

# The Arlington Connection

These dogs were left in the hot summer sun without access to adequate shelter or water source in the backyard of an Arlington residence.

## Keep Pets Safe

PETS, PAGE 7

Streetcars On Track,  
Despite Pushback

NEWS, PAGE 3

Redding Leads  
Barrett Elementary

NEWS, PAGE 3

Helping Save Lives,  
One Pet at a Time

PETS, PAGE 10

PET CONNECTION

PAGES 7-12





The future of health  
is now in Ballston.

## Primary and Urgent Care in One Convenient Location!

### Inova Urgent Care Center - Ballston

A walk-in facility for minor illness and injuries, work-related injuries, pre-employment and more.

- Open 7 days a week
- Walk-in or make an appointment

### Inova Medical Group - Ballston

For ongoing and preventative healthcare – dedicated to getting you healthy and keeping you well.

- Open Monday - Friday, 8:00 a.m. - 4:00 p.m.
- Book same-day or future appointments

**Coming soon** - Orthopedics and Sports Medicine, Behavioral Health and OB/GYN physicians

1005 North Glebe Rd., Arlington, VA 22201  
**Free Parking**

Make online appointments and learn more  
at [inova.org/ballston](http://inova.org/ballston)



## News



### Cherrydale Summertime Crafts

Mina Michael and her sister Jane laugh as they make bubble magnets for their school locker on July 20 at the Cherrydale Library.

PHOTOS BY  
LASHAWN AVERY-SIMON  
THE CONNECTION

Gillian Villarroel, Geena Sherman, Rose Hayman and Anna Reiner make papier-mâché beads to add to a beaded curtain to be placed at the end of the teen isle inside Cherrydale Library.



DEPARTMENT OF PRODUCT VERIFICATION, RESEARCH AND DEVELOPMENT  
**GENERAL PUBLIC NOTICE 60 DAY MARKET EVALUATION**

# WANTED

**25 PEOPLE FOR TRIAL OF THE NEW "TWIN CORE" HEARING AID TECHNOLOGY**

In an effort to increase product awareness, Advanced Hearing Technologies has been exclusively selected by the leading manufacturer in cutting edge hearing aid technology to conduct a "ONE TIME" test market review of the revolutionary "TWIN CORE" hearing aid technology.

Manufacturer trained representatives will be on hand to demonstrate the amazing changes in hearing aid technology that have occurred in just the past few years. Additionally we will be offering the following services at NO CHARGE.

### HEARING HEALTH SCREENINGS AT NO CHARGE

- 1. LIVE SPEECH MAPPING**  
Using a family member or friend's familiar voice you can see and measure Live Speech in Real Time, overlaying it on top of your hearing chart. This shows us exactly which parts of speech you are missing. This is truly technology of the future and the first time a person sees this, it always creates a "WOW FACTOR"!
- 2. AUDIOMETRIC EXAM**  
Includes a full explanation of your hearing loss, as well as, the audiogram.
- 3. VIDEO EAR CANAL EXAM YOU TO SEE WHAT WE SEE**  
**DON'T BUY HEARING AIDS BECAUSE OF EARWAX!**  
  
Hearing loss is often a simple case of excessive ear wax or a simple to remove blockage of the ear canal itself. We will perform a complete video otoscopic evaluation of the ear canal and you will be able to see inside your own ear canal and look at your ear drum.

### NEWEST HEARING AID TECHNOLOGY

**Mini Bluetooth Remote**  
This remote easily connects your hearing aids to devices such as; mobile phones, TVs, MP3 players and more!

**INTRODUCING "Onyx"**  
  
It is not only invisible, but includes blue-tooth capabilities and adaptive noise reduction.

**1-888-333-5744**  
Fairfax Springfield Vienna Arlington  
[ADVANCEDHEARINGTECHNOLOGIES.COM](http://ADVANCEDHEARINGTECHNOLOGIES.COM)

**ATTENTION FEDERAL BC/BS MEMBERS YOUR BENEFITS HAVE BEEN RESET!**  
As of January 1st 2013 "ALL" Federal BC/BS benefits have been RESET making all Federal BC/BS Members eligible for new hearing aids with no cost to you. The 100% digital, programmable "targa" circuit is our standard Fed. BC/BS benefits hearing aid.  
ACT NOW and we will upgrade you to the highly advanced "Day 4+" circuit. The new Day 4+, fifth generation, D-5 processing platform offers enhanced clarity and fidelity in an array of listening situations. Including 2 separate noise reduction programs and 4 prescription channels, Anti feedback, Directional microphones, and optional remote control. All this with no money out of pocket!





## Streetcars On Track, Despite Pushback

Arlington strikes new agreement with Fairfax as opposition to streetcars mounts.

BY MICHAEL LEE POPE  
THE CONNECTION

A majority of Arlington County Board members describe the new agreement with Fairfax County as a routine matter, just another step in an ongoing process that's already been approved and is moving forward at full speed ahead. But for opponents

**"If you could make it quick, please."**

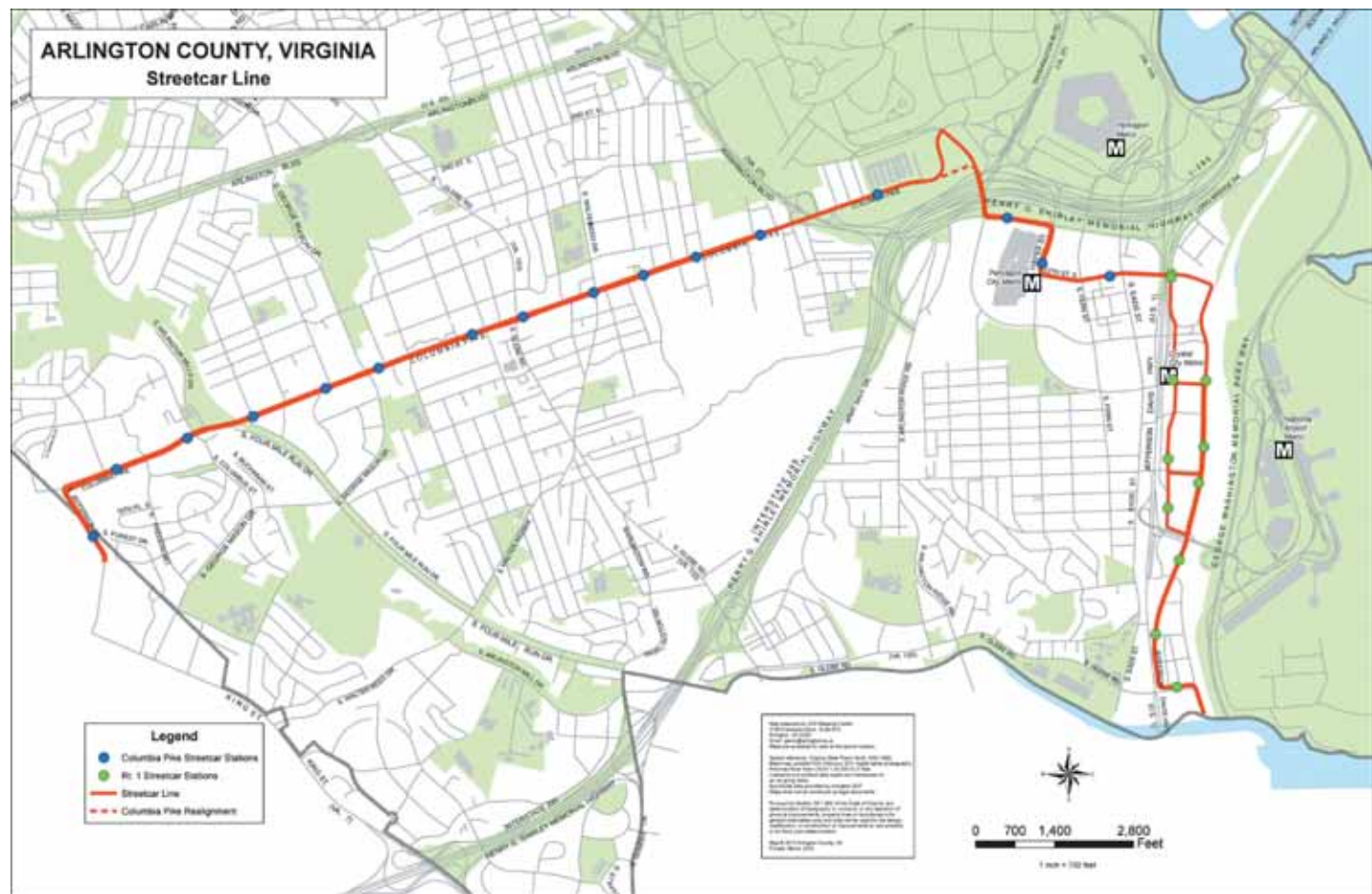
**— County Board Chairman Walter Tejada to County Board member Libby Garvey**

of the streetcar system, one of whom was elected to the County Board on a platform of opposing the project, the board's discussion of a new agreement with Fairfax County about the management of the

design phase was yet another opportunity to question the project.

"We can re-argue the issue every time this comes up if people want to," said Chris Zimmerman at one point in the discussion last week. "This is essentially a routine matter carrying out a policy that's already been established."

Opponents of the streetcar system show no signs of backing down, espe-



This map shows how the Columbia Pike streetcar will extend into Fairfax County along Jefferson Street.

cially now that the federal government has denied funds for the project and rejected the county's cost estimates for the project. Newly elected County Board member Libby Garvey used the opportunity to raise new questions about the project and once again call for a cost-benefit analysis of the streetcar project before moving forward. At one point, when Garvey turned to senior county officials to ask a question, it was clear that Board Chairman Walter Tejada's patience

was wearing thin.

"If you could make it quick, please," the chairman directed.

**THE PUBLIC DEBATE** about the streetcar system has become increasingly pointed in recent months, and opposing sides disagree on basic facts. For example, the federal government estimates the project is most likely to come in at \$310 million, and it could be as much as \$410 million. But

county officials are sticking by their original estimate, which is \$249 million. That means supporters and opponents are divided over something as basic as the cost of the project in question.

"It is fiscally irresponsible in view of the county's financial picture," said Audrey Clement, the Green Party candidate against incumbent Democrat Jay Fisette.

Supporters say the money from the fed  
SEE STREETCARS, PAGE 4

## Redding Named Principal of Barrett Elementary

Using a family-focused style, he will lead an ethnically diverse school.

BY STEVE HIBBARD  
THE CONNECTION

Dan Redding, 42, was named the new principal on July 1 of Barrett Elementary, one of the most diverse schools in North Arlington, originally built in 1939.

Its projected enrollment for September is 559 students and about 100 staff. Of that, some 202 students are identified for ESOL/HILT services and 52.2 percent receive free or reduced-price lunch. The ethnic breakdown is: Asian-American 6.2 percent, Black/African-American: 9.6 percent, Hispanic: 43.5 percent, White: 36.7 percent,

and Multiple/Other: 4.0 percent.

"You have a real mixture of cross-ethnic backgrounds and economic backgrounds," said Redding. "I find it very exciting because the kids can share and learn from each other. It's a much more diverse world than the one I grew up in."

Redding strives to learn each and everyone's name. He can be found out front greeting students and wishing them well as they arrive in the mornings. He also spends



Dan Redding

extra time with the Pre-K and Kindergarten classes to get to know the youngsters early on. "The more time I get to know them, the better I'll be," he said.

"He really tries to get to know the families and to know the children," said Corina Coronel, principal at Carlin Springs, where Redding was assistant principal. "He's very supportive of doing what is right for the children."

"I think his ability to form partnerships and relationships with families is his strength," said Erin Wales-Smith, coordinator of recruitment for APS. "I think he is

child-focused, which is very important for a leader of an elementary school."

Redding tries to challenge everyone at their level, all day, every day — the average students as well as those struggling with English as a second language.

Barrett Elementary is a Title One Focus school, which means it has been identified by the state that it needs to improve its test scores. To accomplish that goal, the school has many Spanish-speaking staff. Children in grades K-1 get part of their instruction in Spanish. And Spanish is taught twice a week for 45 minutes — like art, music and P.E. The native Spanish speakers are separated and taught at a higher level. "We want them to understand their conceptual background in science, social studies and math," said Redding. The school has a partnership with the Lubber Run Rec Center's summer camp

SEE REDDING, PAGE 5



# Streetcars On Track, Despite Pushback

FROM PAGE 3

eral government was only expected to be about \$60 million, a fraction of what they consider to be a \$249 million project. Meanwhile, many of the county's land-use decisions have been made with the expectation that a streetcar system will be operational in the near future. So going back on the promise now would be ill-advised, and potentially financially harmful to the county's financial situation. Many supporters view opponents as people who have not been involved in the process until recently and who are trying to derail a system that could transform a traffic-clogged road into a thriving urban corridor.

"Opposition to the streetcar is both unfair and mean-spirited," Diane Dustin, lived near Columbia Pike since 1986. "While the million-dollar bus stop on Columbia Pike became a laugh line among anti-streetcar people, they didn't mention a word about the \$1.5 million dog park in Clarendon as a waste of money."

