

News

Streetcar To Take Center Stage in Special Election

House of Delegates special election to focus renewed attention on streetcar issue.

BY MICHAEL LEE POPE The Connection

hen voters in the 48th House District head to the polls on Aug. 19 to select a candidate in a special election to replace longtime Del. Bob Brink (D-48), the Columbia Pike Streetcar proposal will once again be on the ballot. Earlier this year, independent candidate John Vihstadt staged an upset when he was able to beat Demo-

crat Alan Howze in a special election for the County Board based on a campaign against the advised, overpriced and streetcar. Now Republican Dave Foster hopes to use the same playbook to beat Democrat Rip Sullivan in the spe-

cial election for the House of Delegates. "I believe it's a very ill-advised, overpriced and unaffordable option for Arlington and

Foster, who was first elected to the Arlington School Board in 1999 and then reelected in

"I believe it's a very ill-

unaffordable option for

Arlington and for Fairfax."

— Republican Dave Foster

for Fairfax," said

2003, said, "There is intense public concern about it, and I think it would be prudent for us to authorize Arlington to have a referendum on it."

When asked about his position on the streetcar, Sullivan didn't have much to say.

> "My position is that I'm going home to bed. The campaign starts tomorrow. I'm not going to get into issues tonight," Sullivan said after securing the Democratic nomination Sunday night. "It's not that

I don't have a position but I'm not interested in talking about it tonight. I'm going to go home and go to bed."





Rip Sullivan addressing supporters after the primary.

THE STREETCAR has become the hottest issue in Arlington politics, a polarizing force that has become a dividing line at the ballot box. Democrat Libby Garvey won a special election in 2012, a campaign that fea-

tured her coming out against the proposal after securing the Democratic nomination. In the special election this year, she supported Vihstadt instead of Howse — leading to tensions between her and the Arling-

SEE FOSTER, SULLIVAN, PAGE 5



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News



Show director Marji Jepperson works on a scene with the full cast of "Once Upon A Mattress."

An Opening for a Princess

ncore Stage & Studio will be presenting "Once Upon A Mattress," a musical adaptation of the classic tale of the "Princess and the Pea," from July 18-27 at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The show is recommended for ages 8 and up.

The plot involved Queen Aggravain who decrees that no one in her kingdom can wed until her precious Prince Dauntless is married. But a prince can't marry any old dairymaid, the Prince's wife must be a genuine, certified princess. The queen has concocted a test to prove each candidate's royal authenticity, which quickly rid the kingdom of the first 12 girls who failed. Then, one stormy night, a princess arrives at the castle gate who

is unlike any other. The Prince is immediately smitten, but his mother is harder to convince. Marji Jepperson, returning as director and sound designer of this production, has directed and choreographed for community theatres, as well as college and professional theatres in the D.C. metropolitan area. Joining her on the production team are Matt Heap as music director, Kelsey Meiklejohn as choreographer, Kristen Jepperson as technical designer and set designer/builder), Debra Leonard as costume designer & build and make-up designer and Gary Hauptman as lighting designer. Performance dates and show times are Friday, July 18 at 8 p.m.; Saturday, July 19 at 2 p.m. and 8 p.m.; Sunday, July 20 at 2 p.m.; Thursday, July 24 at 8 p.m.; Friday, July 25 at 8 p.m.; Saturday, July 26 at 2



Carla Astudillo appears as **Princess Winnifred.**

p.m. and 8 p.m., and Sunday, July 27 at 2p.m. and 8 p.m.

Tickets are on sale now and may be purchased at www.encorestage.org or by calling the box office at 703-548-1154. Tickets cost \$15 for adults and \$10 for children, students, military and seniors. Group discounts and birthday party packages are available.

Wakefield High School alumni

stepping down. "I think it's time

to head out to pasture," said O'Leary in his trademark deadpan. "I've accomplished everything I set out to do, and I've got a perfectly competent successor waiting in the wings, my chief deputy."

O'Leary chose to make the announcement last week during a meeting of the Arlington County Democratic Committee, which happened to coincide with his 71st birthday. That means that chief deputy Carla de la Pava is now the acting treasurer, setting her up to campaign as an independent in the special election later this year.

"Frank's leadership and effort have saved Arlingtonians hundreds of millions of dollars," said de la Pava. "Suffice it to say that the Arlington County Treasurer's Office has become the paradigm for treasurers throughout the Commonwealth and the nation."

WHEN O'LEARY first ran for the office in 1983, Republican Bennie Fletcher had held the position for a dozen years. But his decision to step down created an open seat and a competitive race. County Board member Dorothy Grotos was the Republican in the race, a well known quantity in Arlington politics of the era who had been a member of the Northern Virginia Transportation Commission and the Metro board of directors. O'Leary, on the other hand, was a firsttime candidate with a background in computers who campaigned against Arlington's high rate of tax delinquency. The race was so close that Grotos asked for a recount.

"And thus was born the legend of 'Landslide O'Leary," he joked shortly after announcing his resignation last week.

During his time in office, O'Leary lowered SEE O'LEARY, PAGE 5

Simon To Resign from School Board

Opening to lead to special election for this fall.

By Michael Lee Pope The Connection

few months before School Board member Noah Simon was elected to the Arlington School Board, his wife was diagnosed with cancer. Simon won the election and was sworn into office at the beginning of last year. But Kedron Veliz

Simon died at the end of the year, a tragedy that Simon says strain on his family.

"The board has made me a part-time dad," said Simon, who will resign

serve and frankly need me to give them my full attention."

Simon is now a single father raising a 9-year-old and an 11-year old. During last week's meeting of Arlington County Democratic Committee,



Noah Simon

Simon said he loved doing the work of the School Board and thanked those who supported his cam-

"The board has made me a put a great part-time dad. And my kids deserve and frankly need me to give them my full attention."

- School Board member Noah Simon resignation

his family a priority and resign the seat. He said he picked Aug. 1 as his date to give

candidates a

paign in 2012.

But he said that

he must make

the seat effective Aug. 1. "And my kids de- chance to enter the special election.

"It also saves the county tens of thousands of dollars I think would be better spent on schools and county services," said Simon, prompting a round of applause from members of the Arlington County Democratic Committee.

THE FIRST candidate to throw her hat into the ring was Nancy Van Doren, one of the three candidates who was competing to get the Democratic endorsement for the School Board opening created by Sally Baird's decision against seeking a third term. Author Barbara Kanninen seized that endorsement, although Van Doren came in a close second place. Now she has launched a second cam-

"This is an unexpected turn of events," said Van Doren in the announcement of her campaign. "It is a critical time in our community as we work to manage our growing school system.

The third candidate in the race earlier this year, Greg Greeley, quickly threw his support behind Van Doren.

"Nancy has my wholehearted support and endorsement," said Greeley. "She will be a great advocate for Arlington students."

O'Leary Steps Down

Longtime treasurer resigns, prompting special election.

By Michael LEE POPE THE CONNECTION

n a county known for people who come and go, County Treasurer Frank O'Leary has provided a sense of continuity to Arlington politics since 1983. But now, after more than 30 years in office, O'Leary is



Frank O'Leary



Carla de la Pava

News Briefs

New Principal at Drew Model

The Arlington School Board appointed Darryl Carlos Evans as the new principal of Drew Model School. He most recently served as the principal of Dr. Gustavus Brown Elementary School in Waldorf, Md.



Evans has 22 years of experience as an educator including eight as an elementary school teacher, five as an assistant principal and nine as a principal. He has served as an elementary teacher and vice principal in Prince George's, Fairfax and Charles county schools and was first appointed to a position as principal at Berry Elementary School in Charles County in July 2005.

In his most recent position as principal of Dr. Gustavus Brown Elementary School, Evans helped develop the school's first Parent-Teacher Organization. He also helped develop a program to monitor student learning each week. Students were assessed on various concepts and teachers looked at data and developed "reteach groups" to support those that struggled. He also implemented a co-teaching model to support students in various instructional programs. Through the program, the number of students reading below grade level decreased from 30 percent to 12 percent in two years.

Evans holds a Bachelor's Degree in elementary education and a Master's Degree in administration from Bowie State University.

New Principal at Henry Elementary

Annie Frye was named principal of Henry Elementary School during the School Board's organizational meeting on July 1. For the past nine years, Frye has served as Henry's assistant principal.



Frye possesses 26 years of experience as an educator, 14 as a teacher and 12 as an assistant principal for APS. She taught physical education at Jamestown, Drew Model and Campbell elementary schools before joining Drew as assistant principal in 2002. She has served as Henry's assistant principal since 2005.

As assistant principal, Frye monitors student achievement and regularly meets with teachers to address student achievement including their remediation and enrichment needs.

