



NEWCOMERS & COMMUNITY GUIDE

2018-2019

At Upton Hill Regional Park, choose the color of your ball and tackle the 18-hole miniature golf course, which combines longer, tougher holes with challenging hazards mixed with short hole-in-one possibilities.

NEWCOMERS & COMMUNITY GUIDE

MedStar Capitals IcePlex Offers Cool Fun

BY MICHAEL MCMORROW
THE CONNECTION

The “home” of 2018 Stanley Cup Champion Washington Capitals is in Arlington. MedStar Capitals IcePlex sits on the roof of Ballston Commons parking garage at 627 North Glebe Road, near Wilson Boulevard. Through an arrangement between team and county government, the public has access to two full-size professional NHL hockey rinks on a year-round basis.

Public recreational skating is open seven days a week. Special one-hour periods are provided for seniors and the general public cost \$1, including the skates.

A “pro-shop” provides everything related to skating and the coffee shop/bakery is perfect for a time out. Corkscrew ramps of the parking garage delight children, while topside views of neighborhoods near and far can catch the eyes of adults.

On-the-ice classes are available at all levels and across all age groups. Of course, old-fashioned skate-in-a-circle recreation and hockey are offered. Other forms include:



PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

MedStar Capitals IcePlex is located at 627 North Glebe Road, Arlington. See www.MedStarCapitalsIceplex.com

curling, “sled hockey,” “broom ball,” figure skating, ice dancing, synchronized skating, and performance skating ala Ice Capades and Disney on Ice.

Children can enjoy a birthday party which includes ice time, and arrangements can be made for a special appearance by

“Slapshot,” official mascot of the Washington Capitals.

During summer vacations, with humid temperatures in the 90s, nothing feels better than stepping onto the ice for hockey in a variety of youth house leagues. Multiple camps and clinics welcome newcomers and

experienced players alike.

Ample spectator spaces permit parents to observe in more comfortable surroundings. Nothing is more entertaining than to watch waves of five-year olds (yes, five-year olds) in full uniform and pads take their first steps to becoming hockey players.

What to Choose at Upton Hill Regional Park?

“Slide, bat, swing and play” is the motto of Upton Hill Regional Park. The park offers the Ocean Dunes waterparks with a 500-gallon water-dumping bucket, 230-foot open slide or 170-foot covered slide, squirters and waterfalls or you could just swim.

Choose the color of your ball and tackle the 18-hole miniature golf course, which combines longer, tougher holes with challenging hazards mixed with short hole-in-one possibilities.

Across the parking lot don your helmet and hear the crack of the bat at six baseball and three softball batting cages for six differing skill levels.

A group shelter that can be reserved for up to 80 people (seating 64) is located in the woods at the beginning of the bike path. A descriptive plaque is located nearby describing Upton Hill’s role in the Civil War as the Hill changed hands from the Union



PHOTOS BY SHIRLEY RUHE/THE CONNECTION



to the Confederate Army and back again.

Upton Hill Regional Park is located at 6060 Wilson Blvd.

— SHIRLEY RUHE

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High Holiday services are held in the lovely sanctuary of the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard, Arlington, VA. We offer family services on the mornings of Rosh Hashanah and Yom Kippur, led by Sariel Ende-Alonzo.

NEWCOMERS & COMMUNITY GUIDE

Where To Go

FROM PAGE 3

Shirlington Dog Park

2754-2798 S Oakland St.

"It is so big that humans can get their exercise while the dogs do too! Also, it's near lots of shops and restaurants that are dog friendly, especially the very awesome New District Brewery. Plus, you'll see every shape, size and color of dog (and human). It is impossible to walk out of there without a giant smile in your face and hope in your soul."