**EVER SINCE** the federal government rejected to kick in \$60 million for the streetcar system as part of the Small Starts program, opponents have been calling for a cost-benefit analysis.

Like many aspects of the debate about the streetcars, various sides are in disagreement about whether or not a cost-benefit analysis has even been conducted. Supporters say all the necessary studies have been conducted and that calls for a cost-benefit analysis are just a veiled effort to delay and obstruct.

"Just saying that a cost-benefit analysis hasn't been done doesn't make it true," said Zimmerman. "I suspect if we did another one and they didn't like the result they'd still be saying we hadn't done one."

Opponents cry foul. They say the study supporters point to as a cost-benefit analysis is actually a return-on-investment study that was conducted as part of the failed bid for federal money. They say the county has never produced a side-by-side analysis

showing economic development benefits of a bus-rapid transit system or an articulated bus system compared to a streetcar line. Now that county officials are putting together a new funding plan for the system, opponents say, the time is right to compare the two systems to Arlington residents have a more complete picture.

"This project feels so un-Arlington in its approach," said Garvey. "On this one issue we don't seem to want much information."

**THE ORIGINAL AGREEMENT** between Arlington and Fairfax dates back to the summer of 2009, when the two neighboring jurisdictions established a structure for managing the environmental planning and design services. The new agreement establishes processes for managing the next phase of environmental planning and conceptual design, designating Arlington County as the project sponsor and lead partner. That means Arlington will be responsible for 80 percent of the consultant ser-

vice contracts and Fairfax will be responsible for 20 percent.

"We should not be paying a majority of the tab when our partner gets a majority of the benefits," said John Antonelli, an opponent of the streetcar system. "Fairness dictates Fairfax pay its fair share if we are going to have a trolley and that's not 20 percent."

Now that the project agreement has been approved on a four-to-one vote, Arlington will be awarding a task order contract for environmental planning and conceptual design services worth \$1 million.

Arlington County officials will invoice Fairfax County quarterly for its share of that budget, as long as the amount does not exceed \$195,830.

"This is really important work," said County Board member Mary Hynes. "This work is meant to settle some of the uncertainty that led the FTA to ask questions about how much things were going to cost."



From left: William Whitesell, Kathleen Murphy, Rob Abbot, Sen. Barbara Favola, Ivy Main, Rick Keller, Steven Bruckner, Mark Pamerleau and William Jennings.



From left: Rick Keller, Terry Savelle, Ivy Main, Pat Soriano, Del. Alfonso Lopez, Jenny Abel, Dean Amel and Samantha Ahdoot.

PHOTOS CONTRIBUTED

## Virginia Chapter Sierra Club Honors Favola and Lopez

**F**or the first time, the Virginia Chapter Sierra Club voted to recognize members of the General Assembly with awards lauding their work in the legislature.

The chapter's legislative committee voted unanimously to honor state Sen. Barbara Favola (D-31) and Del. Alfonso Lopez (D-

49) with the Energy Freedom Award to recognize their work on energy policy.

Favola, who represents parts of Arlington, Fairfax and Loudoun counties, passed a bill requiring electric utilities including Dominion Virginia Power to assess the effects of their pricing model on energy conservation, energy efficiency and equity. If utilities find

that current price structures place an undue burden on small energy users, a different rate structure can be considered that will encourage a smaller carbon footprint.

Lopez introduced a bill that, if successful, would have helped wind and solar compete against price-volatile natural gas by requiring utilities and the State Corporation

Commission to consider the long-term price stability of fuels used in electric power generation.

Lopez also introduced legislation to reform the Renewable Portfolio Standard. Such an overhaul would have changed the face of energy generation in the Commonwealth.

## Edson Flores Awarded Arlington Rotary Challenge Stipend

**E**dson Flores, a graduate of the Arlington Mill High School, was awarded a two-year stipend of \$10,000 to help with his college expenses by the Arlington Rotary Education Foundation on July 18.

The foundation is the Arlington Rotary Club's non-profit organization for helping Arlington students. It created the Arlington Rotary Challenge Stipend to help Arlington high school graduates who have made a dramatic turnaround in their educational pursuits and



Joseph Lott, president, Arlington Rotary Foundation; Edson Flores, stipend awardee, and Barbara Thompson, principal, Arlington Mill High School.

PHOTO CONTRIBUTED

who need financial support to attend college. An Arlington resident, Edson gradu-

ated from Arlington Mill in 2012 and is a server at Gordon Biersch Restaurant.

He will attend Northern Virginia Community College studying business. For the past year, he has been mentoring and tutoring students in math at Arlington Mill on his days off.

Arlington Mill High School Principal Barbara Thompson said: "We are proud of Edson, a prime example of Arlington Mill students who are dedicated and committed to completing their high school diplomas. Congratulations to the Rotarians for helping him pursue his college dream."

Rotarian Joe Lott, Foundation President, said "Edson's activities exemplify Rotary's spirit of service above self. Our club is pleased that we can help Edson achieve his academic goal."

Arlington Mill High School Arlington's newest accredited high school, has a full diploma-awarding program, offering academic, career and technical courses in day and evening classes.

The Arlington Rotary Club meets every Thursday at noon in the function room of La Cote d'Or Café on Lee Highway. Visitors are welcome. [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).



## NEWS

# Redding Leads Barrett Elementary

FROM PAGE 3

program. He plans to continue that and the monthly library night where families read together and a visiting author shares work. "It's a time to have fun with reading outside the school day," he said.

Redding is known to "ham it up" with his students. He once dressed up as the Cookie Monster when the Carlin Springs' PTA sold cookie dough. Another time he got "abducted" by Zero the Hero as a lesson on numbers. "Things like that are fun. It gets the kids' attention; it motivates them. It makes them enjoy their elementary years."

Born in Essex Junction, Vt., his family moved to

Centreville, Va., in 1985. He graduated from Chantilly High School, and he finished UVA in 1993 with a bachelor's in history and a master's in elementary education.

He began his career at Abington Elementary, teaching grades 3-5 in reading and math. From there, he went to Oak Ridge and taught grades 3-4 in the immersion program. Then he became a school technology coordinator for Barcroft, Glencarlyn, Jamestown and Gunston. In 2002, he became assistant principal at Kenmore for five years. Then he worked in the APS Central Office as director of employee relations. Afterwards, he became assistant principal of Carlin Springs for three years.

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Aug. 4-9.

**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:** Sunday, Aug. 4, Maryland Live! Casino, Hanover, Md., \$11; Monday, Aug. 5, lunch at House of Dynasty, Alexandria, \$9 (transportation only). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**Tips on preventing falls,** Mon-

day, Aug. 5, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Open rehearsal Tom Cunningham Orchestra,** Monday, Aug. 5, 8 p.m., Walter Reed. Free. Register, 703-228-0955.

**Tennis,** Monday through Friday, 8 a.m. - 12 p.m., Bluemont Courts, Wilson and Manchester. Details, 703-228-4745.

**Registration open for Northern Virginia Senior Olympics,** Sept. 7-19. \$12 covers multiple events. Call for details, 703-228-4721.

**Capital Bikeshare demonstration,** Tuesday, Aug. 6, 6 p.m., Walter Reed. Free. Register, 703-228-0955.

**Wise use of credit cards,** Tuesday, Aug. 6, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

**Estate planning for one,** Tuesday, Aug. 6, 1 p.m., Lee. Free. Register, 703-228-0555.

**Indoor walking program,** Tuesdays, 9:30 a.m., Langston-Brown. Free. Register, 703-228-6300.

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

**Introduction to acupuncture,** Wednesday, Aug. 7, 2 p.m., Lee. Free. Register, 703-228-0555.

**Line dancing classes,** Wednesdays, 9:30 a.m., Walter Reed. Free. Details, 703-228-0955.

**Volunteering opportunities** with the Cancer Society, Thursday, Aug. 8, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

## Congressman Jim Moran Hosts:



In collaboration with:

- Alexandria Small Business Development Center
- Community Business Partnership
- Alexandria Chamber of Commerce
- Arlington Chamber of Commerce

- Fairfax Chamber of Commerce
- Falls Church Chamber of Commerce
- Mason Small Business Development Center

Join Congressman Moran for "Navigating the Affordable Care Act," a discussion on what your small business needs to know to comply with the Affordable Care Act including the opportunities, benefits, and challenges of the law.

**Keynote Speaker:** Taylor Burke, JD, LLM, Program Director, MPH in Health Policy, School of Public Health & Health Services, The George Washington University

**Thursday, August 1st**  
8:00AM - 11:00AM

**Community Room**  
**Landmark Mall**  
5801 Duke Street  
Alexandria, Va, 22304

To RSVP for the event, please visit: <http://moran.house.gov/event/affordable-care-act-forum>

## 2013 NORTHERN VIRGINIA SENIOR OLYMPICS SEPTEMBER 7-19

**Adults 50+ Register by Aug. 23 (Mail); Aug. 30 (Online)**

**No On-Site Registrations ~ Over 50 Events:**

**Everything from Track to Scrabble!**

**Registration fee: \$12 (covers multiple events)**

**Gold, Silver and Bronze Medals Awarded**

**Opening Ceremonies: Saturday, September 7, 9:00 a.m.**

**Thomas Jefferson Community Center**

**3501 S. 2nd St., Arlington**

**Check Website for daily schedule & to register: [www.nvso.us](http://www.nvso.us)**

**Information: 703-228-4721 or [nvso1982@gmail.com](mailto:nvso1982@gmail.com)**

**Sponsored by:**

Arlington, Fairfax, Fauquier, Loudoun & Prince William Counties;  
Cities of Alexandria, Fairfax & Falls Church.

## SHILLELAGHS THE TRAVEL CLUB

**IRELAND • Nov. 12-19** .....\$2349  
Includes Air from Dulles, 6 Nights Accommodations. (One Night in ASHFORD CASTLE!). Daily Breakfast, 3 Dinners, Sightseeing - CALL FOR ITINERARY

**BARCELONA TO BARCELONA CRUISE ON OCEANIA • Nov. 9-20** .....\$2449  
Includes Cruise, Air & Transfers!! Free Gratuities, Free Internet Package, \$500 Onboard Credit, 10 Nights Cruise on "Marina" with All Meals & Entertainment. A GREAT DEAL - CALL FOR DETAILS

**HALLOWEEN DAY TRIP • Oct. 30** .....\$149  
Come with us on a Motorcoach Day Trip for a Halloween Mystery to include a Guided Tour & Lunch. Motorcoach departs from Vienna and Rockville

**SHILLELAGHS TRAVEL CLUB**

100 East Street SE, Suite 202 • Vienna, Virginia 22180

**703-242-2204 1-800-556-8646**

Please visit our Web site at: [www.shillelaghtravelclub.com](http://www.shillelaghtravelclub.com)  
for a listing of all our upcoming trips and socials.



**Falls Church Showroom**  
800 West Broad Street, #101  
Falls Church, Virginia 22046  
**571.765.4450**

**Manassas Showroom**  
8982 Hornbaker Road  
Manassas, Virginia 20109  
**703.378.2600**



KITCHENS | BATHS | ADDITIONS  
**Contact us at [info@nvsrd.com](mailto:info@nvsrd.com)**





## Doing Art Together

Volunteers Stephen Olmstead and Emma Price paint Anna Tiernan's palms as they make fingerprints during the DARTT (doing art together) summer session inside H-B Woodlawn secondary program cafeteria on July 20.



DARTT sessions pairs up children with special needs with teen volunteers to make art projects. Some of the art projects include bird houses, t-shirts, painting rocks and canvases. DARTT also teamed up with the Arlington special education PTA to assist children in their end-of-the-year National PTA Reflections. Co-founders of DARTT are Alex Vincent, Sam Hall, Christine Vincent and Zunair Khokhar.



Audrey Hodges smiles as she paints a picture.

PHOTOS BY  
LASHAWN AVERY-SIMON  
THE CONNECTION



Britta Hodges drew a picture of her purple hat during the DARTT summer session.

## BULLETIN BOARD

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is noon the Thursday before publication. Photos are welcome.

### THURSDAY/JULY 25

**Meeting.** 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes speakers Mitch Opalski and Carolyn Richar. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

### SATURDAY/JULY 27

**Home and Garden Program.** 10 a.m. at the Fairlington Community Center, 3308 S. Stafford St. Learn about common insect pests and steps to control them. This program is free for all. Call 703-228-6414 or email [mgaralalex@gmail.com](mailto:mgaralalex@gmail.com)

### MONDAY/JULY 29-FRIDAY/AUG. 2

**Private College Week.** Marymount University invites rising high school

juniors and seniors and their families, as well as college students interested in transferring, to participate in Virginia private college week. Students and family members can explore the advantages that a Virginia private college or university can provide. It's also a time to learn about financial aid options that make a private college education affordable. Marymount information sessions will be held July 29- Aug. 2 at 9 a.m. and 2 p.m. and Saturday, Aug. 3 at 9 a.m. Visit [www.civv.org/Our-Colleges/Virginia-Private-College-Week.aspx](http://www.civv.org/Our-Colleges/Virginia-Private-College-Week.aspx) or call 703-284-1500.