In addition to her responsibilities as assistant principal, Frye is involved in curriculum and instruction with an emphasis on the Virginia Standards of Learning. She has been the recipient of numerous awards during her career and was named APS Teacher of the Year in 1997.

Frye received a Bachelor's Degree in education and physical education teaching at University of Virginia and a Master's Degree in educational leadership from the George Mason Univer-

New Principal at Taylor Elementary

Harold Pellegreen has been named principal of Taylor Elementary. He has most recently served as the principal of Lewis and Clark Elementary School in Caroline County, Va.

Pellegreen brings 18 years of experience in education to Arlington Public Schools. He spent four years as a high school science teacher, three as assistant principal, two as a middle school principal and nine as an elementary principal in Spotsylvania, Orange and Caroline counties.

In his most recent position as principal, Pellegreen analyzed Standards of Learning data with teachers and developed a schoolwide plan for improvement. He coached and mentored teachers in effective instruction, classroom management, data analysis and remediation. Pellegreen received a Bachelor of Science in education from California University of Pennsylvania and a Master's Degree in education administration and supervision from Virginia Commonwealth University.

PEOPLE

New Chamber President Chosen

atharine (Kate) Roche has been selected as the Arlington Chamber of Commerce's new president and CEO. On June 20, the chamber's Board of Directors voted to approve Roche for the position after the chamber engaged in a nationwide search through the search firm Sterling Martin.

Roche began with the Arlington Chamber of Commerce in 2007 and most recently served as vice president.

Roche is a graduate of The George Washington University with a B.A. in political science and international affairs. Prior to joining the chamber, Roche worked for Women In Government, a national nonpartisan association of women state legislators based in Washington, D.C.

An Arlington resident, she currently serves on several boards in the community including her condo association board of directors. She is also a volunteer with several groups including the Junior League of Washington and the Arlington Community Foundation Scholarship Review Committee.



Roche



Scholarship Created

Dr. John T. Sprott will be honored by Encore Learning with the creation of a scholarship at George Mason University's new School of Policy, Government and International Affairs. The founding president of Encore Learning, Sprott led the organization from its formation in September 2002 through June 2014. The \$15,000 gift will support a scholarship which provides \$1,000-\$1,500 awards to graduate students in Mason's **School of Policy, Government** and International Affairs as selected by their dean over the next 10 years. Encore Learning, located in Arlington, offers daytime college-level non-credit courses to adults age 50 and older.

Yorktown Senior Joins Arlington CERT

ierce Jennings, a Yorktown High School Senior, has become the first teen active duty member of the Arlington Community Emergency Response Team (CERT). This achievement involved completion of a 26-hour CERT training course sponsored by the county's Citizen Corps, Office of Emergency Management and the Fire Department during the fall of 2013 and the recent completion of two online Federal Emergency Management/Department of Homeland Security Incident Command courses.

Jennings will also be awarded the Eagle Scout rank this fall by the Boy Scouts of America. Pierce's parents, Steve and Mary, and his sister Stephanie, are all active CERT members in their commu-

The all-volunteer CERT program trains individuals to help save and sustain lives in the event of disasters where emergency response request assistance from trained

personnel are unable to respond, citizens. To date, more than 650 are delayed in their response or Arlingtonians have completed the



Jack Brown, director of Office of Emergency Management, congratulates Pierce Jennings, the first teen active duty member of Arlington CERT.

Foster, Sullivan Vie in 48th

From Page 2

ton County Democratic Committee culminating in her resignation from the executive committee.

"I must put the good of the people of Arlington above what ACDC might want," said Garvey at the time. Now those tensions will be playing out yet again, as the issue of the streetcar takes center stage in the special election for House of Delegates. A majority of County Board members say they are not interested in putting the issue before voters as part of a bond referendum, largely because they plan to finance the proposal without using money from residential property taxpayers. Howze, who will once again face Vihstadt this fall, says he disagrees with that approach

"I think a referendum is still an appropriate way to let voters have their say on a significant capital

project in the community," said Howze. "That's consistent with how we have done other large capital projects in Arlington."

CONSIDERING THE opposition to funding the streetcar proposal using a bond referendum, the only other way to get the issue directly before Arlington voters would be for a member of the General Assembly to introduce a bill giving the county authority to conduct an advisory ballot. Because Virginia is a Dillon Rule state, localities need permission to conduct these kinds of elections.

"At this time I have zero interest in putting in a bill for a referendum," said Del. Patrick Hope (D-

47). "Look I've been down there for five years, and I have never seen a referendum come to the floor for a vote. I think this is a decision that should be made at the local level."

O'Leary, Longtime Treasurer, Resigns

FROM PAGE 3

the tax delinquency rate from 9 percent when he took office to less than one half of one percent now. He also clashed with Democratic party officials several times, including disagreements over an campaign mailing and a controversial effort to conduct a referendum on the streetcar proposal for the Columbia Pike streetcar. "I've worked since I was about 12 years old," said O'Leary. "You look back, and that's an awful lot of years of work, 59 years. And I think it's time to move on and take it easy and give a per-

fectly wonderful person an opportunity to take over."

DE LA PAVA was sworn into office this week, beginning a job that she will have to campaign for in a special election later this year. Registrar Linda Lindberg says she expects the special election for treasurer to take place at the same time as the special election for the School Board seat vacated by Noah Simon. "The two local elections should take place on Nov. 4," said Lindberg. "That's what we are anticipating."

Dermatology & Allergy

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Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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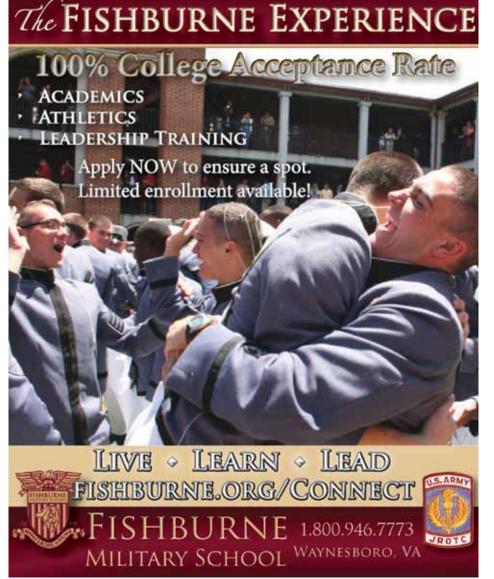
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Rotary Is All Around

85 years of service, and counting.

By Michael McMorrow
The Connection

eing a Rotarian makes me feel connected to my community" and is enabling because "I can do things worthwhile that I could never do by myself." So says Kim Durand, former president of Arlington Rotary Club. In conversation, it becomes clear that Rotary's idea of "community" is not limited to one's own city or county, but stretches coast-to-coast and extends to other countries.

Durand points with pride to INTERACT, the youth service club in Washington-Lee High School. Support for literacy projects and student fellowships at home and abroad is among

Details

Arlington Rotary meets for lunch Thursdays, from 12:15 to 1:30 p.m., at Washington Golf and Country Club, 3017 North Glebe Road at Old Dominion Drive. See www.arlingtonrotaryclub.org

forts. And then there are the ShelterBox Kits. When disaster strikes in the U.S. or overseas, kits designed for the time and the place are dispatched. Each holds a tent

her favorite ef-

and survival equipment for 10 people. Hurricane Sandy on the East Coast and storms in Haiti and the Philippines prompted distribution of kits. Even countries that reject assistance from governments and other outside groups, such as North Korea, are open to a helping hand from Rotary.

Gary Long, Arlington Rotary's current president, also has a list of Rotary projects close to his heart. Local blood drives and the Arlington Food Assistance Center rank highly. However, eradicating polio (infantile paralysis) is above all others. International Rotary has raised hundred of millions of dollars to vaccinate uncounted millions over decades.

Rotary's project inspired UNESCO to join the fight against this disease. Long never escaped childhood memories of shriveled limbs and "iron lungs."

Length of membership for Durant (10 years) and Long (three years) pales before that of Hugh Barton, local public image representative: 43 years. He also has "lived" the global reach of Rotary. Barton-as-philosopher observes that "Rotary has been practicing 'glo-



From left are R. Gary Long, president, Arlington Rotary Club; Kim Durand, past president, and Hugh Barton, public image representative.

balization' before the term was invented." Arriving from China on Guam as a journalist to run a radio and television station, he also found the Rotary Club. Barton has remained an active Rotarian in Virginia Beach and now Arlington. He declares himself "deeply invested in the fight against polio since 1988." With a small smile and no little pride, he confides that the nationwide fundraiser called "Shamrock Marathon" was born of his idea in the Virginia Beach club.

Rotary's motto is "Service Above Self." Rotarians actively seek opportunities to provide humanitarian aid to those in need — the poor, the sick, the hungry, youths and the elderly. Arlington's Rotary Club has been carrying out this mission for 85 years.

