

The
Arlington
Connection

Saturday Flights Of Fancy

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One of artist Jeff Jacob's
Cedar Fan Birds at the
flea market next to the
Arlington Courthouse.

Neighbors React To Murder

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Environmentalists Differ on Trail Proposal

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Food for Hot People

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WGCC Wins CCSDA Division A Championships

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PEOPLE



Bolivian musician Samuel Ali plays the el charango at the entrance of the market.



Donna Granahan of Grannies Flowers in Mount Vernon, Virginia sells cut flowers and garden plants.



Meg Granfield of the Potomac Vegetable Farm in Purcellville sets out more heirloom tomatoes.

Celebrating Local Harvest

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Endless Summer Harvest features 27 different types of lettuce. At left is a head of red-butter lettuce.

the antique and collectibles market featuring clothing, crafts, collectibles, antiques, photographs and eclectic treasures. The flea market is open from 9 a.m. to 4 p.m. on Saturdays and 8 a.m. to 5 p.m. on Sundays.

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PHOTOS BY ROSS SYLVESTRI/THE CONNECTION

Admiral James Winnefield, vice chairman of the Joint Chiefs of Staff, speaks at the 59th anniversary of the Korean War armistice at the amphitheater at Arlington National Cemetery.

59th Anniversary of Korean War

Friday, July 27, marked the 59th anniversary of the armistice agreement that brought an end to the fighting of the Korean War between North Korea, China, South Korea, and United Nations forces, which included the United States. The occasion was observed with a wreath-laying ceremony

at the Tomb of the Unknown Soldier at Arlington National Cemetery. Later, there were speeches by members of both the South Korean and the United States government, as well as by American veterans of the Korean War.

— ROSS SYLVESTRI



Lt. Col. Norasit Thong-on of the Office of the Defense Attache at the Royal Thai Embassy in Washington, D.C. Thailand was part of a United Nations coalition that fought against North Korea in the Korean War.



Members of the Little Angels Children's Folk Ballet of Korea. The dance troupe came to the U.S. to perform in Washington, D.C. for the 59th anniversary of the armistice agreement that ended the fighting of the Korean War.



PHOTO BY MICHAEL LEE POPE/CONNECTION NEWSPAPERS

Flowers mark the crime scene on Columbia Pike near the intersection with Glebe Road.

Murder on Columbia Pike

Armed robbery turns fatal at jewelry store, spooks neighborhood.

BY MICHAEL LEE POPE
THE CONNECTION

Neighbors along Columbia Pike say last weekend's deadly armed robbery has forced them to reconsider this stretch of the popular thoroughfare, a dense cluster of strip malls and office buildings. What was once a sleepy suburban stretch has now become a crime scene as the Arlington Police Department searches for the killer.

"I usually work alone after hours two or three times a week," said Rosmary Mazariegos, a customer service representative with Nationwide Insurance. "Now I

don't think I'll be able to be here by myself anymore."

Arlington police say Capital Jewelers owner Tommy Kin Mo Wong, 54 or Herndon, was shot and killed at about 4 p.m. Friday, July 27. At press time, no arrests have been made in the case although the police have released security camera photos in an effort to get help from the public to track down a suspect. Police spokesman Dustin Sternbeck said that officials have yet to hear any responses that have helped the investigation.

"We haven't had any credible response yet," said Sternbeck. "But this is an ongoing investigation, and we are working with

SEE POLICE SEEK, PAGE 4

Washington Boulevard Trail Yields Environmentalist Debate

County looks to building trail on east side of boulevard.

BY EDISON RUSS
THE CONNECTION

While Arlington County has been discussing its plans for the Washington Boulevard trail at community meetings, two opposing petitions concerning the trail have surfaced on Change.org.

The petition against the trail was started by Terri Armao, a member of the Penrose Neighborhood Association's Green Committee. The one in favor of the trail was started by the secretary of the neighborhood asso-

ciation and member of the transportation commission, Chris Slatt.

Both the neighborhood association and the Urban Forestry Commission wrote letters to the county in June stating their concern over the loss of what was then 175 trees for a half-mile of trail.

Richard Viola, the transportation planning section supervisor for the Department of Environmental Services, confirmed the drop to 140 trees from 175 at a July 17 meeting with the Penrose Civic Association's Green Committee.

Both letters also cited a 2011 county survey that showed the Penrose community as having 31 percent canopy coverage, the second lowest in the county, whose average is 41 percent.

The UFC's letter expressed concern that, even though there are 250 replacement trees planned, the slope of the ground near



COURTESY OF ARLINGTON COUNTY

Building the trail along the east side of Washington Boulevard may result in areas of substandard width near the Sheraton Hotel.

the trail would require a 4-foot high retaining wall that would keep watering trucks away.

Armao is also concerned about how long

it would take any replacement trees to make up for the ones there now.

"Even with replanting, none of us are going to live to see any benefit of that," Armao said. "If they plant down at the bottom of Washington Boulevard, it's going to take 60 years to see the tops of the trees."

Most of the trees that would be cut down are near Towers Park, which, according to Armao, is shielded from the noise and pollution from traffic on Washington Boulevard by those trees.

According to VDOT's 2010 assessment of average daily traffic volumes, the section of Washington Boulevard near Columbia Pike has a combined average of 105,000 vehicles traveling three parallel roadways there a day.

"So, not only: who wants to look at that, but who wants to hear it?" Armao said. "And

SEE DIFFERING VIEWS, PAGE 4

NEWS

Differing Views over Proposed Trail

FROM PAGE 3

the trees also block the fumes from the cars.”

The petition opposing the trail has 89 supporters, and Armao said she and another member of the Green Committee also got 188 signatures from the neighborhood by walking Adams Street, Veitch Street, the dog park, and the Blues Fest and the Farmer's Market.

Armao said they told people who signed the hard copy of the petition not to sign the electronic one as well.

The petition favoring the trail has 80 supporters. Slatt is a regular cyclist who runs a blog about Columbia Pike revitalization projects called “Along the Pike.” Slatt commutes by bike and is fairly comfortable on the road, but said he still feels some trepidation about it, especially when trying to bike to Pentagon City or east Arlington.

“If you're going east, it's going to be increasing the amount of time you spend on Columbia Pike,” he said.

Slatt said that people waiting at bus stops along the pike tend to block the sidewalks, which he mentions in his blog along with speeders, backed up traffic, and a shortage of crossing signals.

Slatt's blog, as well as people who support his petition, have also called attention to the long-term environmental benefits a separated trail might have by encouraging more people walk or bike.

Both the Green Committee and the UFC have suggested alternatives to the current plan of having the trail follow the west side of Washington Boulevard, including painting bike lanes on either side of the boulevard itself, or on South Courthouse road or Wayne Street, or pursuing additional easements to the one the county already has on the east side of the property behind the Naval Support Facility north of Towers Park, through which the trail runs.

Painting a bike path on South Courthouse Road was one of the top alternatives for Armao, but Slatt said speeders made that option less desirable for him.

Armao also cited Wayne Street as an option because it has less traffic, but Slatt said that would take the path farther away from the proposed Hoffman-Boston connector.

A more recent alternative that was discussed at an Environment and Energy Conservation Commission meeting July 23 could remove as few as 75-95 without significantly affecting the \$1.5 million price tag. This would be accomplished by building the trail on the east side of Washington Boulevard, as opposed to the west.

Viola, however, wrote in an email that the 75-95 tree estimate could be “considerably off” because it is based on a field inspection rather than a design. Viola also said at the meeting that this option is feasible, but that it presents some challenges.

The trail would require a bridge over Long Branch Creek whether it was on the east or west. An east side trail would meet the creek at a wider point downstream and require a longer, more complex bridge, and it would run parallel to and uphill from the creek for about 800 feet, creating the potential for water pollution. A west side trail would only have to bridge over the creek.

Viola also said an east side alignment would also require property easements from the Sheraton Hotel property and the Henderson Hall.

“Both would require considerable time and effort and could be rejected,” he said.

Challenges for the Sheraton include building a substantial retaining wall at the Second Street end of the trail and segments of trail near the Sheraton's garage that would be of substandard width. The Second Street Bridge would also need to have wider sidewalks, taller safety rails and roadway markings to better suit bicyclists and pedestrians.

Viola also said an east side trail would not provide access to any county facilities like a west side trail would.