### WEDNESDAY/JULY 31

**Discussion.** 7-9 p.m. at the Northern Virginia Community College Annandale Campus' Ernst Community Cultural Center. The Unified Prevention Coalition of Fairfax County and the Fairfax County Police Department present "The Perils of the College Drinking

Culture." Parents and college-bound students are invited to the presentation, which includes a screening and panel discussion of the documentary "HAZE." Call 703-938-8723 or visit [unifiedpreventioncoalition.org](http://unifiedpreventioncoalition.org).

### THURSDAY/AUG. 1

**Meeting.** 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes Assistant District Governor Joe Luquire. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

### THURSDAY/AUG. 8

**Meeting.** 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes naval historian Tom Hone. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

### SATURDAY/AUG. 10

**ESOL Tutor Training Workshop.** James Lee Community Center, 2855 Annandale Road, Falls Church. Three consecutive Saturdays, Aug. 10, 17

and 24. Cost is \$50 for books, materials and ongoing resources. E-mail volunteers@lcnv.org or call 703-237-0866 x111.

### MONDAY/AUG. 12

**Discussion.** 1:30 p.m. at Aurora Hills Senior Center, 735 18th St S. Lt. Commander Mary K Hays outlines and discusses the history of women in the military. Registration required. Call 703-228-5722.

### THURSDAY/AUG. 22

**Meeting.** 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes District Governor Juanita Cawley. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

### THURSDAY/SEPT. 5

**Meeting.** 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes Stephen Brundage for an update on Africa. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

The  
**Arlington**  
Connection

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

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

Published by  
**Local Media Connection LLC**

**1606 King Street  
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
To discuss ideas and concerns, call: 703-778-9410  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Steven Mauren**  
Editor  
703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Michael Lee Pope**  
Reporter  
703-615-0960  
[mpope@connectionnewspapers.com](mailto:mpope@connectionnewspapers.com)  
@MichaelLeePope

**Jon Roetman**  
Sports Editor  
703-224-3015  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

**ADVERTISING:**  
For advertising information e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Andrea Smith**  
Classified & Employment Advertising  
703-778-9411  
[asmith@connectionnewspapers.com](mailto:asmith@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Jean Card  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecquex  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





# Keep Pets Safe During Dog Days of Summer

## Help pets beat the heat and prevent injury or illness.

BY KERRY MCKEEL  
ANIMAL WELFARE LEAGUE OF ARLINGTON

**T**he dog days of summer are officially here and while yes, the phrase refers to unbearable hot and humid weather, at the Animal League of Arlington (AWLA) it is an eventful season of responding to pets in peril.

"In the last six weeks we have responded to 31 calls of animals left in hot cars or outside without access to adequate shelter or water source," said Alice Burton, chief animal officer at AWLA. "We have saved two animals, on the verge of danger, from hot cars."

Sweltering sun and summer time fun can create situations that compromise a pet's health and safety. Animals can suffer heat

stroke, brain damage or death if left in the heat, but with a little planning and forethought pets can remain cool and unharmed. Here is what you need to know to protect your pet:

- ❖ Never leave pets in a car on a hot day. Even if windows are cracked it can be fatal. The interior temp can rise by 19 degrees in as little as five minutes. On a hot day this can cause your animal heat stroke, brain damage or death. Remember the 70/40 rule. If the temp outside is above 70 degrees or below 40 degrees it is unsafe to leave your pet in the car.

- ❖ Know the warning signs. Early signs of heat stress include — heavy panting, dry or bright red gums, drooling, weakness or

collapse. "If you suspect your pet is suffering from heat, remove them from the heat and seek veterinary care as soon as possible," says Christine Cottey, DVM and veterinary director at AWLA. "Placing your pet in cold water can contribute to massive organ failure and draping damp, cool towels

over his body can constrict vessels and lead to an ever more elevated core body temperature."

- ❖ Exercise with caution. Do not walk your dog during the day's highest heat and humidity, which is usually between 1-4 p.m. Not only can their body tem-

perature rise quickly, but hot asphalt can hurt their sensitive paws. This is especially important for dogs with short snouts, such as bulldogs and pugs, who cannot pant as efficiently in humid weather due to their

narrowed nostrils and windpipes.

- ❖ Protect delicate skin. Skin cancer is the most common form of cancer in dogs and second most common in cats. Even though fur shields some of the sun, you should apply a pet-specific sun block every three to four hours to the least hair-covered areas (ears, around eyes, nose).

- ❖ Keep coats short, not shaved. "Longer coats can help to prevent sunburn," Dr. Cottey explains.

- ❖ Send parasites packing. Heartworms, transmitted by mosquitoes, attack the lungs and heart of an animal and can be fatal. Hookworms can enter through the pads of pet's paws and cause gastrointestinal problems. These parasites are more prevalent in the summer, so be sure to have your pet on a heartworm and hookworm preventative, available by prescription through your veterinarian.

To learn more about AWLA's community services, programs, or the diverse selection of companion animals including cats, dogs, rabbits, birds, and hamsters, visit [www.awla.org](http://www.awla.org) or download the free Arlington Pets App.

**"If you suspect your pet is suffering from heat, remove them from the heat and seek veterinary care as soon as possible."**

— Christine Cottey,  
DVM and veterinary director at AWLA



## Put Us to The Test

- ♥ Selection
- ♥ Service
- ♥ Price

## Come Taste the Difference

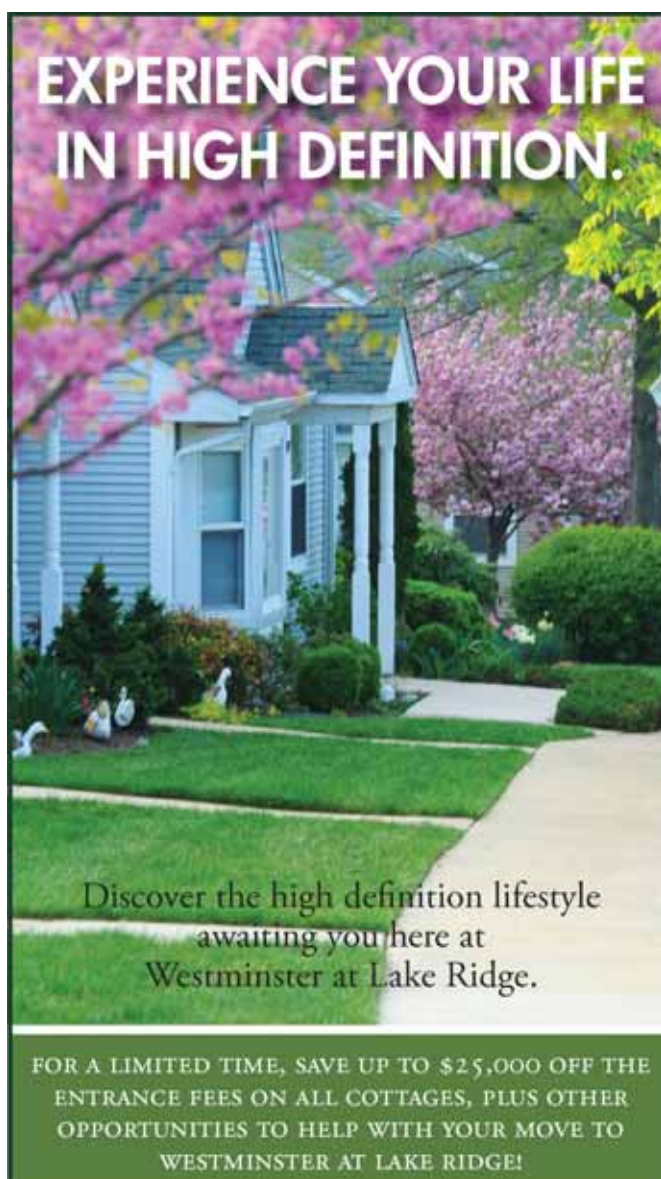
Two Convenient Alexandria Locations  
Open 7 days a week

**Bradlee**  
3690J King Street  
703.820.8600

**Belle View**  
1600A Belle View Blvd.  
571.384.6880

[www.unwinedva.com](http://www.unwinedva.com)

## EXPERIENCE YOUR LIFE IN HIGH DEFINITION.



Discover the high definition lifestyle awaiting you here at Westminster at Lake Ridge.

FOR A LIMITED TIME, SAVE UP TO \$25,000 OFF THE ENTRANCE FEES ON ALL COTTAGES, PLUS OTHER OPPORTUNITIES TO HELP WITH YOUR MOVE TO WESTMINSTER AT LAKE RIDGE!

Discover cottage living in one of northern Virginia's most beautiful settings. Imagine summer morning walks or afternoon tea with neighbors on your outdoor patio, overlooking the serene, manicured campus. Westminster at Lake Ridge offers the best of all worlds. Our location, near the historic town of Occoquan has all the small town charm and friendliness you desire, yet is just a few miles from the excitement of our nation's capitol.

Visit us and see for yourself—in addition to our cottages, Westminster at Lake Ridge also offers beautiful apartment homes all with the security of on-site health care.

Call us at **703-496-3440** to find out more about these exciting opportunities.

Visit us on the web at [www.wlrvva.org](http://www.wlrvva.org)

**Westminster**  
at Lake Ridge

Northern Virginia's Best Kept Secret in Retirement Living

12191 Clipper Drive  
Lake Ridge, VA 22192  
703-496-3440





# ENTERTAINMENT

## 'I Do, I Do'

TACT celebrates both traditional and same sex marriage.

By JEANNE THEISMANN  
THE CONNECTION

The times they are a-changin'. When "I Do! I Do!" first opened on Broadway in 1966, the musical by the "Fantasticks" duo Tom Jones and Harvey Schmidt was a hit. Based on Jan de Hartog's popular 1951 play "The Fourposter," the show chronicles a half-century in the life of a successful marriage. Now playing at The American Century Theater, the innovative Jack Marshall has reimaged the classic to celebrate both heterosexual and same-sex unions.

"I Do! I Do!" is about marriage: what it means, what it takes, the challenges and the compromises," said Marshall, who conceived and directs the production. "I realized that to tell the story of marriage in 2013 and leave out same-sex couples robbed the show of the universality that it was originally intended to have. I wondered if the show's couple could portray the complete spectrum of loving unions we have in America today, and when I examined the text, I found that virtually nothing had to change, musically or lyrically, from what Schmidt and Jones had written."

The show is a series of musical vignettes that follows a married couple through the highs and lows of a 50-year relationship. In Marshall's reimaged version, the original characters of Michael and Agnes become

Chris and Leslie as four actors interchangeably portray the two main characters.

Marshall and Musical Director Tom Fuller have assembled an outstanding cast led by TACT regulars Steve Lebens and Esther Covington. They are joined by Mary Beth Luckenbaugh and TACT newcomer Chad Fornwalt.

All four turn in stellar performances as they seamlessly morph from a traditional heterosexual couple to same-sex versions, all telling the story of a single union from different perspectives.

Marshall has staged "I Do! I Do!" with simplicity and enhanced the show's intimacy with a solo piano that highlights the toe-tapping, laugh-out-loud production that is a must-see for anyone who wants to celebrate marriage in all its forms.

"Marriage is marriage, and love is love," Marshall said. "But it is fascinating to see these traditional moments married couples know well seen through the prism of same-sex marriages, as well as the traditional kind. I think this approach makes 'I Do! I Do!' more entertaining, and also more true to its theme."

*"I Do, I Do" is playing through Aug. 17 at The American Century Theater, Gunston Theatre Two, 2700 S. Lang Street, Arlington. C703-998-4555 or visit [www.americancentury.org](http://www.americancentury.org).*



PHOTOS BY JOHANNES MARKUS

The American Century Theater production of "I Do, I Do," starring Ester Covington, Mary Beth Luckenbaugh, Steve Lebens and Chad Fornwalt, celebrates both traditional and same-sex marriage.



Mary Beth Luckenbaugh and Steve Lebens are newlyweds Chris and Leslie in "I Do, I Do."



Steve Lebens and Chad Fornwalt star in "I Do, I Do" at The American Century Theater.

## ORANGE LINE CONNECTION

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Photos and artwork are welcome. Deadline is Thursday at noon.

### ONGOING

**Performance.** Through Wednesday, July 24, the Rosslyn BID provides live music on Monday and Wednesday evenings at the Rosslyn Metro Station. Enjoy a variety of performances during your evening commute from 5-7 p.m.

**Exhibit.** Through July 27 at Gallery Underground, 2100 Crystal Drive. Arlington Artists Alliance presents "Golden Leaves," a solo exhibit of paintings by Nihal Kececi. Call 571-483-0652 or visit [novaartcenter.org](http://novaartcenter.org).

**Week-long Summer Classes.** Through Friday, Aug. 23, 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](http://www.arlingtonartscenter.org) for a list of classes and to register. Call 703-248-6800.

**'Unplugged' Concert Series.** Thursdays through August from 6-8 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Enjoy free performances of live acoustic music. Visit [www.marketcommonclarendon.net](http://www.marketcommonclarendon.net) or 703-785-5634.

