

The Arlington Connection

Late Night Tour

NEWS, PAGE 3

Hugo, the
Therapy Dog

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Summer
Water Safety

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WELLBEING

PAGE 9

A toad crosses the path of the moonlight walk on Theodore Roosevelt Island.

ATTENTION POSTMASTER:
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PHOTO BY VERNON MILES/THE CONNECTION ENTERTAINMENT, PAGE 6 ❖ CLASSIFIEDS, PAGE 10

JULY 4-10, 2018

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FAILURE to 1) hire only people with no legal history of abusing, neglecting or mistreating residents; or 2) report and investigate any acts or reports of abuse, neglect or mistreatment of residents. [Cited on 08/04/2016 and **again** on 05/17/2017]

FAILURE to develop policies that prevent mistreatment, neglect, or abuse of residents or theft of resident property. [Cited on 08/04/2016 and **again** on 05/17/2017]

FAILURE to provide necessary care and services to maintain the highest well being of each resident. [Cited on 08/04/2016 and **again** on 09/22/2016 and **again** on 09/20/2017]

FAILURE to make sure that each resident who enters the nursing home without a catheter is not given a catheter, and receive proper services to prevent urinary tract infections and restore normal bladder function. [Cited on 09/20/2017]

FAILURE to make each resident receives an accurate assessment by a qualified health professional. [Cited on 09/20/2017]

FAILURE to provide a safe, clean, comfortable and homelike environment. [Cited on 09/20/2017]

FAILURE to develop a complete care plan that meets all of a resident's needs, with timetables and actions that can be measured. [Cited on 08/04/2016 and **again** on 09/22/2016 and **again** on 09/20/2017]

FAILURE to make sure that special or therapeutic diets are ordered by the attending doctor. [Cited on 09/20/2017]

FAILURE to make sure that the nursing home area is free from accident hazards and risks and provides supervision to prevent avoidable accidents. [Cited on 08/04/2016 and **again** on 09/22/2016 and **again** on 09/20/2017]

FAILURE to train all employees on what to do in an emergency, and carry out announced staff drills. [Cited on 09/20/2017]

FAILURE to give residents proper treatment to prevent new bed (pressure) sores or heal existing bed sores. [Cited on 09/22/2016]

FAILURE to maintain drug records and properly mark/label drugs and other similar products according to accepted professional standards. [Cited on 08/04/2016 and **again** on 09/22/2016]

*To view the full inspection results, the scope and severity of these deficiencies, additional surveys and the facility's plans of correction, visit the Nursing Home Compare tool at <http://www.medicare.gov/nursinghomecompare/search.html#>.

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One North Dale Mabry Highway, Suite 700 • Tampa, Florida 33609

Roosevelt in Moonlight A late night tour of Theodore Roosevelt Island.

BY VERNON MILES
THE CONNECTION

From the left of the trail came the booming echo of Rihanna's 2007 hit "Umbrella." The sound carried from a club in Georgetown across the Potomac and into the dark, tangled woods of Theodore Roosevelt Island. Just off the other side of the trail, a chorus of bullfrogs answered. Roosevelt Island is a park full of contradictions; a densely forested preserve in the middle of the hyper-urbanized Washington Metropolitan region. The lights from planes flying low over the river on departures from Reagan National Airport cause deer grazing in the marshlands to stand alert. As the sun set behind the Rosslyn skyscrapers on June 29, Friends of Roosevelt Island Volunteer Elise Milstein led a small group of visitors onto the island for a moonlit tour of Washington's hidden monument.

Roosevelt Island is the largest of all of the memorials in DC, but is the least visited and the most out of the way. Milstein said the island is becoming more visited. The moonlight tours of the island are hosted by Friends of Theodore Roosevelt Island, a non-profit that raises funding to support the National Park Service's preservation efforts.

The island is technically in Washington D.C., as the Potomac River falls under the city's jurisdiction, but the only entrance to the island that isn't by boat or paddle board is a bridge on the Rosslyn side of the river.

The earliest known use of the island was as a trading place for native American tribes along the Potomac River. In 1682 it was given to Captain Randolph Brandt for his distinguished service in the Potomac Rangers, though he never lived on the island itself. The island was later owned by George Mason III, father to founding father George Mason IV. Early on, it was a station for ferries, but Mason's descendants built their estate on the island and turned it into a social site for the Georgetown elites. However, by 1833 a series of bad investments led to the Masons being forced to sell the island.

Throughout the years, the island traded hands several times. At one point there was consideration of turning the island into a Coney Island-style attraction. But in 1931, the island was purchased with the intent of turning it into a memorial to noted outdoorsman President Theodore "Teddy" Roosevelt as a way to honor his legacy. The Civilian Conservation Corp under the direction of landscape architect Frederick Law Olmsted, Jr. cleaned up the island, creating trails and replacing some of the undergrowth with trees native to the area. The Roosevelt Memorial Bridge was built over the island over the protests of the island preservationists, but the compensation was the funding for the memorial plaza hidden at the center of the island. In 1960, funds were finally designated for preservation,



Tour group gathers for a late night hike around Theodore Roosevelt Island.

and the memorial was formally dedicated in 1967. Standing under the bridge, the sounds of traffic overhead are drowned out by the croaking of frogs in the nearby marshlands.