“It would simply serve as a connection of Point A (Second Street) to Point B (Columbia Pike) with no access in between,” he said.

The environmental assessment for the east side alternative was criticized at the meeting. Viola said he will produce another assessment, but that it likely would not be available till early fall after design revisions are complete.

An overview of the Washington Boulevard Trail is available from a search of arlingtonva.us.

Police Seek Suspect in Armed Robbery

FROM PAGE 3

surrounding law-enforcement agencies in Washington and Fairfax and Alexandria.”

THE MURDER is particularly shocking for Arlington, which has seen historically low crime rates in recent years. Crime statistics show that Arlington went 28 months without a murder until this month, when two murders happened back to back. Three days before the jewelry store murder, an apparent murder-suicide became the county's first murder in two years. For many neighbors, the thought of a murder happening on the block was unthinkable.

“When I saw the ambulance and the police cruisers, I assumed it was some drunk person lying in the road,” said Ari Tajalli, owner of Pines of Italy. “That's what you assume in this neighborhood. Or at least that's what we used to assume.”

Many people who live and work along Columbia Pike said they are now much more concerned about the threat of violent crime. Many people did not want to speak on the record, including those most concerned about crime. Others said that violent crime was more of a possibility at a jewelry store because the high-value nature of the inventory.



Police officials released surveillance footage hoping someone would recognize the subject, but a spokesman for the department says investigators have yet to receive any credible leads.

“What are they going to steal from us, a computer? An oven?” asked Atila Mermer, Virgin Pizza owner and manager. “This is not a dangerous place.”

AS POLICE INVESTIGATORS conduct an inventory of the jewelry store, neighbors wait for some kind of announcement of an arrest. Until police have a suspect, many Columbia Pike workers and residents say, the threat of last weekend's crime will remain an unsettling feature of their neighborhood.

“My customers say that nothing like this has ever happened here before,” said David Ren, owner of a nearby Chinese restaurant. “Everybody is scared.”

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PEOPLE

Food for Hot People

H-B grad pursues culinary dream.

BY NICHOLAS SOM
THE CONNECTION

Every Thursday between 10 a.m. and 2 p.m., area food trucks park in a small, deserted lot on the corner of 18th Street and Crystal Drive in Crystal City. Hungry workers on lunch break soon flock to the trucks. The colors are as diverse as the food being served: Yellow, white, blue, purple. One truck in particular, the first to arrive every Thursday, stands out from the rest. Not only because of its color scheme, an eye-catching black-pink combo, but because of its fearless name.

Hot People Food.

Leopold Liao, a co-owner of the truck, explains with a smile: "We make our food for hot people, and everyone's hot!"

Serving dishes such as dumplings, noodles and Chinese tacos, Hot People Food has quickly become a presence in the Northern Virginia food truck scene. The truck has become so popular that D.C. dwellers have begun to plead for the truck to make more frequent excursions into the city, since Hot People's only



current opportunities to make it into the city are for D.C.'s Truckeroo festival, a monthly event through the summer where around 20 food trucks gather and serve food to crowds of people.

Hot People Food has existed for only a few months, compared to other trucks who have been around for two years or more.

Liao, who was born in China, gained experience working in restaurants before graduating from H-B Woodlawn Secondary Program in 2011 and deciding to open one of his own. Though monetary issues soon put the dampers on that plan, Liao was undeterred. The Hot People Food truck first opened its window in October 2011 and has been spicing things up ever since.

"In the beginning, things are tough because people don't know your truck and are afraid of your food," Liao said with a laugh. "But people try your food, they like it, and they come back."

Though it would seem like Hot People Food's rise to prominence could lead to some feelings of resentment and rivalry between them and the other trucks, Liao insists this is precisely the opposite. Liao believes that the camaraderie and cooperation that exists between the trucks, which led to the formation of Food Truck Thursdays, has been mutually beneficial. "When there's only one truck, not many people come. But when you have five or six, lots of people come. More trucks mean more business, not competition." So what's next for Hot People Food? "Hopefully, we will have enough money to get a restaurant in the next few months," said Liao.

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Readers Respond on TJ Admissions

“Stop making smart 8th graders feel inferior because they are not admitted.”

Readers responded to last week’s editorial, which cited a civil rights complaint about the apparent lack of access to gifted and talented programs and admission to Thomas Jefferson High School for Science and Technology.

The larger impact of the disparities is evident in the demographics of the students who qualify for gifted and talented services at a certain level in elementary school, which affects more than 12,000 students. By comparison, the incoming class at Thomas Jefferson is 480 students.

From the complaint:

“Being ‘identified’ as eligible for Level 4 services is no easy task for Black or Latino students in Fairfax County. Data specifically broken down for elementary and middle school was not readily available. However, overall K-8 data is striking. Among the 12,044 elementary and middle school students identified last year as eligible for Level IV GT services by FCPS last year, substantial racial and ethnic disparities are evident.”

Hispanic students make up 6.2 percent of those identified as gifted but 22 percent of students overall. Black students make up just 3.8 percent of those identified but nearly 10 percent of students overall.

The complaint was filed by Martina Hone, former school board member and founder of the Coalition of the Silence, and Charisse Espy Glassman, education chair of the Fairfax NAACP.

HERE ARE some excerpts from reader comments: “The [editorial] was incomplete ... as it failed to address the relatively much larger issue of white students admission to Thomas

LETTERS TO THE EDITOR

Elite Schools for a Reason

To the Editor: (*Re: Editorial on “Separate and Unequal?” July 25*).

“Do we believe that poor students are less talented than students from wealthier families?” Not innately less talented, however they don’t reach their full potential for the reasons mentioned in the later paragraph of your article. This should come as no surprise considering their home environment includes overworked parents that have “no time” to micromanage a student, and no resources to hire a tutor. The stereotypical Asian “Tiger Mom” is not just a stereotype, in my experience Asian culture fosters them and they exist commonly. The persistent encouragement for success from such a parent is likely behind the large Asian representation at TJ. Having tutored a disadvantaged Hispanic student for the first time last year I noted he had access to cable TV and both the latest Xbox and Playstation gaming systems (all the distractions of a wealthier student) but lacked the encouragement from his mother (a single parent household) to reach academic excellence. This was an unfortunate combination.

So that explains the reasons for disparity as I see it, and to balance the demographics at schools like TJ one needs to address the core reasons these students are not reaching their potential, not enact some quota to achieve a balanced student body. No one is going to remedy the wealth disparity or force changes in parenting overnight, so the racial and economic divides will persist. That said, I firmly believe there should always be top schools that ignore all factors beyond student achievement. If this results in a less diverse student body then so be it, they are elite schools for a reason.

Daniel Bronson, Arlington

EDITORIAL

Jefferson, which your article states as 26 percent of the class of 2016, which is versus a Fairfax County school system white student population of about 45 percent.”

— **Brad Brewster**, Fairfax Station

“[Poor students are] not innately less talented, however they don’t reach their full potential ... This should come as no surprise considering their home environment includes overworked parents that have ‘no time’ to micromanage a student, and no resources to hire a tutor. The stereotypical Asian ‘Tiger Mom’ is not just a stereotype, in my experience ... The persistent encouragement for success from such a parent is likely behind the large Asian representation at TJ. Having tutored a disadvantaged Hispanic student for the first time last year I noted he had access to cable TV and both the latest Xbox and Playstation gaming systems (all the distractions of a wealthier student) but lacked the encouragement from his mother (a single parent household) to reach academic excellence. This was an unfortunate combination.”

— **Daniel Bronson**, Arlington

“This is a culture contest pure and simple. One culture puts study and commitment to educational goals at the top of life’s responsibilities and diversions. The others, not nearly so much. Change the cultures if you can.”

— **William Smith**, Fairfax

“There are sufficient talented African Americans in the jurisdiction to make up at least 10 percent of TJ, their percentage of the overall population. And this is true for Latinos and underrepresented Asians (families from Vietnam and the Philippines). But long ago, TJ decided that racial and ethnic diversity could not be pursued ... Many want TJ, not because they are interested in science and math, but because TJ is a safest way to be admitted to UVA. Make every school in Fairfax County as

Demographics

	White	Asian	Hispanic	Black
Fairfax County	62.7	17.6	15.6	9.2
FCPS	44	20	22	10
TJ	26.2	64.2	2.7	1.4
Gifted and Talented	51.3	32.4	6.2	3.8

incredible as TJ is. Clearly many, such as those in our area, McLean and Langley, are already there. Provide access to advanced courses at George Mason for those who need special acceleration. And stop making smart 8th graders feel inferior because they are not admitted.”

