

News

Historic Building Restored

Neighbors celebrate reopening.

BY MICHAEL MCMORROW The Connection

his building is the center of our village, a historic treasure that brings us together," said Brian M. Cavey, president of Glencarlyn Citizens Association, describing the 120-year-old Carlin Hall on 4th Street, South, Arlington.

Owned and maintained by the county, but managed by the association, a major restoration was accomplished over the past year.

Initially, the plan was to replace siding and woodwork and to do some painting. Opening various structural elements disclosed much more effort was required. Foundation mortar had disintegrated into sand, attic rafters supporting the roof had warped and the crowning cupola was atilt and in danger of toppling.

Repairs and alterations over several decades, some of which had changed the historic character of the building, themselves were in disrepair.

Built in 1892, and originally named Curtis Hall, it was the all-purpose meetinghouse for Glen Carlin Village. As a "planned com-

Learn More

"Glencarlyn Remembered: The First 100 Years" was published by Glencarlyn Citizens Association in 1994, and multiple copies are available in Arlington's public libraries (# 975.5295 G558r).

munity," some say it was the precursor of Reston, Columbia and Greenbelt. From 1920 to 1950, the building served as the local elementary school. Nearby St. John's Chapel held services there for a dozen years. On other occasions, its role was library, dance hall and theatre. At all times, it was the all-purpose meeting place.

Construction manager for the current project was Peter Connell. A county staffer for eight years, he brought 30 years of building experience to the job. Ordinarily, his unit "fixes things" in the many county-owned properties. Carlin Hall was different, it being one of only four historic properties cared for by the county. The assignment provided an opportunity to do something constructive to a building that was very close to the heart of the local community.

The project also gave fresh meaning to the way Connell and his fellow staffers approach their work: "When we do it, we do it right." Coordination was established with the Historic Preservation staff and the Historical Affairs and Landmark Review Board. Historically inaccurate windows dating to the 1940s, repairs after a fire in the 1960s,



Arlington County Department of Environmental Services Director Greg Emanuel, top far left, and former Carlin Hall teacher Louise Petes, top far right, look on as Del. Alfonso Lopez (D-47), second from the left, Glencarlyn Citizens Association President Brian Cavey, and County Board member Chris Zimmerman cut the ribbon for the reopening of Carlin Hall on June 1. Sitting on the bottom left of the stairs is Betty Vertiz, a former student at Carlin Hall.

and renovations in the late 1980s complicated the plan to restore the building to its original appearance.

In the end, the cost of "doing it right" is around \$930,000. Cavey said his association "is grateful to the county and the County Board for their generous investment in restoring" Carlin Hall.

Although the site of many activities throughout the year, Carlin Hall's constant occupant has been a pre-school for 3, 4 and

5 years olds. For more than 20 years and until "promoted" not long ago, Louise Peetz served as teacher. Reflecting on the last 12 months, two words came to mind: "adequate" and "uncertainty."

The building always was adequate for the small classes of age-group students. No suspicion of hidden structural faults ever arose. Once the construction project was announced, uncertainty set in. Originally, SEE CARLIN HALL, PAGE 16



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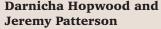
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News







Students dance at the Washington-Lee prom.

Washington-Lee Students Attend Prom

On Friday, May 31, Washington-Lee High School's class of 2013 gathered at the Key Bridge Marriott hotel for the school's annual prom.



Clari Arevado and Aldo Machic-Baran



Erdenebat Chuluuntsetseg and Gattsog Gantulga



Paul Frondorf and Alyson Gorske



Sylvia Monet, Kirby Miller, CJ Burka, Amy Sheahan and Emma Gregan



Nora Baron, Elizabeth Andarge, Natalia Park, and Emilia Corea



Kyle Conway and Rebecca Ro Reinhart



Sinclair Cabocel and Esther Ullberg



Amelia Doyle and Adrian Johnson



Collete Talbot and Alec Jackson

Hen-Pecked Officials

Should neighbors have to consent to backyard chickens?

By Michael Lee Pope The Connection

rlington County Board members are about to either lay an egg or be considered chicken. Either way, elected officials will be caught in the middle of a scramble about whether where and when the county will allow backyard chickens.

Next week, members of an urban agriculture task force will present recommendations to the Arlington County Board. Elected officials will be confronted with two separate sets of recommendations. The majority opinion calls for a reducing the 100-foot setback with a 20 foot setback, in addition to requiring a majority of neighbors consent to having chickens in their midst. A separate minority opinion will be presented to County Board members that is less restrictive, allowing for a sevenfoot setback.

"Hens are very quiet," said Tom Carter with the Arlington Egg Project. "They go to sleep at sundown, and they don't make any sound at night and they have a very soft clucking during the day that's very difficult to hear from 15 or 20 feet away."

The issue has been germinating for years, as county officials have been trying to find a balance between policies that promote urban living with zoning ordinances that allow for sustainable environmental practices. Fifty years ago, when the restrictions were created, Arlington leaders were trying to modernize a county that was emerging from an agricultural past. Now elected officials are confronted with residents who want to retain the urban landscape but return to a time when people had a relationship with the food that appeared on the dinner table.

"We've lost the time when we put up a garden with tomatoes in the summer and squash for the winter with a couple of hens for eggs in the backyard," said Rosemary Ciotti, a member of the Arlington Planning Commission who serves on the task force. "Now there is a movement to look at how far we have been removed we've become from our food sources, and how detrimental it is to our nutrition and our food supply."

ONE OF THE BIGGEST issues

Majority Opinion

- * Require a 20-foot setback
- ❖ Allow four hens per household
- ❖ Require approval of a majority of adjacent property owners

Minority Opinion

jacent property owners

- Require a seven-feet setback
- Allow five hens per household
 No requirement for approval of ad-

that has yet to be resolved is whether or not people who want to keep chickens need to get the permission of their neighbors. Supporters say having the approval of neighbors is crucial to respecting the property rights of homeowners in Arlington. Critics say the restriction would not hold up in court because it may be unconstitutional. Ultimately, County Board members will have the final say.

"We don't traditionally have to have our neighbors' consent to have a dog or cats," said Ciotti. "So I think it should be thought of in those terms."

Some neighbors say they don't want chickens in their midst. They say they are worried about the noise and the smell, and that they have chosen to live in Arlington because it's so far removed from the rural landscape. Particularly galling is the prospect of having to deal with animal waste.

"The droppings will mix with bare soil to wash into the storm sewers, or if I'm lucky my yard or your yard," said Jim Pebley during a County Board meeting last year. "I think it's egregious — I'm sorry egg-regious."

FOR MEMBERS of the Arlington County Board, the debate will be about what kind of protections are best suited to a 21st century urban county striving to be environmentally friendly. That means striking a balance between the two factions on the task force. While the majority wants larger setbacks and assurances that neighbors approve of the chickens, the minority feels that Arlington residents should be able to have hens without asking adjoining property owners for permission.

"Like all organisms, we defecate a fair bit, and it all has to go somewhere," said David Luther, biology professor at George Mason Univer-

SEE SHOULD, PAGE 6

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Viri Morales and Carlo Blanco



Bill Lomax, Susanne Evans and Yorktown principal Dr. Ray Pasi greet the Yorktown students at the entrance way to the prom on Friday evening, May 31 in the Marriott Gateway Hotel, Crystal City.

At Yorktown Prom

Darcy
Pommereming,
Elizabeth
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Elizabeth Grover

Photos by Louise Krafft The Connection



Jessie Mitrovidh, Claire Slavin and Ellie Blilos



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SENIOR LIVING

55 or Older? Time to Register

County provides Office of Senior Adult Programs.

rlington County's Office of Senior Adult Programs, a unit of the Department of Parks and Recreation, coordinates activities and programs at the county's six senior centers and several community centers. It also administers a 55+ Travel Program. Arlington residents 55 years of age and older can register for a 55+ Pass with OSAP which gives them access to programs at all of the centers. They will also receive a bi-monthly, 36-page maga-

SPECIAL SECTION

Find Senior Living inside this week's Arlington Connection.

zine ("55+ Guide") and be eligible to participate in the travel program. The cost is \$20 annually.

OSAP programs focus on fitness, sports, wellness, recreation, arts, education and

community engagement. The travel program offers 15 to 20 trips per month to places of interest in the Metropolitan area as well as out of state. Many center programs are free and those requiring a professional instructor, charge a small fee. OSAP supports special events for the 55+ community such as health fairs, retirement seminars, transition workshops and senior Olympics. It also partners with other age-related groups and services such as Encore Learning, AARP, the Area Agency on Aging and more.

Senior programming in Arlington began in 1954 by the Recreation Department when the first "senior citizens" group was formed with 42 residents interested in activities for seniors. Participation has grown to nearly 5,000 and more than 155 different programs take place each week at the centers.

To register for a 55+ Pass, call 703-228-4744, visit a senior center or online at www.arlingtonva.us, search 55+ Pass. For a complimentary copy of the "55+ Guide," call 703-228-4721 or email, jmassa@arlingtonva.us.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for June 17-22.

Arlington senior centers: Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpepper Garden, 4435 N. Pershing Dr.; Langston-Brown, 2121 N. Culpeper St.; Lee, 5722 Lee Hwy.; Arlington Mill at Fairlington, 3308 S. Stafford St.; also Madison Community Center, 3829 N. Stafford St.; TJ Comm. Center, 3501 S. 2nd St.

Senior trips: Monday, June 17, Chesapeake Beach RR Museum and lunch, \$63; Thursday, June 20, tour Agecroft Hall, Richmond and lunch, \$55; Saturday, June 22, "Anything Goes," Kennedy Center, \$97. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

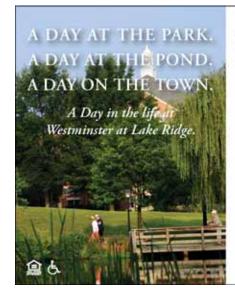
Cooking demo with summer foods, Monday, June 17, 1:30p.m., Aurora Hills. Free. Register, 703-228-5722.

Chess Club, Mondays, 9:30 a.m. - 2:30 p.m., Madison Community Center, Free. Details, 703-228-4878.

Exclusive weight room hours, Monday-Wednesday-Friday, 11 a.m. – 2 p.m., Langston-Brown; \$60/15 sessions or \$4 drop-in. Details, 703-228-4745.

Rubber Stamp Club, Tuesday, June 18, 11:30 a.m., Lee. Free. Register, 703-228-0555.

Preparing financially for retirement, Tuesday, June
SEE FLOURISHING AFTER 55. PAGE 9



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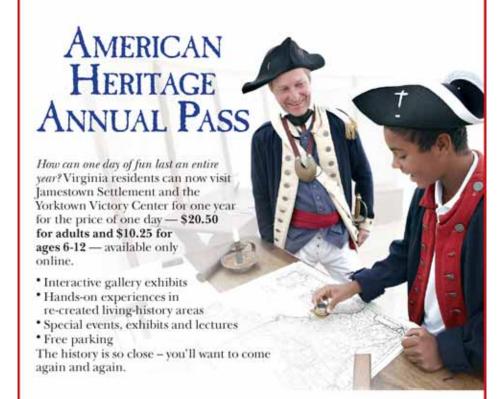
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News



Nominees for Lead Actress in a Play: Kaitlyn Rhyne (Woodbridge's "Cyrano"), Kyra White (H-B Woodlawn's "Cat on a Hot Tin Roof"), Stephanie Feeback (Chantilly's "You Can't Take It With You"), Catherine Ariale (West Springfield's "The Diary of Anne Frank"), Christine Cox (Oakton's "Suite Surrender").