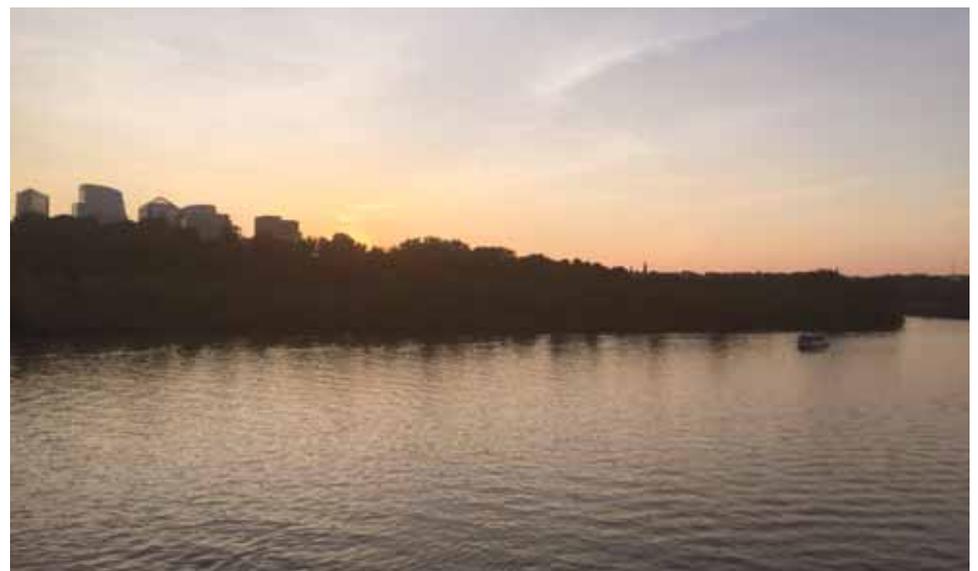
"I've been walking on this island for years," said Louisa Stetekluh. "It's a quiet oasis. Every time I come her, I see different animals and new trees. I've followed deer and seen alleys of butterflies. There's something different every time."

Dan and Amy Malessa both love the park and were excited to see it in a different light. Dan Malessa is a weed warrior, part of a group that gets together to help keep invasive species off the island. Both agreed that they love that the island feels both remote and easily accessible from DC.

"We like to come here and visit on Sundays," said Amy Malessa. "We like to say it's our church."

It's a short drive from the city but it feels hundreds of miles away."

The tour is a 1.5 mile hike that takes visi-



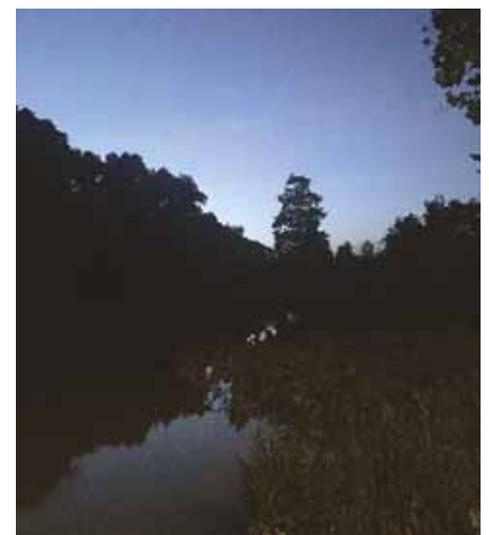
Sunset over Theodore Roosevelt Island.

tors on a full trip around the island. Tickets are \$20 and space is limited. The next full moon walk will be held on July 28, then

again on Aug. 26. Tickets for the moonlight walks can be found at www.theodorerooseveltisland.org.



National Park Service Volunteer Elise Milstein.



Twilight on Theodore Roosevelt Island.

PHOTOS BY VERNON MILES/THE CONNECTION

Local Newspapers Under Siege

Need to address restraining orders and gun violence.

One member of Connection Newspapers staff is Kemal Kurspahic, who shares with us his first-hand experience of running a newspaper from a war zone when information was desperately needed by the besieged residents of Sarajevo. Kemal Kurspahic is managing editor for The Connection Newspapers. He was the editor-in-chief of the Bosnian daily *Oslobodjenje* in Sarajevo, Bosnia Herzegovina, 1988-94. Under his leadership the paper published every day from an atomic bomb shelter during the siege of Sarajevo, maintaining high professional standards and Bosnian culture and tradition of ethnic and religious tolerance in the midst of terror. The paper published the names of those killed each day in Sarajevo.

He experienced first hand the horror of having staff members killed while out on assignment. He was critically injured himself when a vehicle taking him to his newsroom crashed as it traveled at high speed down "sniper alley." The International Press Institute named Kurspahic one of its first 50 World Press Freedom Heroes in 2000.

Journalism is a dangerous occupation in many other countries, usually not here in the U.S.

I tell this story now because of the newly minted fear that many journalists feel after the murders of five in the newsroom of the Capital Gazette in Annapolis. Police and survivors say the shooter had long held a grudge against the newspaper, and had sued for defamation. The targeted attack came very close to home.

The dead were Gerald Fischman, 61, editorial page editor; Rob Hiaasen, 59, editor and features columnist; John McNamara, 56, sports reporter and editor for the local weekly papers; Wendi Winters, 65, a local news reporter and community columnist; and Rebecca Smith, a sales assistant.

The shooter had restraining orders against him because of violent threats made in a different situation, but restraining orders apparently do not result in restricting gun purchases. He was still able to buy the gun he used in the attack. This is a loophole that desperately needs to be closed. A person subject to a restraining order of any type or duration for making threats should certainly not be able to buy a gun.

Every newspaper editor knows the experience of talking to a subject, source or reader who is irate over something the paper published. If we aren't making anyone angry, it's probably because we aren't writing about anything important. But my conversations with people who object to something we've reported have always had a subtext of respect. Many complaints have resulted in greater understanding on all sides that can create more lasting connections. Other times have resulted in agreeing to disagree.

Now, we lock the doors at least for now, knowing that there could likely be copy cat attacks, as school shootings began with one high profile attack. But we are not afraid.

We will continue to publish our 15 weekly papers. The threat to survival for most local papers is the decline in advertising, compounded now by a tariff on newsprint. Don't forget that if you have an advertising or marketing budget, you should spend some of those dollars with local newspapers.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

About This Week's Papers

Our papers go to press a day early due to the July 4th holiday. That means that this week's papers will not contain coverage of July 4th events. Watch for coverage next week.