— **Eddie Eitches**, McLean

DEMOGRAPHICS:

Whites make up 62.7 percent of Fairfax County population, 44 percent of students in Fairfax County Public Schools, 51.3 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 26.2 percent of the incoming class at Thomas Jefferson.

Asians make up about 18 percent of the overall Fairfax County population, 20 percent of students in Fairfax County Public Schools, 34 percent of elementary and middle school students who qualify for higher level gifted services in FCPS and 64 percent of the incoming class at Thomas Jefferson.

Hispanics make up about 16 percent of the overall Fairfax County population, 22 percent of students in Fairfax County Public Schools, 6 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 3.8 percent of the incoming class at Thomas Jefferson.

Blacks make up 9.2 percent of the Fairfax County population overall, 10 percent of the students in Fairfax County Public Schools, 3.8 percent of the students who qualify for specific gifted services in FCPS and 1.4 percent of the incoming class at Thomas Jefferson.

What’s Best for State Residents?

To the Editor:

Two items in the July 18-24 Arlington Connection (“Leaving Millions on the Table” and “Exchange in Limbo”) call attention to actions by Virginia officials that could deprive millions of Commonwealth residents of enhanced access to health care. Despite the recommendation of his own blue ribbon panel, Governor McDonnell refuses to set up the health care exchange required by the Affordable Care Act. The exchange will simply create an insurance pool where small business and individuals can take advantage of large group pricing benefits. A recent Reuters poll found that 80 percent of Republicans support this concept.

The Governor also threatens to pull the state out of expanded Medicaid coverage that will be overwhelmingly paid for by federal funds. This policy would result in Virginia missing out on nearly one billion dollars a year to compensate Virginia hospitals for services currently provided to the uninsured poor.

Because these two programs are part of “Obamacare,” the Governor prefers to play a game of chicken that calls to mind the Massive Resistance movement that shut down Virginia public schools in the face of court-ordered desegregation in the 1950s. Rather than wait in hopes that the November election will result in changes to “Obamacare,” why not take steps now to prepare for the aspects of the law that will most help state residents?

Rob Abbot, Arlington

The
Arlington
Connection

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HOME SALES

In June 2012, 343 Arlington homes sold between \$4,000,000-\$54,000. This week's list represents those homes sold in the \$665,000-\$612,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
4608 7TH ST S	4	3	0	ARLINGTON	\$665,000	Detached	0.17	22204	BARCROFT
6813 31ST ST N	3	2	0	ARLINGTON	\$660,000	Detached	0.28	22213	BERKSHIRE OAKWOOD
2103 BUCHANAN CT N	3	3	1	ARLINGTON	\$655,000	Townhouse	0.04	22207	DORSEY WOODS
5305 YORKTOWN BLVD N	3	3	0	ARLINGTON	\$650,000	Detached	0.25	22207	CRESCENT HILLS
1866 PATRICK HENRY DR N	3	2	0	ARLINGTON	\$649,000	Detached	0.21	22205	TARA
2834 HARRISON ST	3	3	0	ARLINGTON	\$635,000	Detached	0.23	22207	COUNTRY CLUB
2220 FAIRFAX DR N #704	2	2	1	ARLINGTON	\$630,000	Hi-Rise 9+ Floors		22201	PARK AT COURTHOUSE
3600 GLEBE RD #W720	3	2	0	ARLINGTON	\$630,000	Hi-Rise 9+ Floors		22202	ECLIPSE ON CENTER PARK
4814 22ND RD N	5	3	0	ARLINGTON	\$630,000	Detached	0.13	22207	COUNTRY CLUB
4619 3RD ST N	3	1	1	ARLINGTON	\$629,500	Detached	0.19	22203	ARLINGTON FOREST
408 THOMAS ST N	3	2	1	ARLINGTON	\$627,500	Townhouse	0.02	22203	BUCKINGHAM COMM VILLAGE
6100 WASHINGTON BLVD	2	2	0	ARLINGTON	\$625,000	Detached	0.21	22205	OVER LEE KNOLLS
3606 ROCKINGHAM ST	3	2	0	ARLINGTON	\$625,000	Detached	0.36	22213	MINOR HILL
2220 FAIRFAX DR #410	2	2	0	ARLINGTON	\$622,500	Hi-Rise 9+ Floors	0.00	22201	PARK AT COURTHOUSE
722 BUCHANAN ST N	4	2	0	ARLINGTON	\$620,000	Detached	0.16	22203	BRANDON VILLAGE
2419 OHIO ST N	2	2	0	ARLINGTON	\$619,988	Detached	0.13	22207	BERKSHIRE OAKWOOD
2220 FAIRFAX DR N #210	2	2	1	ARLINGTON	\$615,000	Hi-Rise 9+ Floors		22201	PARK AT COURTHOUSE
937 LONGFELLOW ST N	3	2	0	ARLINGTON	\$612,000	Detached	0.18	22205	DOMINION HILLS

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Fairfax Backs Pike Streetcar Plan

On Tuesday, July 31, the Fairfax County Board of Supervisors approved a streetcar line as the locally preferred option for transit along the Columbia Pike corridor.

A joint project with Arlington County, the 4.9-mile Columbia Pike Streetcar will run from Pentagon City to Skyline in Fairfax County. The county's three stations will be located in the Baileys area: Goodwin House, Jefferson Street and Skyline.

Based on estimates, the cost to build the streetcar line is \$246 million. Fairfax and Arlington will seek more than \$107 million in federal and state funds to finance the project. Both counties will share the remaining costs, with Arlington to pay most of the cost since most of the streetcar line runs through that jurisdiction.

The Arlington

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OPEN HOUSES IN ARLINGTON AUGUST 4 & 5

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.
Call Specific Agents to Confirm Dates & Times

22201

1709 N. Adams St.....\$985,000.....Sun 2-4.....Agnes Davis...American Realty..703-508-3235
2201 19th Court North.....\$1,101,050..Sat/Sun 2-4.....J. Eric Ritland...American Realty..703-868-8196
2205 19th Court North.....\$973,533..Sat/Sun 2-4.....J. Eric Ritland...American Realty..703-868-8196
3118 17th St N.....\$1,629,000.....Sun 2-4..Ruth Boyer O'Dea...American Realty..703-338-2277
823 N. Lincoln St.....\$1,099,000.....Sun 1-4.....Ron Cathell.....Keller Williams..703-975-2500

22204

4500 Four Mile Run Dr S #312..\$289,900.....Sun 1-4.....Jackie Schillig.....Weichert..703-200-4919

22206

2709-C S. Walter Reed Dr.....\$279,000.....Sun 1-4.....Jamaal Carey.....Weichert..703-599-1921

22207

1704 N Quincy St.....\$879,900.....Sun 1-4.....Ronnie Molina.....Weichert..202-361-7931
2413 Vernon St N.....\$729,900.....Sun 1-4..Dave Lloyd & Assoc.....Weichert..703-593-3204

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ENTERTAINMENT

Going the Distance

American Century Theater tackles 'Marathon '33.'

BY JEANNE THEISMANN
THE CONNECTION

Inducing people to endure discomfort, pain and humiliation for the promise of cash prizes sounds like a season of "Survivor" or "Fear Factor." Encouraging contestants to engage in sabotage, backstabbing and psychological warfare? That could be an episode of "The Apprentice" or "Big Brother." Instead, it's an inside look at the dance marathon craze of the Great Depression as told through the rarely-produced play "Marathon '33," now playing at American Century Theater in Arlington.

"This is only the fourth professional staging of the play since 1964," said TACT co-founder and director Jack Marshall. "It's a huge cast and there are a million reasons to scare people off from producing it but it's exactly the kind of thing I like to do."

Written by June Havoc, "Marathon '33" is an autobiographical look at Havoc's life following her vaudeville career as Baby June, the perky, pint-sized daughter of maniacal stage mother Momma Rose. Following her early years as chronicled in the musical "Gypsy," Havoc struggled as a dance marathoner before getting her break as an actress in the 1940 Broadway production of "Pal Joey" opposite Gene Kelly.