Nominees for Lead Actress in a Musical: Sarah Moffit (Bishop Ireton's "Something's Afoot"), Gabi Stapula (Hayfield's "Singin' In the Rain"), Alicia Hartz (Washington-Lee's "Guys and Dolls"). Not pictured: Abigail Rozmajzl (Paul VI's "Once Upon a Mattress") and Erin Craig (Walt Whitman's "Anything Goes").

And the Winners Are ... Cappies Gala on Sunday, June 9, at Kennedy Center.

he 14th Annual Cappies Gala will take place at 7 p.m. on Sunday, June 9, in the 2,400-seat Concert Hall at the John F. Kennedy Center for the Performing Arts.

Performers, critics and tech crews from 56 high schools in Northern Virginia, Maryland and Washington, D.C., will receive 37 "Cappie" awards, in a glamorous atmosphere that Cappies (Critics and Awards program) co-founder and Capitol Steps co-

founder Bill Strauss used to call "part Tonys, part Final Four."

Casts of nominated shows and the performers of nominated songs will present musical numbers as well as sketches from the nominated plays.

The entire show will be aired on Cox Cable "Red Apple" Channel 21 later in the summer.

Throughout the year, the Cappies program is driven by over 380 area high school

theater student critics who attend each other's shows, write reviews for newspapers and TV, and serve as "Cappies" awards judges.

On May 11, approximately 300 student critics voted for Cappie awards, through a digital, student-designed voting process.

Launched in Northern Virginia in 1999, by Bill Strauss and Judy Bowns, Cappies programs are now underway in 11 U.S. cities, including Cincinnati, Kansas City and

Orlando, and three in Canada, with more cities who are preparing to start up in the fall.

Strauss, who died in 2007, said: "High school theater is the real youth culture in America, and someday, these kids are going to revitalize Broadway. They're the next great theater generation."

Tickets to the gala are only available only through Cappies high school theater departments



Nominees for Lead Actor in a Musical: Jack Gereski (South County's "The Music Man"), Jeffrey Warren (Washington-Lee's "Guys and Dolls"), Ben Roberts (West Potomac's "Young Frankenstein the Musical"), Alex Stone (McLean's "Rent"). Not pictured: Elgin Martin (Thomas S. Wootton's "Ragtime").



Musical Nominees: Jack Ladd (Bishop Ireton's "Something's Afoot"), Michelle Huey (Walt Whitman's "Anything Goes"), Alex Poirier (Loudoun Valley's "Urinetown"), Anna Barr (Robinson's "Hairspray"), Ben Roberts (West Potomac's "Young Frankenstein the Musical").

Should Neighbors Have To Consent to Backyard Chickens?

From Page 3

sity. "Generally for anything except humans, it doesn't go through water treatment plants. If the quantity is high, it can be a real problem for the local watershed."

Many advocates of backyard hens have grown weary with waiting for county officials to take action and have brought hens into their yard in violation of existing rules. That means that dozens of hens are already waiting to start laying eggs legally in a

county that was once known for its agricultural roots. "I hope Arlington County follows the hundreds of other communities in the United States that have either never taken away the freedom to keep backyard hen or restored that freedom," said Carter. "During wartime it was elevated from a freedom to a patriotic duty, but we've sort of lost track of that connection over the last 60 years or so but hundreds of communities across the county are figuring out that's actually a good thing."

Couple Produces 'Environmental Read of the Summer'

BY ASHLEY CLAIRE SIMPSON The Connection

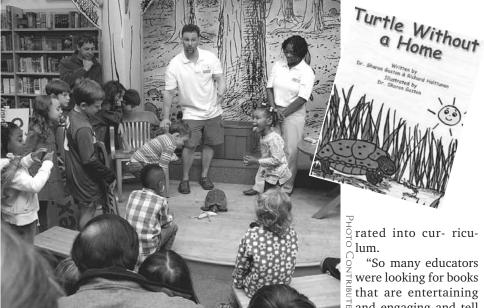
rlington County educators Sharon Gaston and Richard Halttunen are a husband-wife children's book writing team whose first brainchild together, "Turtle without A Home," has been sweeping up literary accolades. Creative Minds Publications, a publishing company specifically for classroom-oriented literature, released the book in 2012.

Kathryn Starke, owner of Creative Minds Publications, said Virginia Naturally just selected "Turtle Without a Home" as an Environmental Read of the Summer. Starke said the book also received the Nature Appreciation Honor from Skipping Stones Magazine, an international children's maga-

"Science centers, museums and organizations all over are recognizing their book as a wonderful story to share with kids," Starke said. "It has just been getting the showcases and the awards."

Although published by Creative Minds in 2012, Gaston said she and Halttunen started the book in 2001.

"We wrote the book so long ago ... it's wonderful," Gaston said. "The one thing about children's books is that they are always current even when they are old."



Sharon Gaston and Richard Halttunen at a book signing at the Clarendon Barnes & Noble.

Starke said she met the Arlington-based couple at a Virginia education conference back in 2011 and after talking with them realized that "Turtle without a Home" would be a perfect title for her company to release.

Starke, a former classroom teacher and current literacy specialist, said she formed Creative Mind Publications knowing the classroom's need for books easily incorporated into cur- ricu-

"So many educators were looking for books that are entertaining and engaging and tell a story but are also educational," Starke said. "Our company fo-

cuses on publishing educational children's literature, all written and published by teachers. All books include lesson plans, curriculum guides."

This, Starke said, was why Gaston and Halttunen's story was compelling to her.

"Obviously they were educators, they had the ability to write and tell a story, and they are aware of what they have to teach in school," Starke said. "Their book is an example of the buzzword of 'Environmental literacy.' It was a perfect fit for us."

Gaston said she and Halttunen got the idea for the book when they were approaching their last days at Glencarlyn Elementary School and getting ready to move to its replacement, Carlin Springs Elementary. She said there was a beautiful courtvard at the school, and she voiced her concern to Halttunen one day.

"Rich laughed and said, 'A turtle without a home," Gaston said. "That is how the story got its title. Then we started talking about how we could dedicate the book to the new school [Carlin Springs Elementary School.]"

Gaston said it was in that conversation that the book started to take shape, the plot focused on "a turtle that had to leave his home because of pollution."

"Within the story, a turtle goes and tries to live with other animals," she said. "It is unfortunate, something animals have to do, but the turtle finds a happy home in the

Gaston, who had written other children's books prior to "Turtle without A Home," is a reading specialist at Arlington's Taylor Elementary School, working with grades Kindergarten through fifth.

"I love teaching reading to students, especially books that have a message in them," SEE COUPLE, PAGE 8





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PEOPLE

Magician Hosts '24 Game' Tournament

ocal magician Brian Curry hosted a "24 Game" tournament at Claremont Immersion School on Saturday, June 1. Fifty students, who are tops in their respective elementary schools at playing the 24 Game, were invited to compete.

The 24 Game is a mathematical game in which the object is to find a way to add, subtract, multiply or divide four integers appearing on a game card so that the end result is 24. The game is believed to have originated in Shanghai during the 1960s. The format for the tournament was four children seated at a table with a judge. The judge placed a 24 Game card on the table and the first child to slap the card with the correct answer retained that card. At the end of the game, the judges tallied up the winner. Three rounds were played. In the first round single digit number cards were used, in the second round double digit numbers were played by the contestants and the third round featured the four top scorers from the two prior rounds. Fourth grader Devin Verma took home top honors this year. Last year as a third grader Devin convinced Curry to let him compete and he came in second overall. Claremont Immersion School student Ethan Kluge received second place in this year's tournament. "When the game is on, you can hear a pin drop in the auditorium," said Curry. "It's the math version of a very intense and competitive spelling bee."

Playing the 24 Game is designed to help students reinforce math skills they should already possess. Each school year, Curry hosts 100 "Magical Math Tour" assemblies



First place winner of Saturday's "24 Game" tournament Devin Verma.



Claremont Immersion School math coach Elizabeth Jaffe serves as one of the judges in Saturday's tournament.



Magician Brian Curry takes over as judge for one table in the first round.

that motivate students to improve their math skills. For the June 1 tournament, each participating elementary school selected its own 24 Game champion to compete.

"The 24 Game is well known among Northern Virginia elementary schools," said Curry. "You can't find a math game with a better reputation for getting kids excited about math." Curry wrote his Magical Math Tour show because he struggled with math as a child. Back in 1991, as a sixth grader in around the Washington metro area Centreville's Virginia Run Elemen-

tary School, Curry himself was laboring to perform third grade math. At this time, the 24 Game was already popular in Northern Virginia. Playing the 24 Game helped him gain confidence in his math skills and to change his attitude towards what then seemed the most boring subject on earth.

"It's not socially acceptable to be unable to read, but it is OK not to like math," said Curry. "This tournament helps show kids how fun math can be, and gets them interested in the skills they'll need for perform involving math.



Ethan Kluge competes in round 1.

the rest of their lives."

Students participating in the June 1 tournament won a variety of prizes. The first-place prize was a \$50 gift certificate to Best Buy; the remaining final players each received a \$25 gift certificate to Barnes & Noble. All of the participating children received a medal and a copy of Curry's book, "Mathematical Magic to Amaze Your Friends," which teaches elementary students magic tricks they can

Couple Produces 'Environmental Read of the Summer'

From Page 7

Gaston said the book was a collaborative effort, and Starke helped them with the finish-

Halttunen and "I wrote the book together," Gaston said. "Katherine also helped us. She saw the first draft, and suggested we add another character, which later became the squirrel."

Gaston is also the illustrator.

Gaston and Halttunen said they make presentations around the area to student audiences where they tell the story of "Turtle without a Home."

"The overall goal is to try and get out to different schools and community centers and talk to children about the plight of different animals that they see every day, whose resources are being taken away," Gaston said. "We help make the children aware of these animals and their habitats being eroded away. It is fight or flight for these poor animals."

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Halttunen is currently a third grade teacher at Glebe Elementary School, where he works with students to take care of abandoned turtles. He said he is able to bring these turtles to some of his and Gaston's presentations.

"We take the turtles with us," he said. "It pulls people toward our little table."

Halttunen said he is grateful Gaston encouraged him to make his first foray into the world of children's literature, as it has made lessons for the students more fun.

"Being educators, we need more 'educainment," he said. "We are always thinking about what we can connect to the curriculum to make it more fun."

He added that he is working on another book about the water cycle.

Both Gaston and Halttunen said they have really appreciated Starke's hard work in getting her story out in the academic community.

"It's been a very positive experience,

[Kathering is] really out there trying to keep it current," Gaston said. "That's so hard to do when you are working full time."

Gaston and Halttunen also both agree that the best part of writing children's literature is seeing their own students read and appreciate their stories

"I have a love of literature," Gaston said. "It is the best when children read your stories. Kids will say, 'I read your story and loved it.' It is the most heartwarming feeling in the world."

Halttunen said he also loves seeing his own students bring his stories to life, and said he and Gaston are not done writing them.

"We are enjoying what we are doing, Halttunen said. [Gaston] is the one who inspired me to start writing. It is fun to work as a team ... it is fun to watch a book come to life and see the kids actually read something you've written. It is very powerful; it is the most rewarding thing I've ever experienced."

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

THURSDAY/JUNE 6

Arlington Rotary Meeting. Noon-1:30 p.m. at La Cote D'Or Restaurant. Libby Garvey will talk about her experiences as a county board member.

TUESDAY/JUNE 11

Meeting. 6:30 p.m. at County Board Room 307, 2100 Clarendon Blvd. The county board will discuss the Food Action Plan. Free. 703-228-3130.