**Art Exhibition.** Through Sunday, Oct. 13, see Green Acres at Arlington Arts Center, 3550 Wilson Blvd. Call 703-248-6800 or visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Mixed Media Exhibit.** Through Sunday, Oct. 13, at Arlington Arts Center, 3550 Wilson Blvd. Opening reception is Saturday, July 13, 6-9 p.m. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Special Art Exhibition.** Through Sunday, Oct. 13, see Dupont Market. Arlington Arts Center, 3550 Wilson Blvd. Call 703-248-6800 or visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Mr. Knick Knack.** Fridays, June through October, 10:30 a.m. Market Common Clarendon, 2700 Clarendon Blvd., presents 45-minute performances for children. Visit [www.marketcommonclarendon.net](http://www.marketcommonclarendon.net) or 703-785-5634.

**Storytime at Kinder Haus Toys.** 10:30 a.m. on Mondays and Fridays through Friday, Nov. 1. Children must be accompanied by an Adult. 1220 N. Fillmore St. Visit [Kinderhaus.com](http://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.freshbikescycling.com](http://www.freshbikescycling.com) for more.

### Restaurants and

**Rhythms.** The BID's free happy-hour live music series inside Rosslyn restaurants. Origem brings Brazilian jazz to Le Méridien. Dave Chappel and friends performs blues rock at the Hyatt Arlington and Mary Ann Redmond sings jazz standards at the Key Bridge Marriott. Visit [www.rosslynva.org](http://www.rosslynva.org).

**Visual Arts Exhibit.** Through the end of summer at Artisphere, 1101 Wilson Blvd. Artisphere yarn bomb takes over Wilson Boulevard in Rosslyn. Trees, fences and bike racks are covered in yarn artwork by participating knitters. Visit [artisphere.com](http://artisphere.com) or call 703-875-1100.

**Visual Arts Exhibit.** On display at Artisphere, 1101 Wilson Blvd. Carolina Mayorga: Infestation, a semi-permanent installation mixing multimedia, performance art and on-site installation. Free. Visit [artisphere.com](http://artisphere.com) or call 703-875-1100.

**Visual Arts Exhibit.** On Display at Artisphere, 1101 Wilson Blvd. Linda Hesh: Art Every Day/Live For Art. Interactive project that invites public discussion on the meaning of art in everyday life. Free. Visit [artisphere.com](http://artisphere.com) or call 703-875-1100.

**Visual Arts Exhibit.** On display in the Mezz Gallery through Aug. 3 at Artisphere, 1101 Wilson Blvd. Amy Hughes Braden: Demographic + Aaron Hughes: Sampling. A dual show by siblings Amy Hughes Braden and Aaron Hughes. Free. Visit [artisphere.com](http://artisphere.com) or call 703-875-1100.

**Juried Exhibition.** Through July at Artisphere, 1101 Wilson Blvd. Photo/Video 13 features work by Mid-Atlantic photographers and video artists. On display in the Terrace Gallery, Video Wall and Bijou Theatre. Free. Visit

[artisphere.com](http://artisphere.com) or call 703-875-1100.

**Visual Arts Exhibit.** On display in the Works in Progress Gallery through Aug. 18 at Artisphere, 1101 Wilson Blvd. Arijit Das: Cloud Mapping studies movement, stillness and photo-bombing by mixing Das' drawing on a wall with spectator movement. Free. Visit [www.artisphere.com](http://www.artisphere.com) or call 703-875-1100.

**Karaoke.** 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit [www.galaxyhut.com](http://www.galaxyhut.com) or call 703-525-8646.

**Pub Quiz.** 8 p.m. Sundays at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for 1st place. Free. Visit [www.whitlows.com](http://www.whitlows.com) or call 703-276-9693.

### THROUGH AUG. 16

**Week-long Summer Classes.** Teens can take art classes from 1-4 p.m. or 1:30-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for a list of classes and to register. 703-248-6800.

### FRIDAY/JULY 26

**Film Festival.** "Fame" (R) 1980 - 134 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](http://www.rosslynva.org).

**Concert.** 9 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Footwerk performs with opening act Cosmodrome. \$12. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Theatre Performance.** 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street North. The Traveling Players perform William Shakespeare's "Much Ado About Nothing." Call 703-228-1850 or visit [www.arlingtonarts.org/venues/lubber-run-amphitheater.aspx](http://www.arlingtonarts.org/venues/lubber-run-amphitheater.aspx).

### SATURDAY/JULY 27

**Concert.** 8:30 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Chopteeth Afrofunk Big Band performs. \$15. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Concert.** 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street North. D.C. A cappella group, The Tone Rangers, perform. Call 703-228-1850 or visit [www.arlingtonarts.org/venues/lubber-run-amphitheater.aspx](http://www.arlingtonarts.org/venues/lubber-run-amphitheater.aspx).

### SUNDAY/JULY 28

**Concert.** 7:30 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Rebecca Loebe and Victoria Vox perform. \$12. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Concert.** 9 p.m. at Galaxy Hut, 2711 Wilson Blvd. Insect Factory and Public Speaking perform. \$5. Visit [galaxyhut.com](http://galaxyhut.com) or call 703-525-8646.

### MONDAY/JULY 29

**Concert.** 8:30 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Bobby Bare Jr. performs with opening act Dead Professional. \$12. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

### JULY 29-SEPT. 21

**Boot Camp Runs.** At Gateway Park, 1300 Lee Highway. Monday and Wednesday, 6 p.m., and Saturday, 8 a.m. Registration is open for Rosslyn boot camp runs with instructor Victor Carcamo. \$25 for eight weeks of three sessions per week. Visit

[www.rosslynva.org/play/calendar/bootcamp](http://www.rosslynva.org/play/calendar/bootcamp).

### THURSDAY/AUG. 1

**Concert.** 8:30 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Pet Parade celebrate their album release with opening acts Drunk Tigers and Beach Week. \$10. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com) or call 703-522-8340.

### FRIDAY/AUG. 2

**Film Festival.** "Can't Hardly Wait" (PG-13) 1998 - 100 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](http://www.rosslynva.org).

**Theatre Performance.** 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street North. D.C.'s Hexagon Theatre Company perform their original revue. Call 703-228-1850 or visit [arlingtonarts.org](http://arlingtonarts.org).

### SATURDAY/AUG. 3

**Concert.** 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street North. Rico Amerio performs a mixture of hip-hop and jazz music. Call 703-228-1850 or visit [www.arlingtonarts.org/venues/lubber-run-amphitheater.aspx](http://www.arlingtonarts.org/venues/lubber-run-amphitheater.aspx).

**Singles Dinner and Movie Night.** Fixed price dinner beginning at 5 p.m. at Ireland's Four Courts in Arlington, 2051 Wilson Blvd. followed by movie of your choice at AMC Courthouse Plaza 8. Cost of \$30 at door includes dinner, soda, tip and movie ticket. RSVP required. Call 301-924-4101 or visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org).

### SUNDAY/AUG. 4

**Concert.** 7 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Chuck Prophet and the Mission Express perform with opening act the Old Ceremony. \$20. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

### TUESDAY/AUG. 6

**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](http://www.freshbikescycling.com) for more.

## CALENDAR

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is noon Thursday. Photos are welcome.

### ONGOING

**Food Truck Thursdays.** In the surface parking lot at the corner of Crystal Drive and 18th Street.

**Musical.** "Spin" at Signature Theatre, 4200 Campbell Avenue. Through July 27. \$30. Visit [www.signaturetheatre.org](http://www.signaturetheatre.org).

**Exhibit.** Through Saturday, July 27, see Mystery: Solo Show by Nihal Kececi at Crystal City Shops at 2100 Crystal Drive. Visit [www.galleryunderground.org](http://www.galleryunderground.org) or call 571-483-0652. Free.

**Classes for Children.** Through Aug. 23 at Arlington Arts Center, Monday-Friday, 10 a.m.-12:30 p.m. and 1:30-4 p.m. Supervised lunch breaks for students in consecutive classes, complimentary aftercare until 5 p.m. for students in 1:30-4 p.m. classes. Call 703-28-6800 or visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Classes for Adults.** Tuesdays, Wednesdays, or Thursdays, through Aug. 29, 7-9:30 p.m. Arlington Arts Center is located at 3550 Wilson Blvd.

Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

**Campfire Programs.** Saturdays this summer (except Aug. 24), 7-8 p.m. at Long Branch and Gulf Branch Nature Centers. Campfire programs include stories, songs, games, special live animal guests and more. \$5 fee per participant, registration not required for children age 2 and under. Visit [www.arlingtonva.us/Departments/ParksRecreation/ParksRecreationMain.aspx](http://www.arlingtonva.us/Departments/ParksRecreation/ParksRecreationMain.aspx).

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 Oasis.

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.

**Photography Exhibit.** Through Monday, Sept. 30, see "Hallowed Ground: Photos of the Gettysburg Battlefield 150 Years After," by Ron Cogswell," at Cherrydale Branch Library, 2190 Military Road. Free. Call 703-228-6330.

**Art Exhibit.** Exhibit focusing on art and urban agriculture Arlington Arts Center at 3550 Wilson Blvd., through

Oct.13. Call 703-248-6800.

### Senior Olympics Registration.

Online registration for the 2013 Northern Virginia Senior Olympics opens July 1. Participants can register online at [www.nvso.us](http://www.nvso.us) or by regular mail. The events take place Sept. 7-19 at 17 different venues throughout Northern Virginia. Registration forms are available at senior centers, community centers and senior residences or by calling 703-228-4721. Deadline to register is Aug. 23 (mail), Aug. 30 (online). \$12.

**Register Now.** 2013 Master Gardener Training Class still has a few spaces available for the program which runs from Sept. 10-Nov. 21 on Tuesday and Thursdays, 9 a.m.-noon. Classes held at the Fairfaxington Community Center, 3308 S. Stafford St., as well as two Saturday field trips to gardens operated by master gardeners. Fee is \$225 for Arlington and Alexandria residents and \$275 for outside residents. Call 703-228-6414 or email [mgaralex@gmail.com](mailto:mgaralex@gmail.com)

### WEDNESDAY/JULY 24

**Stop in for Stories.** 10:30 a.m. at Central Library, 1015 N. Quincy St.

For children that are pre-school age. Free. 703-228-5946.

**Story Time.** 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children that are pre-school age. Free. 703-228-5260.

**Just Dance Party.** 3-5 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Teens in grades 6-12 can bring their favorite music for a party. Free. 703-228-5710.

**Dinosaur Rock.** 4-5 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Children in grades K-5 can watch as the mystery of "The Dinosaur Rock" is uncovered by Impressions Theatre. Free, but tickets are required and are available the day before the performance. 703-228-5260.

**Book Club for Kids.** 4-5 p.m. at Shirlington Library, 4200 Campbell Ave. Children in grades 2-3 can discuss a book. Free. 703-28-6545.

**Story Time.** 6:30 p.m. at Glencaryn Library, 300 S. Kensington St. All ages. Free. 703-228-6548.

**Dinosaur Rock.** 7-8 p.m. at Central Library, 1015 N. Quincy St. Children in grades K-5 can watch as the mystery of "The Dinosaur Rock" is uncovered by Impressions Theatre. Free, but tickets are required and are available the day before the

performance. 703-228-5946.

### THURSDAY/JULY 25

**Book Club.** 10:30 a.m. at Central Library, 1015 N. Quincy St. Discuss "Master Butchers Singing Club" by Louise Erdrich. Free. 703-228-5946.

**Drop-in Story Time.** 10:30 a.m. at Aurora Hills Library, 735 S. 18th St. For children that are preschool-age. Free. 703-228-5715.

**Story Time.** 10:30-11 a.m. at Cherrydale Library, 2190 N. Military Road. For children that are preschool-age. Free. 703-228-6330.

**Dinosaur Rock.** 4-5 p.m. at Aurora Hills Library, 735 S. 18th St. Children in grades K-5 can watch as the mystery of "The Dinosaur Rock" is uncovered by Impressions Theatre. Free, but tickets are required and are available the day before the performance. 703-228-5715.

**Knitting Group.** 6:30 p.m. at Glencaryn Library, 300 S. Kensington St. Drop-in for knitting support and instruction. Free. 703-228-6548.

### FRIDAY/JULY 26

**Cool Creek Critters.** 4-5 p.m. at Gulf

Branch Nature Center, 3608 Military Road. Children ages 5 and up can dress to get wet and explore waterfalls, try to catch water striders and more. \$5 due at registration. 703-228-3403. Program #642853-J.

**Concert.** 8 p.m. at the Air Force Memorial, One Air Force Memorial Drive. Free concert by the United States Air Force Band as a part of their summer concert series. Call 202-767-5658 or visit [usafband.af.mil](http://usafband.af.mil).

### SATURDAY/JULY 27

**Inova Blood Drive.** 11 a.m. at Arlington Central Library, 1015 N. Quincy Street. Blood supplies are almost always in short supply across our community, your support contributes to INOVA's efforts at the drive. Volunteers are also needed. Visit [www.inova.org/get-involved/blood-donor-services/index.jsp](http://www.inova.org/get-involved/blood-donor-services/index.jsp) or call 1-866-256-6372.

**Neighborhood Book Party.** 4 p.m. at Clarendon United Methodist Church, 606 N. Irving St. There will be entertainment, food, activity booths, an auction, and more. This is a family friendly event. Visit [morefaith.org](http://morefaith.org) or call 703-527-8574.