Set during the autumn of 1933, the production places the audience in the roles of the sadistic spectators of the marathons by converting Gunston's Theatre II into an authentic marathon arena.

"This is an awesome piece of entertainment," said Bruce Rauscher, who plays the lead opposite TACT newcomer Jennifer Richter as June Havoc. "Works like this are

just not done around here and it's exciting to be a part of Jack's vision."

THIRTY ACTORS and dancers are joined by an onstage six-piece band, which plays musical numbers from the period and accompanies songs and comic routines by the contestants who often performed for the crowd in return for thrown coins.

With musical direction by Tom Fuller, "Marathon '33" is produced by Rebecca Christy in her first show with longtime collaborator Marshall since her production of "The Andersonville Trial" earned TACT a Helen Hayes nomination for Outstanding Local Production.

Richter and Rauscher, who always

Details

"Marathon '33" is playing now through Aug. 25 at American Century Theater, Gunston Theater II, 2700 S. Lang St., Arlington. Call 703-998-4555 or visit americancentury.org.

delivers a stellar performance, combine for a formidable theatrical force and are joined by other TACT standouts including Bill Karukas and Craig Miller.

The ensemble cast includes Terrence Bennett, Mary Beth Luckenbaugh, Dan Corey, Deborah Critzer, Carrie Daniel, Colin Davies, Ann DeMichel, Frank Britton, Elizabeth Hallacy, Paul Hogan, John Klenk, Steve Lebens, Chanukah Jane Lilburne, Rachel Loose, Noah Mitchel, Jared Murray, Carolyn Myers, Jamie Ogden, Alex Perez, Jane Petkofsky, Aviva Pressman, Robert Priego, Josh Rosenblum, Karin Rosnizeck, Emily Thompson and Alex Witherow.

Recreating the phenomenon that was also



PHOTOS BY DENNIS DELORIA

Carolyn Myers, Ann De Michele, Jamie Ogden and Chanukah Jane Lilburne in a scene from "Marathon '33" at American Century Theater.



Director Jack Marshall, second from left, celebrates opening night with cast members of "Marathon '33" at American Century Theater in Arlington.



Steve Lebens with Jennifer Richter as June Havoc in "Marathon '33."

ing the Depression is palpable under Marshall's gifted direction.

"The star of the show is the marathon," Marshall said. "It was the intent of the author to have the audience feel like they were at the event. The characters are supporting the story of the woman who wrote the play but the bottom line is drawing the audience into the entire experience."

depicted in the 1969 movie "They Shoot Horses, Don't They?" set designer Michael P. de Blois draws the audience in with a keen eye to local period details, as does costume designer Rip Claassen.

But the compelling story is told through the talented cast, whose desperation dur-

CALENDAR

Email announcements to arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication. Photos are welcome.

THURSDAY/AUG. 2

Book Discussion. 7 p.m. at One More Page, 2200 North Westmoreland Street. The New York Times bestselling author Sam Kean discusses his witty and entertaining new book, *The Violinist's Thumb: And Other Lost Tales of Love, War, and Genius, as Written by Our Genetic Code*. Visit www.onemorepagebooks.com.

"Hugo" at Arlington Central Library. 8 p.m. Free. As part of Summer Reading 2012, Arlington Public Library presents two free outdoor family film screenings on the field facing the Washington Boulevard side of Central Library. Bring a picnic and blanket and watch

a movie under the stars. 1015 N. Quincy Street.

FRIDAY/AUG. 3

Hexagon Theatre Company. 8 p.m. Free. Part of Lubber Run Summer Concerts at Lubber Run Amphitheater, North Columbus Street and 2nd Street North (two blocks north of Route 50). Call 703-228-1850 or www.arlingtonarts.org.

Summer Concert Series. The United States Air Force Concert Band and Singing Sergeants. Free. Air Force Memorial Drive. Call (202) 767-5658 or visit www.usafband.af.mil.

Darlingside. 8 p.m. \$12. New England's Darlingside consists of five songwriters who came together and forged a seamless, exhilarating sound at the intersection of rock, classical, and folk music. Performing at the Iota Club & Cafe, 2832 Wilson Boulevard.

SATURDAY/AUG. 4

Juniper Lane. 8 p.m. Free. Part of Lubber Run Summer Concerts at Lubber Run Amphitheater, North Columbus Street and 2nd Street North (two blocks north of Route 50). Call 703-228-1850 or www.arlingtonarts.org.

19th Century Home Life Camp. 9:30-11:30 a.m. Free. Ages 9-12. Kids will learn about what life was like for the Lees and the enslaved at Arlington. At the Robert E. Lee Memorial. To register, email Virginia_Hughes@nps.gov. Visit www.nps.gov/arho or call 703-235-1530.

MONDAY/AUG. 6

Crystal Screen Gets Romantic: How to Lose a Guy in 10 Days. Free. The courtyard along S. Bell

Street will be transformed into a free outdoor movie theater. The ROM COM theme makes it the perfect (and affordable) date night in the heart of Crystal City. 1800 South Bell Street (near Crystal City Metro).

Author Visit. 7 p.m. Writer and decorated U.S. Marine Corps infantry officer Benjamin Busch visits One More Page to talk about *Dust to Dust*, his layered and extraordinary memoir about ordinary things – life and death, peace and war, childhood adventures and the revelations of adulthood. 2200 North Westmoreland Street. Visit www.onemorepagebooks.com.

TUESDAY/AUG. 7

One More Page Book Club. 7 p.m. meeting. Talk about *State of Wonder* by Ann Patchett. 2200 North Westmoreland Street. Visit www.onemorepagebooks.com.

THURSDAY/AUG. 9

"Harry Potter and the Deathly Hallows: Part 2" at the Central Library. 8 p.m. Free. As part of Summer Reading 2012, Arlington Public Library presents two free outdoor family film screenings on the field facing the Washington Boulevard side of Central Library. Bring a picnic and blanket and watch a movie under the stars. 1015 N. Quincy Street.

FRIDAY/AUG. 10

Summer Concert Series. 8 p.m. Free. The United Air Force Band- Air Force Strings. At the Air Force Memorial, One Air Force Memorial Drive. Call 202-767-5658 for more information.

SEE CALENDAR, PAGE 14

ENTERTAINMENT



Signature Theatre celebrates its annual open house.

Signature Celebrates Open House

Virginia's Signature Theatre opens its doors for their annual Open House on Saturday, Aug. 4. Free and open to the public, this special summer event runs from noon-10 p.m., with free live performances on five stages throughout the Signature complex starting every fifteen minutes. The open house will have live performances, demonstrations, kids' activities, master classes, a dance-n-karaoke party, the return of the very popular Signature Idol Com-

petition, a "Concert on the Plaza" grand finale performance and more.

Sneak-peek performances from Signature's upcoming 2012/13 season of reinvention will be featured in the MAX Theatre. The Signature Idol event, now in its third year, boasts a celebrity panel of judges which includes Broadway's Heidi Blickenstaff, Grammy Award® nominee Chuck Mead (of the band BR549), national radio

SEE SIGNATURE, PAGE 14



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Construction is nearly complete at the World of Beer, and doors at the Ballston location Aug. 6. The bar will include 500 different bottles of beer, live music and patio seating for up to 112 people.

World of Beer Arrives in Ballston

BY MONTIE MARTIN
THE CONNECTION

Fans of craft beer can grab a pint and enjoy a truly global selection of brew at World of Beer, ready to serve on Aug. 6. The Ballston location is the first branch to open in Virginia, and owners are enthusiastic about the location.

"I thought what better place for World of Beer to come than Ballston, it could use something like this," said Evan Matz, franchise owner of World of Beer.

World of Beer lives up to its name, and plans to carry 500 different brews from across the globe. Macro-lagers need not apply, however, as the company only stocks beer from microbreweries.

"You won't find Miller Lite or Budweiser, we encourage people to try different beer," said Sarah Miller, general manager at the World of Beer. "Our staff goes through beer training, so they can offer suggestions." There are no shortages of bars in Arlington, but owners maintain the market for craft beer is vibrant and has not been met in Arlington. As a hub for young professionals, Arlington is well suited for the World of Beer target clientele in the 21- to 40-year-old demographic.