FRIDAY/JUNE 14

Small Business Open House, 10:30 a.m.-12:30 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Speak with small business experts and get advice on starting a business. Free. Registration required, 703-228-

"Flourishing After 55"

From Page 5

18, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Pickleball, Tuesday-Thursday-Friday, 11 a.m. - 3 p.m., Walter Reed. Details, 703-228-0955.

Travel safety tips, Wednesday, June 19, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Taking charge of diabetes, Wednesday, June 19, 11 a.m., Culpepper Garden. Free. Register, 703-

Open Tai Chi practices, Wednesdays, 12:30 p.m., Culpepper Garden. Free. Details, 703-228-4403.

Choosing someone to make decisions for you, Thursday, June 20, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Advanced line dancing, Thursdays, 1:30 p.m., Lee. Details,

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

228-0555 "8 Weeks to Optimum Health" discussed, Friday, June 21, 11 a.m., Langston-Brown. Free. Register, 703-

Fast-paced walking group, Fridays, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.

"What's Next After Retirement" workshop, Saturday, June 22, 9 a.m. - 12 p.m., Fairlington Community Center. Free. Register, 703-228-4759.



ELITE

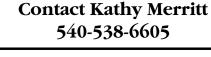
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盒









★ Welcome Summer Party

★ Friday, June 21

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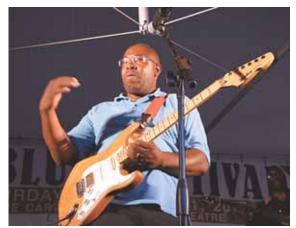


Three Sheets to the Wind will be playing live in our courtyard! Doors open at 6:30 P.M., and the music starts at 7:00 P.M. Tickets are \$75 and can be purchased exclusively through www.CityEats.com

ENTERTAINMENT



Cathy Ponton King and her band of bluesmen will be the final local act of the night at the Columbia Pike Blues Festival, before headliner G.E. Smith.



Clarence "Bluesman" Turner and his band will be second on stage during this year's Columbia Pike Blues Festival.

Driving up from Fauquier County, Chris Polk and his band are returning to this year's Columbia Pike Blues Festival for the second year in



A Bluesy Good Time on the Pike

G.E. Smith headlines this year's Columbia Pike Blues Festival; local bands kick it off.

BY AMBER HEALY The Connection

he summer may have unofficially started on Memorial Day, but another annual summer celebration is just around the corner — the Columbia Pike Blues Festival.

The festival has been a staple of Columbia Pike in the summer for nearly 20 years, since it began as a smaller concert in the parking lot of Patrick Henry Elementary School, said Amy McWilliams, marketing coordinator for the Columbia Pike Revitalization Organization.

"It's become a real institution," something families can do together on a warm afternoon, where parents can enjoy a day out while their children dance to great music, she said. "We have people who begin putting folding chairs out the night before" to ensure a good seat for the concerts.

More than 7,000 people are anticipated to attend this year's concert, which features four local blues bands and culminates with a performance from G.E. Smith, former bandleader for Saturday Night Live. Later this summer, Smith will be on tour with

Roger Waters from Pink Floyd, McWilliams

Of course, there will be food vendors, including Big Daddy Barbecue, some Latin American food, kebabs and other tasty treats, and beverages ranging from kidfriendly to those just for adults.

There will be additional safety precautions in place this year, McWilliams said. People are asked not to bring backpacks, a change from years past that has been adopted as an abundance of caution following the bombings in Boston this past April.

THE REAL DRAW, of course, is the mu-

First to take the stage this year will be Brian Gross and his band, BG and the Mojo

The band includes Gross on guitar and vocals, Roger Edsall on harmonica, guitar and vocals, Bob Malardi on bass and vocals and Chip Clemmer on drums. They have a Chicago-style blues foundation, with a little West Coast swing and just a touch of rockabilly, and this will mark the band's second appearance at the festival, said Gross, a Falls Church resident.

Gross is no stranger to the area music scene, hitting area stages in 1993, putting his first band together a year later, playing open mics around the area and with the D.C. Blues Society Band. He also teaches,

Details

www.columbia-pike.org.

The annual Columbia Pike Blues Festival is

scheduled for Saturday, June 15, 1-8 p.m. on Co-

lumbia Pike at South Walter Reed Dr. Admission

is free to the family-friendly event, which, in addi-

tion to five blues bands and headlined by former

Saturday Night Live bandleader G.E. Smith, also

features raffles, food and beverage vendors, and

water bowls for four-legged friends. Visit

inspiring the next generation of rockers.

The Columbia Pike Blues Festival is "a great event," he said. "If you're a blues musician. playing festivals is one of the most fun things you can do."

He's been a regular in attendance and is looking forward to taking the stage.

Following BG and the Mojo Hands will be Clarence "Bluesman" Turner, driving down from Maryland for the big day.

Turner, who sings and plays guitar, is joined by Sean Graves on drum, David Satterwhite on bass, Chuck Pearson on keyboard, Gary Hendrickson on trumpet and Gene Meros on the saxophone, coming together for a big, full sound that includes not only Delta blues, but a few covers, like C.C. Rider, Ray Charles and Muddy Waters.

In addition to preparing for the festival, Turner's getting ready to release his second album, which should be available by the end of June. That album, a follow up to last year's "Pay Day," is mostly original tunes and should anchor his band's performance on June 15.

Turner has lived in this area most of his life and has played most of the festivals in

the D.C. region, but the Columbia Pike festival hasn't been among them.

"We're a very energetic band. I think people should be sure to check us out, you'll like us," he said.

Next up will be Fauquier County resident Chris Polk and his band, which features Polk on lead guitar and vocal, Scott Mattern on guitar, Cornelius Conway on bass and backing vocals, Chris Wing on drums and Brian Jack-

son on drums. Polk played the festival last year and was asked to come back this year, a rare occurrence, as most bands don't get repeat performances back to back.

"I've got a musical background — my dad's a musician," Polk said. "I've been playing for more than 30 years," including some touring along the East Coast.

However, that doesn't mean someone who

SEE COLUMBIA PIKE PAGE 15

Calendar

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

ONGOING

Art Exhibit. Throughout June, Arlington Artist Elisabeth Hudgins will be the Featured Artist at Stifle and Capra, exhibiting "Lost & Found," original mixed media paintings inspired by a cache of old photos and letters, found in the attic of a family home. 260 W. Broad St., Falls Church, Visit

www.stifelandcapra.com. Art Exhibit. Through Monday, July 1, see "Life on a Lake: Photos from Kashmir" by Robbie Hammer at Cherrydale Branch Library, 2190

Military Road. Hours: Monday, Thursday from 10 a.m.-9 p.m.; Tuesday, Wedneday from 1-9 p.m.; Friday, Saturday from 10 a.m.-5 p.m. Free. 703-228-6330.

Art Exhibit. Through Thursday, July 4, the High Country Basket Guild is being featured at the Craft Gallery of Artisans United. Includes work by Arlington resident Barbara Weber. The Craft Gallery is located in the Annandale Community Park, 4022-C Hummer Road, Annandale. Call 703-941-0202 or visit artisansunited.org.

Enjoy a Monday morning yoga class through September held in Crystal City's Water Park located across from 1750 Crystal Drive, Led by instructors from Mind Your Body

The Crystal City Freshfarm Market is open on Tuesdays from 3-7 p.m. with the same selection of foods and goods from local producers, in front of 251 S. 18th St.

Take a free outdoor Zumba class in the courtyard at 2121 Crystal Drive, led by instructors from the local Sport & Health Clubs, every Wednesday through the end of September. Participants can take a free shower afterwards at the nearby Sport & Health.

Theater Performance. See

'Company" at Signature Theatre, 4200 Campbell St., through June 30 in the MAX Theatre. Tickets are now on sale and start at \$40. Visit www.signature-theatre.org

WEDNESDAY/JUNE 5

Memorial Service. Honor Medgar Evers, who was shot and killed by a white supremacist outside his home in 1963, at a service at Arlington National Cemetery, 1 Memorial Drive. Evers was the first field secretary in Mississippi for the National Association for the Advancement of Colored People.: he led marches, investigated racial violence and organized voter registration drives. Free, Visit www.arlingtoncemetery.mil/events/ calendar.aspx for more.

Author Event. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. #101. Local author Tracy March will have a reading and sign copies of her book "Girl Three." Free. 703-300-

THURSDAY/JUNE 6

Opening Reception. 5-8 p.m. see 'Coastal Colors," a solo exhibit by Keith Wilkie at Gallery Underground, in the Crystal City Shops, 2100 Crystal Drive. Wilkie's painting captures coastal scenes, landscapes and waterway subjects. Free. Gallery hours are Monday through Friday 10 a.m.-6 p.m.; Saturdays from 10 a.m.www.galleryunderground.org or 571-483-0652

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Christopher Hacker will discuss his

www.ConnectionNewspapers.com

Entertainment

debut novel "The Morels." Free. Visit www.onemorepagebooks.com or 703-300-9746. **Tiny Tot.** 10-10:45 a.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 18-35 months can discover the wonders of nature. \$5 due at registration. Program #642813-C.

JUNE 6-29

Art Exhibit. See "Coastal Colors," a solo exhibit by Keith Wilkie at Gallery Underground, in the Crystal City Shops, 2100 Crystal Drive. Wilkie's painting captures coastal scenes, landscapes and waterway subjects. Free. Gallery hours are Monday through Friday 10 a.m.-6 p.m.; Saturdays from 10 a.m.-2 p.m. Visit www.galleryunderground.org or 571-483-0652.

FRIDAY/JUNE 7

Celebration Concert. 8 p.m. at St. George's Episcopal Church, 915 N. Oakland St. Features Gwyn Roberts, recorder, and Atusuko Watanabe, harpsichord. Visit capitolearlymusic.org or 703-525, 8286

Music Performance. 8 p.m. at Air Force Memorial, One Air Force Memorial Drive. The United States Air Force Concert Band and Singing Sergeants will perform. Free. Visit www.usafband.af.mil or 202-767-5658.

Wine Tasting. 7 p.m. at One More Page, 2200 N. Westmoreland St. Enjoy free wine tasting. Visit www.onemorepagebooks.com or 703-300-9746.

Survival Skills: Bandanas. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children age 8-12 will learn all the uses of the bandana. \$10 due at registration. 703-228-3403. Program #642923-D.

3403. Program #642923-D. **Tiny Tot.** 10-10:45 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 18-35 months can discover the wonders of nature. \$5 due at registration. Program #642913-B.

JUNE 7-29

'Biography' by S.N. Behrman revolves around a single career woman's acceptance of a hefty fee to write her tell-all memoirs and the problems her threatened candor creates. Presented by The American Century Theater, at Theatre II, Gunston Arts Center, 2700 S. Lang St. Performances are Thursday through Saturday at 8 p.m. with Saturday and Sunday matinees at 2:30 p.m. Buy tickets at americancentury.org or 703-998-4555.

SATURDAY/JUNE 8

Recorder Master Class. 10 a.m.-2 p.m. at St. George's Episcopal Church, 915 N. Oakland St. Hear music from soloists and ensembles and then learn how to play. Visit capitolearly music.org for an application or 703-525-8286.

Owl's New Home and Anniversary. 1-4 p.m. at Gulf Branch Nature Center, 3608 Military Road. Families can celebrate Gulf Branch's anniversary and meet owls from the Raptor Conservancy. Free. 703-228-3403.