Partnerships with other organizations in the community are part of Arlington Rotary's efforts "to make a difference." The list of associates includes Arlington Free Clinic, Northern Virginia Family Services, Yorktown High School and the Salvation Army.

It would seem likely that situations would arise when the "self" had to be sacrificed to, or at the least inconvenienced by, the "service." Durand, Long and Barton disagree, and remark that any such situation would pass without notice because of the commitment of individual members. The nearest such occasion was



voiced by Durand, with a laugh.

"My very first Rotary meeting happened on my birthday. I did not want to be there. But a 'magic moment' arrived when I knew that I belonged, so I left smiling."

'FLOURISHING AFTER 55'

Arlington Office of Senior Adult Programs for July 21-25:

Senior trips: Tuesday, July 22, tour NPR headquarters, D.C., \$8; Thursday, July 24, Walter's Art Museum, Baltimore, \$9; Friday, July 25, Fisherman's Crab Deck, Graysonville, MD, \$51. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Ask your pharmacist, Monday, July 21, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Register for Northern Virginia Senior Olympics, 50 events, \$12. Details, 703-228-4721.

Robust walking advice, Monday, July 21, 9:30 a.m., Arlington Mill. Free. Register, 703-228-7369.

Ice skating, Mondays, 8 a.m. – 9:10 a.m., Kettler Capitals Iceplex, Ballston, \$1. Details, 703-228-4745.

Cruise travel advice, Tuesday, July 22, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Starting a small business as a retiree, Tuesday, July 22, 1 p.m., Lee. Free. Register, 703-228-0555.

Low impact aerobics, Tuesdays and Thursdays, 11 a.m., Aurora Hills.

\$60/15 sessions. Details, 703-228-5722.

Arlington Mill Trail Trekkers, Tuesday, July 22, 9:30 a.m. Free. Register, 703-228-7369.

Guiding Eyes for the Blind, Wednesday, July 23, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Duplicate bridge, Wednesdays, 10 a.m. -10 p.m., Aurora Hills. Cost \$5. Register, 703-228-5722.

How runners can stay injury-free, Wednesday, July 23, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

Healthy eating on a budget,

Thursday, July 24, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

Making and tasting summer salsas, Thursday, July 24, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Scrabble, Thursdays, 1 p.m., Culpepper Garden. Free. Details, 703-228-4403

Cancer facts for adults over 50, Friday, July 25, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Ballroom Dance, Friday, July 25, 1 p.m., Arlington Mill. Free. Register, 703-228-7369.

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NEWS



Eight Marymount University students experienced what they called a "life-changing experience" on a recent study abroad program. They're pictured with one of their professors at Sweetwaters Chimpanzee Sancturary in Nanyuki, Kenya. Back row from left: Tatiana Rielo, Kallan Wentworth, Nick Bensmiller, Katie Guajardo, Margaret Love, Grace Caldwell. Bottom, from left: Lorine Margeson, Dr. Stacy Lopresti-Goodman, Liz Rausch.

Learning Animal Rescue in Kenya

uring a recent trip to Kenya, a group of Marymount University students learned firsthand about animal trauma, poaching, and how rewarding it can be to put their compassion into action.

The students studied chimpanzee behavior, visited a refuge for orphaned elephants and saved a wild zebra caught in an illegal snare.

The six-credit program, taught by Dr. Stacy Lopresti-Goodman and her husband, Dr. Justin Goodman, also included a month of classes at Marymount's campus and field experiences in Washington, D.C.

Lopresti-Goodman taught Abnormal Primate Psychology, which focused on the trauma experienced by chimpanzees orphaned by the bushmeat trade. Students interviewed caregivers and observed the

primates to learn about their individual histories and treatments.

Lorine Margeson, a sophomore from Clifton, was so taken with one chimpanzee, Poco, that she "adopted" him and will give funds to provide him with food and care.

During a patrol near Lake Naivasha with members of Africa Network for Animal Welfare and the Kenya Wildlife Service, the group found and removed 58 illegal wire snares that were set to trap animals. Snared animals typically die from starvation and dehydration or poachers return to kill them. Each wire can be reused to kill up to 100 animals.

On their way back, the students discovered a limping zebra with a snare on two legs. The next day the zebra was treated by the veterinarian, who said she had a 99 percent chance of surviving.



Dr. Stacy Lopresti-Goodman, her students, Kenya Wildlife Service rangers and Africa Network for Animal Welfare staff rescue a female zebra whose legs were caught in a wire snare near Lake Naivasha, Kenya.



A baby elephant and his caretaker at the David Sheldrick Wildlife Trust in Nairobi, Kenya. The Trust rescues orphaned elephants whose mothers have been killed by poachers, rehabilitates them and releases them back into the wild.

BULLETIN BOARD

Email announcements to arlington@connection newspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event

YARD WASTE COLLECTION

The year-round **yard waste collection service** scheduled to start July 1, 2014 will be delayed due to pending litigation with

unsuccessful bidders. Residents who received a letter with a new trash and recycling collection day, will still see that change take effect July 1.

FEE INCREASE

The Arlington County Police Department's

Central Records Section's fees for accident reports, criminal history checks, and police report verifications have increased effective July 1. Visit http://news.arlingtonva.us for more.

SATURDAY/JULY 12

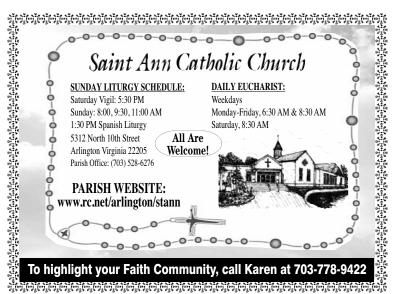
Gardening Talk. 10 a.m.-noon at Burke Branch Library, 4701 Seminary Road, Alexandria. Arlington County Extension Agent Kirsten Buhls and VCE MAster Gardeners will discuss the top 10 insect pests and top 10 summer diseases of vegetable gardens. Participants will see samples and are encouraged to bring their own. Free. Advance registration is requested at call 703 228-6414 or mgarlalex@gmail.com.

Summer Rose Care Clinic. 9-11 a.m. at Bon Air

Memorial Rose Garden, 850 N. Lexington St. Hands-on information that will keep your garden in top condition as the temperature rises. Bring pruners. Call 703-371-9351.

THURSDAY/JULY 17

Capital Improvement Plan Wrap-Up. 3-4:30 p.m. at Arlington County Board, 2100 Clarendon Blvd. Suite 300. Visit http://budget.arlingtonva.us/capital-improvement-program.



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ONGOING

Free Outdoor Movie Series.

Through Sept. 4. 7:30 p.m. "The Loop," Market Common Clarendon, 2800 Clarendon Blvd. Movies including The Karate Kid on July 10, The Princess Bride on Aug. 7 and Top Gun on Sept. 4. Admission is free, as well as popcorn, snacks and water. Call 703 476-9377 or visit www.marketcommonclarendon.com.

World Soccer Party. Through July 13.
During World Cup matches. 100
Montaditos, 1776 Wilson Blvd.,
Rosslyn. Drink specials during all
World Cup matches and large-screen
TVs for watching the action. Visit
www.rosslynva.org/go/100montaditos for more.

Art Exhibition. Through July 20, see "Texture in Wax and Fiber" by art quilter Dominie Nash and mixed media artist Susan Feller in the Crossroads Gallery of Goodwin House Bailey's Crossroads, 3440 South Jefferson St., Falls Church. Visit www.goodwinhouse.org.

"How are you doing today?"
Paintings on Emotion in Color.
Tuesdays-Saturdays, through July 26.
Opening reception Friday, July 11 5-8 p.m. Gallery Underground, 2100
Crystal Drive. Anne Chandra, creator of the exhibit, is a painter with 20 years of experience. Free and open to the public. Visit www.galleryunder ground.org or call 571-483-0652.

Marine Corps Sunset Parade and Concerts. Tuesdays through Aug. 12. 7 p.m. in July. 6:30 p.m. in August. Iwo Jima Memorial, Arlington. Sunset parade by the U.S. Marine Drum and Bugle Corps and the Silent Drill Team. Visit www.barracks.marines.mil.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit https://registration.arlingtonva.us. Free, no registration required.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 South Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

CAMPS, CLASSES & WORKSHOPS

Girls Fire Camp. Hosted by the Arlington County Fire Department, runs July 11-13. Girls age 13-18 can apply. The Girls Fire Camp is a three day, overnight camp that gives young women a chance to experience firsthand what it takes to be a firefighter and emergency medical technician. The camp consists of classroom sessions covering fire history, fire behavior, introduction to EMS, and nutrition and injury prevention in addition to physical training, fire stations visits and practical exercises. The camp is free.

