her brother, Buddy-the-beagle who took credit, bringing the trophy to mom and dad. If she could voice her regret, mom, Karen Emami, thinks it would be that she didn't kill the badger that got away.



Buddy Emami: Age 11, Beagle, Great Falls

Cancer survivor, Buddy, has no regrets. He lives a happy life with his sister, Honey Emami. Some words have to be spelled in front of Buddy, lest his expectations get raised, including any reference to his favorite, Great Falls p-a-r-k. Living up to his name, he is apparently a great buddy.

Honoring Brave Companions

Paws of Honor provides veterinary care for retired K-9s.

BY DANIELLE GRAE
THE CONNECTION

Some of our nation's security forces receive no benefits upon retirement—K-9s. Twenty-eight retired K-9s are patients of McLean based 501c not-for-profit Paws of Honor, which pays 100 percent of its retired K-9s' veterinary expenses. Paws of Honor opened six months ago, and according to the organization's founder and president, Bob Youngblood, Paws of Honor expects to serve 60 to 80 dogs by the end of the year.

"We believe these pets should be taken care of and not just discarded at the end of their service life. I mean, they've been jumping out of planes, they've gone to Afghanistan. They're tired, they're sore, and they're worn out," Youngblood said.

Youngblood had the idea for Paws of Honor when he saw K-9s injured in the aftermath of the 9/11 attack on the Pentagon.

"They mostly came in with burnt paws. They had respiratory issues from the smoke and the jet fuel. They hadn't been sleeping in two or three days," Youngblood said.

Human officers receive benefits for their entire lives, whereas K-9s receive no benefits when their service is over. Without Paws of Honor, owners must choose to take on the financial burden, give away their partner or euthanize it.

Youngblood estimated each retired K-9 costs on average \$1,000 per year in veterinary expenses. The K-9s live on average two to three years after retirement.

K-9s participating in Paws of Honor have worked for the CIA, FBI, Pentagon, Secret Service, Homeland Security and state police forces.

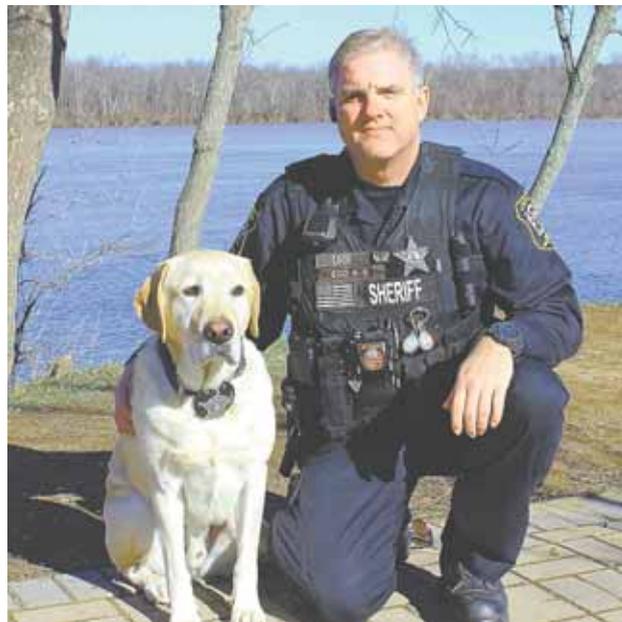
"They keep our soldiers safe," Vice President of Paws of Honor and COO of Old Dominion Health Center Cassie Browne said. Youngblood said retired K-9s at Paws of Honor have done multiple war tours, jumped out of planes and automobiles, parachuted and searched for explosives.

One retired K-9 in the program is Buddy, owned by his former partner, Detective for the Loudoun County Sheriff Department, David Orr. Orr worked as an Explosives Detection Canine Handler for Loudoun County from May 2012 until Buddy retired in 2016 at six-and-a-half years old due to seizures.

"What [Paws of Honor does] is invaluable. I don't know of any departments that actually cover any medical expenses for K-9s when they retire. And that's where Paws of Honor comes in to fill that void," Orr said.