Submit Your Photos for the Pet Connection Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Friday, July 20.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and their humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to arlington@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

LETTER TO THE EDITOR

Polarizing

To the Editor:

The following open letter is addressed to U.S. Rep. Don Beyer (D-8).

Like most voters in VA 8, I am sickened on a nearly daily basis by the travesty of this presidential administration and its support by a corrupt and cowardly Republican-led congress. Failure to remove the GOP from House leadership this fall sentences our nation to two more years of destructive politics of the worst kind. I know you know this, sir.

Here is why I write to you today: Nancy Pelosi. She's been leader for a long time, and while we could debate her legislative successes, what is not debatable is that under her leadership the most corrupt and incompetent man in our history was elected

President. She is unpopular in all but the bluest districts and she is hurting (y)our party.

Moreover, fairly or otherwise, she has become a "bogeyman" to the other side — a polarizing figure used to engender passion (and dollars!) from a Republican base that hates her. Yes, she is an important historical figure, but she has had her time. Now I fear that her ego is clouding her judgment and sense of right and wrong.

For the good of the entire country, she should gracefully step down. I speak for many in my community when I implore you to push for Speaker Pelosi's resignation.

Celebrate her! Throw her a party if you want. But get her out of the leader role before she is forced out amidst the shame of another Trump victory.

Zachary Rodman/Arlington



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Where Is This?

Answer: The maritime and sea services memorial beside the new "humpback" bridge on the GW Parkway.

The Arlington Connection

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@ArlConnection

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PHOTOS BY SHIRLEY RUHE / THE CONNECTION

Hugo, a therapy dog, always wants a treat. Today his owner, Tim Denning, says it is a mackerel biscuits, a new option.

Have Treat, Will Travel Therapy dog makes the rounds.

BY SHIRLEY RUHE
THE CONNECTION

Hugo strolls into the classroom at the Homeless Services Center on Wednesday afternoon and looks expectedly around the room where several residents are gathered around waiting for his arrival. Hugo gives a short bark and is rewarded with a whitefish treat. "These are new. I'm trying them out." Hugo, the therapy bulldog,



Anna McAlpine, a one-month resident at the Homeless Services Center, has come to visit Hugo because she misses her dogs at home and because "dogs make you feel good." She is rewarded with a tail wag.

met his owner Tim Denning at a Nats game at an adoption event just over five years ago. "Hugo loves to attend the Nats games. I think Scherzer is probably his favorite player, you know powerful and magnetic."

Denning continues, "Actually Hugo met Scherzer's wife at a fashion show last year which was a fundraiser for the Humane Rescue Alliance. We were in the fashion show together. Hugo wore his baseball bandana. There were 50 models and each one had a dog."

When Denning met Hugo, Hugo had both of his ears sewn shut. "He had not been well treated in his previous life and didn't have a good prospect for adoption." But the day after the Nats game, Denning went back and picked up Hugo. That was 5 and a half years ago. "He is clearly a great dog."

Today Hugo has come to the Homeless Assistance Center where he will spend an hour just being Hugo. "See, that is his favorite position," Denning says pointing to a dog sprawled out napping on the floor. "It is very calming."

He says some dogs jump around. Sometimes Hugo likes to head butt. "He nearly broke my nose one time but mostly Hugo is very calm. Sometimes this guy just crawls up into people's beds when we visit Georgetown Hospital on Saturday mornings." Denning says Hugo has his own badge and access to all parts of the hospital except the nursery. "He gets treated as a volunteer." Denning adds that they start in the ER where there is a lot of waiting. "People are frustrated, tired and may be in pain.

SEE HUGO, PAGE 11

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Art Exhibit: 'Out of My Mind.'

Through July 8, gallery hours at Fred Schnider Gallery, 888 N. Quincy St. David Carlson: Paintings and Drawings from Fields and Transformation series. Call 703-841-9404 or email gallery@fredschnider.com.

Art Exhibit: Border (Untitled).

Through July 28, gallery hours at Cody Gallery, Ballston Center, 1100 North Glebe Road, second floor and The Barry Gallery, located in the Reinsch Library at Marymount, 2807 North Glebe Road. Marymount University will present Border (Untitled), an exhibition on the state of culture, art, and politics surrounding immigration and refugees. A fundraiser will be presented at both spaces for Love Without Borders. Works by refugees from around the globe will be available for sale, with all proceeds donated to support Love Without Borders and its work for refugee aid. Visit www.love-withoutborders.org/, www.marymount.edu/barrygallery or www.marymount.edu/ballston-center-gallery.

Art Exhibit: "Peregrination." Gallery hours at The Margaret W. and Joseph L. Fisher Gallery on the second floor of the Rachel M. Schlesinger Center on the Alexandria campus of the Northern Virginia Community College, 4915 E. Campus Drive (off Beauregard Street), Alexandria. Arlington-based fine artist Bryan Jernigan's solo show – "Peregrination" – will run through July 28. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. Visit www.nvcc.edu/schlesingercenter.

Art Exhibit: "Open World" and "Within/Between." Through Sept. 29, gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O'Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit arlingtonartscenter.org for more.

Gardening Lecture. Wednesdays, through Oct. 10, 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a free series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include foraging for wild edibles, pollinators, food preparation and preservation, and more. All are welcome. Visit www.afac.org/plot-against-hunger/pah-events/.

Plant Clinic. Wednesdays, through Oct. 24, 6:45-8:45 p.m. at The Arlington Central Library, east lobby, 1015 N. Quincy St. Visit mgnv.org.