**Rascally Racoons Campfire.** 7-8

p.m. at Gulf Branch Nature Center, 3608 Military Road. All ages can enjoy fun around a campfire, including s'mores. \$5/person due at registration. Program #642853-J.

### TUESDAY/JULY 30

**Jazz Performance.** 3 p.m. at Reagan National Airport, 2401 S. Smith Boulevard. Trio Vera will be performing, entertaining travelers while they pass through. Visit [www.metwashairports.com](http://www.metwashairports.com).

**Wine in the Water Park.** 6-10 p.m., Fridays in Sept. at Crystal City Water Park, 1750 Crystal Drive. Experts from the Washington Wine Academy assist attendees in selecting wine. Free admission and snacks; \$5 for wine and beer. Call 703-412-9430 or visit [www.crystalcity.org](http://www.crystalcity.org).

**Concert.** 8 p.m. at the Air Force Memorial, One Air Force Memorial Drive. Free concert by the United States Air Force Band as a part of their summer concert series. Call 202-767-5658 or visit [www.usafband.af.mil](http://www.usafband.af.mil).

### SATURDAY/AUG. 3

**Volunteer Workday.** 10 a.m. at Potomac Overlook Regional Park, 2848 N. Marcey Road. Spend a

the Washington Wine Academy and the Crystal City Wine Shop. Visit [www.crystalcity.org](http://www.crystalcity.org).

### FRIDAY/AUG. 2

**Jazz Performance.** 4 p.m. at Reagan National Airport, 2401 S. Smith Boulevard. Tony Craddock, Jr. will be performing, entertaining travelers while they pass through. Visit [www.metwashairports.com](http://www.metwashairports.com).

**Wine in the Water Park.** 6-10 p.m., Fridays in Sept. at Crystal City Water Park, 1750 Crystal Drive. Experts from the Washington Wine Academy assist attendees in selecting wine. Free admission and snacks; \$5 for wine and beer. Call 703-412-9430 or visit [www.crystalcity.org](http://www.crystalcity.org).

**Concert.** 8 p.m. at the Air Force Memorial, One Air Force Memorial Drive. Free concert by the United States Air Force Band as a part of their summer concert series. Call 202-767-5658 or visit [www.usafband.af.mil](http://www.usafband.af.mil).

### SATURDAY/AUG. 3

**Volunteer Workday.** 10 a.m. at Potomac Overlook Regional Park, 2848 N. Marcey Road. Spend a

morning with park staff and volunteers helping with indoor and outdoor projects in your favorite park. Call 703-528-5406.

**Summer Safari.** 1 p.m. at Potomac Overlook Regional Park, 2848 N. Marcey Road. Chance to explore the infamous frog pond and manmade vernal pools with a naturalist. Reservation required. Call 703-528-5406.

**Singles Dinner and Movie Night.** 5 p.m. at Ireland's Four Courts, 2051 Wilson Blvd. Includes dinner, soda, tip, and a movie ticket of your choice for \$30. RSVP is required. Call 301-924-4101 or visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org).

**Summer Concert.** 7 p.m. at Potomac Overlook Regional Park, 2848 N. Marcey Road. Musical performance by local group Surrender Friday. Free but donations are requested. Call 703-528-5406.

### MONDAY/AUG. 5

**Planetarium Show.** 7:30 p.m. at Friends of Arlington's David M. Brown Planetarium, 1426 N. Quincy Street. "The Stars Tonight" is an interactive talk about the night sky over the

month ahead. Telescopic observation will occur outside after the show. Admission is \$3 for adults and \$2 for kids. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org).

### THURSDAY/AUG. 8

**Jazz Performance.** 3 p.m. at Reagan National Airport, 2401 S. Smith Boulevard. Chelsey Green and The Green Project entertain travelers passing through Washington's airports. Visit [www.metwashairports.com](http://www.metwashairports.com).

### FRIDAY/AUG. 9

**Jazz Performance.** 3 p.m. at Reagan National Airport, 2401 S. Smith Boulevard. Swingin' in Tongues will be performing, entertaining travelers passing through Washington's airports. Visit [www.metwashairports.com](http://www.metwashairports.com).

**Wine in the Water Park.** 6-10 p.m., Fridays in Sept. at Crystal City Water Park, 1750 Crystal Drive. Experts from the Washington Wine Academy assist attendees in selecting wine. Free admission and snacks; \$5 for wine and beer. Call 703-412-9430 or visit [www.crystalcity.org](http://www.crystalcity.org).



## PET CONNECTION



This is Jill, a former “lost dog” who joined the Howell family and inspired their volunteer work with Lost Dog.



Princess is one of many foster dogs taken in by Marcia Tiersky, president of the Lost Dog and Cat Rescue Foundation, over the past 10 years.



This kitten, fostered by Lost Dog and Cat Rescue Foundation volunteer Beth Stevens, is “a polydactyl,” meaning she has extra toes.



Parker, formerly a “lost dog,” was adopted by Beth Stevens before she became a Lost Dog volunteer.



This dog, called Batman, was a foster in Lisa Marie Czop’s home.

PHOTOS CONTRIBUTED

# Helping Save Lives, One Pet at a Time

## Area residents explain their dedication to the Lost Dog and Cat Rescue Foundation.

BY AMBER HEALY  
THE CONNECTION

**B**ehind every adoption successfully completed by the Arlington-based Lost Dog and Cat Rescue Foundation, there’s a volunteer with a happy heart.

There’s a small volunteer army across Northern Virginia that turns out every weekend to help cats and dogs find homes, but there’s never a shortage of others looking for a safe place to be fed, sheltered and loved. Volunteers are what make the organization run, from walking dogs at adoption events to petting cats to making sure adoptable animals have safe transportation

from rural shelters to this area for medical care.

These volunteers are playing, and will continue to play, a major role in Lost Dog and Cat Rescue Foundation’s participation in the ASPCA/Rachael Ray \$100,000 challenge, an ongoing competition in which the rescue group and others across the country are trying to surpass the number of animal adoptions recorded between June 1 and Aug. 31.

But why do people agree to share their limited free time with animals? What brings them in, and what makes them stay?

Here are a few of their stories:

**INSPIRED BY PARKER.** Arlington resident Beth Stevens adopted a dog and found a whole new social circle.

Her start with Lost Dog and Cat Rescue Foundation came when she adopted her puppy, Parker, in the summer of 2008.

“A year after adopting Parker, I saw an ad in Lost Dog’s newsletter asking for puppy fosters,” she said. “I knew the more foster families they could recruit, the more animals they could save. So I signed up. I ended up fostering about 60 puppies between 2009 and 2011.”

But she didn’t stop there. Recently, she’s fostered a mother cat and six kittens, in addition to helping with transports, walking dogs at adoption events and helping new adoptive families get all the necessities for their new pet.

## The Challenge: Joining Together To Save Animals

There are dozens of animal welfare organizations across the country working to secure “forever homes” for dogs and cats of all ages. And while there’s a general camaraderie amongst them, stemming from their common cause, what’s a little friendly competition among peers?

For the past few years, the ASPCA (American Society for the Prevention of Cruelty to Animals) has sponsored a nationwide contest to challenge shelters to see how many more animals they could adopt between June and August beyond the total the year before.

The idea was to “spur innovation, increase public support, empower staff and, most importantly, save more lives,” said Bert Troughton, ASPCA’s vice president and a leader of what has become the ASPCA/Rachael Ray \$100K challenge.

The organizations that adopt the most animals above totals from June to August the year before wins not only in terms of putting cats and dogs in loving, happy homes, but a sizeable chunk of change to save even more.

“We know that the contest can help save more lives in the long-term too, because all of

the added attention and support contestants earn during the contest can be harnessed for continued life-saving,” Troughton said.

ASPCA started the challenge in 2010, and in 2012, TV personality and animal lover Rachael Ray joined up with the organization, as she did again this year, allowing the organization to offer more than \$600,000 in prize grants:

A \$100,000 grand prize grant will be awarded to the organization that reports the largest increase in adoptions over the total from the year before. Other awards include a \$25,000 “community engagement award,” and \$25,000 to the first place finisher in each of five divisions, as well as \$15,000 to the second place finishers. Lost Dog is in eighth place overall and second place in their division as of Monday, July 22.

“It’s a whole lot of work and a whole lot of fun because every single life saved is a victory — regardless of who wins the grant prizes for the biggest increases,” Troughton said.

This year, 49 organizations in 30 states are competing for the grants, he said. To see the challenge details, visit [challenge.aspcapro.org](http://challenge.aspcapro.org).

— AMBER HEALY



PHOTO BY AMBER HEALY/ THE CONNECTION

Barbara Hutcherson and Marcia Tiersky help dogs out of the transport crates loaded into a van used by the Lost Dog and Cat Rescue Foundation to bring them to the 11 adoption events the rescue group hosts each weekend.

There’s almost a spiritual aspect to working with Lost Dog, she said.

“I get back so much more than I give,” Stevens said. “It’s incredibly gratifying knowing that I’m a small part of the long chain of volunteers that have kept an otherwise-adoptable dog or cat off the euthanasia list and on his or her way to happiness in their forever homes. I’m not just helping to save their lives. I’m also saving a piece of my soul and my sanity every day that I volunteer.”

She points to the popular Budweiser commercial that aired during the Super Bowl, featuring a young Clydesdale and his trainer. The horse eventually leaves the farm, and the man appears sad to see the animal leave.

“The guy goes to Chicago to see the horse in action, and the horse recognizes the guy and comes barreling down the road,” she recalled. “I keep up on Facebook with many of the folks who’ve adopted my fosters. And when I see those dogs, and they get all wiggly and happy to see me, I feel like that guy

in the commercial.”

**FINDING A HOME IN A NEW CITY.** When Gina Ysunza moved to Falls Church from California in 2010, she wanted to find an outlet that would help make the area feel like home.

“I started off volunteering with cat adoptions at the Saturday events” after a friend from church told her about Lost Dog and Cat Rescue Foundation, she said. Now, in addition to helping with the Saturday adoption events, she serves as the cat volunteer coordinator at the Seven Corners PetSmart, making sure the cats in the center are looked after by signing up volunteers to stop in and feed and play with any cats living there between adoption events.

Working with Lost Dog is inspirational to Ysunza.

“Knowing that I can help even one cat get a second chance at a new loving home” makes it worthwhile, she said. “And getting



## PET CONNECTION

# Kitty Kraze: 'Three Name Your Fee'

**League seeks adopters and foster volunteers to home cats and kittens.**

**T**here are more than 100 cats and kittens currently at the Animal Welfare League of Arlington or in foster care and approximately 200 more are expected to arrive throughout the summer.

The adult cat adoption fee is normally \$100, but AWLA is extending a special promotion through the end of August — "Three Name Your Fee."

Folks who adopt cats 3 years old and older not only can name their price, but their adoption fee will also include: a certificate for a free exam with a participating veterinarian, spay or neuter surgery, a feline leukemia and feline AIDS test, a distemper vaccination, a personalized I.D. tag, a microchip, an information packet and an emergency sticker.

"Each spring during kitten season, doz-

ens of newborn kittens join nearly 100 cats already in our shelter. If you have been thinking about adding a feline to your family, we have a wide variety of cats and kittens in all sizes, shapes, colors and temperaments," said Neil Trent, president and CEO, AWLA.

Many of the kittens come from AWLA's Trap-Neuter-Return (TNR) program. TNR is a method of humanely trapping unaltered feral cats, spaying or neutering them and releasing them back to the same location where they were collected.

Kittens from feral populations, if caught early enough, can often be rehabilitated for adoption.

"We believe that supporting TNR efforts in Arlington County may reduce the number of kitten intakes and that supporting these efforts is consistent with our work as a progressive humane organization," said Trent.

"In fiscal 2012, AWLA spayed or neutered 140 feral cats, thereby potentially preventing nearly a thousand feral kittens from being born."

AWLA often receives kittens through the TNR program that are too young for adoption and need to be placed in a foster home

through AWLA's foster program, until they reach 8 weeks of age — at which time, they are considered adoptable.

"Our greatest need right now is for fosters who can help to take care of these kittens for a few weeks until they are old enough to be adopted," said Sara Emery, foster care coordinator. "We have a specific need for fosters for kittens who need to be fed every three to four hours around the clock, so retirees, people who work from home or graduate students are in especially high demand."

AWLA provides foster training and covers all expenses associated with caring for a foster animal, including feeding and medical expenses.

"Our foster volunteers help give a second chance to two animals — the animal they foster and a homeless animal that can be sheltered because of the space they helped to create," said Emery.

To learn about AWLA's foster program and to view adoptable cats or learn more about AWLA's diverse selection of other companion animals including dogs, rabbits, birds, and hamsters, download the free Arlington Pets App or visit [www.awla.org](http://www.awla.org).