Happy hour specials offer discounts for military and government workers, as well as students and teachers.

World of Beer also offers high-end fare, featur-

World of Beer Specials

World of Beer will host live music from Wednesday to Sunday, and offers a range of discounts throughout the week.

- ❖ Monday: discounts for service workers, including government workers, contractors, military and hospitality employees.
- ❖ Tuesday: Trivia night.
- ❖ Wednesday: Student, teachers and faculty discounts.
- ❖ Thursday: Ladies night.

World of Beer is located at 901 N Glebe Road in Ballston. Visit facebook.com/wobarlingtonva.



PHOTOS COURTESY OF EVAN MATZ

There are 50 rotating beers on tap at the World of Beer, located in Ballston at 901 N Glebe Road.

ing bratwurst, pretzels and salsas as a staple on the menu. The bar has also partnered with several local restaurants, and patrons can order food directly to their table.

Live music throughout the week includes lo-

cal artists, and multiple TVs make for added entertainment. One of the most promising features of the bar is outdoor patio seating, which can fit 112 people. World of Beer encourages customers to own their drinking experience, and suggestions for new beer are always welcome. "People will say 'I've tried this beer in this country,' and we will order a test case. There are not that many beers we say no to," said Matz. "People look for a place that is inviting, a second home almost. The way the bar is set up it's a place people can always come to and try something new."

Email announcements to arlington@connectionnewspapers.com. Photos and artwork are welcome. Deadline is Thursday at noon.

AUG. 1 TO SEPT. 2

Doug Dupin and Maria Stenzel: Short Life of a Small Boat. Free. An inexpensive boat is made, used, and burned in one year. The four seasonal segments span the boat's one-year life. At the Bijou Theater at the Artisphere.

SATURDAY/AUG. 4

Salsa Leadership Awards Dance

CALENDAR

Party. 8 p.m. Tickets \$8 before July 13; \$10 before Aug. 3; \$15/door. Start your evening with mambo dance lessons at 8 p.m. followed by a dance party at 9 p.m. to music by DJ Bruno "El Unico (DC); DJ Steve Greene (Richmond); and DJ Tito Morales (Baltimore). Part of the evening includes recognition of 20 salseros from D.C. and Richmond for their leadership in the salsa community. At the Ballroom at the Artisphere.

FRIDAY/AUG. 10

Chico Trujillo with Maracuyeah DJ opening set. 8 p.m. \$15/advance; \$18/door. Acclaimed Chilean band

Chico Trujillo plays cumbia with a twist. At the Ballroom at the Artisphere.

SUNDAY/AUG. 19

Plushie design with Artisphere artist-in-residence Beth Baldwin. Create your own colorful, whimsical stuffed animal with Beth Baldwin. Families take art work home with them after each session. Cost of class includes all materials. The session is from 2-4 p.m. and all ages are welcome. \$20 for ages 13-adult and \$10 for ages 2-12.

AUG. 24 TO NOV. 4

Beyond the Parking Lot: The Change

and Re-Assessment of Our Modern Landscape. Free. Exhibiting artists include Amanda Burnham, Maya Ciarrocchi, Julia Christensen, Richard, Frank Hallam, Gregory Euclide, Alex Lukas, Rachel Sitkin, and Trevor Young. At the Terrace Gallery at the Artisphere.

MONDAY/AUG. 27

T-Shirt Nation Camp. Spend the week exploring everything T-shirt, including methods of creating unique and fashion-forward tees. Participants will keep personally designed pieces. Contact Lisa Marie Thalhammer, lthalhammer@arlingtonva.us or 703-875-1137.

WGCC Wins CCSDA Division A Championships

The Washington Golf and Country Club Lightning hosted the Country Club Swimming and Diving Association's top teams on July 24 for the Division A championships. The other Division A teams — Army Navy, Kenwood, Congressional and Columbia — came to WGCC to compete for the title of 2012 Division A champ. The Lightning once again showed their depth and strength and emerged victorious. WGCC had wins in every stroke by multiple age groups. They dominated the relay events and won all but two of them. The final team scores were: WGCC - 356; Kenwood - 341; Congressional - 199; Army Navy - 198; and Columbia - 118.

Ryan Baker continued to dominate the competition and won all three of his individual events (boys' 14U free, back, fly). Double winners were: Jillian Johnson (girls' 10U back, fly), Angus Ricks (boys' 10U free, breast) and Richard Gentry (boys' 12U IM, breast). Single winners were: Avery Nassetta (girls' 8U breast), Cab Fooshe (boys' 8U back), Alex Gerlach (boys' 8U breast), G.G. Richmond (girls' 12U breast), David DiMeglio (boys' 12U free), Carson Wood (boys' 12U back), and George Cranwell (boys' 14U breast). The Lightning posted wins by the following relay teams: girls' junior medley relay team (Olivia Tripodi, Richmond, Johnson and Nassetta); boys' junior medley relay team (Wood,

Cranwell, Nolan Musslewhite and Gerlach); boys' senior medley relay team (Baker, Gentry, Daniel O'Berry, and Ricks); and the boys' graduated free relay team (Gerlach, Ricks, DiMeglio, Baker, and O'Berry).

The Lightning are looking to regain the title of CCSDA champs this year — they held the title in 2009 and 2010 and were narrowly defeated last year by Kenwood. The Division A championship is step toward that goal. On July 30 and 31, the Lightning traveled to Kenwood for the CCSDA championships.

AKC Grabs 3 Division Age-Group Trophies

The Arlington Knights of Columbus Holy Mackerels brought home three age-group trophies in the Colonial Swim League's (CSL) Blue Division. The Mackerels went 5-0 in the boys' 8U, girls' 8U and 11-12 boys' age groups. The Mackerels are the 2012 Blue Division champions. The Mackerels also swam strong at the July 28 divisional meet, breaking four team records in the process.

Four Mackerels bested AKC team records during the meet at Manorgate. Lucy Khlopin set a record time of 40.88 in the 11-12 girls' 50M breaststroke, besting a 30-year-old record. Matias Moreno then broke two team records, besting a week-old record in the



PHOTO CONTRIBUTED

WGCC swimmer Ryan Baker, seen earlier this summer, won the boys' 14U freestyle, backstroke and butterfly at the Country Club Swimming and Diving Association's Division A championship meet on July 24.

13-14 boys' 50M backstroke with a new time of 31.93 and nipping a 28-year-old record in the 13-14 boys' breaststroke with a new time of 37.51. Finally, Shahan Jayasinghe broke a 26-year-old record in the 15-18 boys' 50M backstroke with a time of 32.06.

Other Mackerels swimming to first-place finishes at divisionals included 7-year-old

Mac Marsh in 25M freestyle, backstroke and butterfly; 8-year-old Ashley Deabler in 25M freestyle and butterfly; 8-year-old Emily Dufrane in 25M backstroke; 12-year-old Zach Rosenthal in 50M breaststroke, 50M breaststroke and 100M IM; and 14-year-old Jake Smerchansky in 50M butterfly.

AKC swims Saturday, Aug. 4 at the CSL All-Stars.

SPORTS BRIEFS

Bulldawgs Win Fairfax Stars Tournament

The Arlington Bulldawgs beat an undefeated Springfield team to take the 13-and-under championship for the Fairfax Stars Summer League on July 27. The Bulldawgs defeated Springfield, 63-53, to win the title.

To get to the championship round, the Bulldawgs beat teams from Centreville and Chantilly in playoffs.

Members of the Bulldawgs include: Christian Cleaveland, James Dugan, John Ghazal, Sam Gonson, Joe Johnson, Scott Kilmer, Evan Lyerly,

Drew Maddox, Nicky Miller, Josh Murphy, Halil Parks, Matthew Teplitz and Connor Van Kirk. The team is coached by Rance Cleaveland and Bill Maddox. The Stars Summer League provides an opportunity for AAU and travel basketball teams to continue competition throughout the summer. It is administered by the Fairfax Stars AAU organization and just finished its ninth year of operation.

Shafer Named O'Connell Girls' Lax Coach

Ali Shafer has been named head coach of the girls' lacrosse program at Bishop O'Connell High



Ali Shafer was named head coach of the Bishop O'Connell girls' lacrosse team.