— PAULA ALCORN



Thai Noy

5880 Washington Blvd.

"Thai Noy is our 'Cheers,' where everybody knows your name, and they're always glad you came. Arlington County is a wonderful mix of urban sophistication and small town community. Westover is a perfect example of this. The restaurant Thai Noy was started by Pane (Kot) Symoukda in January of 1998. Kot embodied the quintessential American dream. He came to the United

States as a refugee from war-torn Laos. He was given \$35 and left to his own devices. After working menial jobs he finally assembled enough resources to open his own restaurant. His food and personality quickly made Thai Noy a center piece of Westover. In August of 2017 Kot began experiencing symptoms of what turned out to be pancreatic cancer. We lost him on Nov. 18, 2017. His death left a great hole in our community and in the hearts of those who knew him. Despite the pain, his family carries on. He had imparted enough knowledge to four of his relatives that they have been able to keep the restaurant open and thriving. His memory will live for years embodied in the restaurant that he started."

— PERRY LINDSTROM



Trade Roots

5852 Washington Blvd.

"Trade Roots is one of my favorite places to go with friends. I love sitting in their cafe area, which is so cozy and well decorated. The tapestries and decorated cushions make the area so inviting, and the drinks that they serve are so delicious."

— SAMANTHA HAGA



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Join us each month to share time connecting with other caregivers and discussing common challenges. Guest facilitators offer information, advice and support in a welcoming, private setting.

Dr. Aleksandra (Anya) Parpura, an expert in aging and dementia, leads our Caregiver Connect program and brings to us vast knowledge, helpful tips and a kind heart.

**The first Wednesday of each month from 6:30-8:00pm
September 5 & October 3 • Light refreshments RSVP to
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Kensington Park, another Kensington community located nearby in Kensington, MD



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FAIRS & FESTIVALS



FILE PHOTO BY EDEN BROWN

Jazz Festival

The 2017 Rosslyn Jazz Festival stage at the end of the day, with the New Orleans Jazz. Visit www.rosslynva.org/jazzfest.

August 2018

FRIDAY/AUG. 24

Four Weddings and a Funeral. 5 p.m. at Gateway Park, 1300 Lee Highway. Part of the Rosslyn Cinema + Pub in the Park movie series, featuring a movie and food from one of the food trucks on site. Visit www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival for more.

SATURDAY/AUG. 25

Bat Fest. 6:30-7:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Leslie Sturges, director of the Save Lucy Campaign established to protect and conserve bats in this region. Ages 3 and up. Visit parks.arlingtonva.us/events/bat-fest-arlington/ for more.

SATURDAY/AUG. 25

Fall Vegetable Gardening. 7:30 a.m.-12 p.m. at Westover Branch Library, 1644 N. McKinley Road. Learn inexpensive techniques to extend the harvest and even enjoy some of the crops in the dead of winter. Visit mgnv.org/2018/07/14/august-2018-public-education-events/ for more.

September 2018

SATURDAY/SEPT. 8

2018 Rosslyn Jazz Fest. 1-7 p.m. at Gateway Park, 1300 Lee Highway. A variety of jazz bands, presented by the Rosslyn Business Improvement District (BID) and Arlington Arts. Free. Visit www.rosslynva.org/jazzfest for more.

October 2018

SATURDAY/OCT. 13

Pumpkin Carving Party. 12-2 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Tickets are \$12. Visit www.novaparks.com/parks/potomac-overlook-regional-park/events/pumpkin-carving for more.

FRIDAY-SUNDAY/OCT. 19-21

US FreedomWalk Festival. 3-6 p.m. on Friday, 7 a.m.-6 p.m. on Saturday, 7 a.m.-4 p.m. at 1900 N. Fort Myer Drive. The FreedomWalk Festival is a three-day long social walking challenge meant to bring together people of different backgrounds. Different trails are offered each day at a variety of distances from 3-27 miles starting at the Holiday Inn. Costs vary. Visit www.usfreedomwalk.org for more.

SATURDAY/OCT. 20

Fall Heritage Festival. 1-5 p.m. at Gulf Branch Nature Center & Park, 3608 N. Military Road. Step back into history and try a hand at some old-time games and crafts, make a corn husk doll, try on a coon-skin cap, or work the cider press. Write with a quill pen or churn butter and enjoy old-time music. Tickets are \$5. Visit parks.arlingtonva.us/events/fall-heritage-festival/ for more.

