



Ten-year-old Nairobi Laguna sports a face full of daisies at the face-painting booth at the Arlington County Fair.

Face-Painted For the Fair

NEWS, PAGE 3

Political Scientist by Day And Writer by Night

PEOPLE, PAGE 4

Join Citizen's Police Academy

NEWS, PAGE 2

ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE/THE CONNECTION

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 8-22-19

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

Encore Debuts New Season of Choral Singing

Arlington's baby boomers, retirees and beyond can crank up their singing voices when Encore, a choral organization for adults over 55, begins its fall 2019 season at the Langston Brown Senior Center, 2121 North Culpeper St.

Registration is open now for the Langston Brown Encore Chorale, a choral group singing arrangements from classical to Broadway.

No auditions are necessary. Encore's mission is to provide accessible arts education and performance opportunities for older adults regardless of ability or experience. The 15-week program meets on Tuesdays, beginning Sept. 3 from 1:45 to 3:15 p.m. for rehearsals and instruction with conductor Ingrid Lestrud, the principal associate conductor for the National Children's Chorus in Washington, D.C., whose choirs perform at major concert halls throughout the country. At the end of the program, the Chorale performs in a free concert that is open to the public. Tuition for the program is \$175. Singers will also receive a rehearsal CD and sheet



PHOTO CONTRIBUTED

Registration is open now for the fall season of the Langston Brown Encore Chorale, a choral program for older adults.

music so they can practice their parts at home. Register through Arlington County using class number 919095-41. For more informa-

tion, visit www.encorecreativity.org Founded in 2007, Encore Creativity for Older Adults has 23 ensembles across the nation, plus

summer camp programs and international travel opportunities. For more information, call 301-261-5747.

INDEPENDENT LIVING
ASSISTED LIVING
HEALTH CARE
SHORT-TERM RESPITE

ENRICHING LIFE'S JOURNEY

Quiet, comfortable living minutes from the beltway and our nation's capital. Hermitage Northern Virginia offers rooftop views of Washington, D.C. surrounded by seven acres of beautifully landscaped gardens.

Free yourself from the hassles of home ownership, and spend time exploring your passions or finding new ones. At Pinnacle Living, our team works closely with residents, families and loved ones to fulfill our mission of Enriching Life's Journey. We are here for those who seek independence, combined with a secure plan for the future.

HERMITAGE

NORTHERN VIRGINIA

PINNACLE LIVING

5000 FAIRBANKS AVENUE

ALEXANDRIA, VA 22311

P: 703 797 3800

HERMITAGENOVA.ORG

facebook: [HERMITAGENOVA](https://www.facebook.com/HERMITAGENOVA)

Join Citizen's Police Academy

The Arlington County Police Department is now accepting applications for the 23rd Citizen's Police Academy (CPA). The CPA is an educational program designed to create better understanding and communication between police and the citizens they serve.

Residents of Arlington County are given an opportunity to increase their understanding of how police officers are trained and to experience the working environment of a police officer. Some of the topics of discussion include: police hiring, legal considerations, use of force, vehicle operations, community engagement, K9, SWAT and mental health crisis intervention.

Program Information

The CPA is a 12-week program beginning on Thursday, Sept. 19. Classes are presented by officers, civilian staff and volunteers of the police department and participants will have an opportunity to voice their concerns and questions about how the department functions.

Classes will be held on Thursdays from 6:30-9:30 p.m. at police headquarters located at 1425 North Courthouse Road. Two sessions will meet on a Saturday at an off-site location. To receive a graduation certificate, participants must attend at least 10 out of 12 sessions.

Interested applicants must be at least 18 years old, have no felony convictions and reside or work in Arlington County. Due to the nature of the material being covered and that the CPA is held in a secure facility, a background check will be completed on each applicant. Class size is limited, and every effort will be made to maintain a balanced enrollment reflective of the total community. Interested applicants may complete and submit their application online. Applications are due no later than Sunday, Sept. 1.

For more information about the CPA, contact the department's Training and Career Development Unit at 703-228-4247 or ACPDTraining@arlingtonva.us.



The fairground is spread out below before the riders at the top of the Ferris wheel on Friday, Aug. 16 at the Arlington County Fair.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Eva Tesselaar has attracted a monarch butterfly to her sugar water sponge at the Butterfly Encounter.

Never Too Hot for the Arlington County Fair

From rides to butterflies.

BY SHIRLEY RUHE
THE CONNECTION

Large yellow school buses stop in front of Thomas Jefferson Community Center to discharge fairgoers traveling from centrally

located shuttle stops on Friday, Aug. 16.

Where to go first? The exhibits open at 4 p.m. on Friday, but food smells are wafting around the building, and the rides are twirling in the distance.

In a few minutes you know it is hot. Several people sit on the bleachers under a tree to escape the sweltering temperatures. Mothers stop in a spot of shade cast by a “toss your dart stand” while tiny arms tug on their arms pointing to the next ride.

Blue raspberry and watermelon smoothies are juggled with fistfuls of tickets — \$1 a ticket or 24 tickets for \$20 with most rides taking 4-6 tickets. A real bargain but gone in a minute. Youngsters press their bodies against the measure on the wall, standing on tiptoes, trying to meet the 48” requirement to go on a ride without an adult.

The face-painting booth is located right inside a gate to the rides. It’s 2 p.m. when

the children’s activities have just opened so lines are short. “What would you like?” Delina Ogbe, from Eritrea, asks her first customer. “Well, that design is probably too hard,” she replies. “This is my first day.” The customer settles on a rainbow and Yuoisia Salen, also working at the booth, provides the extra flowers.

The moon bounce sits just a few feet away but without too many customers. “We had

SEE COUNTY FAIR, PAGE 11



Teddy bear, elephant, butterfly? Two-year-old Cecelia Miller admires her fish blowing bubbles from SBH Balloon and More.



A monarch perches on a sponge soaked in sugar water on a stick that Annie Ruhe is holding.



Sausages, corn dogs, fried Oreos — something for everyone at the Arlington County Fair.

Political Scientist by Day

And a writer by night.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Arlington mystery author Colleen Shogan was on her weekly Friday evening walk a few years ago when the idea for her first “whodunit” novel struck.

“Seven or eight years ago, during my walk, my mind started to wander,” said Shogan, an Arlington-based political scientist and writer. “I’ve always read a lot of mystery books, so I remember thinking, ‘If I wrote a mystery book, what would the plan be?’ When I got home, I did the smart thing and wrote down all my thoughts, which ultimately was the basis for my first fiction book, ‘Stabbing in the Senate.’”

“Stabbing in the Senate” was the first book in Shogan’s political mystery series, with protagonist Kit Marshall, a bureaucrat and amateur detective. This summer saw the release of Shogan’s latest title, “Gore in the Garden,” which takes readers on another ride after a murder at the United States Botanic Garden in Washington D.C.

Published by Coffee Town and Camel Press, “Gore in the Garden” is the fifth in a series of what will be at least six books.