Visit http://fire.arlingtonva.us/ community-services/girls-fire-camp for information and to download an application.

application.

Bike Camp. iCan Bike Camp is designed to help individuals with disabilities (ages 8 and older) learn how to ride a bike independently. Volunteer spotters are also needed to run alongside the riders as they learn, providing physical and emotional support. Camp runs July 28-Aug. 1 at Kenmore Middle School, 200 S. Carlin Springs Road. Interested riders should contact TRInfo@arlingtonva.us. Interested volunteers (ages 16+) contact Hkihm@arlingtonva.us. Visit http://parks.arlingtonva.us/therapeutic-recreation/therapeutic-recreation-ican-bike-camp.

Junior Jam for Teens. The Junior Jam drop-in program is for teens 11-16 who want to enjoy field trips, special events, sports, swimming, music, arts, cooking projects, group games and tournaments and more. Sign up for all eight weeks for a one-time registration fee of \$46 for Arlington residents. Extra cost for trips; there is the possibility of a fee reduction. Visit http://parks.arlingtonva.us/junior-jam-3.

Summer Enjoy Arlington Classes.
Registration is now open for these county classes, a variety of programs for all ages and abilities including fitness and sports, crafts and more.
Programs have fees but there is the possibility of a fee reduction. Visit https://registration.arlingtonva.us/wsc/webtrac.wsc/wbsplash.html.

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

Summer Art Camps. Summer camps for children and teens meet daily in several sessions throughout the summer at Arlington Arts Center, 3550 Wilson Blvd. Classes range from portfolio development to drawing, acrylic painting, and contemporary landscapes with oil paint. Members receive 10-15 percent off class tuition. Visit

www.arlingtonartscenter.org/ aacsummercamps. Original art classes for all ages and all skill levels are offered year-round.

ComedySportz Improv Classes.
ComedySportz is holding classes focused on learning and playing comedy improvisation games to help students increase their communications skills, boost their confidence, and develop a strong inner playful spirit. Sessions cost \$200 and include 8 classes and 1 show. Classes meet Saturday

\$200 and include 8 classes and 1 show. Classes meet Saturday afternoons, Monday, Tuesday and Thursday evenings. Visit www.comedyindc.com/classes.htm.

Summer Field Hockey. 9 a.m.-noon, Monday-Friday, July 14-18 at Yorktown High School, 5200 N Yorktown Blvd. Academy International provides an opportunity for field hockey players to experience quality training directly on home fields. Coaches from Britain and Australia will customize training for all players. Ages 10-18. \$245. Contact Martyn Conquest at 1-888-529-3827 or email

sports@academyinternational.net.

Summer Field Hockey. 5-8 p.m.,
Monday-Friday, July 21-25 at
Yorktown High School, 5200 N
Yorktown Blvd. Academy
International provides an opportunity
for field hockey players to experience
quality training directly on home
fields. Coaches from Britain and
Australia will customize training for

all players. Ages 14-18. \$245. Contact Martyn Conquest at 1-888-529-3827 or email sports@academyinternational.net.

Summer Field Hockey. 9 a.m.-noon, Monday-Friday, July 21-25 at Washington Lee High School, 1301 N Stafford St. Academy International provides an opportunity for field hockey players to experience quality training directly on home fields. Coaches from Britain and Australia will customize training for all players. Ages 10-18. \$245. For more information, contact Martyn Conquest at 1-888-529-3827 or email sports@academyinternational.net.

Summer Field Hockey. Monday-Friday, July 28-Aug. 1, 9 a.m.-noon, ages 10-18; 5-8 p.m. ages 14-18. Washington Lee High School, 1301 N Stafford St, Arlington. Academy International provides an opportunity for field hockey players to experience quality training directly on home fields. Coaches from Britain and Australia will customize training for all players. \$245. Contact Martyn Conquest at 1-888-529-3827 or email sports@academyinternational.net.

Boot Camp Exercise Classes. Through Aug. 16. Mondays and Wednesdays, 6-7 p.m. Saturdays 9:30-10:30 a.m. Gateway Park, 100 Lee Highway. High-intensity interval Training. \$25 registration fee. Visit

www.rosslynva.org/do/boot-camp1.

Synetic Summer Camp. Session 3:
 July 21-Aug. 1. Synetic Theater, 1800
 South Bell St. Training, rehearsal and performance process is complemented with a visual art component for students to explore the themes and images of this classic children's novel. \$737, add ons

available. Visit www.synetictheater.org for more.

WEDNESDAY/JULY 9

YA Book Club. 5 p.m. One More Page Books, 2200 N. Westmoreland St. Discussion on "The Raven Boys" by Maggie Stiefvater. Free. Visit www.onemorepagebooks.com for more.

Summer Sizzlin' Nights Series. 8 p.m. Signature Theater, 4200 Campbell Ave. Natascia Diaz performs songs from the 70s. \$25. Call 703-820-9771 to purchase tickets or for more information.

Live Music. 8 p.m. at Lubber Run Amphitheater, at North Columbus and 2nd Street, Arlington. A performance by the Potomac Harmony Chorus. Free. Visit www.PotomacHarmony.org for more.

THURSDAY/JULY 10

Summer Sizzlin' Nights Series. 8

p.m. Signature Theater, 4200 Campbell Ave. Tom Goss, a gay singer-songwriter, spends an evening telling stories and singing. \$25. Call 703-820-9771 to purchase tickets or for more information.

FRIDAY/JULY 11

Daytime Book Club. 11 a.m. One More Page Books, 2200 N. Westmoreland St. A discussion about "Americanah" by Chimamanda Ngozi Adichie. Free. Visit www.onemorepagebooks.com for

Summer Sizzlin' Nights Series. 7 p.m. Signature Theater, 4200 Campbell Ave. Erin Driscoll explores songs of her youth in an eclectic cabaret featuring Springsteen, Benatar and more. \$25. Call 703-820-9771 to purchase tickets or for more information.

Film: The Internship. 8-10 p.m. at Gateway Park, 1300 Lee Highway. This year's Rosslyn Outdoor Film Festival features movies about work: bad bosses, crazy co-worker, best



'Carnival Knowledge' at Artisphere

Come be shocked and amazed by Todd Robbins' show, "Carnival Knowledge." Step into the wild world of carnival sideshows with countless tricks and illusions that have been performed at sideshows for centuries. Robbins' combination of tricks and humor will have you laughing and squirming in your seat the entire night. The show starts at 9 p.m. at the Artisphere, 1101 Wilson Blvd. Tickets are \$15 in advance, and \$18 the day of. Visit www.artisphere.com.

friends. Bring blankets, low chairs and a picnic. Movies shown rain (cancelled for severe weather) or shine. Visit www.rosslynva.org/events for more.

Synetic Theatre Performances. 8

p.m. Lubber Run Park, North
Columbus St. Arlington. Featuring
the family shows The Music Box and
The Miraculous Magical Balloon. The
two shows are part of Synetic
Theater's Educational Outreach
program that enriches children with
the magic of theater through
pantomime, choreography, dance,
music, physical comedy, and
audience participation. Free
admission. Visit

www.synetictheater.org for more. **Bella Notte-An Italian Salute.** 8
p.m. Air Force Memorial, One Air
Force Drive. The United States Air
Force Concert Band and Singing
Sergeants will be presenting this
concert as a public service. Free; no
tickets required. Visit
www.usafband.af.mil for more.

Summer Sizzlin' Nights Series. 9 p.m. Signature Theater, 4200 Campbell Ave. Bobby Smith and Evan Casey, world-renowned thespians, perform, mingle, and give a fun performance.. \$25. Call 703-820-9771 to purchase tickets or for more information.

FRIDAY-SATURDAY/JULY 11-12

Shocked and Amazed: Todd

Robbins. 9 p.m. Artisphere, 1101 Wilson Blvd. Step into the world of carnival sideshows with Todd Robbin's show "Carnival Knowledge." Tickets: \$15 in advance, \$18 the day of. Visit www.artisphere.com/ for more.

SATURDAY/JULY 12

Games at Kinder Haus Toys. 11

a.m.-1 p.m.Kinder Haus Toys, 1220 N. Fillmore St. Play award-winning games from "Think Fun" and "Ravensburger" that promote family fun and thinking skills. For ages 18 month and older. Call 703-527-5929.

Too Big To Fail. 3-8:30 p.m. Arlington Arts Center, 3550 Wilson Blvd. Siobhan Rigg will host a curd-making workshop as part of her project "Too Big To Fail," which functions as a nexus for different kinds of conversations including labor. Visit www.arlingtonartscenter.org/reprise for more.

Evening with an Author. 6 p.m. One More Page Books, 2200 N. Westmoreland St. Adam S. Miller discusses "Letters to a young Mormon." Free. Visit www.onemorepagebooks.com for more.