Wild Dogs Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Learn about insects and their lifecycles. Enjoy games, stories and treats. \$5 due at registration. 703-228-6535. Program #642953-C.

Tiny Tot. 10:30-11:15 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children

ages 18-35 months can discover the wonders of nature. \$5 due at registration. Program #642913-C.

Student Film Festival. 3-5:30 p.m. at HB
Woodlawn Auditorium, 4100 N. Vacation Lane.
Three of the best entries from more than 30
films representing every middle and high school,
plus an elementary school, will be showcased.
Vote for a fan favorite. Visit
www.facebook.com/apsstudentfilmfest for
more.

SUNDAY/JUNE 9

Voices of Freedom. 4 p.m. at Arlington Presbyterian Church, 3507 Columbia Pike. In celebration of the Emancipation Proclamation, Harriet Tubman and the Underground Railroad, Sojourner Truth and women's suffrage, NoVA Lights Chorale presents music and drama describing the difficulties and determination of the people seeking freedom from slavery. Free. Visit www.novalightschorale.jigsy.com or 703-346-3512.

Paws-to-Read. Meet Cynthia Powers and her dog Humphrey from 11 a.m.-noon at Wylie Wagg pet nutrition and supplies store and then children in grades K-5 can read with a therapy dog. Free. To register for a session call 703-875-2007.

Flying Flowers. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families with children age 6 and up can learn about butterflies. \$5 due at registration. Program #642953-B.

Remove Invasive Plants. 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Adults, families and teens can keep the park free of destructive plants. Free. 703-228-3403.

MONDAY/JUNE 10

Nonfiction Book Club. 7 p.m. at One More Page, 2200 N. Westmoreland St. Discuss "Unnatural Selection: Choosing Boys Over Girls, and the Consequences of a World Full of Men" by Mara Hvistendahl. Free. Visit www.onemorepage books.com or 703-300-9746.

TUESDAY/JUNE 11

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Iris Anthony will discuss her book "The Ruins of Lace." Free. Visit www.onemorepagebooks.com or 703-300-9746.

WEDNESDAY/JUNE 12

Poetry Reading/Author Event. 7 p.m. at Central Library, 1015 N. Quincy St. "Words Meant to be Spoken" by Courtney Birst. Free.

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Elliott Smith will discuss "Beltway Boys: Stephen Strasburg, Bryce Harper and the Rise of the Nationals." Free. Visit www.onemorepagebooks.com or 703-300-9746.

Finny, Flippy, Funny Fish. 1:30 p.m. or 3:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 3-5 can participate in a group. 703-228-6535 to register.

THURSDAY/JUNE 13

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Local writer and collector

See Calendar, Page 12



American Century.org June 7-29
Gunston Theatre Two, 2700 S Lang St Arlington 22206 Box Office 703-998-4555

Heredity: the traits that a disobedient child gets from the other parent.

—Luther Burbank

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Check out www.ymcadc.org for more information.



Entertainment



The cast of "Company," at Signature Theatre through June 30, turns Manhattan into a dance floor as they sing "Side By Side By Side."

'Company'

Signature revives classic Sondheim.

By Jeanne Theismann The Connection

or Bobby, the word marriage is actually a sentence — a jail sentence. A perpetual bachelor, he is turning 35 and surrounded by five married couples who all have an opinion about his lifestyle in the Stephen Sondheim musical "Company," now playing at Signature Theatre.

Whether with envy or mild disapproval, "Company" features Bobby's friends battling him and one another in a series of comic scenarios as he struggles to commit to commitment. But as he faces up to middle age, he begins to wonder whether it's time to change.

Directed by Signature's Artistic Director Eric Schaeffer, the star-studded production is headlined by Matthew Scott with a cast that includes three reallife married actor couples taking on the roles of three onstage couples: Sherri L. Edelen as Joanne and Thomas Adrian Simpson as Larry; Tracey Lynn Olivera as Sarah and Evan Casey as Harry; and Erin Driscoll as Jenny and James Gardiner as David.

Adding to the stellar ensemble are Sandy Bainum as Susan, Bobby Smith as Peter, Erin Weaver as Amy, Paul Scanlan as Paul, Madeline Botteri as April, Carolyn Cole as Marta and Jamie Eacker as Kathy.

Originally produced in 1970, "Company" went on to win six Tony Awards, including Best Musical, and Schaeffer, fresh from directing the critically-acclaimed production of Sondheim's "Follies" on Broadway, has expertly revived the wit and neurotic comedy of Sondheim with enough star voltage to light up Shirlington Village.

As the birthday boy, Scott is the heart of this show. He is effortless and likable and brings an easy sexiness to the role of Bobby, who drives a series of girlfriends crazy by his lack of serious intentions. A charismatic performer, his vocal talents especially shine



New York bachelor Bobby (Matthew Scott) takes stock of his romantic life in "Company," at Signature Theatre through June 30

in the spine-tingling finale of "Being Alive."

With such a deep bench of talent on stage, each musical number brings the house down, highlighted by Edelen's powerhouse snarl of "The Ladies Who Lunch" and Weaver's razor sharp "Getting Married Today."

Schaeffer's award-winning production team includes Matthew Gardiner (choreography), Jon Kalbfleisch (musical direction), Frank Labovitz (costume design), Daniel Conway (scenic design) and Matt Rowe (sound design).

For most theater lovers, every revival of a Sondheim work is greeted with great enthusiasm and Signature Theatre's revival of "Company" is one of the most dazzling productions ever brought to the stage.

"Company" is playing now through June 30 at Signature Theatre, 4200 Campbell Ave., Arlington. For tickets or more information, call 703-820-9771 or visit www.signature-theatre.org.

From Page 11

Rachel Scheer will talk about the autobiographical comics genre, and guests can particiate in a drawing and writing activity. Free. Visit www.onemorepagebooks.com or 703-300-9746.

Music Performance. 7-9 p.m. behind Champps Americana Restaurant at Pentagon Row. Hear music by 90s cover band Hyjinx. Free. Visit www.pentagonrow.com for more.

Finny, Flippy, Funny Fish. 10:30 a.m. or 3:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 3-5 can participate in a group. 703-228-6535 to register.

FRIDAY/JUNE 14

Daytime Book Club. 11 a.m. at One More Page, 2200 N. Westmoreland St. Discuss "Age of Miracles" by Karen Walker Thompson. Free. Visit www.onemorepagebooks.com or 703-300-9746.

Music Performance. Hear music by Mary Ann Redmond at 8 p.m. at Lubber Run Amphitheater, located at N. Columbus and N. 2nd Street. Free. Visit www.arlingtonarts.org or call 703-228-1850.

Survival Skills: Cordage. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children age 8-12 will learn how to wrangle rope and other natural stand ins. \$10 due at registration. 703-228-6535. Program #642923-E.

SATURDAY/JUNE 15

Music Performance. Hear music by Halau O'Aulani and the Aloha Boys at 8 p.m. at Lubber Run Amphitheater, located at N. Columbus and N. 2nd Street. Free. Visit www.arlington arts.org or call 703-228-1850.

Buzzy Bees Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. All ages can learn about the hard-working bee. Enjoy games, stories and treats. \$5 due at registration. 703-228-3403. Program #642853-G.

SUNDAY/JUNE 16

Father's Day Auto Festival. See innovative electric vehicles, classic muscle cars and more. 2-6 p.m. at Courtyard at 2121 Crystal Drive, 220

S. 20th St. and the parking lot behind Freddie's Beach Bar, 555 S. 23rd St. Free. 703-412-9430.

Remove Invasives. 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families with children ages 9 and older, adults and teens can help clear the plants from the park. Free. 703-228-6535.

MONDAY/JUNE 17

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Mindy Mitchell and Edward Land discuss and sign their book "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age." Free. Visit www.onemore pagebooks.com or 703-300-9746.

Music Performance. Hear music by The Metropolitan Chorus at 8 p.m. at Lubber Run Amphitheater, located at N. Columbus and N. 2nd Street. Free. Visit www.arlingtonarts.org or call 703-228-1850.

TUESDAY/JUNE 18

Author Event. 7 p.m. at Central Library, 1015 N. Quincy St. Will Schwalbe will discuss his book "The End of Your Life Book Club." Free.

Mystery/Suspense Book Club. 7 p.m. at One More Page, 2200 N. Westmoreland St. Discuss "The Burglar Who Liked to Quote Kipling' by Lawrence Block. Free. Visit www.onemorepagebooks.com or 703-300-9746.

WEDNESDAY/JUNE 19

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Sahar Delijani will discuss and sign "Children of the Jacaranda Tree." Free. Visit www.onemorepage books.com or 703-300-9746.

Music Performance. Hear music by The Potomac Harmony Chorus at 8 p.m. at Lubber Run Amphitheater, located at N. Columbus and N. 2nd Street. Free. Visit www.arlington arts.org or call 703-228-1850.

THURSDAY/JUNE 20

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Maryanne O'Hara will discuss "Cascade." Free. Visit www.onemore pagebooks.com or 703-300-9746.

Music Performance. 7-9 p.m. behind Champps Americana Restaurant at Pentagon Row. Hear music by 70s tribute band Uncle Jack Band. Free. Visit www.pentagonrow.com.

FRIDAY/JUNE 21

Wine Tasting. 7 p.m. at One More Page, 2200 N. Westmoreland St. Enjoy free wine tasting. Visit www.onemorepagebooks.com or 703-300-9746.

Music Performance. Hear music by the Army Blues at 8 p.m. at Lubber Run Amphitheater, located at N. Columbus and N. 2nd Street. Free. Visit www.arlingtonarts.org or call 703-228-1850.

SATURDAY/JUNE 22

Author Event. 6 p.m. at One More Page, 2200 N. Westmoreland St. Jessica Spotswood will discuss the next book in her Cahill Witch Chronicles series "Star Cursed." Free. Visit www.onemorepagebooks.com or 703-300-9746.

Music Performance. Hear music by King Teddy at 8 p.m. at Lubber Run Amphitheater, located at N. Columbus and N. 2nd Street. Free. Visit www.arlingtonarts.org or call 703-228-1850.

SUNDAY/JUNE 23

Author Event. 4 p.m. at One More Page, 2200 N. Westmoreland St. Andrew Jampoler will discuss and sign copies of his book "Congo: The Miserable Expeditions and Dreadful Death of Lt. Emory Taunt, USN." Free. Visit www.onemorepage books.com or 703-300-9746.

Music Performance. Hear music by The Constituents at 6 p.m. at Lubber Run Amphitheater, located at N. Columbus and N. 2nd Street. Free. Visit www.arlingtonarts.org or call 703-228-1850.

MONDAY/JUNE 24

Laughter Yoga. 6:30-7:30 p.m. at Central Library, 1015 N. Quincy St. All ages and abilities. Learn about this technique. Free. E-mail arlingtonlaughteryoga@yahoo.com.

Author Event. 7 p.m. at One More Page, 2200 N. Westmoreland St. Human rights lawyer and author Marianne Elliott will share from her memoir "Zen Under Fire: How I Found Peace in the Midst of War." Free. Visit www.onemorepage books.com or 703-300-9746.

WEDNESDAY/JUNE 26

Author Event. 7 p.m. at Central Library, 1015 N. Quincy St. Forrest Pritchard will discuss his book "Gaining Ground: A Story of Farmers' Markets, Local Food and Saving the Family Farm." Free.

