



The  
Arlington  
Connection

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One of the spheres at Dark Star Park is seen reflected into a pool. Once a year, on Aug. 1 at 9:32 a.m., the shadows cast by two of the spheres and their four adjacent poles align with shadow patterns outlined on the ground. The date commemorates the day in 1860 when William Ross bought the land that is today Rosslyn.



# Northern Virginia in Neutral

**Income growth in Alexandria, Arlington and Fairfax lags behind state and national averages.**

BY MICHAEL LEE POPE  
THE CONNECTION

**P**aycheck growth in Fairfax County, the city of Alexandria and Arlington County are lagging behind the state and the nation, according to data from the Bureau of Economic Analysis. A look at per capita personal income from the last five years shows Northern Virginia struggling to keep up as everybody else recovers from the recession.

Fairfax County had the lowest rate of growth, only 2 percent. Alexandria isn't much better, showing a 3 percent growth in per capita personal income. Arlington has the highest per capita personal income, although its growth is just under the state and national average. The only bright spot in Northern Virginia is Loudoun County, which has seen a 15 percent rate of growth from 2008 to 2012 (the most recent year available). For the most part, Northern Virginia is stuck.

"The region has stopped growing," said Stephen Fuller, director of the Center for Regional Analysis at George Mason University. "High wage jobs and most new jobs are paying below the average for all jobs."

jurisdiction	year 2008	year 2009	year 2010	year 2011	year 2012	% change
Loudoun	\$51,950	\$51,469	\$54,301	\$58,953	59,683	15%
Virginia	\$44,900	\$44,063	\$44,854	\$47,126	48,377	8%
U.S.	\$40,873	\$39,357	\$40,163	\$42,298	43,735	7%
Prince William	\$44,230	\$44,227	\$44,995	\$46,719	47,309	7%
Arlington	\$78,031	\$76,941	\$78,340	\$82,075	83,242	7%
Alexandria	\$78,375	\$75,598	\$76,643	\$79,713	80,952	3%
Fairfax	\$70,145	\$67,010	\$67,776	\$70,371	71,607	2%

SOURCE: BUREAU OF ECONOMIC ANALYSIS.

Part of the explanation is that the typical American household is getting poorer, according to a new study by the Russell Sage Foundation that shows the inflation-adjusted net worth for the typical American household has dropped 36 percent from 2003 to last year. Another part of the explanation is that the region is emerging from the recession with a serious hangover. Stimulus spending was drying up just as Northern Virginia is facing a series of troubles related to a dysfunctional federal government.

"This area is highly dependent upon the federal government," said Frank Shafroth, director of the Center for State and Local Leadership. "Sequesters, shutdowns and freezing Department of Defense and domestic appropriations can be very disruptive."

**THE GREAT RECESSION** came on the heels of one of the worst business cycles on record in terms of job creation, a phenomenon that's true for per capita personal income as well as household income. By 2009, when the bottom fell out of the global financial system, the typical working-age American household was earning about \$5,000 less than it did in 2000. Since 2009,

when the recovery officially began, household income has fallen even more.

"It's depressing," said Richard Fry, a senior researcher at the Pew Research Center. "Household income is down, and even during the years it was supposed to be recovering it has actually continued to fall further."

Here in Northern Virginia, demographic changes are at the root of why per capita personal income has remained flat. As development and redevelopment moves forward, low-income families are being priced out of Arlington and Washington, D.C. Meanwhile, the older housing in Fairfax County and Alexandria are drawing lower income families.

"The older apartments were designed for singles, but they are now occupied mostly by families with children," said David Versel, senior research associate at the Center for Regional Analysis. "If you look down Route 1, all the apartments near Fort Belvoir were built for singles and young couples. Now they have predominantly immigrant families."

**THE ONE** bright spot in Northern Virginia is the fast growing exurbs of Loudoun

County, where per capita person income increased from \$52,000 in 2008 to \$60,000 in 2012. Researchers who study the shifting demographic patterns of Northern Virginia say part of the explanation for this is the different kind of people who are now moving to Loudoun County, which is growing at the fastest rate in Northern Virginia. The county's population has doubled in the last 15 years, and so has the county's demographic profile.