## Hugs

**Brisbane (at left, deceased May 11, 2013) and Emma, snuggling, at home in Arlington, February 2011.**

## Visit These Houses of Worship

**Join A Club, Make New Friends, or Expand Your Horizons...**

<b>Anglican</b> Restoration Anglican Church...703-527-2720 <b>Assemblies of God</b> Arlington Assembly of God...703-524-1667 Calvary Gospel Church...703-525-6636 <b>Baptist</b> Arlington Baptist Church...703-979-7344 Bon Air Baptist Church...703-525-8079 Cherrydale Baptist Church...703-525-8210 First Baptist of Ballston...703-525-7824 McLean Baptist Church...703-356-8080 Memorial Baptist Church...703-538-7000 Mt. Zion Baptist Church...703-979-7411 Westover Baptist Church...703-237-8292 <b>Baptist - Free Will</b> Bloss Memorial Free Will Baptist Church...703-527-7040 <b>Brethren</b> Church of The Brethren...703-524-4100 <b>Buddhist</b> The Vajrayogini Buddhist Center...202-331-2122 <b>Catholic</b> St. Luke Catholic Church...703-356-1255 St. Agnes Catholic Church...703-525-1166 Cathedral of St. Thomas More...703-525-1300 Holy Transfiguration Melkite Greek Catholic Church...703-734-9566 Our Lady of Lourdes...703-684-9261 Our Lady Queen of Peace Catholic...703-979-5580	St. Ann Catholic Church...703-528-6276 St. Charles Catholic Church...703-527-5500 <b>Vatican II Catholic Community</b> NOVA Catholic Community...703-852-7907 <b>Church of Christ</b> Arlington Church of Christ...703-528-0535 <b>Church of God - Anderson, Indiana</b> Church of God...703-671-6726 <b>Christian Science</b> McLean - First Church of Christ, Scientist...703-356-1391 First Church of Christ, Scientist, Arlington...703-534-0020 <b>Episcopal</b> St. Andrew Episcopal Church...703-522-1600 St. George Episcopal Church...703-525-8286 St. Johns Episcopal Church...703-671-6834 St. Johns Episcopal Church-McLean...703-356-4902 St. Mary Episcopal Church...703-527-6800 St. Michael S Episcopal Church...703-241-2474 St. Paul Episcopal Church...703-820-2625 St. Peter's Episcopal Church...703-536-6606 St. Thomas Episcopal Church...703-442-0330 Trinity Episcopal Church...703-920-7077 <b>Lutheran (ELCA)</b> Advent Lutheran Church...703-521-7010 Faith Lutheran Church...703-525-9283 German Lutheran Church...703-276-8952 Lutheran Church of The Redeemer...703-356-3346	Resurrection Lutheran Church...703-532-5991 <b>Lutheran (Missouri Synod)</b> Our Savior Lutheran Church...703-892-4846 <b>Nazarene</b> Arlington First Church of the Nazarene...703-525-2516 <b>Non-Denominational</b> New Life Christian Church - McLean Campus...571-294-8306 <b>Metaphysical</b> Arlington Metaphysical Chapel...703-276-8738 <b>Orthodox</b> St. Luke Serbian Orthodox Church...703-893-1759 <b>Presbyterian</b> Arlington Presbyterian Church...703-920-5660 Church of the Covenant...703-524-4115 Clarendon Presbyterian Church...703-527-9513 Little Falls Presbyterian Church...703-538-5230 Trinity Presbyterian Church...703-536-5600 Westminster Presbyterian...703-549-4766 <b>Presbyterian Church in America</b> Christ Church of Arlington...703-527-0420 <b>Synagogues - Conservative</b> Congregation Etz Hayim...703-979-4466 <b>Synagogues - Orthodox</b> Fort Myer Minyan...571-236-1189 Chabad Lubavitch of Alexandria-Arlington...703-370-2774 <b>Synagogues - Reconstructionist</b> Kol Ami, the Northern Virginia Reconstructionist Community ... 571-271-8387 <b>Unitarian Universalist</b> Unitarian Universalist Church of Arlington...703-892-2565 <b>United Methodist</b> Arlington United Methodist Church...703-979-7527 Trinity United Methodist Church of McLean...703-356-3312 Charles Wesley United Methodist...703-356-6336 Calvary United Methodist...703-892-5185 Cherrydale United Methodist...703-527-2621 Chesterbrook United Methodist...703-356-7100 Clarendon United Methodist...703-527-8574 Community United Methodist...703-527-1085 Mt. Olivet United Methodist...703-527-3934 Walker Chapel United Methodist...703-538-5200 <b>United Church of Christ</b> Bethel United Church of Christ...703-528-0937 Rock Spring Congregational United Church of Christ...703-538-4886
---	--	--

### Saint Ann Catholic Church

#### SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM  
Sunday: 8:00, 9:30, 11:00 AM  
1:30 PM Spanish Liturgy  
5312 North 10th Street  
Arlington Virginia 22205  
Parish Office: (703) 528-6276

#### DAILY EUCHARIST:

Weekdays  
Monday-Friday, 6:30 AM & 8:30 AM  
Saturday, 8:30 AM

**All Are Welcome!**



**PARISH WEBSITE:**  
[www.rc.net/arlington/stann](http://www.rc.net/arlington/stann)

**To highlight your Faith Community, call Karen at 703-778-9422**

## Summer Patio Sale!

**10% Off Design & Installation of Patios\***

\*contracts signed in August, 2013



### Blooming Tropicals

**25% Off**

**includes**  
Mandevilla Jasmine Gardenia

### 25% Off

**Early Blooming Shrubs & Perennials**

### 50-65% Off Pottery

**Washington Area's Biggest Selection**

**Citrus, Fruit Trees, Blueberries & Herbs**

**FREE Fill**

**Bulk Mulch, Playground Chips & Compost \$29.99/cu. yd.**

**Celebrating our 40th Anniversary**

**Cravens Nursery & Pottery**

**9023 Arlington Blvd., Fairfax, Virginia**  
2 miles west of I-495 on Rt. 50.  
1 mile from I-66 (Vienna Metro)

**703-573-5025**

**Open 7 days a week**

**Visit our new Web site:**  
[www.cravensnursery.com](http://www.cravensnursery.com)

**Follow us:**







## PET CONNECTION

# Volunteering Saves Lives

FROM PAGE 10

to spend lots of cuddle time with cute kitties" doesn't hurt either.

**A FURRY SIBLING DOES THE TRICK.** Aileen Reinhard and her daughter, Sydney, were looking for a new pet after losing their beloved beagle. "We went online and looked at their website and requested that a couple of beagles come to one of their events," Aileen Reinhard said. "There, we met and fell in love with our 'son' Peanut, who was just saved a few days earlier from a shelter in rural Ohio."

Sydney, who was just 7 years old at the time, and her mom signed up to volunteer walking dogs during adoption events as a way to help other families "experience all the joys of adopting a four legged 'son' or 'daughter' such as we feel every day," Aileen Reinhard said. "It really is true that our rescued pet rescued us."

Now, they help work the sign-in table for volunteers and run new volunteer orientation during the Friday night adoption event in Fair Lakes. "Sydney writes out the name tags for both Friday and Saturday events at Fair Lakes. We also participate in special events for increasing public awareness for LDCRF, make tablecloths for the adoption events and helped with the sewing of dog adoption and donation vests," which are worn by dogs who are walked by volunteers outside the events, with little pockets on either side.

Volunteering with Lost Dog is "such a great experience," Aileen Reinhard said. "The selfless, genuine dedication of all the volunteers is immeasurable, all coming together for the common good of animals that would otherwise be forgotten forever but instead are saved and cherished for the rest of their lives in their forever homes."

And, as parents of an only child, working with Lost Dog and Cat Rescue Foundation "has given our daughter exemplary, positive role models to interact with and to gain a perspective that service to others, even four-legged, is very rewarding," she added.

**A SECOND JOB, A LABOR OF LOVE.** Marcia Tiersky was just looking for a way to share her time.

Now the president of the Lost Dog and Cat Rescue Foundation board, Tiersky, who started volunteering with the organization in 2002, helps oversee

quarterly board meetings in addition to interviewing potential adopters, answering questions from anywhere and everywhere, fostering dogs and updating the website when new animals arrive for adoption.

"LDCRF is sort of my second unpaid job that is a labor of love," she said. "Knowing that we are helping thousands of dogs and cats each year is extremely fulfilling. It gives me hope that my life has a purpose."

The organization has grown from three adoption events per week, averaging 20 adoptions each week, to 11 adoption events each week, averaging 50-70 adoptions each weekend. In her 10 years as president, the number of volunteers also has expanded, now numbering in the thousands.

"It's amazing," she said. "And it's all because of our wonderful volunteers. We could not do what we do if we did not have people to hold the dogs, show the cats, conduct interviews, do paperwork, answer adopter questions, respond to emails and calls on the phone line, and generally spread word of mouth about the rescue."

### MONEY WON EQUALS LIVES SAVED.

All volunteers interviewed were asked what Lost Dog and Cat Rescue Foundation's winning the \$100,000 challenge would mean to the organization, and the response was unanimous.

Winning that money would mean more animals could be saved.

"That could mean medical care for hundreds of dogs and cats," Tiersky said. "It could mean installing additional space at our ranch for more dogs or cats. It means we could rescue animals in need of serious medical treatment that we otherwise might not be able to afford to help."

Other volunteers suggested the money might be used to buy new vans to be used to transport animals, or to make repairs or extend the facilities at the ranch. But the bottom line is, shelter animals can be expensive to care for, and every dollar raised by the organization, or any prize won through the ASPCA/Rachael Ray challenge, means that many more animals can be brought in from rural shelters. Every animal brought to Lost Dog and Cat Rescue Foundation is another chance at life.

*Editor's note: Writer Amber Healy is an occasional cat volunteer with Lost Dog and Cat Rescue Foundation.*



**Mason, a Lost Dog cat, strolls on a leash during an adoption event.**

## Lost Dog: For the Love of Animals

In 2001, there were too many dogs without homes and too few people to help them.

That wasn't acceptable to Pamela McAlwee and Ross Underwood, lifelong animal lovers who wanted to save dogs and cats alike from shelters where their futures were non-existent if they weren't adopted.

McAlwee and Underwood were a few years into running a gourmet take-out pizza deli on Washington Boulevard in the Westover neighborhood of Arlington, when McAlwee went to help a friend find a dog to adopt. While visiting a shelter, she saw six dogs that were about to be put down within a few days. She promptly took all six home that night. She got them spayed or neutered and cleaned up and put a classified ad in a newspaper, and in between orders for pepperoni and cheese and vegetarian pizzas, she worked to find good homes for them all. She did this several times, adopting dogs about to be euthanized and finding homes for them.

That's how the Lost Dog and Cat Rescue Foundation was born, out of the take-out phone number for what's now the original location of the Lost Dog Cafe. McAlwee had worked with other rescue groups before, but she wanted to focus more on finding good homes for the animals instead of waiting for a "perfect" placement. The rescue group started with 25 dogs.

Now there are 150 dogs at a ranch in Sumerduck, Va., owned by Lost Dog, as the rescue organization is known, along with 20 cats and an assortment of other animals, including a horse. Other dogs and cats live with fosters — more than 100 dogs are currently in temporary homes until they're adopted.

"It's amazing what we accomplish with an all-volunteer base," said Barbara Hutcherson, Lost Dog's adoptions coordinator.

Lost Dog is the only organization in Northern Virginia participating in the ASPCA challenge. The rescue had to verify its numbers and qualify in order to participate, proving the volunteer base and "the commitment to really take this challenge and run with it," Hutcherson said.

If Lost Dog wins one of the grants provided through the challenge, the winnings likely will be used for vet bills. "It's difficult when you're looking at a list of shelter animals and you have to ask if you can afford the big vet bill for one animal" compared to smaller fees for multiple animals, Hutcherson said. "We want to take them all. It's uncomfortable, but we want to do every single thing we can."

Funding for the rescue comes from adoption fees, donations, and from proceeds from the four Lost Dog Cafe locations across Northern Virginia and the Stray Cat Cafe, next to the original Lost Dog Cafe in Westover.

— AMBER HEALY

## How To Help

To learn more about the ASPCA/Rachael Ray \$100,000 challenge, find a new pet, donate or volunteer with the Lost Dog and Cat Rescue Foundation, go to [www.lostdogrescue.org](http://www.lostdogrescue.org).

MORE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM).



PHOTOS BY AMBER HEALY/ THE CONNECTION

**Each week, dozens of dogs and cats are brought to the 11 adoption events across Fairfax and Arlington counties and Alexandria sponsored by the Lost Dog and Cat Rescue Foundation in the hopes of finding good homes.**

**A Forever Home rescues, rehabilitates, and re-homes abused, neglected, and unwanted puppies and dogs. Please visit us at [www.aforeverhome.org](http://www.aforeverhome.org) and [www.facebook.com/afh2002](http://www.facebook.com/afh2002), email [info@aforeverhome.org](mailto:info@aforeverhome.org), or call us at 703-961-8690 to donate or volunteer.**

**Together we can save more lives!**



## TWO POOR TEACHERS

**Kitchen and Bathroom Remodeling**

**We Bring the Showroom to YOU!!**



**Free Estimates  
703-969-1179**

Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!



[www.twopoorteachers.com](http://www.twopoorteachers.com)

Fully Insured & Class A Licensed  
EST. 1999

**Standard & Premium Bath Packages!**

Visit our website for details!