“Readers like to see characters develop over time, and we’ve watched Kit Marshall change and grow into her job,” said Jennifer McCord, executive editor and associate publisher for Coffee Town and Camel Press. “Kit is a very likable, amateur sleuth at the center of the government’s inner workings. She never gives up until she solves a case. Readers like the continuity of a community of characters, too, and that’s what we’ve seen from [Shogan’s] series. She’s kept many of the characters in all five books that she’s started with. People like reading what’s going on with her boyfriend, friends, and her dog, Clarence.”

Reading Shogan’s books also gives readers a glimpse into the realm of Washington D.C., and the culture of Capitol Hill.

“Readers get to travel to the places they read about, and Washington D.C. is particularly intriguing,” McCord said. “We always tell authors to write what they know, and readers trust Shogan’s political insider’s view, and that she knows what she’s writing about in her mysteries. With ‘Gore in the Garden,’ for example, you experience the US Botanic Gardens. That’s a big part of the appeal.”

It’s not just national sites, either. “I also include a lot of Arlington landmarks,” Shogan said. “Kit works in DC but lives in Arlington, so there are a few restaurants and

stores, like Liberty Tavern, Green Pig, and The Italian Store. I work those local areas and businesses into the mysteries to give it a little of a neighborhood feel. A few of my readers have told me that they’ve visited Washington D.C. and visited the places referenced in my books.”

Shogan is a political scientist by day and a writer by night (literally – she does all her fiction writing at night and weekends). These days, her political insider perspective comes from the Library of Congress, where she is the assistant deputy librarian for Collections and Services. And for years before Shogan began her work with the Library, she – much like her leading character, Kit Marshall – worked on Capitol Hill. She served as both a legislative staffer for the United States Senate and as the deputy director of the Congressional Research Service.



Shogan

The idea for Kit Marshall had likely been percolating somewhere in the back of Shogan’s brain long before she began putting pen to paper.

“In some ways, Kit Marshall was maybe forming for some time,” said Shogan, who has her Ph.D. in politics from Yale University. “I’m an observant person by nature. I like to see how people behave, and I pick up on their foibles and quirks. I really enjoyed watching people on Capitol Hill, a real cast of characters — not just the politicians, but also the other staffers. A lot of them became my friends. So, Kit is an amalgamation of a bunch of these people — of a lot of women I met on the Hill. Even though a lot of people think Kit is me, she’s not. She is daring and takes a lot of risks I wouldn’t. She does what it’s necessary for a sleuth to do.”

Shogan focuses on the sleuthing and keeps tense topics out of her books because she knows we’ve all seen our fair share of political drama play out in the real world.

“You can’t have a Capitol Hill based mystery without politics, but my books aren’t partisan or ideological,” Shogan said. “I didn’t want to write mysteries for just the right or the left, so people from across the partisan spectrum can read them. A lot of news coverage today is very negative, telling conflict-ridden stories about DC, so I want to try and tell some of the stories that have nothing to do with ideologies.”

Shogan’s own interest in government is in no way rooted in polarizing politics.

“I didn’t come from a political family,” said Shogan, who grew up in Pittsburgh. “My parents were civically engaged, and voters, but I



Colleen Shogan and her dog Conan, who is better known as “Clarence” in the Washington Whodunit series.

was always much more interested in it. I was in high school during the 1992 presidential election. It was an exciting time to be engaged in politics, with Ross Perot, Bill Clinton and George H.W. Bush running. Pennsylvania was a swing state even then, and I went to all the rallies. That was what got me very interested and energized about a political science major.”

LONG BEFORE Shogan was reading political science textbooks, she was regularly delving into all kinds of mysteries.

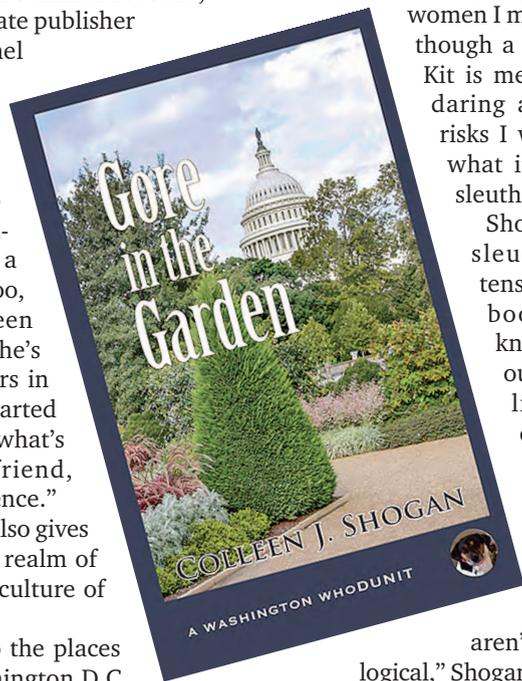
“I’ve always been a big mystery reader, really since I was 6 years old,” she said. “When it got to the time when I was writing my own, I did a lot of research on story structure, and how much detail to include. It wasn’t like I set out to do it, it came to me. This goes to what Stephen King always says — you can’t be a writer unless you’re a reader. I agree with that. If you’ve read a lot, you can do the writing because you understand the arc of stories, what makes for a good plot twist.”

There are plenty of plot twists in “Gore in the Garden,” which is complete with murder, complicated family relationships, and even romance. And, much like with the whole concept of the series, Shogan thought of these story elements as she was going about her daily life.

“When you’re in front of the computer, you feel pressure to produce,” Shogan said. “A lot of things come to me as I’m driving to work, and then when I get there, I make notes in my iPhone. I exercise most days too, which is good for my creativity, and, of course, I still take my walks. Even with the smallest details, I never know when things are going to come to me.”

“Gore in the Garden” is available through all major book retailers, including Amazon.com.

Residents can also meet Shogan at a book talk and signing event alongside other local mystery writers on the evening of Thursday, Aug. 22 at One More Page Books in Arlington.



The
Arlington
Connection

www.ConnectionNewspapers.com

@ArlConnection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Steven Mauren
Editor
703-778-9415
smauren@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer
and Writer
arlington@connectionnewspapers.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com





PHOTO CONTRIBUTED

Bridge Construction Completed

Earlier this summer, Arlington County celebrated completion of its latest transportation capital improvement — a new bridge for North Carlin Springs Road over North George Mason Drive — ahead of time and under budget. After decades of wear and tear, the original bridge had developed significant structural issues that needed to be addressed. Building a new bridge addressed these safety issues, but also provided an opportunity to improve the function of the structure. Expanding the bridge width only four feet — from 65 to 69 feet — added enough room to widen sidewalks and add bike lanes while maintaining four travel lanes for vehicles.

Commemorating Enslaved Africans

A nationwide commemoration will honor and remember the enslaved Africans brought to Virginia's Point Comfort, now part of Fort Monroe National Monument, in 1619.

Across the nation, parks and organizations will ring bells on Aug. 25 at 3 p.m. for four minutes — one minute to honor each century of African American history.