WEDNESDAY-MONDAY/OCT. 25-30

Washington West Film Festival. Screening events in Reston, Arlington and other local areas. Schedule to be released Sept. 25 and tickets will go on sale to the public on Sept. 28. Visit wwfilmfest.com/ for more.

FRIDAY-SUNDAY/OCT. 26-28

Marine Corps Marathon Weekend. Events like the Health & Fitness Expo, First Timers Pep Rally, Runners bRUNch, and more, lead up to the main event – The Annual Marine Corps Marathon – on Sunday at 7:55

a.m. and the MCM Finish Festival. Visit www.marinemarathon.com/events/marathon/mcm-info/mcm-schedule/ for more.

SATURDAY/OCT. 27

VolunteerFest. A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Visit www.volunteerfairfax.org/individuals/volunteerfest.php for more.

Dia de Muertos / Day of the Dead. 6-7:30 p.m. at Long Branch Nature Center at Glencarlyn Park, 625 S. Carlin Springs Road. Make Calaveras, the decorative sugar skull masks, enjoy holiday snacks, and see some night animals up close. Then, go on a night hike through the candlelit forest. Tickets are \$5. Visit parks.arlingtonva.us/events/dia-de-muertos-day-of-the-dead-3/ for more.

SATURDAY/OCT. 27

Annual Halloween Party. 6:30-9 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Snacks, games, arts and crafts, storytelling, guided hikes through the woods, and the Haunted Nature Center makes up the yearly party. Cost is \$15 per participant for the party, \$5 per participant includes the Haunted Nature Center experience. Children 3 and under are free. Visit www.novaparks.com/parks/potomac-overlook-regional-park/events/halloween-party-and-haunted-nature-center-0 for more.

November 2018

SATURDAY/NOV. 3

SCAN's Toast to Hope. 6:30-9:30 p.m. at Springfield Golf and Country Club, 8301 Old Keene Mill Road, West Springfield. Toast to Hope is SCAN's signature fall giving event



Visitors browse locally sourced food items at the Marymount Farmers Market.

Area Farmers Markets

Crystal City: Tuesdays, 3-7 p.m.; Crystal Drive between 18th and 20th streets. Visit freshfarm.org/crystal-city.html

Clarendon: Wednesdays, 3-7 p.m.; Clarendon Central Park (next to the Clarendon Metro). Visit clarendon.org/farmersmarket/.

Rosslyn: Wednesdays, 2:30-6:30 p.m.; Central Place Plaza, 1800 N. Lynn St. Visit freshfarm.org/rosslyn.html.

Ballston: Thursdays, 3-7 p.m.; Welburn Square (across from the Ballston metro). Visit www.ballstonbid.com/meet/taste-arlington/farmers-market-info.

Arlington Courthouse: Saturdays, 8 a.m.-noon; N. 14th Street and N. Courthouse Road. Visit www.community-foodworks.org/arlington-courthouse-market/

Arlington Mill: 9 a.m.-1 p.m.; Columbia Pike at S. Dinwiddie St. Visit columbia-pike.org/fm-arlington-mill/.

Marymount: Saturdays, 9 a.m.-1 p.m.; Marymount University, N. Glebe Road and Yorktown Boulevard. Visit www.marymountfarmersmarket.org.

Columbia Pike: Sundays, 9 a.m.-1 p.m.; Columbia Pike and S. Walter Reed Drive. Visit columbia-pike.org/fm/.

Fairlington: Sundays, 9 a.m.-1 p.m.; Fairlington Community Center, 3308 S. Stafford St. Visit www.fairlingtonfarmersmarket.org.

Westover: Saturdays, 8 a.m.-noon; Washington Boulevard and N. McKinley Road. Visit westoverfarmersmarket.org/.