Ball-Sellers House Open. Through Oct. 27, Saturdays 1-4 p.m. at Ball-Sellers House, 5620 3rd St., South. Free tours by a knowledgeable docent transport you back to the colonial era in the historic artifact of a house built in the 1740s. See how John Ball built the house and imagine what life would have been like in it for a middle class farmer, his wife, and five daughters. The



Jane Franklin Dance at Lubber Run

With 40-plus community-based performers who celebrate age as merely a number, with most being well past the age of 40. Sunday, July 22, 6 p.m. at Lubber Run Amphitheatre, corner of N. 2nd and N. Columbus St., Arlington. Free. Visit www.janefranklin.com or call 703-933-1111.

house was donated to the Arlington Historical Society by its last owner, Marion Sellers, in 1975. Something for all ages. Call 703-892-4204 or visit arlingtonhistoricalsociety.org.

Farmers Market. Through October, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. Columbia Pike will be the place to shop local on the weekends for the freshest produce, meats, goods and treats with the grand opening of a second farmers market at Arlington Mill Community Center. Visit columbia-pike.org/fm-arlington-mill.

Arlington Historical Museum.

Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit arlingtonhistoricalsociety.org.

Civil War Artifact Display.

Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on replica Civil War uniforms and learn about camp life. Visit parks.arlingtonva.us/locations/fort-cf-smith-park/.

Arlington Farmer's Market. Every

Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit www.crystalcity.org for more.

Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystalcity.org for more.

Healthy Lifestyle Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

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

Arlington's Historical Museum

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.

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.

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.

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.

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.

SUMMER CAMPS

Visual Arts Camps. Through Aug. 31 at Arlington Arts Center, 3550 Wilson Blvd, Arlington. Meets 10 a.m.-12:30 p.m. and/or 1:30-4 p.m. Mondays thru Fridays. Thematic and technique-focused camps return this summer for children and teens, ages 4-18. Campers explore the fundamentals of visual arts through creative projects in various two- and three-dimensional media. Line, color, shape, texture, space, and form will all be emphasized through creative projects based on campers' observations and imaginations. Visit arlingtonartscenter.org for more.

SATURDAY/JULY 7

Ms. Virginia Senior America Pageant. 1 p.m. at the James Lee

Center Theater, 2855 Annandale Road, Falls Church. Enjoy an afternoon of entertainment as Virginia senior women compete and celebrate through dance, song, and performance. The program includes past participants sharing their talent as well as a guest dance group demonstrating that age is only a number. Our famous Cameo Club performance troupe members will meet and greet and provide an after-pageant reception. Requested donation for tickets, \$10. Visit www.msvirginiasenior.com for more.

Netherlands Carillon Concerts:

Edward M. Nassor. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

SUNDAY/JULY 8

Notable Nature. 3-4:15 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Lessons in nature journaling and sketching. Construct nature journals, hone writing and drawing skills, and talk about the season while hiking. Includes an optional 15 minutes of practice time following the one hour program. Cost is \$5. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

Bilingual Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. The whole family is invited to join for old-fashioned fun. Program will be filled with entertaining activities which may include stories, special animal guests, games, songs and S'mores. Cost is \$5. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

MONDAY/JULY 9

Live Comedy. 8:30 p.m. at Galaxy Hut, 2711 Wilson Blvd., Arlington. Cost is \$5. Reid Clark guides the audience through a night of music and comedy the likes of which the galaxy has never seen. This month's headliner is Mia Jackson. Second Monday of every month \$5 at the door. Visit galaxyhut.com for more.

MONDAY-FRIDAY/JULY 9-13

The Birthday pARTy. For ages 4-6 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. In this camp, enjoy five days of artists whose birthdays are celebrated during June-August. Draw, paint, and construct through this celebratory week. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

Becoming an Artist. For ages 11-14 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. In this camp, build understanding of drawing, painting, and sculpture by exploring traditional and experimental techniques. Projects will be introduced by looking at contemporary artists' practices related to each discipline, and emphasis will be placed on observation and representation in combination with problem solving and developing an artistic voice. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

TUESDAY/JULY 10

Teddy Bear Picnic. 11 a.m.-2 p.m. at

ENTERTAINMENT

Market Common Clarendon, 2800 Clarendon Blvd. Meet at the loop to celebrate National Teddy Bear Picnic Day. Bring a lunch and favorite Teddy Bear pal. Email HilaryShure@RegencyCenters.com or visit www.facebook.com/events/271767566901506/ for more.

Going Native: Flora and Fauna. 3-7 p.m. at Crystal City Farmer's Market, 18th and Crystal Drive, Arlington. Going Native: Flora and Fauna of Arlington, created and illustrated by artist Kate Samworth, is a folding, pocket-sized manual of some of Arlington's native plant, mammal, and insect species of Arlington. Using her artwork as a reference, enjoy a quick hands-on art project examining and recreating the shapes and patterns found on selected species of plants, insects, and butterflies by using collage, watercolor and drawing. Visit freshfarm.org/crystal-city.html for more.

TUESDAYS/JULY 10-AUG. 7

The Art of Travel. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Painting a view, sketching a building, or creatively rendering an object seen in a museum are just a few ways to record our travel experiences. From city plans to road maps, from postcards to sketches, this multimedia course will explore the artful documentation of travel, and the creation of work inspired by it. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

TUESDAYS/JULY 10-AUG. 28

Drawing & Painting: The Figure. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Beginning, returning, and advanced students are welcome to explore drawing and painting in this course focused on capturing the spirit and vitality of the figure. Activities will include quick gesture poses and contour drawings. To create lively and expressive drawings and paintings, we will use materials including graphite, charcoal, and acrylic paint. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

Drawing: Diving into Color. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Explore the possibilities of color through this introductory course into the complexities of color theory, and learn to use color as a way to create meaning. Learn color mixing techniques and experiment with creating color palettes. Also play with color intensity, and investigate the meaning behind color using varied media, including pencil, charcoal, conté crayon, and oil and chalk



Seaside, painting

Arlington Artist Solo Show: Peregrination

Arlington-based fine artist Bryan Jernigan's solo show – "Peregrination" – will run through July 28. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. Gallery hours at The Margaret W. and Joseph L Fisher Gallery on the second floor of the Rachel M. Schlesinger Center on the Alexandria campus of the Northern Virginia Community College, 4915 E. Campus Drive (off Beauregard Street), Alexandria. Visit www.nvcc.edu/schlesingercenter.

pastels. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

WEDNESDAY/JULY 11

Rocks and Minerals. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 6 to 10. What is the difference between a rock and a mineral? Learn how the three classes of rocks differ from each other. Also walk in the creek to see what participants find. Must wear closed-toe shoes in water. Cost is \$5. Call 703-228-6535.