Beginning at 2 p.m. on Aug. 25, park rangers from George Washington Memorial

Parkway will offer opportunities for visitors to explore themes of remembrance, healing and reconciliation related to African American history at the Netherlands Carillon in Arlington Ridge Park.

Visitors are encouraged to bring their own bells to ring alongside the carillon at 3 p.m.

The carillonner will also play African American hymns and musical selections that reflect the African American experience.

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.

MARINE CORPS MARATHON ENTRY

American Cancer Society. Guaranteed entry into the Marine Corps Marathon & 10K with the American Cancer Society Determination team. Group runs and fundraising activities. Register by Sept. 10. E-mail easterndetermination@cancer.org or call 765-586-2222.

SUNDAY/AUG. 25

Application Deadline. Tree Stewards Arlington & Alexandria are accepting applications for the volunteer training class starting Tuesday evening, Sept. 24. During the evening classes and hands-on field work, learn best practices in tree planting, pruning, tree care and how to ID tree species. A \$120 fee will cover the cost of the course, a training manual and all handout materials. Scholarships available, especially for schools and local government staff. No one turned away for inability to pay. Visit www.TreeStewards.org.

MONDAY/AUG. 26

Open Door Mondays. 7-9 p.m. at Aurora Hills Branch Library, 735 South 18th St. Drop in to chat informally, one-on-one, with an Arlington County Board Member on any topic. No reservation is needed. Visit countyboard.arlingtonva.us/open-door-mondays.

WEDNESDAY/AUG. 28

Narcan Training Sessions. 6-7 p.m. at Phoenix House, 46 S. Glebe Road, 3rd Floor, Arlington. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Sigveland at 703-228-0913 or esigveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness for available training sessions. Registration is not required but it is recommended. Visit www.chrisatwoodfoundation.org/naloxone to register.

Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

10% down
nothing until the job
is complete for the
past 17 years



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed
Since 1999



Free Estimates

703-999-2928 Visit our website: www.twopoorteachers.com

ENTERTAINMENT



The First Morning of Winter Vacation, acrylic, 2019, by Barry Keith.

Solo Painting Exhibition

Draftsman 2019 is the solo painting exhibition for the month of September of Arlington Artists Alliance member and T.C. Williams graduate Barry Barnett Keith. The exhibit runs Sept. 6-30, gallery hours at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. An opening reception is planned for Friday, Sept. 6, 5-8 p.m. Free. Visit galleryunderground.org or call 571-483-0652.

CALENDAR

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

ONGOING

Summer Movie Nights. Through Aug. 24, Fridays at Arlington Mill Community Center and Saturdays at Penrose Square. The Columbia Pike Revitalization Organization (CPRO) is proud to announce the theme for its popular Summer Movie Nights for 2019, "Heroes and Sheroes: Movies with a Mission." From hidden math heroes to fantasy flying figures, enjoy a summer of 22 films that feature comic book heroes and icons of social justice. All films are rated G, PG, or PG-13. Visit www.Columbia-Pike.org for schedule.

Glow Yoga at the Fountain.

Sundays, through Aug. 25, 7-8 p.m. at Crystal City Water Park, 1601 Crystal Drive. Join Mind Your Body Oasis at the Crystal City Water Park for fun and free yoga sessions. Reset for the week ahead with a relaxing hour-long workout under the glow of the fountain lights. Free. Call 703-412-9430 or visit www.crystalcity.org/do/yoga-at-the-fountain for more.

Rosslyn Putt-Putt + Candy BAR.

Through Aug. 31, Fridays, 5-9 p.m.; Saturdays, 10 a.m.-6 p.m. at 1401 Wilson Blvd. Arlington's newest pop-up, Rosslyn Putt-Putt + Candy BAR, will feature mini golf and a retro snack stand. Play nine holes of mini golf (\$3) featuring constructions of favorite neighborhood landmarks. The adjoining Candy BAR will be serving up beer, wine, candy and popsicles. There will also be carnival games and old-school video games indoors. Visit www.rosslynva.org/ putt for more.

The British Are Coming. Through Aug. 31 at Signature Theatre, Village at Shirlington, 4200 Campbell Ave. The hits of The Beatles, Tom Jones, Shirley Bassey and more. Stroll back down Penny Lane with Signature's cast of the British Invasion cabaret. Get plenty of Satisfaction as they sing favorite British hits of the 60s and 70s, including "I Want to Hold Your Hand," "You Really Got Me," and "Downtown." \$38. Visit www.sigtheatre.org/ or call 703-820-9771.

Art Exhibit: "La Citt  Italiana."

Through Sept. 6, gallery hours at Gallery Clarendon, 2800 Clarendon Blvd. Suite R-800. Visit the Overlook Gallery and travel with artist Matthew Miller along the canals of Venice, through the gardens of Florence, and so many cities and villages in between. After a moment in Amalfi, stroll through the main gallery, where there will be new work hanging by Gallery Clarendon member artists. Meet the Artists at an opening reception Friday, Aug. 9, 5-7 p.m. Free and open to the public. Visit www.galleryclarendon.org.

Art Installation: Linny Giffin.

Through mid-September at Central Place Plaza, 1800 N. Lynn St. Linny Giffin has been working on Central Place Plaza on her latest masterpiece: an installation of 800 silk leaves that will hang from the glass pergola. Giffin made eight different types of leaves in orange, yellow and blue to be used for this project. She spent two weeks painting them, and then affixed wire to each one to facilitate hanging. See Giffin work through Friday, Aug. 16, 9-5 p.m. and join for a launch celebration Thursday, Aug. 15, 11:30 a.m.-1 p.m. Visit www.rosslynva.org/feature/one-place-at-a-time for more.

Registration Open: NVSO. The

Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Operation FirePaws. Through Aug. 31, 7 a.m.-7 p.m. at Arlington County Fire Stations. The fourth year of Operation FirePaws, the Arlington County Fire Department's (ACFD) month-long charity drive for the adoptable pets at the Animal Welfare League of Arlington (AWLA), kicks off next week. Community members can drop off needed pet supplies to designated donation bins at Arlington fire stations. Check AWLA's list of needed donations (arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/35/2019/07/AWLA-In-Kind-Donation-Wish-List.pdf). The AWLA will not accept milk bones, boxed hard/homemade treats, or used beds.

Summer Exhibitions. Through Sept. 7 at Arlington Arts Center, 3550 Wilson Blvd. Visit www.arlingtonartscenter.org or call 703-248-6800.

❖ **Transitional Objects.** Working in sculpture, installation, and video, these artists experiment with unconventional materials, take inspiration from or produce functional objects, and create sculptures that elucidate both the allure and the difficulty of material forms. Transitional Objects artists: Kyle Bauer, Calder Brannock, Dexter Ciprian, Emily Culver, Liz Ensz, Kyle Hittmeier, Trish Tillman, and Holly Trout.