School. Shafer has served as assistant coach to former head coach Meghan O'Boyle for the past four seasons. Shafer grew up in the Northern Virginia area and is a graduate of Fairfax High School. She played college lacrosse with O'Boyle at Longwood University in Farmville.

"Having worked with the girls in the program for the past four years, I have a strong sense of their character and work ethic," Shafer said in a press release. "I am thrilled to continue with the team as head coach."

"Coach Shafer has been instrumental in building our girls' lacrosse program alongside Coach O'Boyle," Athletic Director Joe Wootten said in a press release. "She is an excellent teacher of the game with very innovative drills and techniques."

"We also wish Coach O'Boyle well as she and her husband move to California. I know she will be cheering on the Lady Knights from the West Coast."

Marymount's Fischer Named VaSID Player of Year

Marymount University junior guard Katelyn Fischer added another accolade to her résumé after being named the Virginia Sports Information Directors Women's Basketball College Division Player of the Year, as announced on July 25.

Fischer was previously tabbed Honorable Mention All-America by the Women's Basketball

Coaches Association, Capital Athletic Conference Player of the Year, D3Hoops.com All-Region and First Team All-CAC by the league's coaches. Dominant in every aspect on the floor for the Blue and White, Fischer averaged 17.7 points, 6.6 rebounds, 5.7 assists and 2.4 steals per game while ranking in the top 10 of eight different statistical categories.

Leading the CAC in scoring, three-point shooting and minutes played while ranking second in assists and free-throw shooting, Fischer was also seventh in steals and 10th in rebounding. On the national stage, she ranked seventh in assists in NCAA Division III, 14th in three-point percentage, 25th in free-throw percentage and 48th nationally in scoring.

Fischer scored in double-figures 23 times on the year and at least 20 points in 10 games, including a career-high 31 against Catholic. She posted seven double-doubles, four of them combining rebounds and points with the others combining assists and points.

Also stellar in the classroom, Fischer was named Capital One First Team Academic All-District, as selected by the College Sports Information Directors of America (CoSIDA) after posting an impressive 3.96 GPA. She was also tabbed CAC All-Academic and VaSID Academic All-State.

Marymount went 14-13 overall in 2011-12 and 10-6 in league play. The Saints recorded their 14th-straight winning season and 28th overall in 30 years on the hardwood while earning a 13th-straight CAC semifinals appearance and 20th overall, both league records.

VaSID was formed in 1983, and is comprised of sports information professionals from NCAA Division I, II, III, NAIA and independent institutions from the state of Virginia. The purpose of the organization is to promote college athletics at all four-year institutions.

— MARYMOUNT ATHLETIC DEPARTMENT



PHOTO CONTRIBUTED

The Arlington Bulldawgs won the 13U championship for the Fairfax Stars Summer League on July 27. From left are Evan Lyerly, John Ghazal, Halil Parks, Coach Cleveland, Connor VanKirk, Joe Johnson, Sam Gonson and Christian Cleveland.

WELLBEING

Taking Care of One's Teeth

American Dental Association says many Americans don't know basic oral care.

BY MARILYN CAMPBELL
THE CONNECTION

Here's a pop quiz: How often should a person replace their toothbrush? "Once a year," said Terrie Andrews of McLean.

When should a parent schedule a child's first dental appointment? "Just after their 6th birthday," said Julie Mahon, an Alexandria mother of 2-year-old twins.

Both answers are incorrect, but consistent with the findings of a new survey by the American Dental Association, which tested the average person's knowledge of oral health care. On average, Americans did not know the answers to questions ranging from how often to brush to what causes cavities.

THE SURVEY is part of an initiative, launched this summer, aimed at educating the public about maintaining healthy teeth. Dental care experts say prevention, care and treatment information are key to fighting

SELECTING THE BEST DENTIST FOR A CHILD

Choosing the right dentist for one's child is one of the most important decisions that a parent will make. What should a parent consider when choosing a pediatric dentist? The American Academy of Pediatric Dentistry offers a few suggestions:

- ❖ Does the dentist have special training or interest in treating children?
- ❖ Is the dental office set up for children? For example, does it offer toys, books, games or

child-sized furniture?

- ❖ How does the dental office manage emergencies?
- ❖ Is the office conveniently located to your home or child's school?
- ❖ Does the practice accept your dental benefit plan?
- ❖ Is the dentist a member of the American Dental Association and the American Academy of Pediatric Dentistry?

DENTISTRY ON THE EDGE: THE LATEST TECHNOLOGY IN COSMETIC DENTISTRY

While a toothbrush and floss are considered the keys to a beautiful smile, cosmetic dentists have new tools in the quest for perfect teeth. The American Academy of Cosmetic Dentistry (AACD) says a few technological advancements are increasing safety, efficiency and patient comfort during dental procedures. Topping the list:

- ❖ Computer-Aided Dentistry-Computer-Aided Manufacturing: Dental restorations like porcelain crowns can now be made faster and without the mess of traditional, goop-filled rubber molds used to make impressions of one's teeth. The new procedure uses 3-D scans and computer software to create perfect restorations.
- ❖ iPad and Smartphone Applications: Tasks ranging from managing dental records to displaying x-rays are now made easier with a few new iPad and smart phone applications. One

such application is the Smile Touch Guide, created by AACD dentist David Traub, DDS. Used for virtually any cosmetic procedure, dentists and patients can work together to decide on the correct shape and length of the teeth. The patient can see what the full set of teeth will look like and make changes.

❖ Digital X-Rays: With digital x-rays, cosmetic dentists can reduce the amount of radiation patients are exposed to with standard x-rays by as much as 90 percent. The dentist places a small camera into the patient's mouth and takes a picture. An image appears on a computer screen almost immediately. Cosmetic dentists say digital x-ray pictures are clearer than those taken with standard machines.

❖ Botox: Cosmetic dentists are now using Botox and dermal filler treatments to treat problems like temporomandibular joint (TMJ) disorders.

In fact, toothbrushes should be replaced every three months or as soon as the bristles become frayed or worn. The ADA also recommends brushing one's teeth twice per day and says a child's first dental visit



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Dr. Matthew Messina of the American Medical Association says prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy.

should take place no later than six months after the first tooth appears.

More than 80 percent of those surveyed believe sugar causes cavities. They're actually caused by acid that forms when germs in the mouth feed on sugar. The acid attacks and weakens the tooth enamel, allowing a cavity to form.

The survey showed that many believe gums that bleed after brushing is normal, but experts say such bleeding could be a sign of early gum disease. "Periodontal disease is a slowly progressing disease where

SEE TOOTH CARE, PAGE 13

Beating Bad Breath

Dental experts offer solutions for chronic halitosis.

BY MARILYN CAMPBELL
THE CONNECTION

When Amanda Welch's boyfriend asked her to marry him last spring, she accepted his proposal on one condition: that he find a cure for his bad breath.

"I just couldn't live with the smell," said the Arlington resident. "It was horrible. I told him he had to do something."

Foul breath, also known as halitosis, can affect a person socially and professionally. "I have heard many stories about bad breath ruining people's lives: business executives losing their jobs, young people whose dating lives were ruined, and even a few engagements and one marriage that were broken off," said McLean resident and halitosis specialist Richard A. Miller, DDS. He is also the author of "Beating Bad Breath."

Halitosis can be triggered by everything from poor oral hygiene to smoking to diabetes to kidney failure. "Typically, bad breath

originates in your gums and tongue. It is caused by waste from bacteria in the mouth, decayed food particles [or] other debris in your mouth, and bad oral hygiene," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "The decay and debris produce a chemical compound that causes the unpleasant odor. Even stress, dieting, snoring, age and hormonal changes can have an effect on your breath. Dry mouth and tobacco also contribute to the problem."

Mouthwash, experts said, often only provides a temporary solution. Martin recommended cleaning one's tongue with a toothbrush or tongue scraper, increasing water intake and chomping on sugar-free gums that contain xylitol, a sugar substitute. He also advised those who wear dentures, mouth guards or retainers to clean the devices thoroughly between uses.