**Swimming sisters Helen and Caroline Otteni swim for WGCC in the Division A Championships.**



**Kate Burke swims the Girls 12U IM.**



**Breastroker Holland Hiler**

## WGCC Loses Divisional By Slim Margin

On July 16, the five Division-A teams of the Country Club Swimming and Diving Association (CCSDA) came together at Kenwood for the Divisional Championships. Last year, Kenwood won this meet — only to lose to Washington Golf and Country Club (WGCC) Swim Team in the CCSDA League Championships a week later. At this year's Divisionals, the lead switched back-and-forth between WGCC to Kenwood throughout the meet. When it was all over — WGCC lost by the narrowest of margins. The final scores were: Kenwood 357.5; WGCC 345; Army Navy 218.5; Congressional 202; and Columbia 93.

An impressive performance was put in by Richard Gentry, who won all three of his individual events (boys' 12U IM, back, and breast). Double winner for WGCC was Chris Outlaw (boys' 18U free and fly). Single winners were Ryan Baker (boys' 18U IM); Peter Moore (boys' 10U back); Conner McCarthy (boys' 8U breast); and Jack Carman (boys' 10U breast). In addition, the boys' Junior Medley Relay team of Zander Zidlicky,

Jack Carman, Thomas Outlaw, and Conner McCarthy topped the field in their event.

This week, the 15 teams of the CCSDA meet at Congressional for the two-day CCSDA Swim Championships. Each team sends its top two swimmers in each event — and each swimmer can only swim two individual events. This meet is a test of the strength and depth of each team. WGCC has won this event in three of the past four years and hopes to defend its title of CCSDA Champs.

## AKC Falls to Ashburn Farm

The Arlington Knights of Columbus (AKC) lost July 20 to the Ashburn Farm Barracudas, 274-170. Several winning Mackerels put up consecutive weeks of strong swims to lead AKC to a 3-2 season.

Mac Marsh finished out the regular season undefeated with wins in boys 8 and under freestyle, breaststroke, and butterfly. Marsh was also part of the winning boys 8 and under 100-meter medley relay team of Jimmy Markowicz, Mac Marsh, Tres Muckleroy, and Sully Atkin.

The boys broke their own team record, set last week, with a new time of 1:34:76. Marsh also broke

a team record in the boys 8 and under 100-meter individual medley.

Also swimming strong for the Mackerels was Caitlin Sughrue, who earned a double win in breaststroke and butterfly. Single winners included Kathleen Butler, Sam Hughes, Jimmy Markowicz, Nicolas Reeves, Zach Rosenthal, and Maggie Sughrue.

The girls 15-18 200-meter medley relay team of Megan Sullivan, Meaghan Galvin, Kathleen Butler, and Isabel Shirron also swam to a win.

At the Colonial Swimming League Relay Carnival held July 14, three AKC teams came in first in the Blue Division: the boys 8 and under 100-yard medley relay team of Jimmy Markowicz, Mac Marsh, Tres Muckleroy and CJ Agulles; the girls 9-10 100-yard medley relay team of Natalie Moreno, Jeannie Laybourn, Caitlin Sughrue and Emily Dufrane; and 8 and under mixed freestyle relay team of Tres Muckleroy, Olivia Grabman, Maggie Sughrue and Mac Marsh.

AKC swims next in the CSI's Divisionals Saturday, July 27, at Chase Club.

For complete AKC team statistics, visit the "Meets and Results" section of [http://www.kofcedw2473.org/swim\\_team](http://www.kofcedw2473.org/swim_team).

## Donaldson Run Loses To Mount Vernon Park

Donaldson Run lost to Mount Vernon Park with a final score of 235-185. Double individual race winners for Donaldson Run were (in order of age and event): Elsa Leichty, girls 8&U backstroke and breaststroke; John Ford, boys 9-10 freestyle and backstroke; Anna Trainum, girls 9-10 breaststroke and butterfly; Bryan Meade, boys 15-18 freestyle and backstroke; and Max Fish, boys 15-18 breaststroke and butterfly.

The team's single winners were: Emily Brooks, girls 13-14 freestyle; Jack Tsuchitani, boys 8&U backstroke; Grace Motta, girls 11-12 breaststroke; Olivia Cox, girls 13-14 breaststroke; Andrew Rehr, boys 13-14 breaststroke; Charles Taylor, boys 8&U butterfly, and Sean Conley, boys 9-10 butterfly.

DR swept three events: the 15-18 boys freestyle with Bryan Meade, Christian Tiernan, and Michael Poppalardo; the 9-10 boys butterfly with Sean Conley, TJ Hutchison, and Daniel Brooks; and the 15-18 boys butterfly with Max Fish, Christian Tiernan, and Andrew Fleckenstein.



**At NVSL All-Star Relays on July 17, the boys 9-10 freestyle relay composed of TJ Hutchison, Sean Conley, John Sloan and John Ford came in first place and broke the DR team record with a time of 1:02:63.**

# National Senior Games Draw Arlington Athletes

**M**ore than 200 senior athletes from Northern Virginia are competing in the National Senior Games in Cleveland, Ohio, July 19-Aug. 1. Among the competitors are 29 Arlington residents.

Thousands of senior athletes nationwide are expected to compete including 500 Virginia athletes competing in 21 team and individual events.

Arlington athletes competing

are (women's basketball) Helen White, Beth Norcross, Gail Davies, Deborah Lowry, Marsha Misenhimer; (men's basketball) James Martin; (cycling) Walter Wingo, Deborah Lowry; (pickleball) Jackie Cubero, Marian Lapp, Toui Pomsouvan, Helen White; (shuffleboard) Linda Sholl; (women's softball) Kathryn Etherton, Janet Weeks, Lori Grimm, Teresa Hone; (swimming) Herb Levitan, Patricia Lengle, James Lengle; (tennis) Don Tomb;

(track and field) Carl Henningsen, Mary White, Gerard Nezet, Frederick Thomas; (women's triathlon) Deborah Lowry, (men's triathlon) Herb Levitan; (volleyball) Carmela Miller and Linda Sholl.

The National Senior Games are a prelude to the Northern Virginia Senior Olympics which will be held Sept. 7-19.

Many of the athletes participating in NSG will also be competing in the NVSO events. For more in-

formation about NVSO, call 703-228-4721 or email, [nvso1982@gmail.com](mailto:nvso1982@gmail.com). Registration is available online at [www.nvso.com](http://www.nvso.com) (deadline Aug. 30) or by mail (deadline Aug. 23). Registration fee is \$12 which covers multiple events. Participants must be 50 years of age by Dec. 31, 2013 and live in a sponsoring jurisdiction. NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria,

Falls Church and Fairfax.

Gold Patrons (sponsors) of NVSO are Goodwin House Incorporated, Greenspring Retirement Community, Humana, Ashby Ponds Retirement Community, Safeway, M. Quinn Designs/Pack 'n Move, Sommerset Retirement Community, The Virginian, Westminster at Lake Ridge, Aetna, Serenity Senior Care and Wellness Services, LLC and Loudoun Sports Therapy Center.



ZONE 6: • ARLINGTON • GREAT FALLS  
• McLEAN • VIENNA/OAKTON

# EMPLOYMENT

703-917-6464

ZONE 6 Ad DEADLINE:  
TUESDAY 11 A.M.

# CLASSIFIED

703-917-6400

ZONE 6 Ad DEADLINE:  
MONDAY NOON

## BUSINESS OPP

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## BUSINESS OPP

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## VETERINARY RECEPTIONIST

Small animal hosp. Great Falls. Will  
train. 703-757-7570 • [www.ourvets.com](http://www.ourvets.com)

## VET ASSISTANT

Small animal hosp. Great Falls.  
Will train. 703-757-7570 •  
[www.ourvets.com](http://www.ourvets.com)

## DENTAL FRONT DESK

F/T position in quality cosmetic-orient-  
ed practice in Burke, Va.  
Great staff and salary.  
Experience preferred.  
Call 703-978-5660.

## Drivers: Home Nightly!

Fredericksburg Van Runs  
CDL-A w/1yr Exp. Req.  
Estenson Logistics.  
Apply: [www.goelc.com](http://www.goelc.com)  
1-866-336-9642

## HOW TO SUBMIT ADS TO

**THE CONNECTION**  
Newspapers & Online

### CLASSIFIED

#### DEADLINES

Zones 1, 5, 6.....Mon @ noon  
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
or call Andrea @ 703-778-9411

### EMPLOYMENT

#### DEADLINES

Zones 5, 6.....Tues @ 11:00  
Zones 1, 3.....Tues @ 4:00  
Zone 2.....Wed @ 11:00  
Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
or call Andrea @ 703-778-9411

### ZONES

- Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection  
**Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection  
**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette  
**Zone 4:** Centre View North  
Centre View South  
**Zone 5:** The Potomac Almanac  
**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## Property Management

### Administrator

Responsible, under the direction of the  
Property Manager, for all phases of the  
property operations, and to act as main  
point of contact in the absence of the  
Property Manager. Responsible for  
administrative functions and the  
preparation of all reporting  
documentation, Assist in timely collection  
of rents, banking activities, documenta-  
tion of all transactions. Send resume to  
(waynejack@outlook.com)

## MGMT. ANALYST- MBA;

transport, logistics or supply chain mgmt.  
university coursework, 1 yr. of Research  
Analyst exp. in transport/port/logistics  
w/USAID, multilateral institution or  
NGO-funded int'l devel. project & proof of  
leg. rt. to work perm. in US req'd. Project  
mgmt. of infrastructure devel. assign-  
ments in devel. countries. Develop proj.  
mgmt. performance indicators for proj.  
eval. Develop budget mgmt. procedures  
for overseas projects. Research/report on  
int'l market cond. for infrastructure plan.  
& devel. projects, identify project opps  
and prepare qualifications and proposals;  
develop analytical models and provide  
tech. data for the analysis of transport, lo-  
gistics, etc. & prepare tech. reports, pre-  
sentations, seminars. FT, 40hrs/wk, M-F,  
8:30AM to 5:00PM. Work may require  
int'l travel, incl. destinations in post con-  
flict areas. Mail CV, cover letter, and tran-  
scripts to NATHAN ASSOCIATES INC.,  
2101 Wilson Blvd., #1200, Arlington, VA  
22201 (Attn: Ms. Derrick).

## Employers:

Are your  
recruiting ads  
not working in  
other papers?

Try a better  
way to fill  
your  
employment  
openings



• Target your best job  
candidates where  
they live.

• Reach readers in  
addition to those  
who are currently  
looking for a job.

• Proven readership.

• Proven results.

**THE CONNECTION**  
to your community

703-917-6464

[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

Great Papers • Great Readers  
Great Results!

# CLASSIFIED

## 26 Antiques

We pay top \$ for antique  
furniture and mid-century  
Danish/modern  
teak furniture, STERLING,  
MEN'S WATCHES, jewelry  
and costume jewelry,  
paintings/art glass/clocks.  
Schefer Antiques @  
703-241-0790.  
[Email:theschefer@cox.net](mailto:Email:theschefer@cox.net)

## 101 Computers

### HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed up Slow Computers
- Troubleshooting
- Virus Removal
- Computer Setup



(571) 265-2038 ♦ [jsmithhdi@aol.com](mailto:jsmithhdi@aol.com)

## 101 Computers

## 21 Announcements

## 21 Announcements

## 21 Announcements

## 21 Announcements

## 21 Announcements

## 21 Announcements

**AUCTION: *Cherrystone Farms***  
Fri, Aug.9 at 12:30 PM Chatham, VA

**176 Acre Estate**  
offered in 2 tracts.

Tract 1: 30 acres with 6388SF, 5BR, 4BA custom home.  
Sells with \$600,000 min. bid.  
Tract 2: 146 acres & facilities selling ABSOLUTE!

Tracts share this beautiful 8ac lake! VAAF501

**TRF AUCTIONS.com 434.847.7741**

## 21 Announcements

## 21 Announcements

## 21 Announcements

*New surgical help for*  
**MACULAR DEGENERATION**

Call to see if you are a candidate for the  
Implantable miniature telescope

Free phone consultation with  
Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

**(866) 321-2030**  
**Dr. David L. Armstrong VirginiaLowVision.com**

## 21 Announcements

## 21 Announcements

## 21 Announcements

**Outer Banks, NC Vacation Homes!**

*Brindley Beach*  
VACATIONS & SALES

Over 500 Vacation Homes,  
from Duck to Kill Devil Hills to  
Corolla, Outer Banks, Oceanfront  
to Soundfront, Private Pools,  
Hot Tubs, Pets and More...

Book Online at [www.brindleybeach.com](http://www.brindleybeach.com)  
**1-877-642-3224**  
"SERVICE FIRST... FUN ALWAYS!"

## 21 Announcements

## 21 Announcements

## 21 Announcements

**THIS AD FOR SALE!**

Reach across Virginia  
with this ad!  
No other media offers  
the audience of loyal,  
local, repeat readers  
you'll reach through  
community newspapers!

71% of American adults have used a newspaper, a newspaper  
website and/or a newspaper mobile source in the past 30 days.  
(Scarborough Research 2012)

Virginia Press Services will run this business card-size  
display ad across Virginia for one low discounted price.  
For more details, call Adriane at 804-521-7585.