❖ **Jen Noone: Sort of, Kind of, Almost.** Noone repeatedly coats the surfaces of acrylic boxes, picture frames, and shelving units, before scraping away layers of the dried latex. Each new layer of paint represents an attempt to improve upon the previous layers. While the pursuit of perfection may inevitably result in failure, Noone's work suggests that the quest for the ideal form, even if it repeatedly misses the mark, has a beauty and charm all its own.

❖ **Jason Horowitz: Ashton Heights Re/Seen.** Photographer Jason Horowitz uses the Photo Sphere/Street View app and his smartphone's camera to create immersive abstract views. For Ashton Heights Re/Seen, Horowitz presents a selection of images from the Re/Seen series all made a short distance from Arlington Arts Center.

Outdoor Zumba. Wednesdays, through Sept. 25, 12:30 p.m. in the Courtyard at 2121 Crystal Drive. The Crystal City BID, Sport and Health fitness club and JBG SMITH invite you to join them for free midday Zumba in the courtyard of 2121 Crystal Drive on Wednesdays. Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program for all to enjoy. Free. Call 703-412-9430 or visit www.crystalcity.org/do/outdoor-zumba-2018 for more.

Fridays at the Fountain. Fridays, through Oct. 25, 5-9 p.m. at The Stand at the Crystal City Water Park, 1601 Crystal Drive. Fridays at the Fountain is a seasonal pop-up beer garden set within the Crystal City Water Park, featuring food, drink and a rotating lineup of live music from local bands and musicians. Free to attend; selection of food available for purchase. Call 703-412-9430 or visit

www.crystalcity.org/do/fridays-at-the-fountain for more.

Arlington Mill Farmer's Market. Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit columbia-pike.org/fm-arlington-mill.

THURSDAY/AUG. 22

Mystery Night. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Get ready for a fun (and funny) evening as One More Page celebrates the launch of three killer mysteries: Sherry Harris' seventh A Sarah W. Garage Sale Mystery: Let's Fake A Deal; Colleen Shogan's fifth Washington Whodunit: Gore In The Garden and Mark Bergin's debut crime novel Apprehension. Visit www.onemorepagebooks.com for more.

FRIDAY/AUG. 23

Friday Night Movies: Won't You Be My Neighbor (PG-13). Begins just after sunset at Arlington Mill Community Center, 909 S. Dinwiddie St. Limited seating provided, bring your own chair. Visit www.columbia-pike.org/movie-nights for more.

Night Insects Campfire. 8:30-9:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families. Register adults and children; children must be accompanied by a registered adult. The whole family is invited to join us at the Long Branch

ENTERTAINMENT

amphitheater for lots of old-fashioned fun: entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores. \$5. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642959-F.

SATURDAY/AUG. 24

Arlington History Bike Tour. Meet at 9 a.m. top of the escalator at Ballston Metro Station, S.E. Corner of N. Stuart Street and Fairfax Drive. Bike -1-23 miles visiting Arlington parks and historic sites dating from colonial times to early 20th century. Leisurely; many stops. May travel all day. Easy; no long uphill climbs on paved streets and bike trails. Bring lunch, water, and any type of bike; wear a helmet. No reservations necessary. Sponsored by Center Hiking Club (www.centerhikingclub.org). \$2. Contact Bernie Berne at bhberne@yahoo.com or 703-243-0179.

Wags n' Whiskers. 10 a.m.-4 p.m. at the Village at Shirlington. The Village at Shirlington transforms Campbell Avenue into a community street festival for animal lovers and their pets, filled with fun for all. Giveaways, treats and gift bags from more than 65 exhibitors ranging from pet services and accessories to onsite adoptions. Children can enjoy glitter tattoos, balloon twisting and more family friendly activities. Live music. Visit villageatshirlington.com/.

Author Event: Steve "Dangle" Glynn. 2 p.m. at One More Page Books, 2200 North Westmoreland St. Washington's favorite sports blog, Russian Machine Never Breaks (RMNB), and Arlington's favorite bookstore, One More Page Books,

team up to bring you everyone's favorite hockey blogger-correspondent-YouTuber-author, Steve "Dangle" Glynn. Join for an afternoon of fun as Glynn signs his book *This Team Is Ruining My Life (But I Love Them): How I Became a Professional Hockey Fan*. This is a ticketed event; tickets can be purchased in advance at www.eventbrite.com/e/rmnb-one-more-page-present-steve-dangle-glynn-tickets-65810686535. Visit www.onemorepagebooks.com for more.

Summer Scavenger Hunt. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 6 and up. Have fun as we search for signs of summer before time runs out. The evidence is all around if you know where to look. For information: 703-228-6535. Register children and adults; children must be accompanied by a registered adult. Free. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642959-S.

Survival Skills: Poison and Venom ID. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 8 to 13. Learn hands-on traditional survival skills. Learn about poisonous plants and venomous animals, and which ones to avoid. \$5. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642929-G.

Netherlands Carillon Recital Series. 6-8 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists play patriotic music, jazz, and pop on the carillon's 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.



PHOTO COURTESY OF THE ROSSLYN BID

Rosslyn Jazz Festival

The 29th annual Rosslyn Jazz Festival features: The Suffers; Grammy-nominated New Orleans brass band Cha Wa; singer/cellist Leyla McCalla (formerly of the Grammy award-winning Carolina Chocolate Drops); and D.C.'s go-go/jazz ensemble JoGo Project. Also featuring local food trucks, a pop-up beer and wine garden, and the latest interactive installation aboard the Arlington Art Truck. Saturday, Sept. 7, 1-7 p.m. in Gateway Park, 1300 Lee Highway, Rosslyn. Free admission. Visit www.rosslynva.org/jazzfest for more.

Bat Fest Arlington. 6:30-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults, teens, families ages 4 and up. Enjoy a thoroughly batty evening and add to knowledge

of local night life. Live bat shows are presented by Leslie Sturges, director of The Save Lucy Campaign, established to protect and conserve bats in this region. Admission also includes ongoing habitat walks,

games, crafts and more. Registration is required to enter one of the live bat talks below. \$8. Register children and adults; children must be accompanied by a registered adult. Call 703-228-3403. Register online at



THE HAVEN NATIONAL HARBOR

NEW CONDOS FROM THE LOW \$300s

"Best Residential Development"
— *Washington Business Journal*

NEARLY 70% SOLD

Learn more at
TheHavenCondosNHBR.com

or call **240.490.2927**

Sales office and models open daily. Immediate Move-In.
145 Riverhaven Drive, National Harbor, MD 20745