Ignorance is Bliss



By KENNETH B. LOURIE

So I tell myself, repeatedly. I mean, what else can I do? I know so little about science and medicine - and cancer, that unless I ignore the few facts I semi understand, the emotions I do understand will likely overwhelm me - and not with joy, either. And since I'm trying to maintain a little joie de vivre rather than the fear of death, I've had to/ decided to distance myself from myself (my diagnosis/prognosis, that is) and limit my Internet searches to few and far between - as originally recommended by my primary care physician back in February 2009 (when the biopsy confirmed the malignancy) as a sort of potential damage-type self control.

Unfortunately – for me, with regards to this cancer business, I'm really out of my element. I took 10th-grade Biology and freshman-year Astronomy. That's all. No chemistry. No physics. No zoology. No premed. Nothing remotely scientific or medicinal. I'm a Humanities person, Bachelor of Arts, not Bachelor of Science. What I do know about is sports and chocolate – and I suppose what it takes to write a weekly column for 15 years, but anything more substantial than that, I'm not your man. (I may be a good teammate in Trivial Pursuit though, especially if I'm matched with an educated individual who's the complete opposite of me, and one not as well-versed in the entertainment/popular culture/lifestyle categories as I generally am.)

Other than the obvious, I knew right from the first Team Lourie meeting with my oncologist that this cancer diagnosis was going to be trouble. After the initial meet and greet, followed by a brief physical exam, the doctor discussed with us the various medical reports preceding this appointment: X-Rays, CT Scan, PET Scan and biopsy; then summarized it all in a diagnosis: "Non-Small Cell Lung Cancer, stage IV; 13-months to two-year prognosis." I knew a malignancy was a bad indicator, but I didn't think it was going to be terminal-type bad.

However, what confused me most about what my oncologist said was how the cancer was named: "Non-Small Cell Lung Cancer."

It wasn't called what it was, it was called what it wasn't: "Non-Small..." The disease is already negative enough; does it have to have a negative prefix attached to it as well? Why not simply "Large Cell..."? I'm sure there's a good answer, but one likely beyond my comprehension to understand. And that's how this journey (hardly would I call it an adventure) began, and I presume how it will likely end as well. But I can live with my decision. I'm just trying to make the best of a bad situation and sometimes, the less I know, the better off I am (all things considered).

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

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ONGOING

Art Exhibit. See "Options 2013" presented by the Washington Project for the Arts through Sunday, June 9. Visit www.arlingtonartscenter.org/options.

Email announcements to arlington@

connectionnewspapers.com. Photos and art-

work are welcome. Deadline is Thursday at

'Unplugged' Concert Series. Thursdays, June through August from 6-8 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Enjoy free performances of live acoustic music. Visit www.market

commonclarendon.net or 703-785-5634.

Mr. Knick Knack. Fridays, June through
October, 10:30 a.m. Market Common
Clarendon, 2700 Clarendon Blvd.,
presents 45-minute performances of
music and antics for children.Visit
www.marketcommonclarendon.net or
703-785-5634

Storytime at Kinder Haus Toys.

Storytime will begin at 10:30 a.m. on Mondays and Fridays through Friday, Nov. 1. Children attending events must be accompanied by an Adult. 1220 N. Fillmore St. Visit Kinderhaus.com or call 703-527-5929.

Group Bike Rides. Tuesday nights through September at 7 p.m., meet at Freshbikes Arlington Store, 3924 Wilson Blvd. All abilities welcome. Free. After the ride purchase food from various food trucks each week. Visit www.freshbikes cycling.com for more.

Restaurants and Rhythms. The BID's free happy-hour live music series inside Rosslyn restaurants. Origem will bring Brazilian jazz to Le Méridien. Dave Chappel and friends will perform blues rock at the Hyatt Arlington and Mary Ann Redmond will sing jazz standards at the Key Bridge Marriott. Visit www.rosslynva.org for a schedule.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, located in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz ("clean") and at 10 p.m. on Friday and Saturday is the Blue Show ("unclean"), both at Comedy Spot, located in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

Art Exhibit. See "An Artistic Discovery" exhibition through June 23 at Works in Progress Gallery at Artisphere, 1101 Wilson Blvd. As part of the national Congressional art program, this exhibition recognizes the creative talents of Northern Virginia's young artists. Included are 64 works of art from 15 high schools across Northern Virginia's 8th District. Yorktown High School

student K.T. Fiduk was awarded top honors for her art work, "View Out The Window," which will be displayed for an entire year at the U.S. Capitol. Visit www.artisphere.com or call 703-875-

THURSDAY/JUNE 6

Music. 6-8 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Hear music by Lloyd Dobler Effect. Free. Lawn chairs welcome. Visit www.market commonclarendon.net or 703-785-5634.

FRIDAY/JUNE 7

Film Festival. "Risky Business" (R) 1983 - 98 minutes. Films begin at Dusk in Gateway Park, rain or shine. Gateway Park is located at the foot of Key Bridge at 1300 Lee Highway, two blocks from the Rosslyn Metro. Visit www.rosslynva.org.

Celebration Concert. 8 p.m. at St.

Celebration Concert. 8 p.m. at St. George's Episcopal Church, 915 N. Oakland St. Features Gwyn Roberts, recorder, and Atusuko Watanabe, harpsichord. Visit capitolearlymusic.org or 703-525-8286.

FRIDAY-SUNDAY/JUNE 7-9

SuperNOVA. Rosslyn will host more than 75 artists over the weekend. There will be free performances, competitions and more, including Art Sports on Friday from 2-5 p.m. in Freedom Park. It combines performance art, athletics and team building. There will also be a Big Bang Dance on Saturday from 9 p.m.-2 a.m. at Artisphere, 1101 Wilson Blvd., featuring Ultra Nate. On Sunday there will be a parade "All Grandmothers are Superheroes." For a full list of events, visit www.rosslynartsproject.com/supernova.

SATURDAY/JUNE 8

Recorder Master Class. 10 a.m.-2 p.m. at St. George's Episcopal Church, 915 N. Oakland St. Hear music from soloists and ensembles and then learn how to play. Visit capitolearlymusic.org for an application or 703-525-8286.

THURSDAY/JUNE 13

Music. 6-8 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Hear music by Hand Painted Swinger. Free. Lawn chairs welcome. Visit www.marketcommonclarendon.net or 703-785-5634.

FRIDAY/JUNE 14

Film Festival. "Can't Buy Me Love" (Disney, PG-13) 1987 - 94 minutes. Films begin at Dusk in Gateway Park,

Cluelesa

rain or shine. Gateway Park is located at

the foot of Key Bridge at 1300 Lee Highway, two blocks from the Rosslyn

"Best Of" Retrospective. The Arlington

Planetarium, 1426 N Quincy St., is

showing some of their most popular

shows and star talks over the weekend

including "Magic Tree House: Space Mission" on Friday and Sunday; and a

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/friendsoftheplanetarium.org/ or 703

Clarendon, 2700 Clarendon Blvd. Hear

welcome. Visit www.marketcommon

Film Festival. "Easy A" (PG-13) 2010 - 92

Park, rain or shine. Gateway Park is

Arlington Festival of the Arts. More

than 100 artists will converge on Highland Street in Clarendon for a two-

day juried outdoor gallery style art

exhibit. A wide variety of original

artwork will be on display and for sale

with prices set to suit all budgets. Food

minutes. Films begin at Dusk in Gateway

located at the foot of Key Bridge at 1300

Lee Highway, two blocks from the Rosslyn Metro. Visit www.rosslynva.org.

music by Josh Burgess. Free. Lawn chairs

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FRIDAY-SUNDAY/JUNE 14-16

by the Planetarium "Stars: The

228-6070 for a full schedule.

Music. 6-8 p.m. at Market Common

clarendon.net or 703-785-5634.

THURSDAY/JUNE 20

FRIDAY/JUNE 21

JUNE 22-23

up to age 2, Friends members and

Clueless

Outdoor Film Festival runs through Aug. 30 at Gateway Park, 1300 Lee Highway, at dusk.

This year's theme, Summer School, features movies about high school. Come early to picnic in the park and play preshow games. Free. festival hosted by the Clarendon Alliance. Art giveaway where the prize is original artwork by a participating artist, no purchase necessary to participate. Saturday and Sunday, 10 a.m.-5 p.m. Free. Visit www.ArtFestival.com or 561-746-6615.

SATURDAY/JUNE 22

Improv Classes. Learn improv at Comedy Spot, located in Ballston Common Mall, at 4238 Wilson Blvd. Visit comedyindc.com or call 703-294-LAFF.

MONDAY/JUNE 24

Improv Classes. Learn improv at Comedy Spot, located in Ballston Common Mall, at 4238 Wilson Blvd. Visit comedyindc.com or call 703-294-LAFF.

JUNE 24 THROUGH AUG. 23

Week-long Summer Classes. Children can take art classes from 10 a.m.-12:30 p.m. or 1:30-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Visit www.arlingtonartscenter.org for a list of classes and to register. 703-248-6800.

THURSDAY/JUNE 27

Music. 6-8 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Hear music by Willem Dicke. Free. Lawn chairs welcome. Visit www.market commonclarendon.net or 703-785-5634.

FRIDAY/JUNE 28

Film Festival. "10 Things I Hate About You" (PG-13) 1999 - 97 minutes. Films begin at Dusk in Gateway Park, rain or shine. Gateway Park is located at the foot of Key Bridge at 1300 Lee Highway, two blocks from the Rosslyn Metro. Visit www.rosslynva.org.

TUESDAY/JULY 2

Arlington BBQ Tuesday Night Rides. 7 p.m. at Freshbikes Cycling, 3924 Wilson Blvd. Free. All abilities welcome. Free food and drink after the ride. Visit www.freshbikescycling.com for more.

THURSDAY/JULY 4

Music. 6-8 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Hear music by David Andrew Smith. Free. Lawn chairs welcome. Visit www.market commonclarendon.net or 703-785-5634.

Columbia Pike Blues Festival

From Page 10

Court House

Rosslyn

saw his set at Madams Organ in Washington this past weekend can predict what will be played during the festival.

Polk will get a feel for the audience within the first few songs and tweak a playlist accordingly, playing more upbeat and rocking songs if the crowd's ready to dance or tone it down a little if it's a more laid-back audience, he said.

"We're a fun group," he said. "I wouldn't have it any other way."

The final local act is Cathy Ponton King and her band, which features Tim Ford on

keyboards, John Previti on bass, Andy Rutherford on guitar and Andy Hamburger on drums. King sings and plays guitar as well, and the band considers Flanagan's Harp and Fiddle, in Bethesda, as their home stage.

The band is going through a bit of a change, as drummer Antoine Sanfuentes is leaving the area to become senior vice president of news for NBC News in New York City.

King is no stranger to the news world herself, studying journalism at the University of Maryland and starting a career in ABC's radio division after she graduated. Despite her love of news and journalism, King quickly realized she had choose.

"I couldn't put singing and songwriting behind me," she said.

"It's challenging [to make it as a musician] in a town that doesn't support music like Austin and New York City," she said.

The Columbia Pike Blues Festival is a great event with "a huge crowd," King said she's happy to be setting the stage for G.E. Smith.

"Having grown up watching 'SNL,' I'm really looking forward to seeing him play," she said. "I'm so proud of Arlington for supporting the blues. It's a great American art form."



BG and the Mojo Hands, led by Brian Gross, will kick off this year's Columbia Pike Blues Festi-

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News



Brian M. Cavey, civic association president, observes the final phase of renovation.

Carlin Hall Restored

From Page 2

work was to be accomplished during summer 2012. As the finish date was extended into the fall, then the spring of this year and finally to the end of this school year, parents and teachers never were certain when they could return. Supplies were stored in the Madison Center near Chain Bridge. Classes were held in the Langston-Brown Center on Lee Highway.