Opening Reception for Reprise: 40 to the Fore. 6-9 p.m. Arlington Arts Center, 3550 Wilson Blvd., Arlington. Free opening reception for REPRISE: 40 to the Fore. Enjoy a glass of wine with the artists, then visit the resident artists' studios upstairs. Sheldon Scott will be performing during the opening reception. The performance will take place outside on the lawn of AAC. Visit www.arlingtonartscenter.org/reprise for more.

Summer Sizzlin' Nights Series. 7 and 9 p.m. Signature Theater, 4200 Campbell Ave. Alysha Umphress sings her favorites after a debut this past winter as Cee Cee Bloom in "Beaches." \$25. Call 703-820-9771 to purchase tickets or for more information.

Synetic Theatre Performances. 8
p.m. Lubber Run Park, North
Columbus St. Arlington. Featuring
the family shows The Music Box and
The Miraculous Magical Balloon. The
two shows are part of Synetic
Theater's Educational Outreach
program that enriches children with
the magic of theater through
pantomime, choreography, dance,
music, physical comedy, and
audience participation. Free
admission. Visit
www.synetictheater.org for more.

JULY 12-OCT. 5

REPRISE: 40 to the Fore. Saturday-Sunday, July 12 through Oct. 5.
Opening reception, July 12 6-9 p.m.
Arlington Arts Center, 3550 Wilson
Blvd. REPRISE: 40 to the Fore
rethinks, remixes, and re-presents
exhibitions that Arlington Arts Center
(AAC) created over the past 40 years.
Free admission. Visit
www.arlingtonartscenter.org/reprise
for more.

Organic Tales. Wednesdays-Fridays. 1-7 p.m.; Saturdays and Sundays, noon-5 p.m. Opening reception, July 15. 6-9 p.m. Arlington Arts Center, 3550 Wilson Blvd. Alice Whealin and Si Jae Byun present a two-person exhibition called "Organic Tales."

Entertainment

Free Admission. Visit www.arlingtonartscenter.org for more.

SUNDAY/JULY 13

Mother-Daughter Book Club. 3 p.m. One More Page Books, 2200 N. Westmoreland St. A discussion about "The Girl Who Could Fly" by Victoria Forester. Free. Visit www.onemorepagebooks.com for

Outdoor Concert. 6 p.m. at Lubber Run Amphitheater, North Columbus Street and 2nd Street North. Dead Man's Hollow, vocals and traditional bluegrass instrumentation. Free. Picnics welcome, alcohol prohibited. Call 703-228-1850 or visit www.arlingtonarts.org for more.

MONDAY/JULY 14

Nonfiction Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Discussion on "Behind the Beautiful Forevers" by Katherine Boo. Free. Visit www.onemorepagebooks.com for more.

TUESDAY/JULY 15

Laughter Yoga. 6:30-7:30 p.m.
Arlington Central Library, 1015 N.
Quincy St. Use breathing, clapping
and movement exercises to relax and
boost creativity. Session ends with
silent meditation. Free. Contact
arlingtonlaughteryoga@yahoo.com
for more.

Mystery Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Discussion about "O Jerusalem" by Laurie R. King. Free. Visit www.onemorepagebooks.com for more.

Summer Sizzlin' Nights Series. 8

p.m. Signature Theater, 4200 Campbell Ave. The Gay Men's Chorus of Washington, D.C. performs a show titled "Like a Virgin" and share intriguing, heartbreaking, funny and transformative first time experiences through story and song. \$25. Call 703-820-9771 to purchase tickets or for more information.

WEDNESDAY/JULY 16

Author Evening. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Tom Young discusses "Sand and Fire." Free. Visit www.onemore pagebooks.com for more.

Summer Sizzlin' Nights Series. 8 p.m. Signature Theater, 4200 Campbell Ave. Christinie Pedi, the morning host of Sirius XM's Broadway channel, honors the great ladies of the stage and screen. \$25. Call 703-820-9771 to purchase tickets or for more information.

THURSDAY/JULY 17

Author Evening. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Tom Sweterlitsch shares from his debut novel, "Tomorrow and Tomorrow." Free. Visit www.onemorepagebooks.com.

Summer Sizzlin' Nights Series. 8 p.m. Signature Theater, 4200 Campbell Ave. Nicholas Rodriguez shares stories about life, love and loss in an intimate evening. \$25. Call 703-820-9771.

FRIDAY/JULY 18

Wine Tasting. 6:30 p.m. One More Page Books, 2200 N. Westmoreland St. Wine tasting with summer wines. Free. Visit www.onemorepagebooks.com for more.

Summer Sizzlin' Nights Series. 7
p.m. Signature Theater, 4200
Campbell Ave. Colleen McHugh
brings powerhouse vocals and
original comedy to a musical
examination of the shades of green.
\$25. Call 703-820-9771 to purchase
tickets or for more information.
Film: How to Lose a Guy in Ten

ilm: How to Lose a Guy in Ten Days. 8-10 p.m. at Gateway Park, 1300 Lee Highway. This year's Rosslyn Outdoor Film Festival features movies about work: bad bosses, crazy co-workers, best friends. Bring blankets, low chairs and a picnic. Visit

www.rosslynva.org/events for more.

Synetic Theatre Performances. 8
p.m. Lubber Run Park, North
Columbus St. Arlington. Featuring
the family shows "The Music Box"
and "The Miraculous Magical
Balloon." Free admission. Visit
www.synetictheater.org for more.

U.S. Air Force Band. 8 p.m. Air Force Memorial, 1 Air Force Memorial Drive, Arlington. Summer concert series, "Lest We Forget: A Tribute to Our NAtion's Heroes." Free. For more, visit www.usafband.af.mil.

Summer Sizzlin' Nights Series. 9 p.m. Signature Theater, 4200 Campbell Ave. The Second City alum celebrates Barbra Streisand's early career. \$25. Call 703-820-9771.

Ladies Night Out. 6-10 p.m. at the NRECA Conference Center, 4301 Wilson Blvd., 22203. Vist www.eventbrite.com/e/couturecocktails-ladies-night-out-tickets-10796457495 to buy tickets.

FRIDAY-SUNDAY/JULY 18-27

Live Theater. 2 or 8 p.m. at Thomas Jefferson Community Theater, 125 S. FOOD & DRINK

Rosslyn Farmers Market and Concert. 11 a.m.-2 p.m., Thursdays, May 29-Sept. 25, 1401 Wilson Blvd. The market offers fresh foods and goods from regional vendors including bread and pastries, farm-fresh and organic produce, herbs and spices, exotic teas and specialty coffees, gourmet baked goods, and marinades and sauces. Visit www.rosslynva.org/do/rosslyn-farmers-market1.

Clarendon Farmers Market. Year-round, has locally produced breads and pastries, organic vegetables, flowers, soap, sorbet and more. Saturdays and Sundays, 8 a.m.-noon at Courthouse Parking Lot, 3195 North Wilson Blvd. Also year-round on Wednesdays from 3-7 p.m. at Clarendon Metro Station. Visit www.Clarendon.org. Call 703-812-8881.

Arlington Farmers Market at Courthouse. Adjacent to the Arlington County Courthouse Parking Lot, at the intersection of N. Courthouse Road and N. 14th Street. This is a 'producer only' market with more than 30 producers. From January through March, the market is open on Saturdays 9 a.m.-noon. Visit www.arlingtonfarmersmarket.com for a list of vendors.

The Crystal City FRESHFARM Market is open April-November on

The Crystal City FRESHFARM Market is open April-November on Tuesdays, 3-7 p.m. with a selection of foods and goods from local producers, in front of 251 S. 18th St. Visit www.crystalcity.org for more.

Old Glebe Rd., Arlington. A revival of "Once Upon A Mattress." Adults: \$15; children: \$10. Visit encorestageva.org/ for more.

JULY 18-AUG. 16

"An Evening with Danny Kaye."

Varying times at Gunston Theatre Two, Gunston Arts Center, 2700 South Lang St. The American Century Theater presents "An Evening with Danny Kaye," featuring Brian Childers. \$32-\$40. Visit americancentury.org or call 703-998-

SATURDAY/JULY 19

Preschool Nature Program. 10:30-11:30 a.m. and 4-5 p.m. Long Branch Nature Center, 625 S. Carlin Springs Road. For children age 3-5. Interactive nature program where your child will participate as part of a group. \$5. Registration required. Call 703-228-4747 for more.

Summer Sizzlin' Nights Series. 7

p.m. Signature Theater, 4200 Campbell Ave. An evening of standards and the unexpected from Susan Derry. \$25. Call 703-820-9771 to purchase tickets or for more information.