PETERSON
COMPANIES

McWilliams
Ballard

MHBR #8042

ENTERTAINMENT



Le Refuge

Restaurant

Summer Specials

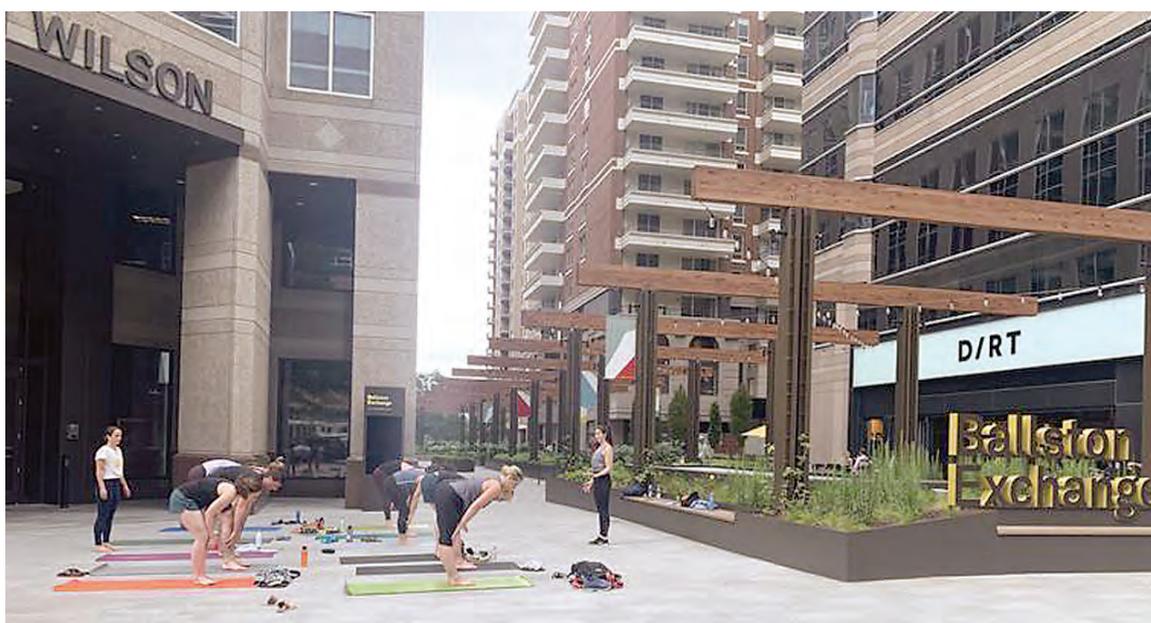
Fresh Soft Shell Crabs

- Cold Soup Trio
- Cold Salmon Platter
- Stuffed Avocado with Crab Meat
- Bouillabaisse
- Beef Wellington
- Rack of Lamb
- Dover Sole
- Frog Legs

Patio seating available  Find us on Facebook

127 N. Washington St., Alexandria • 703-548-4661

Smoke-Free Restaurant
www.lerefugealexandria.com



Summer Yoga

Celebrate summer at Ballston Exchange with free yoga provided by CorePower Yoga on select summer Fridays. After yoga, grab a free pastry and \$5 off anything at the clean eating restaurant DIRT. Fridays, July 26, Aug. 9 and 30; 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. Visit www.ballstonexchange.com for more.

CALENDAR

registration.arlingtonva.us.

❖ 6:30-7 p.m., for families w/ younger children #642859-I

❖ 7:15-7:45 p.m., for families w/ younger children #642859-J

❖ 8-9 p.m., 1 hour, for adults and families with older children #642859-K

Saturday Night Movies: Won't You Be My Neighbor (PG-13). Begins just after sunset at Penrose Square, 2501 9th Road S. Limited seating provided, bring a chair. Visit www.columbia-pike.org/movie-nights for more.

SUNDAY/AUG. 25

Wildlife Ambassadors. 11 a.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. As showcased on the TV show Animal Planet, Wildlife Ambassadors allow children and adults to get up close and personal with animals from around the world as well as many from our very own backyards. The organization provides a permanent home for exotics, farm animals and native non-releasable wildlife. As part of the Amphitheater's 50th Anniversary celebration, the artists of Arlington's Lee Arts Center will turn the nearby pavilion into an outdoor art studio where, after the presentation, professional artists will guide them in creating clay versions of the animals they've just seen. Call 703-228-1850 or visit www.arlingtonarts.org.

MONDAY/AUG. 26

Bonefish Grill Celebrates 5 Years in Arlington. 11 a.m.-10:30 p.m. at Bonefish Grill, 1101 S Joyce St. B-26. Join the celebration and partake in all day happy hour, live music and giveaways. Call 703-412-2837 or visit www.bonefishgrill.com.

Author Event: Sam Kean. 7 p.m. at One More Page Books, 2200 North Westmoreland St. One More Page welcomes back NY Times best-selling author Sam Kean to share from his latest book *The Bastard Brigade: The True Story of the Renegade Scientists and Spies Who Sabotaged the Nazi Atomic Bomb*. Visit www.onemorepagebooks.com for more.

TUESDAY/AUG. 27

Craft Night. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Get those creative

thought processes going or bring a project that's already underway. This is a casual event with space and good company while working on a masterpiece or trying something new. Visit www.onemorepagebooks.com for more.

WEDNESDAY/AUG. 28

Walk with a Ranger. 10 a.m. at Arlington Ridge Park, George Washington Memorial Parkway. Meet at the Marine Corps War Memorial and join a National Park Service Ranger for a 3-mile hike around the edge of the Arlington National Cemetery to Memorial Avenue, down to the Mount Vernon Trail, up to Theodore Roosevelt Island and around to Rosslyn and back to the starting point. Bring walking shoes, sunscreen and drinking water. Visit www.nps.gov/gwmp for more.

Celebrating 20 Years. 6-8 p.m. at Quincy Park, 1021 N Quincy St. Join The Arlington Partnership for Children, Youth and Families to celebrate 20 years of work. All are welcome to join this potluck party. (Rain location: 2100 Washington Blvd., Lower Level Auditorium). Visit apcyf.arlingtonva.us to RSVP.

THURSDAY/AUG. 29

Conversation with a Cop. 6-7 p.m. at Whitlow's on Wilson, 2854 Wilson Blvd. and 7-8 p.m. at Buena Vida Social Club, 2900 Wilson Blvd. Arlington County Police Department's Restaurant Liaison Unit invites members of the public to join them for Conversation with a Cop, an opportunity for the public to get to know the officers and staff, the Department's overall efforts to promote alcohol and nightlife safety throughout the County and share ideas on how towe can continue to work together to make Arlington a safe place to enjoy nightlife and entertainment. Visit police.arlingtonva.us/arlington-restaurant-initiative/ for more.

FRIDAY/AUG. 30

Summer Yoga. 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. Celebrate summer at Ballston Exchange with free yoga provided by CorePower Yoga on select summer Fridays. After yoga, grab a free pastry and \$5 off anything at the clean eating

restaurant DIRT. Visit www.ballstonexchange.com for more.

Darting Dragonflies Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families. Register children and adults; children must be accompanied by a registered adult. The whole family is invited to meet at the Gulf Branch fire ring for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. \$5. Call 703-228-3403. Register online at registration.arlingtonva.us, use code #642859-G.