Now that the pre-school has "come home," according to Peetz, fresh facilities are more than adequate and the uncertainties of

parents and staff have evaporated: "We are ready to go with this year's Summer Tot Camp."

Official re-opening of Carlin Hall occurred on this year's Glen Carlin Day, June 1. Greg Emanuel, director, Department of Environmental Services, welcomed all present. In remarks offered to the several hundred assembled, County Board member Christopher Zimmerman noted the building will continue in its century-long role of revitalizing the neighborhood and Cavey praised the "wonderful work of the county's staff and the contractor" in restoring "the living room of our community."

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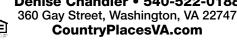
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Home Sales

In April 2013, 298 Arlington homes sold between \$2,850,000-\$75,000. This week's list represents those homes sold in the \$449,800-\$362,500 range.

For the complete list, visit www.ConnectionNewspapers.com

Address	BR . FB . HB .	Postal City	Sold PriceType	Lot AC	Subdivision
1021 GARFIELD ST N #411	1 1 0	ARLINGTON	\$449,800Hi-Rise 9+ Floors		CLARENDON 1021
			\$448,000Townhouse		
			\$441,000Townhouse		
			\$440,000Mid-Rise 5-8 Floors		
3111 GROVE S. ST	3 3 0	ARLINGTON	\$440,000 Detached	0.12	OAKCREST
4632 36TH ST S #B	2 2 0	ARLINGTON	\$440,000Townhouse		FAIRLINGTON MEWS
3549 STAFFORD ST S #B	2 2 0	ARLINGTON	\$437,000Attach/Row Hse		FAIRLINGTON GLEN
2536E ARLINGTON MILL DR S #5	5 2 1 1	ARLINGTON	\$434,900Townhouse		WINDGATE
3966 9TH RD S	2 2 2	ARLINGTON	\$430,000Townhouse		DUNDREE KNOLL
2013 RANDOLPH ST	3 1 0	ARLINGTON	\$430,000Detached	0.11	DOUGLAS PARK*
3811 9TH RD S	2 2 2	ARLINGTON	\$427,975 Townhouse		DUNDREE KNOLLS
			\$425,000Hi-Rise 9+ Floors		
2100 LEE HWY #436	2 1 1	ARLINGTON	\$420,000Mid-Rise 5-8 Floors		
			\$420.000Hi-Rise 9+ Floors		
3835 9TH ST N #706W	2 1 1	ARLINGTON	\$420.000Hi-Rise 9+ Floors	LEX	INGTON SOUARE CONDOMINIUMS
			\$420,000Townhouse		
4605 30TH RD S #1898	2 2 0	ARLINGTON	\$415,000Townhouse		
4645 34TH ST S	2 2 0	ARLINGTON	\$411,000Townhouse		FAIRLINGTON COMMONS
1001 VERMONT ST N #909	1 1 0	ARLINGTON	\$410.000Hi-Rise 9+ Floors		WESTVIEW AT BALLSTON
			\$410,000Townhouse		
3903 9TH RD S	2 3 1	ARLINGTON	\$410,000Townhouse		DUNDREE KNOUL
			\$410,000Townhouse		
4821 29TH ST S	2 2 0	ARLINGTON	\$409,900Townhouse		FAIRLINGTON VILLAGES
88 REDEORD ST N #88C	2 2 0	ARI INGTON	\$407,531Duplex		REDEORD PARK
1276 N WAVNE ST #502	1 1 0	ARI INGTON	\$405,000Hi-Rise 9+ Floors		WILLIAMSRIRG
			\$405,000Townhouse		
			\$403,000 Duplex		
			\$401,000Townhouse		
			\$400,000 Hi-Rise 9+ Floors		
			\$400,000 Detached		
			\$395,000Dettlerled		
			\$395,000 Mid-Rise 5-8 Floors		
			\$395,000 Garden 1-4 Floors		
			\$393,000 Duplex		
			\$390,000Garden 1-4 Floors		
			\$390,000 Galden 1-4110015 \$389.900 Duplex		
			\$389,900Duplex		
			\$382,000 II-Rise 9+ Floors		
			\$375,500Hi-Rise 9+ Floors		
			\$375,000 II-Rise 9+ Floors		
			\$373,000Garden 1-4 Floors		
			\$370,000Garden 1-4 Floors		
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morning room with gas fireplace (4 fireplaces total!). Several built-ins & extensive moldings on all levels as well as beautiful wood interior plantation shutters make this home a showcase. Spend time relaxing on the gorgeous "Georgetown-style" brick court-yard patio with masonry fireplace, built-in planters, sitting ledges and privacy wall. Do not overlook the sprinkler system and three-car side-loading garage. This home is "move-in-ready." Your clients will LOVE this home and community.

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For an Open House Listing Form, call Deb Funk at 703-778-9444 or e-mail debfunk@connectionnewspapers.com

All listings due by Monday at 3 P.M.

SPORTS



Yorktown junior Alex Puletti, seen during Friday's region final, scored a pair of goals during the Patriots' 2-1 victory against Stone Bridge in the region semifinals on May 29.



Yorktown all-region forward Meghan Flynn, left, scored Yorktown's lone goal during a 2-1 loss to Chantilly in the Northern Region championship game

Yorktown Girls' Soccer Falls to Chantilly in Region Final

Patriots secure state berth with win over Stone Bridge.

By Jon Roetman THE CONNECTION

ll-Northern Region forward Meghan Flynn said the Yorktown girls' soccer team's will to win guided the Patriots to a state tournament berth.

After losing to Chantilly in the Northern Region championship game, Yorktown's will to win will be tested once again.

The Patriots surrendered a pair of goals to all-region forward Laila Gray and came up empty during a golden opportunity for an equalizer in the closing minutes as Yorktown fell to Chantilly 2-1 in the region final on May 31 at Chantilly High School.

Gray scored the game-winning goal in the 56th minute.

Flynn, who scored Yorktown's lone goal in the 50th minute, had a chance to tie late, but Chantilly freshman goalkeeper Sara Margarida made the save.

Flynn said she wanted to aim for a corner, but didn't hit the ball well, instead kicking it at Margarida.

The loss sent Yorktown to face Northwest Region champion Battlefield in the state quarterfinals on Tuesday, after The Connection's deadline.

"It's hard to lose that one because we've been really looking forward to this and I know we've all worked hard," Yorktown junior Alex Puletti said. "But I think, looking forward, this is not the end and I think all of us know that we don't want this season ever to end, so the only way that would work is if we just put this behind us and try to stay positive going into states."

The loss ended a 19-game winning streak

for Yorktown, which fell to 20-2. The Patriots' last victory, a 2-1 win over Stone Bridge in the region semifinals on May 29, earned Yorktown a berth in the state tournament.

One year after losing to Stone Bridge in the region semis, a pair of Puletti goals propelled the Patriots past the previously unbeaten Bulldogs.

"We just wanted to win so bad," Flynn said. "I think it was the want to win as a whole team that helped us do it - and Alex's great goals."

Yorktown defeated Langley, Westfield and Stone Bridge to reach the region final. After losing to Chantilly, head coach Vicky Brunt said the Patriots can approach the state tournament one of two ways.

"We do know that we have a game on Tuesday and as soon as that whistle blew we know that we've got to focus on that game being the biggest game of our season," Brunt said. "Mentally, [losing in the region final is] a bit of a hurdle, but in some ways it can give us a little bit of incentive.



Yorktown senior midfielder Innis Hitt (7) was a first-team all-Northern Region selection.

now we know we have our last chance on Tuesday and I just told them our mindset is end next Saturday in the final."

We're angry we didn't take care of that, but [either] our season sort of ends here because we're upset, or our season is going to

School Notes

The Civic Coalition for Minority Affairs will honor 91 African and African-American Arlington Public School students in grades 5, 8 and 11 at its 21st annual awards ceremony. The students who will be honored include:

Grade 5: Kristen Alleyne, Oakridge; Gali-Ambellu, ASFS; Ablaaza Andargachew, Campbell; Kalkidan Ausink, Long Branch; Trinity Chambers-Puryear, Claremont; Benjamin Charles, ATS; Tamari Coles, Oakridge; Kiera Collins-Joseph, Claremont; Cameron Cummins-Smith, Glebe; Aaliyah Dade, Drew; Markos Daget, Campbell; Agasi Desta, ASFS; Xaviar Goodman, Barcroft; Mia Hakken, Oakridge; Chelsie Harris, Abingdon; Ethan Hemmings, Henry; Ishaq Ishaq, Henry; Truniya Joaquin, Drew; Charlotte Joyner, Abingdon: Kayla Fluitt Randolph; Camille Lewis, Abingdon; Sarah Mbayo, Oakridge; Isaiah Mefford, Abingdon; Matthewos Mesfin, Abingdon; Eman Noraga, Long Branch; Frances Osugi, Claremont; Addison Phelps,

Jamestown; Jade Taylor, Drew; Ashton Taylor, Drew; Treyvon Todd, Long Branch; Summer Grace Williams, ATS; Ajani Wilson, Randolph; Noh Woldeyseus, ASFS; and Yohana Yilma, Barcroft.

Grade 8: Kylin Adams, Gunston; Ananiya Admassu, Gunston; Tasnim Alam, Jefferson; Syed Anderson, Jefferson; Abenazer Bayou, Swanson; Christian Clark, Jefferson; Jordan Dixon, Williamsburg; Jauhmar Ellick-McAllister, Gunston; Jayda Glenn-Dickerson, Kenmore; Yordanos Kassa, Kenmore; Summer Matlack, Gunston; Dorothee Mulumba, Swanson; Jamel Northover, Williamsburg; Peace Pius, Swanson; Nadia Rhodes, Jefferson; Leana Spain, Jefferson; Heaven **Swinson**, Jefferson; **Zeru Tadesse**, Kenmore; Michal Tefera, Gunston; Helen Teklu, Gunston; Biruktawit Tibebe, Gunston; Gregory Turner, Kenmore; Christine Wanda, H-B Woodlawn; Nia Webb, Kenmore; and Haben Yosief, Jefferson.

Grade 11: Kidist Asegahegn, Wakefield; Biruktawit Assefa, H-B Woodlawn; Daniel

Brown, Wakefield; Chelsey Coles, Wakefield; Bethlehem Demissie, Washington-Lee; Moussa Dia, Washington-Lee; Lysa Diarra, Washington-Lee; Marquise Downs, Washington-Lee; Yoel Fessahaye, Wakefield; Selasi Fynn, Washington-Lee; Nevyat Gebru, Washington-Lee; Sofonias Getachew, Washington-Lee; Habtamu, Wakefield; Natsinet Haile, H-B Woodlawn; Noah Harrington, H-B Woodlawn; Derek Henderson, Washington-Lee; Joshua Inyangson, Washington-Lee; Dawit Jabessa, Washington-Lee; Haiylu Kibret, Yorktown; De'Jah Lee, Washington-Lee; Kendall Logan, Yorktown; Alaa Mohamed Ali, Washington-Lee; Kirsten Pettaway Wakefield: Edna Samron Washington-Lee; Naomi-Michela Simatos, Washington-Lee; Mia Turner, Wakefield; Mikayla Venson, Yorktown; Craig Wanda, Washington-Lee; Marisa Wright, H-B Woodlawn; Misrak Yifru, H-B Woodlawn; Tesay Yusuf, Wakefield; and Nia Zekan, Washington-Lee.