**Virginia PRESS Services**

## 21 Announcements

## 21 Announcements

## 21 Announcements

**Hatteras Island Vacations**

*Hatteras Realty*

Nearly 600 Vacation Homes  
on Cape Hatteras National  
Seashore. Oceanfront to  
Soundfront. Private Pools, Hot  
Tubs, Pets and more!

Book Online at [HatterasRealty.com](http://HatterasRealty.com)  
**877-935-0573**

**AMERICALLAWGROUP.COM with 13 Virginia Offices**  
**BANKRUPTCY\* or DEBT ADJUSTMENT\***

For help call 804 Debt Law (332-8529) Debt Relief Agency

Plain & Simple **DIVORCE\*** Easy Payments

Separation Agreements. **804-245-7848** Agreed custody & support.

Social Security **DISABILITY\*** Veteran Disability

\*Call for fees & restrictions. America Law Group Inc.  
7825 Midlothian Pike, Richmond 23235 Jfellows



ZONE 6: • ARLINGTON • GREAT FALLS  
• MCLEAN • VIENNA/OAKTON

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE 6 AD DEADLINE:  
MONDAY NOON

## BATHS

**CUSTOM BATHROOM REMODELING & MORE!**  
**BY CAPITOL BATH, INC.**  
Tile & Marble Installation/Repair  
Tub & Tile Resurfacing • Tile Regrouting  
General Carpentry • Drywall Repair  
Angie's list Licensed & Insured • 703-739-1118

## BATHS

## IMPROVEMENTS

## IMPROVEMENTS

**The HANDYMAN**  
A DIVISION OF NURSE CONSTRUCTION  
**BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE**  
You have tried the rest - NOW CALL THE BEST!!  
Proudly serving Northern VA - 46 yrs. exp.  
Licensed Insured **We Accept VISA/MC**  
**703-441-8811**

## HAULING

**AL'S HAULING**  
Junk & Rubbish  
Concrete, furn., office, yard, construction debris  
Low Rates NOVA  
**703-360-4364**  
**703-304-4798** cell  
**7 DAYS A WEEK**

## LANDSCAPING

**A&S LANDSCAPING**  
Planting • Mulching • Sodding  
Patios • Decks • Driveway Sealing,  
Asphalt • Retaining Walls  
Erosion Control • Drainage Solutions  
**703-863-7465**

Remodeling Interior,  
Bathrooms, Kitchens,  
Floors, Ceramic Tile,  
Painting, Decks,  
Fences, Additions.  
**240-603-6182**

## CLEANING

## CLEANING

### A CLEANING SERVICE

Since 1985/Ins & Bonded  
Quality Service at a Fair Price  
Satisfaction Guaranteed-  
Angies List 2011-Super Service Award!  
Comm/Res. MD VA DC  
[acleaningserviceinc.com](http://acleaningserviceinc.com)  
**703-892-8648**

### Picture Perfect Home Improvements

(703) 590-3187 [www.pphionline.com](http://www.pphionline.com)

Remodeling Bathrooms, Kitchens & Basements  
• FREE Estimates Exterior & Interior Repair,  
• FAST & Reliable Service Painting, Carpentry, Wood Rot,  
• EASY To Schedule Drywall, All Flooring, Decks  
• NO \$\$\$ DOWN!  
Handyman Services "If it can be done, we can do it"  
Available Licensed — Bonded — Insured

## ELECTRICAL

## ELECTRICAL

**K&D ELECTRIC**  
COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated  
Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabeling  
Service Upgrades  
Hot Tubs, etc...  
Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522

**R&N Carpentry**  
♦BASEMENTS ♦BATHS ♦KITCHENS  
Foreclosure specialist/Power washing  
♦Exterior Wood Rot More!  
Deck & Fence repair, Screen Porches  
No jobs too large or small  
Free est. 37 yrs exp. Licensed, Insured  
**703-987-5096**

## LANDSCAPING

## LANDSCAPING

**J. REYNOLDS** 703.919.4456  
Landscaping LLC Free Estimates  
www.ReynoldsLandscapingOnline.com Licensed / Insured  
**INSTALLATION SPECIALIST WET BASEMENT / WET YARD**  
Paver & Flagstone Water Proofing Foundations  
Patios / Walkways Standing Yard Water  
Retaining Walls French Drains / Swales  
Stacked Field Stone Downspout Extensions  
Plants / Trees / Shrubs Dry River Beds  
•No sub-contractors, or day labors. •15 Years Designing and Installing  
•The Owner is physically on your job site. •On time and Professional.

## PAINTING

## PAINTING

**STRONG PACE CONTRACTORS**  
21 Yrs Exp. Class A License  
**Painting, Remodeling Specialists**  
703-328-6067  
703-750-0749

## PAVING

## PAVING

**GOLDY BRICK CONSTRUCTION**  
Walkways, Patios, Driveways,  
Flagstone, Concrete  
FREE ESTIMATE  
LIC. INS AND BONDED  
**703-250-6231**

## GUTTER

## GUTTER

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards  
**PINNACLE SERVICES**  
lic/ins 703-802-0483 free est.  
email jamie@lawnsandgutters.com  
web: lawnsandgutters.com  
Friendly Service with a Friendly Price!

### Flower Garden Delight

Est 1995

Prompt Reliable Service  
Seasonal plantings & garden  
maintenance to suite your  
personal taste  
**Stacey 703-242-2421**  
Lic & Ins

### PINNACLE SERVICES, INC.

#### LAWN SERVICE

**MOWING, TRIMMING, EDGING,  
MULCHING & TRIM HEDGES**  
Friendly Service for a Friendly Price  
**703-802-0483**

## MASONRY

## MASONRY

**ALBA CONSTRUCTION INC.**  
**CONCRETE WORK**  
Licensed • Insured  
Driveways • Patios • Exposed Aggregate  
Sidewalks • Carports • Pool Decks • Garages  
Flagstone • Brick • Stonework  
**703-204-0733**

### A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**

LICENSED

**Serving All of N. Virginia**

## A Delicate Balance – At Home



By KENNETH B. LOURIE

How appropriate is it to tell a cancer patient something negative (that he likely doesn't want to hear) – yet needs to know, and which might ultimately quash his fighting spirit and adversely affect his day – and night? Moreover, would withholding certain discouraging observations intermittently along the cancer-treatment way, in order for said patient to feel good and positive about himself – and better prepare him for any and all news/results which might upset his precariously imperfect life and moreover, likely chip away at his emotional wherewithal as well – cause more harm than 100-percent honesty all the time? If this sounds as if I'm splitting philosophical hairs, the tool I would need to do so in any possibly effective way has yet to be invented, literally or figuratively. Yet this is the life I live as a terminal cancer patient, alive and reasonably well, reliant on my wife, primarily, for a kind of support one rarely anticipates providing and for which either one is hardly prepared.

If this quandary were a line, it wouldn't exactly be a line of demarcation, more like a line of decapitation (figuratively speaking of course). These are lines which are clearly not defined. You couldn't find them on a map even if you were a cartographer with 20 years' experience making maps. These are lines which are blurry at best and if seen at all, likely seen from a satellite snooping high in the sky that neither the government says exists, or the reason for its existence, exists. This is a line, to invoke a well-known Ken Beatrice-ism (Ken hosted a sports talk radio program called "Sports Call" for over 20 years in the Washington, D.C. area) on which you wouldn't want to live (meaning the difference between talent and circumstances was impossible to quantify).

But this is the line of my life on which I try to live, balance, navigate, manipulate and delude myself as the various cancer-driven emotions and circumstances arise. It makes the 3.9-inch width of a balance beam seem more like 39 inches. However, there are striking similarities between this apparatus and life as a cancer patient: the falls can sometimes be devastating, physically, but more often, it is the emotional toll which disrupts the most. When I lose my balance and fall, it's as if I actually can't get up.

Most days I can manage this sort of co-dependency. Other days, I can't. Living in the past at the same time as you're trying to live in the present and plan for the future and trying as well to take both positives and negatives in the identical stride are challenges I really didn't anticipate having to overcome at such a relatively early age: 54 and a half.

Nevertheless, life goes on, for which I'm extremely grateful. Some days/circumstances are definitely worse than others, but at least I'm still in the game. For how long, though? (See, I can't even finish a column without stumbling over myself.)

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





## Reasons to love Alexandria Toyota



Low Prices



Exceptional  
Customer Service



State-of-the-art  
service lane



Call, Click or Visit and learn why  
we are **1 of only 4 dealerships** in the  
nation to win Toyota's President's  
Award 27 years straight!

**\$1,500 OVER BLACK BOOK**  
TRADE IN VALUE<sup>4</sup>

**0% APR FINANCING**  
ON SELECT NEW MODELS FOR UP TO 60 MONTHS<sup>2</sup>

**OVER 600 VEHICLES AVAILABLE**

**\$2,750 CASH BACK<sup>3</sup>**

**BRAND NEW 2013 TOYOTA COROLLA LE**  
**4 DR. SEDAN, 4-SPD. AUTO**  
LEASE FOR

**\$169 PER MO.<sup>1</sup>**

36 MOS. \$2,199 DUE AT SIGNING.

**OR 0% APR FINANCING**  
**FOR UP TO 60 MO.<sup>2</sup>**

**OR \$500 CASH BACK<sup>3</sup>**

27 CITY  
34 HWY<sup>7</sup>



**WELCOME TO THE FAMILY**  
BRINGING THE SPORT BACK TO THE CAR

BRAND NEW 2013  
**SCION iQ**  
**\$139 PER MO.**  
FOR 36 MONTHS<sup>1</sup>  
\$1,999 due at signing



The Best New Cars Make The Best Used Cars

- 7YR/100K MILE ROADSIDE ASSISTANCE PLAN<sup>†</sup>
- 160 POINT QUALITY ASSURANCE INSPECTION<sup>††</sup>
- CARFAX VEHICLE HISTORY REPORT
- 1.9% APR FINANCING AVAILABLE<sup>†††</sup>
- 12 MO./12K MI COMPREHENSIVE WARRANTY
- 7 YR./100K MI LIMITED POWERTRAIN WARRANTY

**BRAND NEW 2013 TOYOTA CAMRY LE**  
**4 DR. SEDAN, 6-SPD. AUTO**  
LEASE FOR

**\$199 PER MO.<sup>1</sup>**

24 MOS. \$2,699 DUE AT SIGNING

**OR 0% APR FINANCING**  
**FOR UP TO 60 MO.<sup>2</sup>**

**OR GET \$1,000 CASH BACK<sup>3</sup>**

25 CITY  
35 HWY<sup>7</sup>



**0% APR FINANCING**  
**AVAILABLE<sup>2</sup>**



**PRIUS FAMILY IN-STOCK NOW**  
plus goes plural

UP TO  
95 MPG<sup>7</sup>

**BRAND NEW 2013 TOYOTA RAV4 LE**  
**2WD 4 CYLINDER AUTO.**  
LEASE FOR

**\$219 PER MO.<sup>1</sup>**

36 MOS. \$2,999 DUE AT SIGNING.

**PLUS \$500 LEASE**  
**LOYALTY CASH<sup>8</sup>**

24 CITY  
31 HWY<sup>7</sup>



**ToyotaCare**

Complimentary maintenance plan  
with roadside assistance.  
• Covers 2 years or 25k miles. Oil and Filter – Tire  
Rotation – Multi-Point Inspection<sup>†</sup>



*Jack Taylor's*  
**ALEXANDRIA**  
TOYOTA / SCION

**ALEXANDRIA TOYOTA/SCION**  
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305  
**1-866-616-8420 | ALEXANDRIATOYOTA.COM**  
**JUST MINUTES FROM REAGAN NATIONAL AIRPORT!**



**Let's  
Go  
Places**

(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: \$1,999; CAMRY: \$2,499; RAV4: \$2,999), FIRST MONTH'S PAYMENT, \$499 PROCESSING FEE AND NO SECURITY DEPOSIT. NOT ALL CUSTOMERS WILL QUALIFY. TAX, REGISTRATION AND INSURANCES ARE EXTRA. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$0.15 PER MILE IN EXCESS OF AGREEMENT'S MILES (COROLLA/RAV4: 36,000 MILES; CAMRY: 24,000 MILES). OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFIED BUYERS WITH APPROVED TIER1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF \$16.87 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO \$2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. AMOUNT VARIES PER MODEL. (4) BASED ON BLACK BOOK TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. (6) COLLEGE GRAD AND MILITARY REBATE AVAILABLE ON APPROVED CREDIT THRU TFS. ELIGIBLE CUSTOMERS MUST BE IN ACTIVE DUTY STATUS IN U.S. MILITARY TO RECEIVE REBATE. (7) 2012 OR 2013 EPA-ESTIMATED MILEAGE. ACTUAL MILEAGE MAY VARY. (8) CUSTOMERS CAN RECEIVE A \$500 INCENTIVE FROM TOYOTA UPON LEASING A NEW 2013 RAV4 AND TRADING IN A TOYOTA VEHICLE. (†) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (††) FROM DATE OF TCUV PURCHASE. (†††) 1.9% APR FINANCING ON ALL CPO VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF \$17.05 PER \$1,000 BORROWED. ONE INCENTIVE PER TRANSACTION. ALL OFFERS EXPIRE 8/5/13.