Drop Electric Live. 8 p.m. Dome Theatre, 1101 Wilson Blvd. Live performance with backdrop of projected visuals that pushes the limits of the imagination. \$12. Visit www.artisphere.com or call 703-875-1100

Synetic Theatre Performances. 8 p.m. Lubber Run Park, North Columbus St. Arlington. Featuring the family shows "The Music Box"

the family shows "The Music Box" and "The Miraculous Magical Balloon." Free admission. Visit www.synetictheater.org for more.

Summer Sizzlin' Nights Series. 9 p.m. Signature Theater, 4200 Campbell Ave. Special Agent Galactica with jazz/classical guitarist Peter Fields weave together an intimate evening of songs and stories. \$25. Call 703-820-9771.









Arlington REAL ESTATE

Photos by Veronica Bruno/ The Connection

In May 2014, 316 Arlington homes sold between \$2,420,000-\$7,800.





2 5608 35th Road North — \$1,865,000





- \$1,700,000

7 2939 Nottingham Street

1 3323 Woodrow Street North — \$1,600,000



Copyright 2014 RealEstate Business Intelligence. Source: MRIS as of June 13, 2014.

BR FB HB ... Postal City Sold Price Type Lot AC .. PostalCode

1 4079 35th Street North — \$1,550,000

Home Life Style



The dining counter is both functionally and aesthetically "transitional." It's situated to support several gathering spots within a space that includes the sunroom accessed through the white divided light door. Wohn's design incorporates two six-bottle wine racks into the counter's base.

Bungalow Meets Open Floorplan

Updates help make 80-year-old house in Arlington's Bluemont neighborhood a home.

By John Byrd

oming across an 80-year-old bungalow in an other wise up-and-coming neighborhood, today's buyer may get excited about the possibilities, but will probably end up walking away.

As everyone knows, revitalizing an older house can be a tricky business. You've got to know how to appraise; how to "guesstimate" probable costs with reasonable accuracy.

Above all, you've got to have a vision of how the improved product will look and function, and why your changes will likely recover upgrade expenses in a foreseeable future.

In other words, this is not a game for the uninformed.

Melanie Domres, by contrast, came to her recent purchase of a 2,500-square-foot, circa 1930s home in Arlington's Bluemont neighborhood with both eyes open. An MBA who has worked in real estate devel-

opment for decades, Domres knows the business intimately. Moreover, she was living in a home less than two miles from the Bluemont cottage when she learned it was for sale

"It's at the end of a cul de sac. The period charm appealed to me," she said. "Plus, the asking price was ... promising."

Inside, Domres saw a floorplan that was impres-

sively open except for a tiny galley kitchen sequestered behind a thick bearing wall. Also, she found it easy to picture how the space could be used for her purposes, and when the owners accepted her below-appraisal bid she was pleased.

But then nagging questions: What resources will I need to proceed with a makeover? Can I do it cost-effectively — and in a way in which costs contribute directly to the home's present value.

It was while pondering all this that Domres met Sherry Wohn.



Abbey Design Center in Sterling, Wohn's 25 years of architectural drafting experience combined with a fine arts background made her a quick study. From the beginning, Domres thought she had found someone who understood her own aesthetic sensibilities.

"We started with the cabinets,

See Craftsman, Page 12



Photos Contributed

Working closely with the installation team, Wohn developed maple facings for the refrigerator's three compartments; trimmed with crown molding, the 82" appliance blends seamlessly with the kitchen's other cabinets.

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Home LifeStyle

A New Work Order Local designers help create organized and stylish home offices

BY MARILYN CAMPBELL The Connection

hether it's a nook, in the kitchen or a designated room, a home office is the place were ideas come to life. Local designers dish about the secrets to creating a workspace that is organized and functional yet stylish.

"You're going to spend a lot of time in it so aesthetics do matter," said Patricia Tetro of BOWA Builders Inc., in McLean.

Thinking about how a space will be used is the first step in the design process. "An office is as unique as a person," said interior designer Julie Sproules of the Art Institute of Washington in Arlington. "Each person has a different way of working and therefore a different set of needs. If you are working from home, you'll be spending a lot more time there than if you are using it to keep the household paperwork in order."

There are a series of questions that one might consider: "How will you use the office? Is it just for you? Do others come in and meet with you? Do you tend to do most of your work on the computer?" asks Tetro. "Do you do things by Skype? If so, the placement of the computer becomes more criti-

Storage and the placement of it is one of the most important home office design decisions. "Where do you want to keep things?" asks Tetro. "When sitting in a chair, do you need to have your entire realm within arm's reach?"

Getting creative with storage supplies is a technique that Sallie Kjos of Grey Hunt Interiors in Chantilly, uses to avoid compromising style for order. "A floating shelf will



Photo courtesy of Grey Hunt Interiors

Sallie Kjos of Grey Hunt Interiors created a home office for herself in the corner of her kitchen. She personalized it by adding plants and family photos.

help to keep a clean look, but have it organized," she said. "You can also get decorative boxes in a variety of colors."

Sproules uses labeled storage bins to a create home office space that has a place for everything. "There are a million different kinds out there, from wood to rattan to linen," she said. "Get a bookshelf that you can fit the bins in. ... Leave some room ... for a filing binder and books, but anything small should go in a bin. This way you can

and stylish home offices.

just throw all the markers, yarn, buttons and [other miscellaneous items] into their bin and not have to worry about them being misplaced."

Don't forget to save a space for smart phones and tablets. "You might need charging spaces with electrical outlets that are easily accessible," said Tetro.

GET CREATIVE when selecting a desk to add interest and express your personal style. "You can use an old writing table, side table or console table to use with a nice parsons chair," said Kjos. "This makes more inviting space that is decorative but functional."

Choose seating that incorporates style and comfort. "This doesn't have to mean a task chair," said Sproules. "Task chairs are great if you're sitting in them many hours a day, and there are some attractive options, but I prefer ... a small lounge chair to give it more of a homey feel. Just make sure it can be pushed under the desk or table when not in use. ... I have even used small metal side chairs or stools like an old classroom."

A person's occupation and work style should be considered. "Stools are especially great if you get up and move a lot as a part of your working routine," said Sproules. "You can swivel from one side of the table to another and being on a bar-height stool means you're more likely to get up and walk around routinely. If you do choose a barheight stool, make sure your desk or table is either height-adjustable or standingheight."

Proper lighting is another key component of a well-designed home office. "Consider overhead lighting" said Goldstein. "[It] will not take up space like a lamp. You can run an eight-foot [lighting] track though the

middle of the room and turn the lights toward the desk."

Incorporate more than one lighting source into a room's design.

"This helps you modulate the light for the task that you're doing," said Sproules. "You should have one general light: an overhead light or a floor lamp that ... provides general, diffused light and a task light for more focused work," such as a small, adjustable lamp with dimming capabilities.

When it comes to maintaining a sense of home in a home office, designers suggest getting personal. "You can mix interesting accessories like family pictures and a plant here or there to give the office aesthetic appeal as opposed to just function," said Goldstein.

ROOM DESIGN should reflect one's profession and personal needs. "Are you dealing with paperwork, mail and working on the computer, or would you be better off with a set up that is more like an artist's studio, with a clean table for 'making' and another area for the 'office' side of things [with a] bookshelf, table and storage?" asked Sproules. "How many hours a day or week to you plan on being in that space?

Sproules believes that one's occupation can be a source of design inspiration. "As an interior designer, I have an excessive collection of pens and markers that are organized in small boxes along a wall, like an art store," she said. "It's a nice way to personalize the space with your specific type of work without having it get too messy. And there's always a pen when I need one."

"There is one accessory that no home office should be without," said Sproules. "Everyone needs a tack board," she said.

Craftsman-style Bungalow Meets Open Floorplan

and just kept going," Domres said. "Since the plan was to eliminate the wall between the kitchen and the dining room, I wanted a completely different look for the kitchen — one well-integrated with the home's existing style elements."

That simple requirement inspired Wohn to propose "edged" Shaker-style cabinet facings, a design detail that initiated a selective rehabilitation of the first level.

"The kitchen was largely defined by the original 80-year-old cabinets, which were covered in white paint and too small for practical use," Wohn said. "Since it would be highly visible from the front door once the dining room wall was deleted, we wanted to really reduce the visual noise."

Naturally, a more functional plan — with a lot more storage — was also a top goal.

The "art" of an open plan, as Wohn sees it, is partly a matter of implementing an appropriate "transitional" style:

"It's a transition from an era of hidden kitchens to one in which the kitchen is thoughtfully integrated with other activity

Details

Abbey Design Center offers workshops on home remodeling topics. Call 703-450-8181 or visit www.abbeydesigncenter.com.

zones within a spatial continuum," she said. "The Shaker cabinet facings, for example, reinforce already established themes. The original wood flooring, the period hearth, the divided light windows are all of a piece."