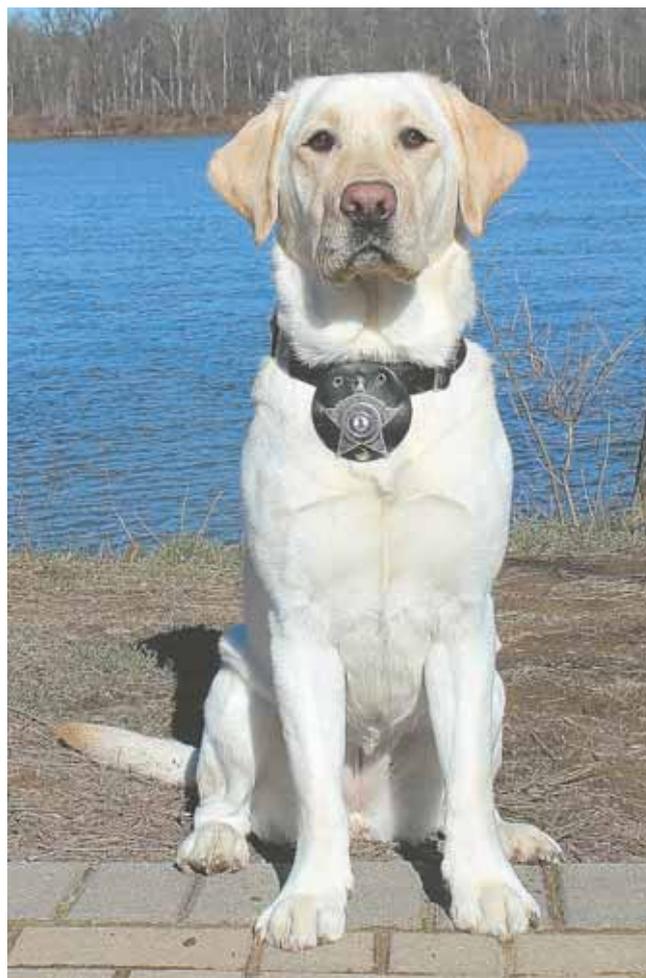
Youngblood hopes Congress will extend health care benefits to retired K-9s, but until then Paws of Honor needs to raise enough funds to care for its patients.

Paws of Honor is based in McLean in Old Dominion Animal Health Center, which has donated space



PHOTOS BY DANIELLE GRAE/THE CONNECTION

Retired Explosives Detection K-9 Buddy and his partner Detective David Orr of Loudoun County outside on a beautiful day.



Retired Explosives Detection K-9 Buddy proudly displays his collar.

and veterinarians. Paws of Honor is seeking donations. Without further donations, the organization may be forced to turn away retired K-9s. Paws of Honor plans to hold fundraisers where the public will be able to meet some of the retired K-9s and see them perform tricks. Tickets will be on sale in August. Paws of Honor also receives donations at www.pawsofhonor.org and features photos and background stories on some of its K-9s.



He's a Champ

Yorktown teacher and Arlington resident, Theresa Warner, enjoys AKC Rally Competition with her Standard Longhaired Dachshund, Boswell. This photo was taken at the Dachshund Club of American National Specialty Show in Harrisburg, Pa., in May. Boswell is an AKC Champion, but he is more than just a pretty face. Boswell volunteers with PAWS to Read in the Arlington Libraries, and visits senior residents at Vinson Hall and Goodwin House West.

BULLETIN BOARD

Email announcements to gazette@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.

BEAT THE HEAT

2016 Fan Care Program. City of Alexandria residents, 60 and older, who meet income requirements may be eligible for a fan or one of the limited number of window air conditioning units. The program runs through Sept. 30. Visit www.alexandriava.gov/Aging or call 703-746-5999.

VOTER REGISTRATION

The Alexandria Voter Registration and Elections Office is going on the road. Register to vote or check registration status, complete an absentee ballot application, and get a free Voter Photo ID if needed, at the locations, dates and times listed below.

- ❖ Friday, July 29, 4:30-6 p.m. at Patrick Henry Recreation Ctr., 4625 Taney Ave.
 - ❖ Monday, Aug. 1, 5:30-8:30 p.m. at James M. Duncan Library, 2501 Commonwealth Ave.
 - ❖ Tuesday, Aug. 2, 3-6 p.m. at Ellen Coolidge Burke Library, 4701 Seminary Road.
 - ❖ Friday, Aug. 5, 5-8 p.m. at Dr. Oswald Durant Arts Center, 1605 Cameron St.
- For more information about voter registration and elections, contact Anna Leider, General Registrar, at anna.leider@alexandriava.gov or 703-746-4050.