Library Garden Talks. 7-8:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Topic is Surviving the Heat. Learn how heat affects plants, how to protect heat-hating plants, and which plants tolerate heat best. Visit www.fairfaxgardening.org/events-calendar.

WEDNESDAYS/JULY 11-AUG. 29

Experimental Painting. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Beginning students will gain confidence as they

work through experimental painting exercises, while more advanced students will be challenged to do something new. In this acrylic painting course, problem solving, spontaneity, chance, and unique materials will direct artistic processes, yielding interesting and complex works of art. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

JULY 11-AUG. 12

"The Wonderful Wizard of Oz." At Synetic Theater, 1800 S. Bell St., Arlington. Synetic Theater has chosen Frank Baum's "The Wonderful Wizard of Oz" as the premier production in Synetic's New Voice Series. Wednesday-Saturday, 8 p.m.; Sunday matinee, 2 p.m. Tickets: \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Call 866-811-4111 or visit www.synetictheater.org.

THURSDAY/JULY 12

Reptile Storytime. 3:30-4 p.m. at

Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 2 to 10. Slither on over to Long Branch for stories all about these scaly friends. Cost is \$5. Register children only. Call 703-228-6535.

Botany Talk. 7:30-9 p.m. at Arlington Central Library, 1015 N. Quincy St., Arlington. Talk by Botanist Sarah Chamberlain on Grasses: the good, the bad, and the just plain ugly. Learn about good native grass choices for landscaping and beautification, landscape grasses that are not native to the area, and invasive grasses that pose a threat to the area's natural landscapes. Visit www.vnps.org.

Deep Dive: Moths. 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults. Take a deep dive into natural history that scratches more than just the surface. National Moth Week is July 21-29. Discover how these insects have inspired a national week of recognition and spawned a hobby, "mothing." Cost is \$5. Call 703-228-3403.

Early Aircraft and World War I. 7-9 p.m. at Marymount University, Rowley Hall, Room G127, Arlington. Steve Suddaby, past president of the World War One Historical Association, will explain how the crises of the First World War caused the European powers to accelerate the development of the "aeroplane." He will also describe the impacts of aviation on the war itself. Free and open to the public. Sponsored by the Arlington Historical Society and Marymount University's Department of History and Politics. Visit www.arlingtonhistoricalsociety.org or

call 703-892-4204. For directions www.marymount.edu/Home/Contact-us/Locate-us.

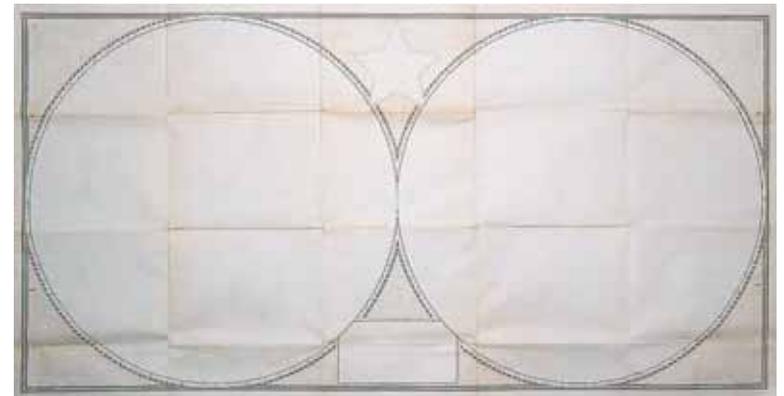
FRIDAY, JULY 13

Night Rainbow Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. The whole family is invited for old-fashioned fun. This program will be filled with entertaining activities which may include stories, special animal guests, games, songs and S'mores. Cost is \$5. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

SATURDAY/JULY 14

R.I.P.-Remove Invasive Plants at Gulf Branch. 9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults, teens, and families ages 8 and up. Restore habitat and increase native species diversity. Work parties are held every month and are making a real difference with the return of ferns, wildflowers, and the animals that depend on them to areas once covered in destructive invasive plants. Help make it happen. Free. Call 703-228-3403.

Bug Hunt. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 6-10. Who's an insect and who's not? Which critters have six legs, eight legs, or more? Find the answers in the search for butterflies, spiders, centipedes, beetles and more. Nets and jars provided for hands-on, catch-and-release bug hunting. Call 703-228-



Agustina Woodgate, Northern and Southern Hemisphere, 2014, Sanded outdated world map, 22 x 41 inches.

Exhibit: Border (Untitled)

Marymount University will present Border (Untitled), an exhibition on the state of culture, art, and politics surrounding immigration and refugees. The dual exhibit runs on the state of culture, art, and politics surrounding immigration and refugees. through July 28. Visit www.love-withoutborders.org/, www.marymount.edu/barrygallery or www.marymount.edu/ballston-center-gallery.

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Free-Play Days. 4-5:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Ages 5-9. Give children unstructured time they can call their own with a chance to explore the woods, make mud pies, throw rocks in the creek and just be free. Dress to get wet and dirty, and wear closed-toe shoes. Call 703-228-3403.