SATURDAY/AUG. 31

Fort Ethan Allen Park Walking Tour. 11-1:45 a.m. and 1-1:45 p.m. at Fort Ethan Allen Park parking lot, 3829 N. Stafford St. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort in Arlington. Explore the earthworks and discuss how and why the fort was built. Dress for the weather. Terrain will be uneven and possibly muddy. Free. Call 703-228-4775 or register online at registration.arlingtonva.us, use code #642759-D (11 a.m.) or #642759-E (1 p.m.).

Netherlands Carillon Recital Series. 6-8 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists play patriotic music, jazz, and pop on the carillon's 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

Summer Farewell Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families. Register adults and children; children must be accompanied by a registered adult. The whole family is invited to join us at the Long Branch amphitheater for lots of old-fashioned fun: entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores. \$5. Call 703-228-6535 or register at registration.arlingtonva.us, use code #642959-G.

MARYLAND RENAISSANCE FESTIVAL

NEAR ANNAPOLIS, IN CROWNSVILLE, MD

TIME TRAVEL TO...

Fun!



OPENS AUGUST 24TH!

Saturdays, Sundays & Labor Day
Monday through October 20th

Kids 15 & Under admitted FREE
August 24th & 25th!

10 AM - 7 PM
RAIN OR SHINE

800-296-7304
RENNFEST.COM

Reduced Admission through Sept. 8th!





PHOTO BY MARILYN CAMPBELL

Jaelyn Wheeler is helping her children transitions from a care free summer to structured school year.

Back-to-School Anxiety

Easing in to the new year.

BY MARILYN CAMPBELL

After summer camps and a vacation abroad, Jaelyn Wheeler is easing her children into the new routine that they will face later this month when they return to school. She's purchased school supplies and created and laminated a schedule of activities for before and after school. "They've been staying up until the wee hours of the morning, but I've been getting them to bed early and waking them up early," she said. "I've bought organizational supplies from the Container Store to help organize their desks at home so they have a clear workspace for doing homework."

When months of swimsuits, summer camp and lazy days turn into early rising, classroom desks and school bells, many families will feel the shock of a sudden shift in schedule. Faced with the reality of nightly homework, the need to perform well academically and the peer pressure that often comes with returning to school, many parents and children can feel anxious about starting a new school year.

"Children often worry if they will be able to cope with the demands of their new grade, said therapist Carol Barnaby, LCSW-C. "Will they be smart enough? Will they disappoint their parents? Will their teacher like them? Will they fit in with their peers? Will they be bullied? Will they be good enough to make the sports team? The worries can go on and on."

The increased pressures of perfectionism in both academic and extracurricular endeavors can feel daunting, especially after an easy-going summer.

"The social stressors of fitting in, being included [and] being accepted combine to create stress that is only increased by social media," Vicki Kirsch, Ph.D., LCSW Associate Professor of Social Work at George Mason University. "It's not only the difficulties of finding a group to sit with in the cafeteria, but also now criticism and bullying through social media."

As children approach adolescence, peer pressure can intensify such stress, suggests Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University.

"In fact, new school year stress for school-aged children is usually more tied in with pressure to make friends, fit in, wear the right clothes, shoes and backpacks and who will be in their class," she said. "For parents, stress relates more to their expectations of

school performance and other school or extracurricular activities."

Parents can comfort and support their children by acknowledging and validating a child's angst, says Gulyn. "Listen to their concerns and anxieties about social relationships. Help them ease into the transitions," she said. "[Their anxiety] will probably be relieved after a day or two. For younger students it might help to check in with the classroom teacher about these concerns, then drop him or her an email."

As Wheeler did with her children, Barnaby encourages parents and children to develop and discuss the new daily routine to create a concrete awareness of the shifts that are about to occur. "Gradually easing into the schedule can help kids cope with stress and encourage a return to routines, she said. "That includes eight to ten hours of sleep each night, turning off and putting away electronic devices 60 minutes before bed, eating healthy meals and spending time together talking about plans to manage the demands of the new school year."

Managing such stress should include more than academics, like unstructured free time suggests Barnaby. "Try not over schedule children with too many activities," she said. "Create calming spaces in the home to unwind. Sit quietly with your child to just be together. Try a guided meditation. Make time to talk about how things are going, what things are going well and what things they are finding challenging."

Learning and practicing self-care at an early age is a useful way to manage stress, advises Kirsch. "[It's] perhaps the best way," she said. These tools are always with us and the only requirement is to practice self-care skills to increase their effectiveness. Deep, focused breathing, meditation, and mindfulness are all ways to manage stress. People often confuse these three techniques with each other, but they are individual skills that can overlap but can also be practiced separately."

"For example, one can do a regular activity such as washing one's hands or walking to the bus stop in a mindful way by focusing in the present and examining experiences utilizing the five senses. "What am I seeing, smelling, touching, hearing, and tasting?" continued Kirsch.

Gulyn encourages students to focus on the joy they will feel when they are reunited with their friends. "Keep in mind that most other kids are a little stressed and scared about back-to-school stuff, too," she said. "But now you are a grade higher and definitely ready for the next year."

**C'MON, BE HONEST.
WHAT WOULD YOU
RATHER BE DOING
THIS SUMMER?**



CALL US TODAY FOR A
FREE ESTIMATE:
703-684-7702
www.techpainting.com



THE CONNECTION
Newspapers & Online

SPECIAL PULLOUT TAB

Newcomers & Community Guide August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

Great Marketing for:

- Hospitals, Healthcare, Wellbeing
- New Homes, Realtors, Remodelers
- Schools, Camps, Services for Students
- Malls, Shopping Centers
- Professional Services
- And Much More

Space reservations due: Thursday, August 22, 2019

E-mail sales@connectionnewspapers.com for more information.



LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431

www.ConnectionNewspapers.com/Advertising

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet • Fairfax Connection • Oak Hill/Hendron Connection
- Arlington Connection • Fairfax Station/Clifton/Lorton Connection/Potomac Almanac • Reston Connection
- Burke Connection • Great Falls Connection • Springfield Connection
- Centre View • Mid-Lean Connection • Mount Vernon Gazette • Vienna/Coalton Connection
- Chantilly Connection

Call 703.778.9431

Email sales@connectionnewspapers.com
Visit connectionnewspapers.com/advertising

Legals

Disabled Group Homes in Arlington have rooms available. Private bedroom and shared bathrooms and common areas. Must be Section 8 eligible. Call 703-818-6588 for more information.

Legals

ABC LICENSE
Thai Select LLC trading as Thai Select, 1713 Wilson Blvd., Arlington VA 22209-2503. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Chotika Chevasuttho, Owner; 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.