THURSDAY/JULY 28

Become an Alexandria Election Officer. 5-9 p.m. at The Elections Office, 132 N. Royal St. The Alexandria Elections Office is looking for nearly 500 residents to election officers for the presidential election Nov. 8. Election Officers must be registered voters in Virginia, and willing to work from 4:45 a.m. until after the polls close at 7 p.m. on Election Day. They receive \$150. For more information, come to an open house or visit www.alexandriava.gov/Elections.

SATURDAY/JULY 30

Become an Alexandria Election Officer. 8 a.m.-5 p.m. at The Elections Office, 132 N. Royal St. The Alexandria Elections Office is looking for nearly 500 residents to election officers for the presidential election Nov. 8. Election Officers must be registered voters in Virginia, and willing to work from 4:45 a.m. until after the polls close at 7 p.m. on Election Day. They receive \$150. For more information, come to an open house or visit www.alexandriava.gov/Elections.

WEEK OF AUG. 15

Fitness & Well-being Classes. Inova offers a variety of fitness and well-being classes that are open to the community designed to fit every interest and ability level. Classes include senior classes, mat pilates, yoga, tai chi, core training, cardio kickboxing, and many more! A six week session starts the week of Aug. 15. Register at Inova.org/creg.

SPORTS



Ryan Baker



Jillian Johnson



Kate Loper

WGCC Lightning Wins Divisionals

Four team records and team moves on to CCSDA Championships.

This week WGCC continued their winning streak with a solid Divisional win. WGCC beat Congressional, Army-Navy, Kenwood, and Edgemoor at the CCSDA Division A Finals meet on Monday July 18th. The scores were: WGCC - 423, Kenwood - 328.5, Army-Navy - 232.5, Congressional - 174, and Edgemoor - 62. WGCC now heads into the final week of CCSDA swim season

aiming to bring home another CCSDA Championship.

Though there was fierce competition, WGCC prevailed at Divisionals, where their swimmers broke four team records and won four out of 6 relays. Record breakers for the night included Ryan Baker, who won all three of his events (18 & under IM, free, and fly); Richard Gentry (18 & under breast), Kate Loper (8 & under fly), and

Jillian Johnson (14 & under breast and fly).

Double winners were: Avery Nassetta (12 & under IM, free); Oliver Bernasek (14 & under free, back); and Jillian Johnson (14 & under back, fly).

Single winners were: Emme Yoder (8 & under free), Caroline Otteni (14 & under free), Sabine Barbee (8 & under back), Caitlin O'Connor (8 & under back), Sydney-Cate Thornett (12 & under breast), Jack

Carman (12 & under breast), Angus Ricks (14 & under breast), Cate Barrett (18 & under breast), and Sophie Yoder (12 & under fly).

The Relay teams also dominated the night. Winners included the Girls Junior Medley team of J. Johnson, Thornett, Loper, and Pearson Shay; the Girls Senior Medley: Sophie Yoder, Cate Barrett, Caroline Otteni, and Caroline Klauder; the Girls Free Relay: Emme Yoder, Shay, Avery Nassetta, and C. Otteni; and the Boys Senior Medley: Baker, Ricks, Rajan Bhargava, and Lucas Zidlicky.

Donaldson Run Thunderbolts

In its final home meet of the NVSL Division II season, the Donaldson Run Thunderbolts fell to the Hunt Valley Stingrays with a final score of 264-156. Despite the Thunderbolt's loss, two team records were broken. TJ Hutchison lowered the team's 11-12 boys' backstroke record to 33.93, breaking DR assistant coach Bryan Meade's 2009 record. The boys' mixed aged freestyle relay of TJ Hutchison, Charlie Greenwood, Sean Conley and Andrew Walker set a new pool record of 1:55:41.

Double individual race winners for Donaldson Run were: Emily Brooks (girls' 15-18 50 freestyle and 50 back) and Charlie Greenwood (boys' 9-10 50 free and 25 fly).

The team's single winners were (in order of age and event): TJ Hutchison (boys' 11-12 50 backstroke); Diya Redburn (girls' 8 & under 25 breaststroke); Drew Harker (boys' 11-12 50 breaststroke); Michael Corso (boys' 8 & under 25 butterfly); Ella Rigoli (girls' 11-12 50 butterfly); and Emma Hutchison (girls' 15-18 butterfly).