With that in mind, Wohn proposed accentuating the bungalow's Craftsman-style sim-

Part of this entailed establishing a logical segue between the kitchen and the dining room, one that makes functional sense but is also stylistically cohesive.

"A counter surface is obviously a practical solution," Wohn said. "The trick was finding a size and a design that suits, then specifying materials that enhance the

To create a textural and color contrast to the wood cabinet facings, Domres selected an off-white quartz composite, which is as hard as granite and rapidly becoming a popular alternative. Asserting the counter's identity as "furniture," Wohn designed a simple maple wood base that includes a flanking pair of six-bottle wine racks which serve as vertical supports.

When entertaining, the new surface works as a serving station and side board. Domres also found a pair of Amish wooden chairs that coordinated with her dining room furniture.

Since the counter fits neatly into a corner near a door leading to the sun porch, it's also convenient serving station for al fresco entertaining. Most of the time, though, it's the spot where Domres can have a coffee, check email and enjoy the morning light.

ONE OF THE PROJECT'S more challenging "built" solutions was finding a way to restrain the presence of a new 82-inch floorto-ceiling refrigerator. Working closely with the installation team, Wohn developed maple facings for the refrigerator's three compartments that blend with the kitchen's other cabinets. While blending unobtrusively into the background, the new cabinets also increased kitchen storage capacity by 40 percent.

Reviewing Domres cooking requirements, Wohn designed several cabinets with rollout trays, a lazy susan and pull-out spice racks. A former closet in the foyer to the basement was converted into a sizable pan-

Other kitchen finishwork elements are similarly understated. The matte finish ceramic flooring sets a restful tone. There are under-cabinet LED lights at key locations. Still more notable is the stone and glass backsplash which Domres chose in her visit to the Abbey showroom.

"It has a kind of timeless quality. It's not splashy, yet makes a statement," said Domres. "I get a lot of compliments on it from friends.

Domres said she made most of her finishwork decisions at the Abbey showroom: "There were lots of useful choices, and everyone was very organized. It was a very smooth process. The makeover now feels very much like my home."

SPORTS

World Cup Fever Area soccer coaches, players share 2014 World Cup viewing experiences.

By Jon Roetman THE CONNECTION

ven on his wedding day, Robinson boys' soccer coach Robert Garza couldn't escape World Cup fever. Garza married his wife, Jennifer, on June 21 at the Hendry House at Fort C.F. Smith in Arlington. During that Saturday in Northern Virginia, Garza and a group that included his best man, West Potomac boys' soccer coach Andrew Peck, watched the Ghana-Germany match in the groom's suite. Later, when the group was taking pictures, Peck had the match streaming on his cell phone.

What was Jennifer's reaction?

"She laughed when she found out," Garza wrote in a twitter message. "She married a soccer coach."

Garza is among the local residents who have closely followed the 2014 World Cup in Brazil. As the competition nears an end, soccer coaches and players from Northern Virginia shared their memorable experiences from the month-long event, and their predictions on who would emerge victorious from the tournament's final four teams: Brazil, Germany, Argentina, and the Netherlands.

Garza wasn't the only one making an effort to watch the World Cup. Oakton boys' coach Todd Spitalny, who owns a kitchen and bath company in Manassas, said he had DirecTV installed in his office specifically to watch the World Cup. South Lakes girls' coach Mike Astudillo took in some of the action at Reston Town Center, and Lucas Belanger, a 2013 Mount Vernon High School graduate and rising sophomore goalkeeper at American University, watched the U.S. matches at National Harbor in Washington. T.C. Williams rising senior Eryk Williamson downloaded an app on his phone to receive live updates if he wasn't able to watch.

Along with following the action at home and on a cell phone during his wedding day — Garza, a 1991 Hayfield graduate, has watched the World Cup at the Bungalow and Lucky's Sports Theatre in Kingstowne.



Photo by Louise Krafft/The Connection

Washington-Lee rising junior Maycol Nunez, left, said he rooted for Honduras, his native country, along with Belgium and Argentina during the 2014 World Cup.

"The atmosphere has been phenomenal," Garza wrote, "with so many fans coming out to watch."

Much excitement centered around the performance of the U.S. Men's National Team, which competed against Ghana, Portugal, and Germany in Group G, nicknamed the "Group of Death." The U.S. emerged from group play with a 1-1-1 record, including a 2-1 victory over Ghana on June 16, and advanced by virtue of a goal-differential tiebreaker over Portugal. The United States' World Cup appearance ended on July 1 with a 2-1 loss to Belgium in extra time in the round of 16.

"Like we all should, I've been supporting the U.S.," Joe McCreary, a 2014 Yorktown graduate and future James Madison University soccer player, wrote in an email. "I think soccer in America the next four years is on the rise after team USA advanced from the 'group of death."

In four matches, the U.S. produced some memorable — and forgettable — moments. Against Ghana, Clint Dempsey scored the United States' first goal in the opening minute. John Brooks scored the winner in the 86th minute.

In the United States' second group match, an early defensive miscue led to a 1-0 deficit in the fifth minute against Portugal. The U.S. battled back to take a 2-1 lead, only to allow the tying goal in the final minute of stoppage time.

The USMNT lost to Germany 1-0 in its final group match, but advanced via tiebreaker.

While the USMNT fell short against Belgium in the round of 16, goalkeeper Tim Howard produced a record 16 saves, holding Belgium scoreless until the 93rd minute.

"Sixteen saves in a game is hard to do in high school soccer," Hakopian wrote. "I have never seen that happen at the professional/ World Cup level."

Garza, who has coached at Robinson for two seasons after spending nine years at Mount Vernon, said while the performance of the USMNT gives fans hope for the future, he wishes the team had taken a more aggressive approach.

"I wish [head coach] Jurgen Klinsmann would have taken a more attacking approach this World Cup," Garza wrote. "I was a little disappointed that he changed his philosophy after [forward Jozy] Altidore went down [with an injury]. It looked like he had no substitute for him and his decision to sit back a lot was very disappointing — especially against Belgium when he started with three forwards. He did however, give us hope for 2018.

"One thing I really did enjoy was seeing so many U.S. fans coming together --- letting the world know soccer is here to stay in the U.S."

It wasn't just the USMNT or its players generating interest, however. Along with rooting for the U.S., Hakopian, who was born in Iran, also followed the Iranian team. Iran finished last in Group F with a 0-1-2 record, scoring their lone goal of the World Cup against Bosnia and Herzegovina in a 3-1 loss on June 25.

Washington-Lee rising junior Maycol Nunez scored 37 goals in 2014 and helped the Generals advance to the Group 6A Virginia state final. Nunez lived in Honduras before moving to the U.S. four years ago at the age of 12. He cheers for his native country during the World Cup, along with Belgium and Argentina.

Honduras finished last in Group E with a 0-3 record, scoring its lone goal in a 2-1 loss to Ecuador on June 20, but that hasn't stopped Nunez from enjoying the experi-

"Honduras is probably one of worst teams in the World Cup, but the fact that they are there means a lot," Nunez wrote. "... Honduras [scoring] their first and only goal in the World Cup against Ecuador has been definitely one of my favorite moments in this World Cup so far. ... Words cannot describe what watching Honduras in the World Cup means to me. It's just such an amazing feeling that I can't even describe."

The semifinals had yet to be played when coaches and players were interviewed. The first semifinal match, Germany versus Brazil, was played Tuesday. The Netherlands and Argentina faced one another Wednesday. The majority said Germany would win it all. Williamson said Brazil would have a tough time getting past Germany in the semifinals without star forward Neymar (back injury) and captain Thiago Silva (cards).

Nunez picked Argentina to win "because they have Messi and the other teams don't."

The championship match is scheduled for Sunday, July 13, providing the final opportunity for a memorable World Cup viewing experience.

"This World Cup, we saw so many come together — friends, family, strangers — all to see the world play," Garza wrote. "Compared to previous years, this World Cup has been huge. Every U.S. game I have watched with family and friends and fellow coaching colleagues from the high school ranks. Each time, we easily took up quite a few tables, getting to the pubs quite early to secure space.'

SWIMMING

WGCC Remains **Undefeated**

Last Tuesday night, the undefeated WGCC Lightning swimmers traveled across the river to take on one of their Division A rivals, Congressional Country Club. The power and speed of the Lightning proved too much for the Congressional Seals -WGCC won, 328-152.

The Lightning not only won the majority of events, they showed the depth of their team by sweeping numerous events. Of particular note were the swims put in by the 10U boys' group of Jack Carman, Paddy McCarthy, Alex Gerlach, Luke Bernasek, Cab Fooshe, and Liam Thomson, and the 12U girls' group of Jillian Johnson, Caroline



Breaststroker Ava Drewer (10U) competes for WGCC.