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers



The Connection to Your Community

www.connectionnewspapers.com

Home Services

O'Shea Paving & Masonry

Family Run Business

Call Patrick at:
703-665-8548 or 703-651-1197
Residential & Commercial

osheapavingandmasonry.com

- Remodeling
- Basement
- Paving - Patios
- Driveways
- Steps - Stoops
- Retaining Walls
- Concrete Driveways
- Framing Work
- Int/Ext Painting
- Brick Staining
- Water Proofing
- Power Washing
- Decks & Fence
- Stain & Seal
- Roofing - Flat Roof/Slate
- Roof Repair & Install
- Chimney Repair
- Basement Finish
- Window Seals
- Drainage Systems
- Mold Removal

Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

- Manage your own hours from home
- Enjoy flexible schedule plus no daily commute
- Help local businesses grow
- Unique opportunity to be a voice in your community
- Competitive compensation

Call Jerry Vernon
703-549-0004

Connection Newspapers & Digital Media
Trusted Connection to Local Communities

NEWS



Camilla Zuniga



Lutfi LaSida

Wahoos at All Star Championships

The Chiquapin Wahoos finished the summer season 4-1 and sent a large number of swimmers to participate in the end-of-season All Star Championships (note: all times are in meters). These are the final results for the Wahoos swimmers. Some of the highlights included Chloe Fox capturing the league title in the girls 8&U breaststroke and

Rodney Gardner seeded 18th but finishing 3rd in the league in the 8&U butterfly event. Other Top 5 finishes included Dylan Lim (4th in free, 5th in fly), Eve McLaury (5th in free, 3rd in fly), Jolan Foronda (4th in breast), Chloe Fox (3rd in the individual medley), and Logan Phillips (5th in the individual medley).

| | BOYS | PLACE | TIME |
|--------------------------|--------------------|-------|---------|
| FREESTYLE | | | |
| 8&U | Tyler Turner | 14th | 20.43 |
| 9-10 | Dylan Lim | 4th | 33.65 |
| 11-12 | Seamus Greiner | 12th | 32.02 |
| 13-14 | Mikal Helms | 18th | 29.45 |
| 15-18 | Lutfi LaSida | 11th | 26.36 |
| BACKSTROKE | | | |
| 8&U | Logan Phillips | 13th | 25.07 |
| 9-10 | Alex Guevara | 7th | 44.01 |
| 13-14 | Jack McLaury | 10th | 32.56 |
| BREASTROKE | | | |
| 8&U | Chris Billups | 10th | 27.03 |
| 9-10 | Alex Guevara | 14th | 52.17 |
| 11-12 | Seamus Greiner | 17th | 45.01 |
| 13-14 | Jolan Foronda | 4th | 33.42 |
| 15-18 | Ronan Lauinger | 14th | 33.65 |
| | Lutfi LaSida | 18th | 34.36 |
| BUTTERFLY | | | |
| 8&U fly | Rodney Gardner | 3rd | 21.30 |
| | Tyler Turner | 7th | 22.31 |
| | Logan Phillips | 9th | 22.50 |
| 9-10 | Dylan Lim | 5th | 17.65 |
| 13-14 | Jolan Foronda | 12th | 31.11 |
| 15-18 | Lutfi LaSida | 15th | 32.19 |
| | | 12th | 28.56 |
| INDIVIDUAL MEDLEY | | | |
| 8&U | Logan Phillips | 5th | 1:56.42 |
| | Tyler Turner | 8th | 2:00.09 |
| 9-10 | Dylan Lim | 6th | 1:30.06 |
| 13-14 | Alex Guevara | 10th | 1:35.87 |
| | Jolan Foronda | 6th | 1:09.15 |
| | Jack McLaury | 14th | 1:14.16 |
| 15-18 | Ronan Lauinger | 9th | 1:04.99 |
| GIRLS | | | |
| FREESTYLE | | | |
| 8&U | Chloe Fox | 11th | 20.08 |
| 9-10 | Camila Zuniga | 10th | 36.81 |
| 11-12 | Eve McLaury | 5th | 30.96 |
| | Kate Merrill | 6th | 31.09 |
| 13-14 | Maya Solis | 10th | 30.65 |
| 15-18 | Lydia Greenwood | 7th | 28.75 |
| BACKSTROKE | | | |
| 11-12 | Eve McLaury | 7th | 36.19 |
| | Elisabeth Carroll | 14th | 38.76 |
| 13-14 | Maya Solis | 8th | 34.37 |
| BREASTROKE | | | |
| 8&U | Chloe Fox | 1st | 24.91 |
| 9-10 | Madison Schang | 11th | 49.64 |
| 11-12 | Kate Merrill | 8th | 41.89 |
| | Sally Cox | 17th | 45.63 |
| BUTTERFLY | | | |
| 9-10 | Camila Zuniga | 9th | 18.33 |
| | Madison Schang | 13th | 18.50 |
| 11-12 | Eve McLaury | 3rd | 32.61 |
| | Margaret Merrill | 16th | 37.11 |
| | Cate Cox | 17th | 38.32 |
| 13-14 | Catherine Salomons | 15th | 34.17 |
| 15-18 | Lydia Greenwood | 7th | 30.44 |
| INDIVIDUAL MEDLEY | | | |
| 8&U | Chloe Fox | 3rd | 1:47.29 |
| 9-10 | Madison Schang | 9th | 1:35.25 |
| 13-14 | Catherine Salomons | 15th | 1:19.07 |

Sign up for
FREE DIGITAL SUBSCRIPTION
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

County Fair

FROM PAGE 3

to close the slide today. It's too hot. The plastic could burn."

The next attraction was the small tent advertising "feed a butterfly." John Lurie says he travels the United States with his Butterfly Encounter exhibits. He just came from Colorado and will be headed to Fredonia, Kansas next. Lurie has 100 monarch butterflies in his specially designed tent. "Look," he says to Julia Kienan, "you have a male. He has two black spots on the tail." A little girl pipes up from the corner, "What is a male?"

"It's a boy," Lurie replies.

"Oh yeah, now I remember," the girl says.

A monarch flies to her hand and perches on a sponge soaked in sugar water on a stick. Her eyes open wide. "Look I can touch the butterfly."

Rides are spinning, twirling, bouncing. Squeals ring out as an elevator cage suddenly plunges back to the ground. The Ferris wheel rotates high above the fairgrounds giving a view of the world that spreads out before you, then it dips back to earth and it all momentarily disappears, to reappear again. That's the magic of a Ferris wheel.

If you like the cars, the workers lock you in and the cars start out slowly, gradually speed up, jerk and bounce around the corners and then slow down. Just as you relax, they repeat the process backwards. There are some silent screams while others just clutch the metal seat bar. The carousel offers a gentle option as the horses chase each other around in circles for five minutes.

Close to the building, stands of food vendors offer chicken skewers, profusions of thin potato fries, corn dogs and fried Oreos. "I'm a daycare provider and this is their favorite." Another woman offers, "I am a daycare provider in Maryland. I've been bringing my kids here for 20 years. I have three here today."

In a few more minutes for the first time in the fair's 43-year history, a new beer garden will open, the DJ Dance Party will be held in the Entertainment Tent, and you can sing along with the Arlingtines at their booth. And if you want to come back on Saturday you can enter the pie-eating contest. There will be jams and cakes and quilts and flowers to be judged and ribbons will be awarded at the Competitive Exhibits Awards Ceremony on Saturday night.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Sept. 3-6.