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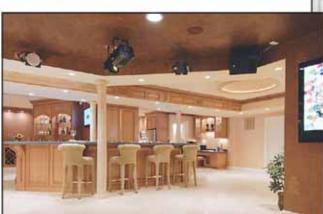
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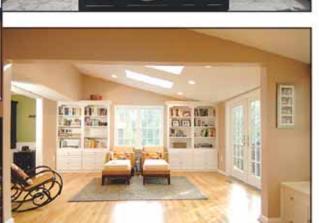
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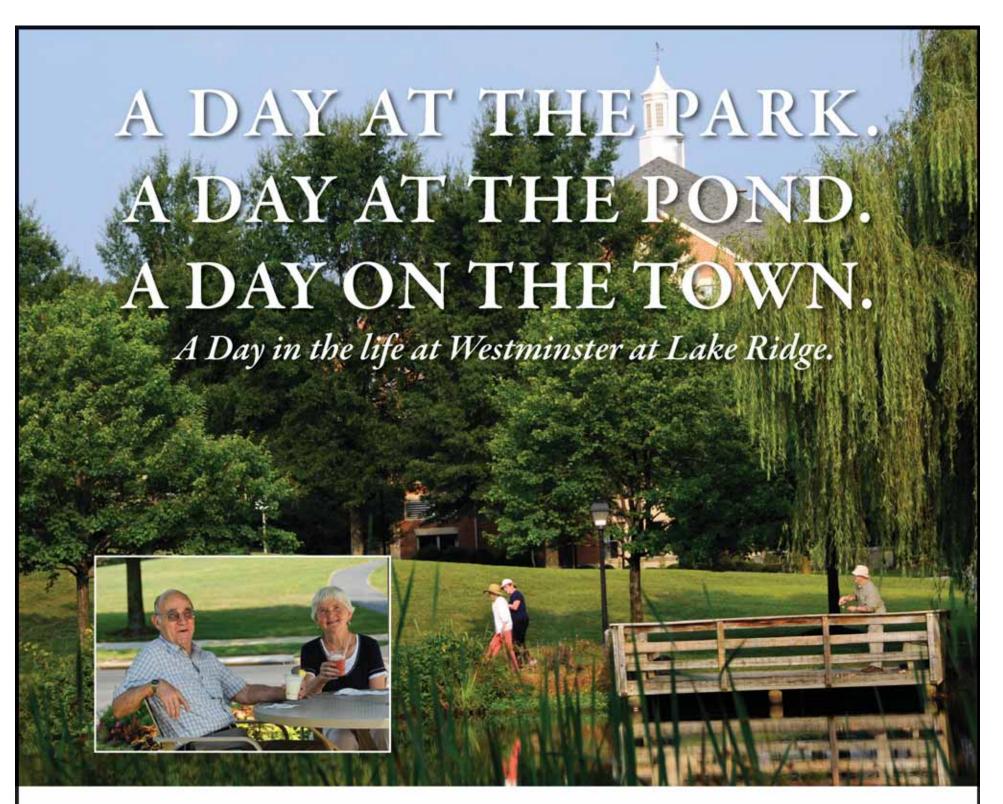
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Active and Prepared Aging-in-place solutions bolster Arlington senior's decision to stay put.

By John Byrd

y mother spent the last two years of her life in a nursing home," said Northern Virginia native Connie Sorrentino, who recently turned 70. "You never know what's ahead. I spent a couple of

"Since I've decided to stay put, I'm making changes that will make it easier for me to sustain myself happily for years to come."

years looking at retirement homes, then decided that the immediate problem was adapting my current house so it's easier to use."

Sorrentino, who lives in Arlington, practices yoga and observes a strict vegetarian and fish diet, said she has "no stiffness" and is quite active in local church and civic groups.

"Still, since I've decided to stay put, I'm making changes that will make it easier for me to sustain my-

self happily for years to come," she said.
Along these lines, the retired economist has been working with Mindy Mitchell, certified aging-in-place specialist at Burke-based Sun Design Remodeling, planning out the future of a



Connie Sorrentino, 70, (center) reviews plans to introduce aging-in-place innovations into her kitchen and several bathrooms with Sun Design Remodeling's Mindy Mitchell (left) and designer Kim Kruskamp.

home in Arlington she's occupied for more than 30 years. Recently, the design-build firm remodeled several rooms in Sorrentino's four-bedroom ranch; she was pleased with the outcome, and gratified to learn that the firm's expertise includes redesigning homes to meet aging-in-place requirements. "We're seeing many more seniors exploring ideas that will help them continue to live independently in their own homes,"

SEE AGING-IN-PLACE, PAGE 7

Arlington Centers Keeps Seniors Active

Office of Senior Adult Programs promotes fitness for all aspects of senior life.

By Ashley Simpson The Connection

ith six different senior centers, senior citizens (considered ages 55 and older) of Arlington County have plenty of opportunities to exercise their minds, bodies and souls. From basketball teams to organized trips, Arlington is the perfect place for seniors to develop new interests as well as hone skills and hobbies they have been practicing for years.

"The Office of Senior Adult Programs has six senior centers, a strong sports and fitness program, travel, social events and volunteer opportunities," Program Manager Cheryl

"Last year we had 4,765 individuals registered ... and 308 volunteers."

More

To register for a 55+ Pass, call 703-228-4744, visit a senior center or online at www.arlingtonva.us, search '55+ Pass.' For a complimentary copy of the "55+ Guide," call 703-228-4721 or email jmassa@arlingtonva.us.

Johnson said. "With the six centers combined the Office of Senior Adult Programs provides over 155 programs per week."

Johnson said that her office is a part of the Arlington Department of Parks and Recreation.

She said although the centers are run by staff, an impressive number of volunteers keep the activities up and running.

"Last year we had 4,765 individuals registered with the OSAP and 308 volunteers," she said.

Collaborating and partnering with other businesses and senior organizations like

AARP also keeps certain classes and activities available at the Arlington centers. The Office of Senior Adult Programs, for example, has a partnership with the Educational Theater Company to enhance arts appreciation classes.

Johnson said although all the sessions and events are well attended, the most popular activities are those that involve exercise.

"We either have instructors for fitness programs, qualified instructors that teach a variety of sports and fitness programs, like aqua, yoga, tai chi, Pilates, seated exercise, cardio boxing, mediation and zumba," Johnson said. "One of our most popular sports is pickleball."

Vicki Florian is one Arlington resident who takes full advantage of what her hometown has to offer.

"I am currently doing the co-ed volley-ball at Langston-Brown [Senior Center] and that is fabulous," Florian said. "My husband and I have done the spinning classes at [Thomas Jefferson Community Center,] as

well as the pickleball at [Thomas Jefferson Community Center]... We have really done a variety of stuff."

SEE ACTIVE SENIORS, PAGE G



Rogers' Retirement Dream

Aging-in-place remodel required a generator, much to relief of their neighbors.

builder to meet his often challenging avoid this kind of thing as you get older."

Rogers, a former Navy pilot, had lived in 18 houses all over the world before settling in a circa 1960s ranch in Vienna with his wife and children in the early 1980s. The traditional brick rambler had previously been owned by a local farmer whose family had worked a nearby spread for generations.

structed. Still, as Rogers and his wife. Wanda. settled into their 70s they recognized several aspects of the home that wouldn't be ideal in retirement

"We were looking for long term comfort and security," said Rogers. "That meant the usual wish-list — upgraded kitchen, larger master bedroom suite.'

Then, too, the master shower would be a "rollin" design, suitable for a wheelchair if needed.

Doors and hallways would be wider, in compliance with the Americans with Disabilities Act specifications. There would be convenient grab

BY JOHN BYRD bars near the tub.

"But I also insisted on a way to keep our sysed Rogers, 73, recently completed a tems operating in the event of a power failure," senior-friendly makeover to his said Rogers. "We're a bit off the main road and home, with the help of a master have been through long outages. You want to

Complicating matters were several technical

For instance: what was the appropriate size and performance capability of a home generator adequate for powering the substantially enlarged home the Rogers now envisioned?

"The more I looked into it, the more I realized that there are a lot of issues with home genera-The house was conventional, but solidly contors that have to be worked out between the contractor and the gas company," Rogers recalled.

> "I was aware of plans like mine that hadn't worked well for the homeowner. I wanted enough power to keep the house running for days at a time, but the technology is still evolving and relatively few contractors have mastered it."

It was at this juncture that Rogers met David Foster, president of Foster Remodeling Solutions **THE STARTING POINT:** a 2,553 square-foot, in home generator solutions.



Wanda and Ted Rogers in front of their remodeled home.

walking through the house together, I could see for powering everything for days a time without that he understood my vision.'

"His love of building impressed me. As we started ond floor studio and a home generator adequate have become apparent to everyone."

need for refueling

"The call for a generator in a retirement dream home struck a chord with me" said Foster. "We

In Rogers' case, Foster specified a state-of-the-art unit, one powerful enough to run all of his client's electrical needs for about a week without changing

Staff at Foster Remodeling Solutions periodically offer

And the timing couldn't have been more perfect. Shortly after the project's completion in spring 2012, the now-infamous derecho in early July blacked-out large sections of Fairfax County for five memorably hot and humid days.

"We were actually out of town when the power failed," said Rogers. "But when I walked through my front door two days into the outage, my generator was on, the house was cool, and all the electrical systems were working just fine."

The rest of the neighborhood was another story. "My neighbor's basement flooded when his sump pump stopped," said Rogers. "People were dealing with spoiled food, no lights, no phone — and no air conditioning during some of the hottest temperatures

Ever the good neighbor, Rogers organized a relief effort at once, supplying power support where needed, even clearing refrigerator space so nearby friends could preserve their frozen foods.

"We'd invite neighbors to sit in the air conditioning, and watch the news or check their emails. We were like a local community center," he said.

The larger satisfaction to Rogers, though, is that

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in Lorton, a veteran builder with a track record three-bedroom ranch on two acres, and a conhave a sizable seniors clientele, so I've been his computer, internet and security systems continversation regarding the best options for accom- steadily servicing the growing demand for this ued to perform as usual. "It's a relief to know that "David came highly recommended, but it was modating a master bedroom suite, a spacious type of application — absorbing the learning you're connected to the outside world — especially meeting him that proved decisive," said Rogers. gourmet kitchen, a two-car garage with a sec- curve just as the problems with the power grid in an area-wide emergency. Five days is a long time

Happiness and Fulfillment in Golden Years

Mental health experts share factors that contribute to contentment.

playing Scrabble or a game of other. There isn't a week that goes bridge. A retired nurse who reloby that we don't get together." cated to Virginia from Pennsylvania 11 years ago, Brown makes it her well-preserved mental and a point to walk at least one mile physical fitness to genetics, she each day and takes two Zumba or says her lifestyle and attitude also do things that they have done over ture generations," she said. low-impact aerobics classes each play a role. "You have to keep busy their lifetime that have brought week. She attends services regu- and active and you have to perse- them joy and strength," said Ioana person has lost their spouse and larly at St. Matthews United Meth-vere," she said. "There are days Boie, Ph.D., an assistant professor sex was part of their life, that is a Frederic Bemak, Ed.D, a professor ers, and says her wide circle of walk without any help." friends and close-knit family are Mental health professionals say

n most evenings, 96- so important to me. We have so change that brings a sense of meanyear-old Dorothy "Dot" much fun together and now we all Brown can be found live within a half-hour of each

her greatest sources of strength. the keys to happiness as one gets **STRONG FAMILIAL RELA-** might not experience it in the way value system and beliefs?" "I moved here to be closer to my older include involvement in social **TIONSHIPS** such as Brown's are a person who is 25 would. We Discovering new outlets for self-seniors extend a sense of their crebeach," she said. "I know we're

In fact, experts say many of Brown's daily activities are comout of your routine."

work of friends and regular exer- with family members can bring sue." cise. Lisa Jackson-Cherry, Ph.D., a happiness," said Boie. "That's also professor of psychology and chair sometimes tricky because it can of the department of counseling at bring up unresolved issues in the BY MARILYN CAMPBELL 68 and 71," said Brown, who also Marymount University in Arling-family. Long-lasting tension in the THE CONNECTION has five grandchildren and nine ton, suggests "taking up a new family can lead to sadness in the great-grandchildren. "My family is hobby or seeking out a career sense of premature loss. Try and work out unresolved tensions and issues with family members."