Winning relay teams included: Diya Redburn, Tosca Filippone, Ryan Clark, and Scarlett Bennett (girls' 8 & under 100 free relay); Charlie Greenwood, Charlie Longnecker, Jimmy Egan, and Thomas Rodman (boys' 9-10 IM relay); TJ Hutchison, Drew Harker, Jack Tsuchitani, and Charlie Taylor (boys' 11-12 IM relay); Emily Brooks, Grace Motta, Julia Fayer and Stasi Gustafson (girls' 15-18 200 IM relay).



Andrea Padilla-Crisostomo and Erin Foster (right) at Junior Olympics



Synchro Junior Olympics team members Sarah Nordlinger, Tamara Judzik, Alexandra Dodzin and Kathryn Howard.

Competing at 2016 U.S. Synchronized Swimming Junior Olympics

Arlington-based NoVa Synchro synchronized swim team once again had swimmers qualify for and compete in the U.S. Junior Olympics Championship.

Senior swimmers Andrea Padilla-Crisostomo (a rising senior at T.C. Williams High School) and Erin Foster (a rising sophomore at Bishop O'Connell High School) competed in the 2016 U.S. Junior Olympic Championship in Long Island, New York, June 29-July 2 in the Age Group 16-17 Duet Free Routine and Figure competitions.

Padilla-Crisostomo also competed in the Age Group 16 - 17 Solo Free Routine.

405 swimmers participated in the competition, each of whom had to place in the top three spots during their regional qualification meets. Routines are scored on a scale of 100, with points for artistic impression, execution, and difficulty.

Padilla-Crisostomo placed 14th with a score of 62.5 in solo competition. Padilla-Crisostomo and Foster were in 36th Place with a score of 60.7 in duet competition. For figures, Padilla-Crisostomo was in 29th place and Foster in 158th.

NoVa Synchro, whose motto is "Encouraging Excellence In & Out of the Water," hosts a demonstration twice a year at

Wakefield Aquatics Center. Youth ages of 7-19 years old who are comfortable swimming in deep water will have the opportunity to try it on Sunday, Sept. 11, 2016.

NoVa Synchro athletes have fun while learning new skills and techniques, so they enjoy practices as much as the challenge of competition and performances. Each swimmer works with experienced and creative coaches, who encourage teamwork, positive attitudes and fun all while building skills.

Visit novasynchro.net/, e-mail novasynchro@gmail.com and or call Head Coach Michele Rushfeldt at 740-602-1984.

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THE CONNECTION NEWSPAPERS

Cancer Patient Super Heroes



By KENNETH B. LOURIE

To say that cancer patients have to call upon superhuman qualities to fight their disease is, to those of us in the trenches, the most obvious and perhaps most under-appreciated fact. The emotional, physical, psychological and spiritual toll is excruciating at best and the tip of the iceberg at worst. The relentless, never-ending, life-threatening, roller coaster ride of highs and lows – and some in-betweens, is more than enough tumult to unsteady any man – or woman. And so I'd like to introduce some of the non-Hollywood/non-comic book super heroes for your consideration:

"Statman." Because of the seriousness of the underlying diagnosis, lab work is always ordered "stat," meaning top priority. "Statman" has the wherewithal to learn results quickly and not allow potentially negative results to affect his day-to-day activities. Much easier said than done.

"Stuperman." Because of the exhausting side effect of some heavy-duty chemotherapy infusions, the patient is often dazed and confused after treatment. Add in some ongoing sleep deprivation – and anxiety, and the patient's ability to get out of his or her own way is compromised. Yet, "Stuperman" endures, somehow. No longer can he leap tall buildings in a single bound, though.

"Iron-Deficiency Man." Because some chemotherapy obliterates both white and red blood cells, cancer patients are often terribly anemic and quite weak, and unable to fend for themselves. In effect, there is no fuel in the tank. Still, "Iron-Deficiency Man" manages to complete his most basic tasks: eating and going to the bathroom. Not without a struggle, though.

"Sedentary Man." Is able to stay in one place for hours, hardly moving. Nevertheless, given the extreme fatigue and the challenge of moving even 10 feet, "Sedentary Man" is still able to work the television remote, walk to the mailbox and pet the cats.

"Port Man." Due to the recurring nature of most chemotherapy (every three weeks, generally), often a device is implanted in the patient's chest to avoid potential vein collapse that regular intravenous injections – and their toxicity (lasting six hours plus) – can cause. "Port Man" is able to endure the temporarily permanent implant and live his life as if a foreign object has not been embedded just under the surface of his skin. (It would certainly get under my skin.)