Otteni, Sarah DeMeglio, Kate Burke, Grace Darcey, and Charlotte Thomson. Both of these groups put together 1-2-3 finishes in all of their individual events.

Ryan Baker continued to swim in recordsetting fashion - his time of 27.45 in the boys' 18U 50-meter backstroke established a new team record for WGCC. Baker broke his own time that he had set earlier this

Triple winners for WGCC were: Jillian Johnson (girls' 12U IM, back, fly); Ollie Bernasek (boys' 12U IM, back, fly); Conner McCarthy (boys' 8U free, breast, fly); Avery Nassetta (girls' 10U free, back, breast) and Jack Carman (boys' 10U free, breast, fly). Double winners were: Caroline Otteni (girls' 12U free, breast); Carson Wood (boys' 14U free, back); and Cate Barrett (girls' 14U back, breast). Single winners were: Chris Outlaw (boys' 18U free); Sean Curran (boys' 8U back); Alex Gerlach (boys' 10U back); Ryan Baker (boys' 18U back); Angus Ricks (boys' 12U breast); Richard Gentry (boys' 14U breast); Sophie Yoder (girls' 10U fly); Petie Nassetta (girls' 14U fly); and Thomas Outlaw (boys' 14U fly).

The following relay teams won their events: girls' junior medley (Jillian Johnson, GG Richmond, Helen Otteni, Pearson Shay); boys' junior medley relay (Thomas Outlaw, Angus Ricks, Jack Carman, Conner McCarthy); girls' senior medley (Cate Barrett, Faith Palmer, Caroline Otteni, Avery Nassetta); and the boys' mixed age free relay (Conner McCarthy, Jack Carman, Ollie Bernasek, Carson Wood, Ryan Baker).

This week, the Battle of Glebe Road takes place on Tuesday night as WGCC takes on Arlington's Army-Navy, the only other Virginia team in the top division of the CCSDA. Then, on Thursday night, the Lightning return to Army-Navy where the five teams of Division A will compete in Divisional Relays.

Not That I'll Ever Be Out, But...

By KENNETH B. LOURIE

"Just when I thought I was out...they pull me back in." Although this quote is from Michael Corleone from "The Godfather: Part III," it very much characterizes my daily struggle being a terminal cancer patient; non small cell lung cancer, NSCLC, is like that, almost always. Even though I don't want to think about the fact that I have cancer, or not let it affect my judgment on life - or perspective; or let it impede my path to a happier existence, more often than not, it does.

Not that I'm morose or depressed or a dismal Jimmy, I am however, as Curly Howard of The Three Stooges so regularly said: "I'm a victim of soycumstance." And not that I dwell on having lung cancer either; it is what it is, and of course, I am extremely happy to still be alive. Nevertheless, having lived post-diagnosis now for five years and nearly four months, (after initially being given a "13 month to two year" prognosis by my oncologist), doesn't necessarily make my circumstances any easier.

I won't bore you with the details, both mentally or physically, facing cancer patients as they/we endure a rather difficult set of challenges. Suffice it to say, there are good days and bad days - and many in the middle, to be honest. I've been fortunate to have many more good days than bad. And it's those good days that we try to hang on to and harness somehow when the inevitable bad days begin to overwhelm. And as often as I try to compartmentalize the cancer effect, it still manages to rear its ugly head: consciously, subconsciously, literally, figuratively, generally, specifically; and/or any other word or phrase you can imagine. As much as I don't want to feel its effect, emotionally I do.

Practically speaking then, how do I forget that I have cancer? How do I control the uncontrollable? Given my daily routine of pills, supplements, special drinks, food choices and lifestyle changes and alone time, how do I not let the fact that I have an incurable form of cancer dominate how I live and breathe; especially when my breathing is often compromised and my life is one continual set of immune-system boosting, anti-cancer activities and behaviors? Believe me, it's not easier written that it is said and certainly neither is its doing. And it certainly beats the alternative, if you know what I mean? However, it is something that I am mostly able to do. I give myself a "B," because I'm able to remain/"B" positive.

But, and it's a huge but, to say the process is not one gigantic emotional ball and chain would be denying the very reality in which I'm immersed 24 hours a day. Still, how much additional good would it serve to focus on it more exclusively than I presently do? However, if I don't focus on it, perhaps I don't consistently do the things that I need to do to stay alive and maintain the reasonably good health with which I've been blessed. As much as I'd like to be "out," I'd just as soon not have the cancer "pull me back in" every single day.

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

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News



Supporting Doorways for Women and Families

Mercedes-Benz of Arlington and the National Automobile Dealers Charitable Foundation presented Doorways for Women and Families with a \$1,500 donation on June 10 to help Arlington women and families in need. From left are Doorways for Women and Families' Development Director, Heather O'Malley, state Sen. Barbara Favola, Mercedes-Benz's of Arlington Board of Managers Chairman Morton J. Zetlin, Doorways for Women and Families' Executive Director Caroline Jones and Doorways for Women and Families' Board Member and Chief Operations Officer of Mac Sumner Communications Jim Arnold. For 36 years, Doorways for Women and Families has served thousands of women, men and children throughout Arlington by helping them create pathways out of domestic violence and homelessness, ultimately leading to more safe and stable lives.

School Notes

Email announcements to arlington@connection newspapers.com. Deadline is Thursday at noon. Photos are welcome.

Diana Sun of Arlington, Assistant County Manager and Director of Communications of Arlington County, completed a Master of Arts degree in security studies at the Naval Postgraduate School Center for Homeland Defense and Security. Sun has served in her position since January 2003. She manages and directs all external and internal communications for Arlington County. Prior to joining county service she earned a Bachelor of Art from University of Virginia.

Arlington resident Emma Pierson was one of 15 people to receive the Hertz Fellowship out of 800 applicants. Valued at a quarter million dollars, the fellowship allows young people to complete their PhDs in the applied physical, biological and engineering sciences. Pierson studied Physics and Computer Science at Stanford before working as a statistician at 23andMe and Coursera. She is a Rhodes Scholar and a recipient of Stanford's Deans'

Wade Oakley, 20, of Arlington, received the Harrison Undergraduate Research Award from the University of Virginia. Oakley, a cognitive science and psychology double major, is researching social facilitation in group contemplative practice by studying ashtanga yoga practitioners at the K. Pattabhi Jois Ashtanga Yoga Institute in Mysore,

Gov. Terry McAuliffe and the Board of Education announced that 212 schools and four school divisions earned 2014 Virginia Index of Performance (VIP) awards for advanced learning and achievement. Arlington County schools receiving Board of Excellence Awards include Arlington Science Focus School, Arlington Traditional, Ashlawn Elementary, Jamestown Elementary, McKinley Elementary, Nottingham Elementary, Taylor Elementary, Tuckahoe Elementary and Williamsburg Middle. Arlington County schools receiving Distinguished Achievement awards are Long Branch Elementary, Swanson Middle and Yorktown High.

Yorktown High School senior Margaret Doyle placed fourth in the Animal Sciences category at the Intel International Science and Engineering Fair in Los Angeles, Doyle earned a \$500 prize for her project, entitled "The Ipomoea batatas Leaf: Isolation and Identification of Its Mosquito Larvicidal Agent.'

Ten Washington-Lee High School seniors have been awarded \$1,000 scholarships from the Washington-Lee Education Foundation, Inc. to help pay educational expenses for college this fall. The students and the colleges they plan attend are: Shalma Akther, Virginia Commonwealth University; Kyle Chipman, Vanderbilt University; Jesse Chung, Bowdoin College; Nathaly Conchambay, Northern Virginia Community College; Louisa Doyle, College of William and Mary; Aaron Patron, George Washington University; Anna Santiago, Colgate University; Allyson Suria-Hernandez, Northern Virginia Community College; and Brian Tran, Virginia Commonwealth University.

The Washington-Lee Foundation approved funding for two teacher fellowships. Art teacher **Hiromi Isobe** will be attending two professional development art workshops in Ireland and foreign language teacher Nora Kelley will attend a weeklong Latin immersion seminar at Dickenson

Three Arlington students have been named to the president's list at Clemson University for the spring 2014 semester. They are Hannah Grace Madison, English major; Sarah Katherine **Sondheim**, early childhood education major; and Jacob Scott Vernau, psychology major.

Katherine Kocher and Elena Morrissev spring 2014 semester at St. Mary's College of Mary-

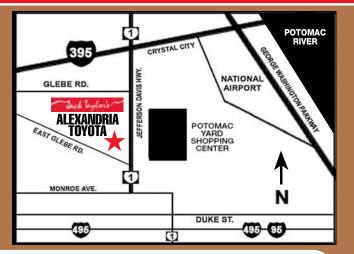
Two Arlington students have graduated from Washington College. Caitlin Macnamara earned a BS in biology and Claire Mattox earned a BA in environmental studies.

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