Bad breath treatment centers offer hope to those with super-sized malodorous dilemmas. During the initial session, which typically lasts about an hour and a half, patients get a diagnosis of the culprit behind the offensive fumes. "We have a halimeter that monitors the amount of sulfite in the breath that causes odor. This gives an idea of the severity of the problem," said Miller, who runs the Fresh Breath Clinic in Falls Church. "We check for bleed-

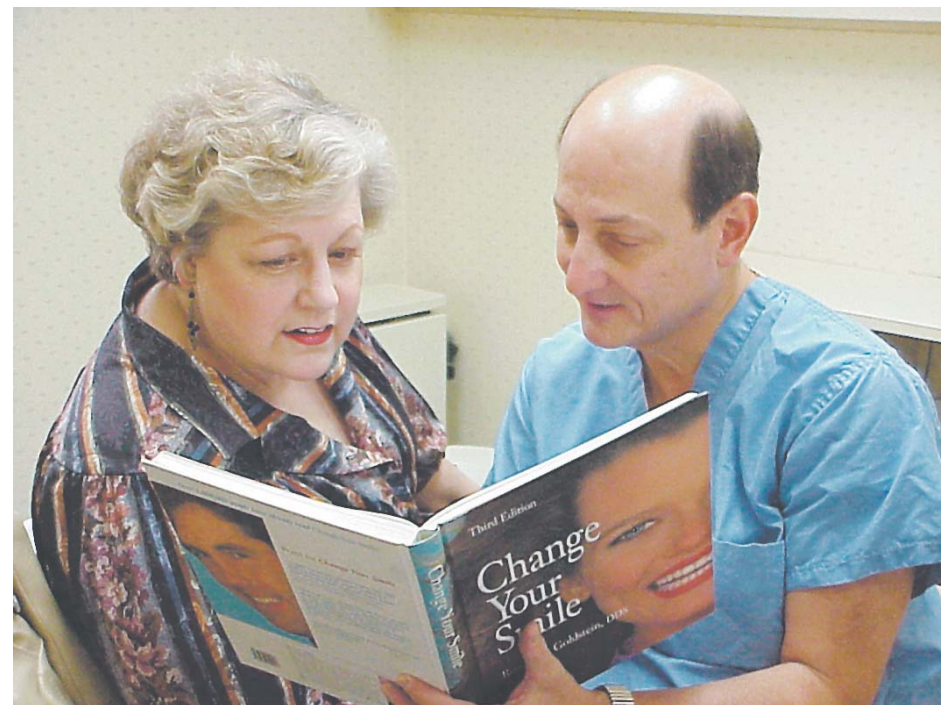


PHOTO COURTESY OF DR. RICHARD MILLER

Halitosis specialist Dr. Richard Miller counsels a patient on oral health care. Experts say mouthwash often provides only a temporary solution for bad breath.

ing under the gums and look for everything that can possibly contribute like stones in the back of the throat or anything going down the sinuses."

After the diagnosis, patients get a treatment plan. Services don't come cheap, however. An initial office visit starts at \$350 and

increases according to the severity of the problem. Most insurance plans don't cover services for halitosis.

Still those who've cleared the air say finding a solution is worth every penny.

"We're getting married, so it was worth it to us," said Welch.

Getting a Body Like an Olympian

Local fitness gurus offer gold medal advice for achieving a toned, muscular body.

BY MARILYN CAMPBELL
THE CONNECTION

Muscular legs, toned abs and buffed biceps are hard to miss in London this week, but is it possible for the average sports fan to achieve a body like an Olympian? Local fitness experts say "maybe."

"It depends on your genetic make-up and how easily you build muscles," said Michelle Walters-Edwards, chair of Marymount University's Department of Health and Human Performance and an associate professor of exercise and health sciences at the Arlington campus. "It is possible for everybody to change physically and define they way they look, but that doesn't mean that we can all look like Michael Phelps."

Olympic-level fitness often requires resources that are not always available to the average fitness enthusiast. "Often people don't have the money to join a gym or take a yoga class," said Andrew Mead of the National Association for Sport and Physical Education (NASPE) in Reston. "Other people say they don't have the time."

According to experts, the first stop on the

road to a lean, muscular body is deciding on a goal, whether it is to tone muscle, lose weight or increase endurance.

"To get muscle definition, you have to change what is on top of the muscle," said Walters-Edwards. "Having less fat around the muscles gives it a better definition. You have to change your body fat composition or reduce the body fat that you have in order to show good definition of the muscles. You want to look at your body fat composition, reduce fat and build lean muscles. That combination in the long-term is what is going to make muscles look more defined." Walters-Edwards recommended enlisting the help of a fitness professional to calculate one's body mass index (BMI).

Noshing on the right types of food can be more effective at achieving a lean physique than simply counting calories. "Stay away from highly-processed foods and starchy carbohydrates like white rice, white pasta, potatoes and white bread," said Walters-Edwards. "They can lead to large surges in the blood sugar when you've eaten them and that can make you hungry. Whole grains are great."

For those who might not yet be in shape,

PHOTO COURTESY OF NATIONAL ASSOCIATION
FOR SPORT AND PHYSICAL EDUCATION



Arlington resident Andrew Mead believes that Olympic-level fitness often requires resources that are often not available to the average person. "People are in need of support in terms of gaining knowledge and access to fitness," he said.

experts said to start with small, attainable goals. "Make what ever you do fun and consistent," said Brenda Loube of the National Association of Health and Fitness and Corporate Fitness. "Just get moving."

Fitness plans must be consistent and include both aerobic exercise and strength training: "You have to work out at an intensity where you feel breathless, but you're not gasping for breath," said Walters-Edwards. "You have to be able to maintain that intensity for 30 minutes (ideally 60 as you build your endurance) for a minimum of three to five days a week."

Mead and other experts recommended seeking help from online health and fitness tools such as www.myfitnesspal.com, www.dailyfitnesscenter.com/ and <http://www.aahperd.org/naspe/>.

Tooth Care

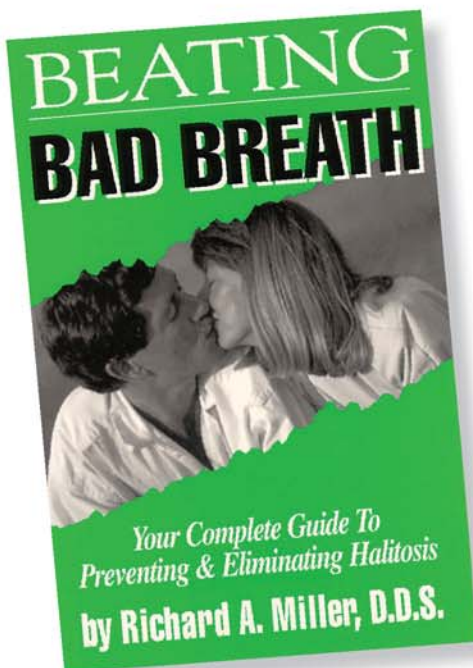
FROM PAGE 12

the early warning signs are subtle. There is seldom any pain until the disease is very advanced. Redness and puffiness in the gums around the teeth are something to watch for. Bleeding of the gums when someone brushes or flosses is not normal and should be evaluated. Eventually, pain and swelling from gum infections will occur, but the damage is advanced by that point," said Messina.

Diet plays a role in healthy teeth, as well. "Don't underestimate the role of nutrition and the role that food choices play in preventing gum disease and maintaining healthy teeth. The presence of too much or too little of any nutrient can have harmful effects, particularly on the mouth and teeth, and may contribute to oral diseases and infection," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "Your teeth and jaws are made mostly of calcium. Without enough calcium in your diet, you risk of developing gum disease and tooth decay. Iron deficiency can cause your tongue to become inflamed, and sores can form inside your mouth." Martin added that a lack of vitamin B3 can cause bad breath and canker sores.

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Signature Theatre Celebrates Annual Event

FROM PAGE 9

host Robert Aubry Davis and Signature's Artistic Director Eric Schaeffer. The winning contestant will perform at the Signature on the Plaza concert in the evening. The open house is held throughout the Signature complex and outdoors on the Shirlington Plaza.

The open house also gives patrons their first opportunity to take advantage of half-price tickets for select performances on mainstage shows throughout the new season. Subscription discounts (starting with three or more shows) will also be offered at the box office throughout the day. This special 50 percent off ticket price is only available on the day of the open house event.

Featured artists who will be performing and taking part throughout the day's festivities include Tony Award® nominee Emily Skinner, Helen Hayes Award winner Heidi Blickenstaff, Million Dollar Quartet star Rob Britton Lyons, Chuck Mead and his Grassy Knoll Boys, Helen Hayes Award winner Natascia Diaz and more.