Netherlands Carillon Concerts: Geert D'hollander. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

SUNDAY/JULY 15

Adaptive Family Hike. 10:30 a.m.-12 p.m. at Barcroft Park, 4200 S. Four Mile Run Drive, Arlington. All are welcome to join in a leisurely paced hike through a park. The forested trails will be accessible, smooth and shaded for a fun hike to explore and examine whatever we discover. Cost is \$5.

Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

Hooray for Hollywood. 7:30-9:30 p.m. at Richard J. Ernst Community Cultural Center Theater, 8333 Little River Turnpike, Annandale. Join in a night of music with an evening of popular movie themes. Presented by the Reunion Music Society, Inc. and

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

JULY

Summer Safety Patrol Camp. 8 a.m.-2:30 p.m. at Carlin Springs Elementary School, 5995 5th Road S. The Arlington County Police Department's School Resource Officer Unit is currently accepting applications to the Summer Safety Patrol Camp. This weeklong camp is offered to incoming 4th and 5th grade students who want to participate in safety patrols during the upcoming 2018-2019 academic year. Four week-long sessions of the Summer Safety Patrol Camp will be held. \$95 per student. Visit police.arlingtonva.us/safety-patrol-camp/.

WEDNESDAY/JULY 4

Free Sober Rides. Wednesday, July 4, 7 p.m. through Thursday, July 5, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 5 p.m. on July 4 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

MONDAY/JULY 9

Donate Blood. 7:30 a.m.-1 p.m. at Arlington County Sheriff's Office, First Floor Roll Call Room, 1435 N. Courthouse Road. The Arlington County Police Department, Sheriff's Office, Fire Department and Public Safety Communications and Emergency Management are partnering with Inova Blood Donor

the NVCC-Annandale Campus, under the direction of Christopher Johnston. Adults, \$15; students, \$10. Call 703-569-0973.

MONDAY-FRIDAY/JULY 16-20

Camp: Art Trekkers. For ages 7-10 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. The D.C. metropolitan area offers so many neat places to view art. This camp will feature varied projects inspired by the artwork currently on view in local galleries, museums, and art centers, including AAC. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

WEDNESDAY/JULY 18

Library Garden Talks. 7-8:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Topic is Garden Therapy. A physical therapist teaches participants how the right moves can help avoid aching muscles and injury. Visit www.fairfaxgardening.org/events-calendar.

THURSDAY/JULY 19-SATURDAY/AUG. 4

Summer Nights Cabaret Series. At Signature Theatre, 4200 Campbell Ave., Arlington. Signature Theatre kicks off its 2018/19 Season with the Sizzlin' Summer Nights Cabaret Series. Two and a half weeks of live music and performances by Signature favorites with a different performance every night. Signature favorites are featured throughout including cabarets by Nova Y. Payton (Signature's Jelly's Last Jam), Erin Driscoll (Signature's Titanic), Awa Sal Secka (Signature's Jesus Christ Superstar), Christopher Mueller (Signature's Titanic), Iyona Blake (Signature's Jelly's Last Jam), and

Services to host the annual summer Public Safety Blood Drive to help reduce the mid-summer blood shortage. A photo ID is required to donate. Allow one hour for blood donation. Walk-ins are welcome. Schedule an appointment at www.inovablood.org or 1-866-BLOODSAVES (1-866-256-6372) and use Sponsor Code 8263.

THURSDAY/JULY 12

North Outreach Team Meeting. 7 p.m. at Ellen M. Bozman Government Center - 2100 Clarendon Blvd., 3rd Floor, County Board Room. The Community Outreach Unit will begin hosting quarterly meetings, covering community issues, crime prevention tips and addressing resident concerns. Visit police.arlingtonva.us for more.

Gerrymandering Discussion. 7:30-9:30 p.m. at Arlington Mill Community Center, Room 527, 909 S. Dinwiddie St. Join LWV-Arlington in welcoming Professor Michael Latner, Kendall Voting Rights Fellow at the Union of Concerned Scientists, to discuss the effect of gerrymandering on the will of the people in "Gerrymandering in America and the Future of Popular Sovereignty." Parking Garage located at S. Arlington Mill Drive. Visit www.lwv-arlingtonva.org for more.

MONDAY/JULY 16

Nomination Deadline. March of Dimes is accepting nominations for the 18th annual Heroines of Washington awards program, honoring women in the D.C. region for their dedication to and leadership in community service. Nominees must live in Maryland, Northern Virginia or Washington, D.C. Self-nominations will be accepted. Visit www.marchofdimes.org/heroines.



PHOTOS BY SHIRLEY RUIHE/THE CONNECTION

KroboPl, an Arlington band, takes advantage of the weather between rain showers to entertain the crowd at the Columbia Pike Food Truck Festival mid-day Saturday, June 23.

Columbia Pike Neighborhood Hosts Food Truck Event

Michael waves at the crowd while his sisters, Bridget and Anne Heavers share a lemonade and grilled cheese sandwich from the Big Cheese Food Truck at the Columbia Pike Food Truck Festival on Saturday, June 23. Sidewalks display colorful children's chalk art while a toddler plunks bags in the wooden corn hole platform. Diane Baron, current president of the Columbia Pike Civic Association, says they started these festivals three years ago and hope to have four events a year. The next food truck festival is scheduled for Sept. 29.



Jonah Adams builds a tower out of large cardboard dominos between bites of his curbside grilled cheese sandwich. His mother says they just live up the street and are regulars at the Columbia Pike event.



Casey Kane (left) and Bob Trencheny joined 100 bicyclists who rode from Penrose Square to the Columbia Pike Truck Festival on the morning of June 23. Kane said they were trying to draw attention to the need to do more to make cycling happen on the Columbia Pike corridor. He says 15-20 youths rode the 1.5 miles with the group.