> When frequent and meaningful contact with family members is not mon among seniors who report possible, Boie says that even fam-While Brown partly attributes contentment with their lives. "Ev- ily memorabilia can offer inspiraerybody is unique, but overall haption. "Create an album of memopiness comes if people continue to ries and insights to share with fu-

Intimacy is also important. "If a

gious groups, maintaining a net- sense of well-being. "Reconnecting sion around talking about this is-

In addition to human social connections, relationships with furry friends can also provide gratification. "Pets can bring a lot of joy," said Boie. "It is a very rewarding relationship. I know people that are connected to a parrot or cat or dog. Animals can be warm, reassuring parts of an elderly person's

FINDING A DEEPER MEANING in life and having a sense of purpose can also affect one's outlook. "Seniors are dealing with multiple issues like their own spirituality and what that might be," said odist Church in Annandale, volun- when I don't feel like getting out, of counseling at Marymount Uni- big part of who they are and will of counseling and development at accomplishment and satisfaction have had time to do in their teers her time for projects like but I have to push myself. I am glad versity. "Find out what brings you impact happiness," said Boie. "Just George Mason University in as well. "What someone does with younger years." cooking and serving meals for oth- to be 96 years old and still able to joy and happiness and takes you because a person is older doesn't Fairfax. "One might ask: "Who am their own creativity can be rich Meanwhile, Brown is making mean that they don't need to ex- I at this moment?' Have I done and fulfilling," said Bemak who plans for a weeklong summer vaperience intimacy, although they things that are in-line with my own lives in Fairfax Station. "Through cation with her family. "There will

daughters in Annandale, who are activities or community and reli- another factor in one's overall should alleviate some of the ten- expression can lead to a sense of ative selves that they might not going to have a great time."

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Dot Brown, 96, holds two of her great-grandchildren, Harper and Eamon. Mental health experts say that strong familial relationships contribute to one's overall sense of

physical activity and creative arts, be 22 of us in one house at the



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Senior Living June 2013 ❖ Arlington Connection ❖ 5

Arlington Centers Keeps Seniors Active

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Florian said she belongs to other private recreation centers, but she finds that she gets better value at the senior centers of Arlington County.

"When I tell people what is offered, they are just astounded - they cannot believe what a good value it is," Florian said. "It is the best kept secret in Arlington. I know it's not a complete secret and that a lot of people know about it, but I am amazed it is not totally overrun."

Florian said her activity at private gyms has waned as her involvement with the county programs has increased.

"We do belong to another recreation center, but we just don't go there so much any-

more," Florian said. "The people are just so friendly and welcoming. With group activities, it is organized in a way so it gets you going there. With other places, you have to initiate yourself. With the senior centers, it is structured and that keeps you coming back when you find an activity to do and a time to go. It's just excellent value."

The cost of an annual membership for Arlington residents is \$20, and for non-Arlington senior citizens, the cost is \$45. People can register for classes online or in person, depending on the nature and popularity of the activity.

The six senior centers, not including the community centers, are Arlington Mill, Aurora Hill, Culpeper Gardens, Langston

Brown, Lee and Walter Reed. They are spread throughout Arlington. The newly renovated Arlington Mill is due to open this summer.

"So, you sign up with Office of Senior Adult Programs," Johnson said. "After that, you can come and partake in some of our classes at discounted rates. Some are free, some are fee-based. [The travel programs and trips are] another popular element. Then you get the '55+ Program Guide."

Florian said she has yet to find an activity for any age group that is not available in Arlington.

"You can definitely find challenging things for you, whatever your fitness level is," she said. "There are even basketball teams for 80-year-old women. It really helps you meet your goals, keep you fit and keep you staying sociable as you age."

Johnson said the Office of Senior Adult Programs sets out to fulfill senior citizens' needs and keep up qualify of life standards.

"We strive to provide Arlington seniors with programming and resources to stimulate their minds and talents, keep their brains and bodies active, make social connections, expand their horizons through learning and travel, and have fun," Johnson said. "The 55+ Guide' is 36 pages packed with programs, services and events, some free and some fee-based. We encourage people to go out and explore programs at different centers, meet new people and most of all enjoy life and have fun."

Crafting a Wheel-chair Friendly Master Bath

Acessibility designer inspired by personal experiences.

By John Byrd

e are seeing more seniors choosing to stay in their homes than ever before," says aging-in-place specialist Russ Glickman.

"This is partly a function of the fact aging-in-place solutions are improving, but we're also learning — as a society — that good universal design well-integrated into the home can work for the entire family."

Glickman points to ramps and walkways perfectly integrated into porches and veranda; wheelchair friendly dining counters that double as serving stations and cleanup stations when needed; wider doorways and grab bars that prove convenient for everyone

Of course, there can also be challenging technical considerations. In an assignment completed just last month, the remodeler collaborated with an occupational therapist in designing a master bathroom for a Lorton-based senior who had recently transitioned to a wheelchair.

"Here we have an individual who has lived in the same house for 25 years," Glickman said. "His son occupies the same residence, so there was really no thought of moving into a nursing facility. My goal was to execute a plan that enables a capable mature male — who happens to be in a wheelchair — to live a fully independent life in his own home."

Glickman, who has operated Glickman Design/Build for 30 years, understands such household challenges first-hand. When his son, Michael, was diagnosed with cerebral palsy almost two decades ago, Glickman set about acquiring several certifications in universal design specialties; after 15 years of enabling seniors and people with disabilities, his projects are frequent award-winners in an increasingly high-profile accessible living category.

More

Russ Glickman periodically offers workshops on accessible living and aging-in-place topics. Visit www.GlickmanDesignBuild.com or call 301-444-4663

A critical component to the just-completed Lorton assignment was designing a wheel-chair friendly master bath that allows the homeowner to perform all his bathing and toiletry routines without assistance.

The result is what is known in the industry as a "wet room"—a completely water-proofed space that includes a curbless level-access shower, conveniently located grabbars, and counter space designed for easy wheel chair maneuverability.

The key to a curbless shower design is floor grading and tile layout, Glickman says. The floor is framed to support a very gentle slope that keeps water flowing towards the drain.

A weight-tested, pull-down metal arm assists the owner in moving back and forth between the wheelchair and the toilet.

The wet-room's finishwork features skidproof ceramic tile, an ADA-compliant doorway, a sink with a wheel-chair friendly Lshaped counter surface and plenty of barrier-free room to move about.







'Age in Place' to Satisfy Evolving Needs

short- and long-

term needs. Sometimes this decision

involves revamp-

ing existing space

or incorporating a

user-friendly resi-

dential elevator

into the home. In

couples opt to add

ground-level

space in a way

that complements

cases

many

By Josh Baker Founder, BOWA Builders

our family may be approaching a transitional time in home owner ship. Perhaps the kids have al ready moved out, or your "nest" is nearly empty as your last child contemplates going off to college. Or maybe you're craving a living space that is more comfortable and convenient as it becomes more difficult to move around. There are many reasons couples choose to "age in place," or modify their home to meet changing needs rather than purchase a new property.

WHERE THE HEART IS

Many people have spent years making memories in their home and have grown to be deeply connected to their neighbors and the property's ideal location. So instead of uprooting and leaving their home's rich history for a new property, couples are seizing the opportunity to transform their beloved home into a space that fits their specific



Baker

the home.

A 'SUITE' ADDITION

The most common "aging in place" transition involves adding a more accessible second master suite to the first floor. This convenient change allows a couple to go about their day-to-day lifestyle without navigating stairs, yet still have ample space upstairs for visiting children and guests. This type of remodeling project is ideal be-



The addition of a main-level master suite with easy access to outdoor living space paves the way for aging in place and family entertaining.

cause it is often unobtrusive, allowing homeowners to remain living in their home during construction with minimal disturbance.

DETAILS THAT MATTER

When making renovation plans, especially for a person using a wheelchair or walker, ensure there is enough space. Wider doorways and hallways, as well as large curb-less showers with grab bars and handheld shower heads are common features even for families without a disabled member. Other popular requests with noted value include appliances with lever doors, varied countertop heights, and minimal steps through passageways. Creating a fivefoot turning radius can greatly improve maneuverability for someone with limitations, but also feels a bit more spacious for the active family.

It's a reality that many people will endure some kind of temporary mobility challenge in their life, perhaps from surgery rehabilitation or an accident, so it makes sense to design your home in a practical, universal way to accommodate such unpredictable circumstances. If needed, first-floor laundry facilities and outdoor ramps also add convenience to the new space. With all of these changes, it is important to maintain the current look and feel of your home as much as possible, so consider choosing materials and colors that match the style of the rest of your home.

OVERCOMING BARRIERS

In instances when a small lot or zoning restrictions hamper the ability to add on square footage for a master suite or other area, there are alternative options to help a family stay in their home. There may be seldom-used space on the first floor that can be reconfigured into a cozy master suite with the expert eye of a design-build team.

Regardless of emotional attachment to the family home, homeowners being involved in the remodeling process allows them to create a space that best mirrors their individual needs to age gracefully and with less stress. Transforming a home to accommodate the later years in life creates a place that is easier to manage without giving up the opportunity to reminisce, or surrendering the cherished role of hosting distant family and friends.

Active and Prepared

More

Sun Design Remodeling frequently sponsors workshops on Aging-In-Place solutions. Call 703-425-5588 or visit

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said Mitchell. "Sometimes we're called in when mobility issues have become inescapable. But it's always easier when you plan ahead."

remodeling several highuse spaces; it's a plan is the course that makes it easier for me to do everything I need with rambler. minimal challenge."

Mitchell said that an aging-in-"I'm place design is far more economical and practical when it's rolled into an already planned remodeling project — which Sorrentino is following in the $c\ u\ r\ r\ e\ n\ t$ makeover of her kitchen, several bathrooms and other parts of the circa-1950s

> "I'm remodeling several highuse spaces; it's a plan that makes it easier for me

to do everything I need with minimal challenge," said Sorrentino.

Mitchell said that the changes can seem discrete to outsiders, but they "make all the difference in reducing the ergonomic exertions of daily life."

In place of overhead kitchen shelves, for instance, Mitchell is



Sorrentino to use her kitchen.

Connie Sorrentino

recommending counter-high pull-out drawers for regularly-

used items, reducing the need for out-ofreach overhead cabinetry. Small hard to grasp knobs will be replaced with cabinet pulls. Sharper, more concentrated lighting in key locations provides the visual support needed to move about confidently.

In two bathrooms, plans call for precisely located vertical and horizontal grab bars.

The shower will have a lower curve for easier access. Traditional and hand-held shower faucets simplify bathing. The faucets themselves feature adjustable levers rather than knobs. The floor will be surfaced in non-slip tile.

"Working out the details is fascinating," Sorrentino said. "The best part, though, is interior design that perfectly integrates all these new features. I don't want the house to look 'seniorfriendly'-just pretty."

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