FAIRS & FESTIVALS



FILE PHOTO BY MARK MOGLE

Marine Corps Marathon

Arlington's **Desta Beriso Morkoma, 32**, crosses the finish line in two hours, 25 minutes and 13 seconds to win the 2017 Marine Corps Marathon. Visit www.marinemarathon.com.

and offers wine and beer tastings, food samplings, plus a Silent/Live Auction. Tickets prices vary. Visit www.scanva.org/support-scan/news-events/toast/ for more.

Bld. Artists from all over the country will showcase paintings, jewelry, pottery, glass, and more. Free. Visit www.artfestival.com/festivals/arlington-festival-arts for more.

December 2018

SATURDAY/DEC. 1

Jingle Bell Run/Walk. At Pentagon Row, 1101 S. Joyce St. This run/walk features a "Jingle in Your Jammies" and a "Children's Fun Run" as well as races for adults. Registration is \$15-40. Visit www.arthritis.org for more.

APRIL 27-MAY 4

Historic Garden Week. This eight-day statewide event provides visitors with a unique opportunity to see elaborate gardens with more than 2,000 flower arrangements created by the Garden Club of Virginia Members. Visit www.va.gardenweek.org for more.

March 2019

Clarendon Mardi Gras Parade.

Annual parade to celebrate Fat Tuesday. Visit www.clarendon.com/mardi-gras.

May 2019

Taste of Arlington. In downtown Ballston. This annual event turns the Ballston area into a street festival featuring Arlington's restaurants and live music. Ticket prices vary. Visit www.ballstonbid.com.

SATURDAY/MARCH 16

Annual Move Me Festival. 1-4 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Each year, Bowen McCauley Dance hosts a family-friendly celebration of arts and culture featuring live performances and interactive demonstrations. Activities in arts and crafts, theatre games, singing, storytelling, world dance, yoga, Pilates, and more are perfect for the whole family. Free. Visit www.bmdc.org/event/10th-annual-move-me-festival for more.

June 2019

Pops for Pets. 6 p.m. at Lubber Run Amphitheatre, 200 N. Columbus St. The Arlington Philharmonic collaborates with the Animal Welfare League of Arlington (AWLA) to present the annual Pops for Pets, an informal outdoor benefit concert. Free. Visit www.awla.org for more.

April 2019

SATURDAY-SUNDAY/APRIL 13-14

Arlington Festival of the Arts. 10 a.m.-5 p.m. at 3003 Washington

August 2019

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 for more.

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Join LWV of Arlington County

Aug. 26, 2018 marks the 98th anniversary of the date when then Secretary of State Bainbridge Colby signed the proclamation making official the right of American women to vote. In 1973 Congress by resolution designated this day as Women's Equality Day.



The League of Women Voters was founded in 1920 by Carrie Chapman Catt, president of the National American Woman Suffrage Association, during its convention which was held six months before the ratification of the 19th Amendment. She was a women's rights activist and a suffragist, who stated that the vote was the "emblem of equality" for all citizens, women and men.

The League of Women Voters of Arlington County has been active since the 1940s in involving citizens in government through voter registration, voter education and citizen empowerment.

In 2018 the Arlington League hosted what may have been the largest voter registration training in the history of the state of Virginia. More than 200 people attended.

The Arlington League has recently held public events on redistricting, DACA and Dreamer children and an LGBTQ legislative

update. It is planning events on affordable housing and the restoration of voter rights as well as local school board debates. Committees have been formed on maintaining election security and on seeking state ratification of the Equal Rights Amendment.

The League of Women Voters of Virginia (LWV-VA) celebrates the fact that in 2018 there are 38 female legislators in the General Assembly as compared to 24 in 2015, an increase of 14. Although the LWV-VA does not endorse any candidates, we recognize this historical achievement.

The LWV-VA is a non-partisan organization. It provides voter services and citizen education and advocates at the state level for particular policies that are in the public interest.

To learn more about the League of Women Voters of Virginia, go to its website, www.lwv-va.org.

To learn more about the League of Women Voters of Arlington County, go to <https://lwv-arlingtonva.org/>.

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