A lack of swimming skills is one of the top factors increasing the risk of drowning.

PHOTO BY MARILYN CAMPBELL

Summer Water Safety

Supervision and learning to swim are top ways to prevent drowning.

BY MARILYN CAMPBELL

Blazing heat and sky rocketing temperatures often mean cooling off with a dip in the pool. As the summer is in full swing, safety officials are reminding the public of drowning risks and prevention methods.

"Learning to swim at any early age is all about being safe in and around the water," said Gina Bewersdorf, owner of Goldfish Swim School in Reston, Falls Church and Alexandria. "Undeniably we all will have an opportunity to visit a pool, lake or ocean at some point, and our goal is to equip our swimmers with water safety skills early on."

The Centers for Disease Control and Prevention (CDC) cites a lack of swimming ability, failure to wear life jackets, alcohol use and a lack of close supervision while swimming as some of the top factors that affect drowning risk. According to the CDC, from 2005 to 2014 there was an average of 3,536 unintentional drownings. One in five people who die from drowning are children 14 and younger.

"A person can drown in a matter of seconds," said Aaron Schultz, a lifeguard in Arlington. "When I'm

at the pool, I notice that parents are often texting while trying to watch their children, but even if children look like their playing they could easily go under and be in danger a less than a minute. This is especially important to remember at the beach."

Taking part in formal swimming lessons reduces the risk of drowning among children between one and four years old, but many people lack basic swimming skills, according to the CDC. "Beginning formalized lessons as early as 4 months old has shown benefit in children developing a love for water and foundation upon which to build water safety skills," said Bewersdorf.

American Red Cross swimming safety tips such as always swimming in a designated area attended by lifeguards, avoiding swimming alone, wearing life jackets, securing a pool with barriers and making sure everyone in your family is a strong swimmer, are among those that Mary Anderson of the Montgomery County Office of Health and Human Services says the county is reinforcing.

"There's a website that we put together called 'Summer of Safety', and it's got everything from A to Z with summer safety and swimming pool safety."

Other suggestions include enrolling in courses to learn CPR, having appropriate equipment such as a first aid kit and cell phone to make emergency calls.

"If someone is around water and discovers that their child is missing, it's a good idea to check

the water first because even seconds can make a big difference in stopping a drowning," said Schultz.

"Learning to swim at any early age is all about being safe in and around the water."

— Gina Bewersdorf, Goldfish Swim School

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-Werner Heisenberg

Announcements

WirelessCo, L.P. dba Sprint (SPRINT) proposes to upgrade equipment and antennas on the water tank located at 2400 N Wakefield St in Arlington, Arlington County, VA (Job #39146).

In accordance with the National Historic Preservation Act of 1966 and the 2005 Nationwide Programmatic Agreement, SPRINT is hereby notifying the public of the proposed undertaking and soliciting comments on Historic Properties which may be affected by the proposed undertaking. If you would like to provide specific information regarding potential effects that the proposed undertaking might have to properties that are listed on or eligible for listing in the National Register of Historic Places and located within 1/2 mile of the site, please submit the comments (with project number) to: RAMAKER, Contractor for SPRINT, 855 Community Dr, Sauk City, WI 53583 or via e-mail to history@ramaker.com within 30 days of this notice.

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Legals

ABC LICENSE
Regal Cinemas, Inc. trading as Ballston Common Stadium 12, 617 S Glebe Road, Arlington, VA 22204-2452. 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 alcoholic beverages. John A. Curry, Vice-President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE
Punch Bowl Arlington, LLC trading as Punch Bowl Social, 4238 Wilson Boulevard, Suite 1180, Arlington, Virginia 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises, Mixed Beverages Restaurant license to sell or manufacture alcoholic beverages. Robert A. Comog Jr., Managing Member authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Announcements

SWIMMING

Sharks Defeat Thunderbolts

In its second meet of the NVSL Division III season, the Donaldson Run Thunderbolts faced the Hunter Mill Sharks on the road. Despite early back and forth leads, Donaldson Run fell short with a final score of 244-176.

Double individual race winners for Donaldson Run were: Ellie Wertzler (girls 8 & under 25 free and 25 fly); Charlie Greenwood (boys' 11-12 50 free and 50 fly); and Emily Brooks (girls' 15-18 50 free and 15-18 50 backstroke).

The team's single winners were (in order of age and event): TJ Hutchison (boys' 13-14 50 free); Andrew Meighan (boys' 15-18 50 free); Thomas Rodman (boys' 11-12 50 backstroke); Sean Conley (boys' 15-18 50 backstroke); Diya Redburn (girls' 9-10 50 breast); Phillip Brooke (boys' 11-12 50 breast); Drew Harker (boys' 13-14 50 breast); Anna Trainum (girls' 15-18 50 breast); Rachel Conley (girls' 11-12 50 fly); and Emma Hutchison (girls' 15-18 50 fly).

Donaldson Run swimmers finished second in 21 of the individual races.

Winning relay teams included: Scarlett Bennett, Evelyn Maloney, Ryan Clark, and Diya Redburn (girls' 9-10 100 medley relay); Thomas Rodman, Phillip Brooke, Charlie Greenwood, and Will Taylor (boys' 11-12 100 medley relay); TJ Hutchison, Drew Harker, Jack Tsuchitani, and Charlie Taylor (boys' 13-14 medley relay).



Diya Redburn, Donaldson Run girls' 9-10 50 meter breaststroke.



Jack Tsuchitani (Donaldson Run boys' 13-14 50 meter butterfly).