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

Senior centers will be closed Monday, Sept. 2 in observance of Labor Day.

Senior travel: Colonial Williamsburg, Tuesday, Sept. 3, \$78; Glenstone Museum, Potomac, Md., Thursday, Sept. 5, \$8; Mushroom Festival, Kennett Square, Pa., Saturday, Sept. 7, \$9 plus \$3 entrance fee. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS

Senior ice skating, Mondays, 8:10-9:20 a.m., MedStar Capitals Iceplex, Ballston Quarter, \$1 (includes skates). Details, 703-228-4771.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

| | | | |
|---|--|--|--|
| <p>LANDSCAPING</p> <p>A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465</p> | | <p>Good is not good, where better is expected. -Thomas Fuller</p> | |
| <p>ELECTRICAL</p> <p>K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated</p> <p>Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc....</p> <p>Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com</p> | | <p>LANDSCAPING</p> <p>Quality Tree Service & Landscaping</p> <p>Reasonable prices. Licensed & insured.</p> <p>Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.</p> <p>25 years of experience - Free estimates 703-868-5358</p> <p>24 Hour Emergency Tree Service</p> | |
| <p>GUTTER</p> <p>GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards</p> <p>PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!</p> | | <p>Improvements</p> <p>Power Washing Free Estimates</p> <p>Go from green to clean, do you have mold on your siding rotten wood that's a HOA violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. LICENSED & INSURED</p> <p>HOUSES FROM \$145 TOWNHOUSES FROM \$110</p> <p>703-987-5096 email: jnave@comcast.net</p> | |
| <p>A&S Landscaping</p> <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing <p>703-863-7465 LICENSED Serving All of N. Virginia</p> | | | |
| <p>RVAC Plumbing Remodeling Electrical Others</p> <p>RN. CONTRACTORS, INC.</p> <p>Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting</p> <p>We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic</p> <p>Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com</p> | | | |
| <p>LANDSCAPING</p> <p>Patios & Drainage Your neighborhood company since 1987 703-772-0500</p> | | <p>TILE / MARBLE</p> <p>BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit, Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured</p> | |
| <p>J.E.S. Services Free Estimates • Fully Licensed & Insured</p> <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types <p><i>All work Guaranteed</i></p> | | | |
| <p>Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE</p> | | | |

"Barbasoul"



By KENNETH B. LOURIE

That was a close shave, if I may euphemistically characterize my most recent, blade-free brush with cancer-like symptoms, especially considering that I thought my life was at stake.

The pain was located around my left-side rib cage, exactly where the pain was on that fateful Jan. 1, 2009 day when I couldn't ignore it any longer and thus felt compelled to get off the couch and go to the emergency room.

Though I didn't have any shortness of breath, or difficulty inhaling, exhaling and bending over (all of which I had back then); nonetheless, I thought the worst and didn't fool around this time and made an appointment with my primary care physician as soon as possible, which was for the following day. I didn't have a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

To say that my life was beginning to pass by is a bit of an overstatement to be sure, but it was moving around a little bit. Trying to bury/compartamentalize what a possible recurrence/resistance to my current standard of treatment would mean before I actually met with a physician and received cancer confirmation was the immediate task at hand.

Rationalizing that what symptoms I wasn't experiencing meant something positive/encouraging compared to what I felt 10 and a half years ago was one mental route I was traveling. The other was my usual and customary fall-back position: "It's nothing until it's something."

However, I have to admit "something."

Though I can't speak for all cancer patients/survivors; for me – in spite of my inherited-from-my-father positive attitude – being diagnosed with a "terminal" disease, as clearly described by my oncologist back in late February 2009, creates a sense of inevitability – as does the "13 month to two year" prognosis that followed.

Inevitability, as in one's demise (I'll never forget the walking-down-the-staircase-with-a-yo-yo example he used) and then death is only a matter of time. Time which you don't have and quality of life which you'll never get back.

And when that "inevitability" is most clear is when you have symptoms (related to your cancer or not; you don't know definitively, at least I never do), especially if those symptoms are identical to the ones that got you into this jackpot in the first place.

So yes, I've had a difficult few days fighting the inevitable feelings and wondering if my amazing good fortune had finally run out. After all, a "terminal" disease doesn't generally mean you go on living a normal life expectancy. Au contraire. It means you don't! And at some juncture, the cancer spreads beyond modern medicine's ability to manage it.

Then the patient is given a choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby live a less cancer-centric quality of life with some freedom and independence – and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer doing what it inevitability (there's that word again) does, which is not cure itself. Or try some experimental treatment and hope for the best.

This is the emotional concern and challenge which hangs over my head. Never more so than when I have the symptoms that I did this past week.

Fighting the cancer and fighting these feelings is too much. One at a time I can handle.

Handle it I did as I sat in my doctor's office and in great detail, described my symptoms, and explained what I was feeling and what I wasn't. My internal medicine doctor listened intently as he has since the very beginning when I was first diagnosed. He was calm and reassuring in his assessment.

My symptoms he said were not cancer-related. They "were muscular," he continued, "on the outside of my lungs."

Not lung cancer at all. As such: No lab work. No X-Ray. No CT scan. No nothing. Another reprieve. Life goes on, until ...

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

SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3
TIRES
AND
GET
THE
4TH FOR** **\$1**



**See Service
Advisor for details.
GOT TIRES?
INCLUDES ROAD HAZARD PROTECTION, TIRE
WARRANTY, AND FREE COURTESY INSPECTION.**

**BONUS: ADD A 4 WHEEL
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**CHECK ENGINE
LIGHT DIAGNOSIS
NO
CHARGE**
INITIAL DIAGNOSIS

**WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.**



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

Jack Taylor's
**ALEXANDRIA
TOYOTA**



3750 Jefferson Davis Hwy • Alexandria, VA 22305

**SAFETY FIRST ALWAYS!
Have Your Vehicle Checked
for Open Campaigns/Recalls
Recall Hotline: 703-684-0710**

SERVICE & PARTS DEPT HOURS:
Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**



ToyotaCare

**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000



Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$24⁹⁵

NON-SYNTHETIC

\$34⁹⁵

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

BRAKE SPECIAL

\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**SIGHT LINE
WIPER BLADES**

**BUY 1
GET 1
FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 9/30/19.

**FREE
BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

TRUESTART™ BATTERIES



\$129⁹⁵

INCLUDES BATTERY INSTALLATION
Includes: 84 month warranty, 24 month free replacement,
24 month free roadside assistance.
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

ALIGNMENT SPECIAL

\$69⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

Jack Taylor's

ALEXANDRIA TOYOTA

**CLEAN AIR A/C INSPECTION
& VENTILATION SPECIAL**

\$129⁹⁵

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator.
Bring back that new car smell!

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

CALL FOR AN APPOINTMENT AT 703-684-0710 OR SCHEDULE ONLINE AT ALEXANDRIATOYOTA.COM