Signature's Open House event is sponsored by: Dottie Bennett, Maggie Boland, Bonnie Feld, Daniel Felton, Deborah Gandy, Frank Guzetta, Maxine Isaacs, Celie Niehaus, Eric Schaeffer, and Sarah Valente.

Schedule of Events

11:45 a.m. – On the Plaza Stage

Enjoy free cotton candy, sno-cones, popcorn and more while listening to the sizzlin' sounds of summer.

Noon – In the MAX

Highlights from the new season.

12:15 p.m. – In the ARK

The perfect cabaret for everyone in the family.

12:30 p.m. – In the Lobby

Listen to a cabaret performance by D.C. actors singing from their very own audition books.

12:45 p.m. – In the Shen, 4th Floor

Signature's Artistic Director Eric Schaeffer leads a master class on the art of acting out a song. A Q&A period will follow.

1 p.m. – On the Plaza Stage

Music on the Plaza featuring Washington's hottest bands.

1:15 p.m. – In the MAX

Emily Skinner returns to Signature Theatre with a special solo concert.

1:30 p.m. – In the ARK

Students from Signature's intensive summer musical theatre institute perform their favorite songs.

1:45 p.m. – In the Lobby

Listen to a cabaret performance by D.C. actors singing from their own audition books.

2 p.m. – In the Shen, 4th Floor

Signature favorite Tracy Lynn Olivera leads a master class on the art of acting out a song. Watch and learn. An interactive Q&A period will follow.

2:15 p.m. – On the Plaza Stage

Enjoy free cotton candy, sno-cones, popcorn, and more while listening to the sizzlin' sounds of summer.

2:30 p.m. – In the MAX

Chuck Mead, brings his band to Signature Theatre for a special concert.

2:45 p.m. – In the ARK

The perfect cabaret for everyone in the family.

3 p.m. – In the Lobby

Listen to a cabaret performance by D.C. actors singing from their audition books.

3:15 p.m. – In the Shen, 4th Floor

Signature's Artistic Associate and choreographer of next season's The Best Little Whorehouse in Texas Karma Camp leads a master class in dance.

3:30 p.m. – On the Plaza Stage

Rob Britton Lyons, star of Broadway's Million Dollar Quartet, brings his extraordinary sound to the Plaza stage.

3:45 p.m. – In the MAX

Now in its third year — who will be this year's Signature Idol?

4:15 p.m. – In the Lobby

Listen to a cabaret performance by D.C. actors singing from their audition books.

4:45 p.m. – On the Plaza Stage

Chuck Mead, brings his band to Signature Theatre for a special summer concert.

5 p.m. – In the MAX

Highlights from the new season.

5:15 p.m. – In the ARK

Heidi Blickenstaff performs a set of her favorite songs selected especially for Signature.

5:30 p.m. – In the Lobby

Listen to a cabaret performance by D.C. actors singing from their very own audition books.

5:45 p.m. – In the Shen, 4th Floor

Signature's Club Blue DJ, Victor Adams, helps turn the Shen Rehearsal Room into the ultimate dance party with chances to show off your singing skills on the karaoke machine. (5:45-8 p.m.)

6 p.m. – On the Plaza Stage

The Bitter Dose Combo is the District's premiere gypsy swing ensemble.

6:15 p.m. – In the MAX

Emily Skinner returns to Signature Theatre with a solo concert.

6:30 p.m. – In the ARK

Rob Britton Lyons, star of Broadway's Million Dollar Quartet, takes the stage.

6:45 p.m. – In the Lobby

Listen to a cabaret performance by D.C. actors singing from their audition books.

7:15 p.m. – On the Plaza Stage

The Bitter Dose Combo is the District's premiere gypsy swing ensemble.

7:30 p.m. – In the MAX

Heidi Blickenstaff performs a set of her favorite songs.

8:30 p.m. – On the Plaza Stage

A special finale concert that features Broadway and DC actors celebrating the astounding music of Broadway and Signature Theatre.

CALENDAR

FROM PAGE 8

SATURDAY/AUG. 11

Singles Dinner & Movie Night. 5 p.m. \$30. Enjoy a fixed price dinner at Ireland's Four Courts followed by a movie of your choice at AMC Courthouse Plaza 8. Fee includes dinner, soda, tip and movie ticket. RSVP required. Call 301-924-4101 or visit www.newbeginningsusa.org.

MONDAY/AUG. 13

Crystal Screen Gets Romantic: Pretty Woman. Free. The courtyard along S. Bell Street will be transformed into a free outdoor movie theater. The ROM COM theme makes it the perfect (and affordable) date night in the heart of Crystal City. 1800 South Bell Street (near Crystal City Metro).

FRIDAY/AUG. 17

Summer Concert Series. 8 p.m. Free. The United States Air Force Band-Airmen of Note. Air Force Memorial, One Air Force Memorial Drive. For more information, call 202-767-5658 or visit www.usafband.af.mil.

MONDAY/AUG. 20

Crystal Screen Gets Romantic: Love Actually. Free. The courtyard along S. Bell Street will be transformed into a free outdoor movie theater. The ROM COM theme makes it the perfect (and affordable) date night in the heart of Crystal City. 1800 South Bell Street (near Crystal City Metro).

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Choosing My Words, Respectively

By KENNETH B. LOURIE



It has been brought to my attention by some regular Kenny-column readers – who are friends, too, and whose opinions I value, that my most recent batch of “cancer columns” (as I call them) were not funny; in fact, they were more depressing and negative than anything, and not nearly as uplifting and hopeful as many of my previous columns have been. I didn’t need to reread what I had written/published to understand what they were saying. I know (knew) what I felt and know generally, the tone and undercurrent of what I’ve been discussing these last few weeks: neither fun nor funny. Mortality is like that. My dilemma is, how to not take too seriously or focus too much on a set of circumstances which are very serious and require a great deal of focus to manage. As much as I’d like not to, it seems irresponsible if I don’t. Yet doing so might contribute to a poor quality of life, emotionally speaking, which in turn may exacerbate the underlying problem (stage IV lung cancer) which (A) doesn’t need any exacerbating and (B) doesn’t really benefit from negative thoughts/stress on the “diagnosee,” directly, or on anyone else for that matter.

Let me attempt to clarify (I know. What about all the other columns?). Having “NSCLC” (Non Small Cell Lung Cancer) is depressing, but I am not depressed. Moreover, being diagnosed with an inoperable, terminal disease (at age 54) is pretty negative. Of that I’m positive. What I am also positive about is my willingness to face this disease and its effects honestly and with humor. However, sometimes the circumstances (chemotherapy/treatment, lab and scan results, appointments with my oncologist) just aren’t that funny; like when your tumors grow and the medications available to treat you are dwindling (see column titled “Victim of My Own Circumstances”), and statistically speaking, you’ve outlived most of the patients and protocols with which your oncologist is familiar. It’s/I’m a miracle to be sure, but also cause for concern. There may not be another conventional treatment option – for me, after we’ve exhausted the current oral targeted therapy (a daily pill instead of a daily/weekly infusion) which I began three weeks ago. Then what? So it’s not funny. But it doesn’t mean I’m morbid. I may be a bit somber and introspective, but I’m still relatively pleasant to be around and not nearly so self-absorbed (despite my circumstances) as you might imagine.

Quite frankly, I feel like the honesty with which I’ve shared my cancer experiences may have contributed to my overall, above average/not anticipated pretty good health (all things considered); as has the attempts at humor and lightness with which I’ve tried to touch this third rail of a diagnosis. I’ve tried to take it all in stride. Sometimes, there’s been a bounce in my step; other times the steps have been somewhat staggered (literally and figuratively). And often I’ve made jokes in the face of adversity and tried to find humor where previously very little had existed. Call it a defense mechanism. Call it self-preservation. Just let me be alive to call it something.

The adversity I face now is, I am alive 41 months into a “13-month to two-year prognosis.” As much as I try, it’s difficult to ignore that arithmetic. Yet making light of it – all the time, seems disrespectful somehow. When you’ve outlived your original prognosis, it seems to make sense that if you’re not going to walk quietly, you probably shouldn’t carry a very big stick. There are powers at work here bigger than all of us.

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

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