PHOTO COURTESY OF NATALIE J. PLUMB

Home Repair

Eight-hundred and thirty teenagers from throughout the Catholic Diocese of Arlington served the underprivileged in eight northern and central Virginia counties during WorkCamp 2018, June 23-29. The teenagers focused on projects designed to make 120 homes safer and drier. This year's 135 projects included everything from replacing a roof for a disabled man to painting a house and weatherproofing windows for a single father with six children. Above, 14 youths from the Arlington Diocese built a ramp, a deck, and installed windows and doors at a home in Hanover.



By SHIRLEY RUHE / THE CONNECTION

Always time for a snack.

Hugo

FROM PAGE 5

A dog shows up and soothes tensions."

After ER they move to the rest of the hospital. Denning said last week Hugo was outside the ICU where a patient had been taken off life support and was dying. "We couldn't go in but the gentleman saw Hugo in the hall and waved. By the time we left, he had passed away." Anna McAlpine, a one-month resident at the Homeless Services Center, rushes to the front desk when she notices Hugo has arrived. "I love dogs and I miss my own dogs. Dogs make you feel good; they can pick up on your tensions." Hugo looks nonplused as McAlpine gives him a hug.

Hugo has been visiting the center once a week since the new program started five weeks ago.

One of the residents of the center sits in the classroom sketching the dog. She is enrolled in an arts program through the center and often gives her sketches to Denning to pass along to patients at the hospital to cheer up their rooms.

Denning says that Hugo has had five separate operations to remove both of his ear canals and the soft tissues and now he is deaf. But finally "I said you are alive for a reason so you are going to start giving back." So Hugo got certified through People Animals Love (PAL) and now has made over 200 visits to hospitals, libraries and rehab centers.

Denning says, "Hugo loves libraries where kids read to him. He especially likes the series about Biscuit the Dog ... you know 'Biscuit goes to School,' 'Biscuit's birthday.'" It is a program called Paws to Read where Hugo listens to 1st-3rd grade readers at the Central Library as well as the Westover and Cherrydale branches.

"Not every dog has a temperament like this. He is a once in a lifetime kind of animal and I got him the first time."

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for July 15-21.

NEW PROGRAMS:

Arlington Employment Center services for 60+ years of age, Monday, July 16, 1 p.m., Aurora Hills. Register, 703-228-5722.

Ballroom dance instruction, Monday, July 16, 6:30 p.m., \$49/7 sessions, Walter Reed. Register, 703-228-0955.

Outdoor pickleball at Walter Reed. Call for days and times, 703-228-0955.

Pickleball beginners, Mondays, 9 a.m., Arlington Mill; 9:45 a.m., Walter Reed. Details, 703-228-4771.

Rubber Stampers, Tuesday, July 17, 11:30 a.m., newcomers welcome. Details, 703-228-0555

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Well Blow Me Down



By KENNETH B. LOURIE

Ah. The whirr of chain saws finally cutting their way through the nearly two dozen trees in my front half acre knocked down during the March 2 wind storm. Given what this cut down and clean up will cost, it is not an expense to be paid out of petty cash. In fact, we needed a little help.

And considering the time allowed by Rigo (the man for the job), to come back and do the work; it's been approximately two months since we shook on the deal, it's enabled us to arrange for payment on a mutually beneficial schedule.

He'll the do the work when he can (not a fixed time and date) and we'll pay him what and when we can; sort of a trade and sort of because he's doing some other regular work in our neighborhood (the adjacent property in fact).

Typically in the past, when I've received knocks on my door by other tradesman saying they're doing similar work in the neighborhood to what I've needed - or appeared to need: yard clean up, tree maintenance, driveway repair/repaving, etc., offering me discounts because they're "working on the street," I've always resisted because I've never had the money (cash) or trust to pay them.

Well, I don't exactly have the money now, but neither did Rigo knock on my door. I had been given his name and number months ago by an extremely reliable former neighbor so I had the trust and the time seemed right. When I spoke to Rigo and told him who I was, he said he had been expecting the call, as my neighbor apparently assured him I would.

And so, almost four months since the trees "thudded" to the ground, Rigo and his men have hit the ground sawing. As Dennis Eckersley, a Major League Baseball Hall of Fame inductee and current member of the NESN/Boston Red Sox television broadcast so often says: "It's a beautiful thing."

And what makes this "treatment" a "beautiful thing" is not just the sense of accomplishment for work which most definitely needed to be started - and finished, but specifically work yours truly is incapable of doing.

As the homeowner of a registered historic property built in 1742 ("Belly Acres" I call it) sitting on two acres, constantly in need of something or other both inside and out, to say that I am - and have been overwhelmed since we took ownership in May of 1992, is an understatement.

The overstatement would be: I am in so over my head that to invoke a childhood expression that still doesn't make any sense: "I need to look up to look down."

Hearing multiple chain saws, even starting at 8:30 a.m., as I had been forewarned two days prior would occur, is music to my ears. Any progress I can make - or others can on my behalf - in stemming the tide of my maintenance malfeasance is huge. It's not exactly a sense of pride, it's more a sense of passing homeowner 101, the entry level course I've mostly failed going on 26+ years.

Needing the kind of help I do - in terms of time, money, tools, skillset and inclination - is an unrelenting burden of incompetence which I readily accept. Unfortunately, time does not lessen the responsibility. Nevertheless, I'm lucky to own such a unique and historic property.

If some maintenance suffers, it's not for lack of concern, it's for lack of ability and knowledge. Moreover, I just can't summon up the necessary fortitude. Throw in a stage IV, non-small cell lung cancer diagnosis and the prospects in the future for home-owning improvement are not great.

It's been my nine+ years experience that a cancer diagnosis (especially a "terminal" one) tends to rearrange your priorities/rewire your brain, so to speak. And even though I'm very happy seeing and hearing the trees being tended to, I'm more concerned about the forest.

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

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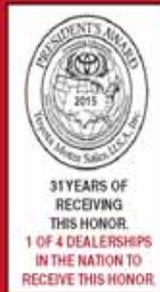
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