Thor/Thorazine. Because of the side effects of dexamethasone, a drug prescribed to facilitate the absorption of the chemotherapy infusion, serious hiccups result. Though not exactly the hammer, Thorazine, at 25MG, stops the hiccups and saves the day.

"Chemosabe." There's no more important person in a cancer patient's life than his or her companion. And though it's equally important to never feel like a lone ranger, for a cancer patient to be treated respectfully and affectionately carries benefits Tonto likely never imagined.

"Barco Lounger." While being infused non-stop for up to seven hours, "Barco Lounger" can recline in one chair, in one place, for the entirety of his/her treatment. Moreover, while tethered to an I.V. pump, "Barco Lounger" is able to read, write, eat, drink, even go the bathroom (with a few minor adjustments) without ever stopping the infusion. Certainly, receiving the medicine is important, but so too is having some control over your environment. "Barco Lounger" succeeds on all fronts.

Legendary Hollywood actress Bette Davis is credited with having said: "Old age ain't no place for sissies." As a 61 and half years-old, seven years and five months-long cancer survivor, I would welcome old age and the arrival of yet another cancer-patient super hero: "Survivor Man," who lived years beyond his original "13-month to two-year prognosis."

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

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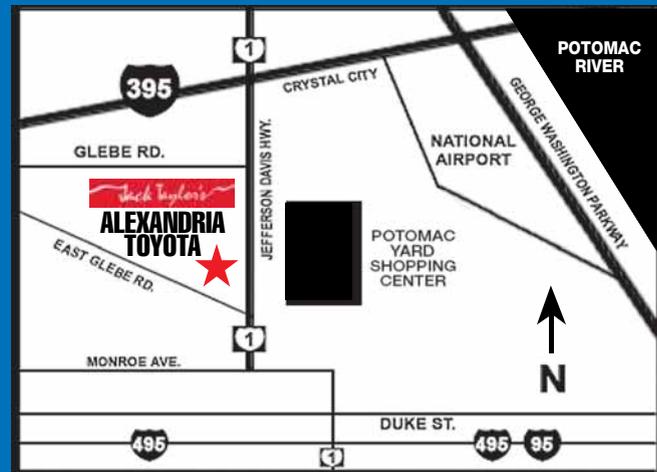
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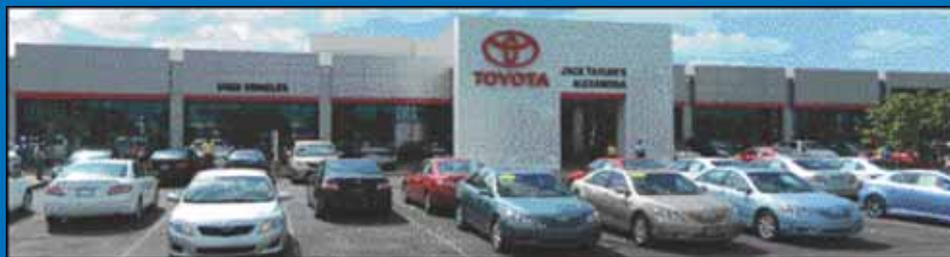
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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. SALES ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/16.

TOYOTA GENUINE SERVICE
15% OFF ANY ACCESSORIES

• Apparel • Window visors
• I-pad adaptors • All weather floor mats
• Toyota bedliners

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TOYOTA GENUINE SERVICE
PREMIUM FULL DETAIL Recommended Every 12 Months \$295⁹⁵

Full interior & exterior detailing, including trunk, shampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, tires, fender wells & door jams, hand wax exterior buff & polish, wax or glaze application, tar & sap removal, dress tires, rubber molding & trim, clean dashboard, vents, console plus door panels, clean overhead liner, seatbelts & windows, and engine cleaning.

All details by appointment only.

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TOYOTA GENUINE SERVICE
VENTILATION SERVICE \$49⁹⁵

INCLUDES: Clean condenser fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

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TOYOTA GENUINE SERVICE
4 WHEEL ALIGNMENT \$79⁹⁵

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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TOYOTA GENUINE SERVICE
30000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁵

Synthetic \$10 More

INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

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ALEXANDRIA TOYOTA / SCION

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TOYOTA **Let's Go Places**