"One of the things that is really changing in Loudoun is having more younger people going out there, and families without children going out there," said Hamilton Lombard, research specialist for the Demographics Research Group at the University of Virginia Weldon Cooper Center for Public Service. "And that's just kind of a transformation from being a bedroom community into actually having lots of job centers there and having lots of younger people going there before they start families."

Part of the change for Loudoun is the kind of construction that's been happening in recent years. The county has seen a number of new mixed-use developments that include residences, shopping and offices. The Village at Leesburg, for example, was one of the first of its kind in the area. That was followed by One Loudoun in Ashburn and Crescent Place, a trend that is slowly making Loudoun more friendly for millennials.

"We're not seeing as many mansions or large single-family houses being built, and we are seeing more smaller units, which means smaller households with fewer children," said Versel. "That means for each new household that moves in, there are fewer dependents and thus the per-capita income will be higher."

SEE REGION'S INCOME, PAGE 10

## Biking for a Cause Phoenix Bikes on the rise.

BY MICHAEL MCMORROW  
THE CONNECTION

**"Y**ears from now, you will be able to say 'I rode in the very first event.' Your contribution to this wonderful organization is something to remember, always."

With these words, Libby Garvey started the first wave of riders in the inaugural Kennan Garvey Memorial Ride. They would pedal 100 miles round-trip between Arlington and Purcellville, the entire length of the Washington & Old Dominion Bike Trail. Others choose abbreviated distances of 32 and 60 miles.

Garvey, a member of the Arlington County Board, is an avid cyclist. So was her now deceased husband, Kennan, for whom the ride is a memorial. Years ago, the couple followed the same trail, only not in a single day; they spent overnight in Purcellville.

Garvey clearly recalls the trek because it was the weekend U. S. Sen. (and Yorktown High School graduate) Paul Wellstone (Minn.) died in an airplane crash. Her memories mix the bitter and the sweet.

When asked, Garvey explained that she



**From left: Ever Franco, Libby Garvey, Agustin Argueta.**

could not participate in this very special event due to an injury recently suffered in — a bike accident. The Memorial Ride has two objectives: Draw attention to the Phoe-



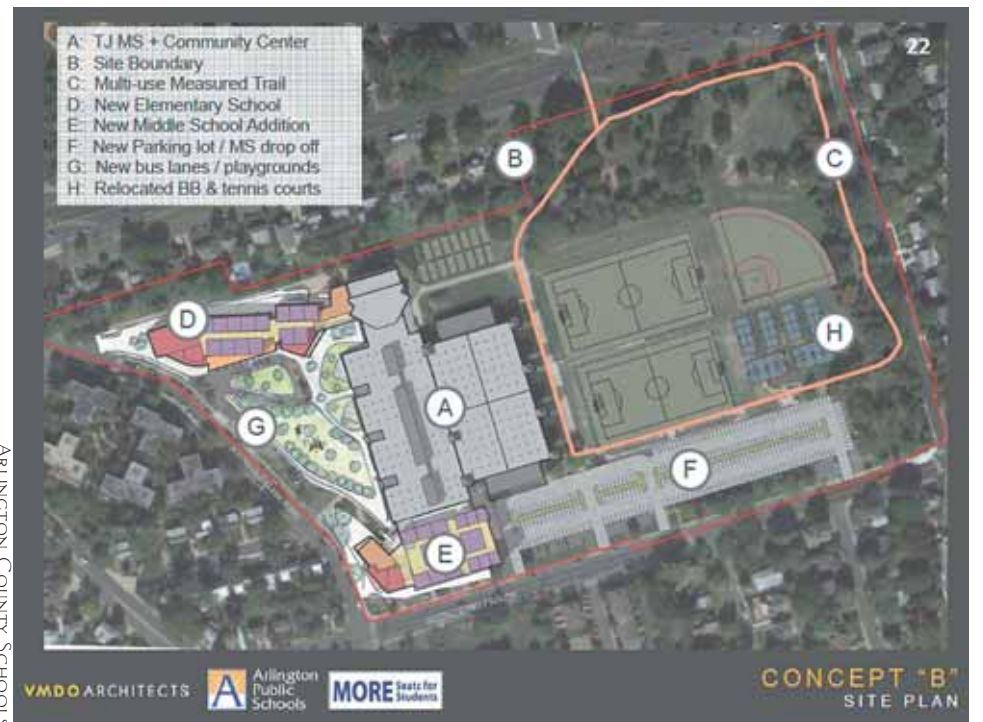
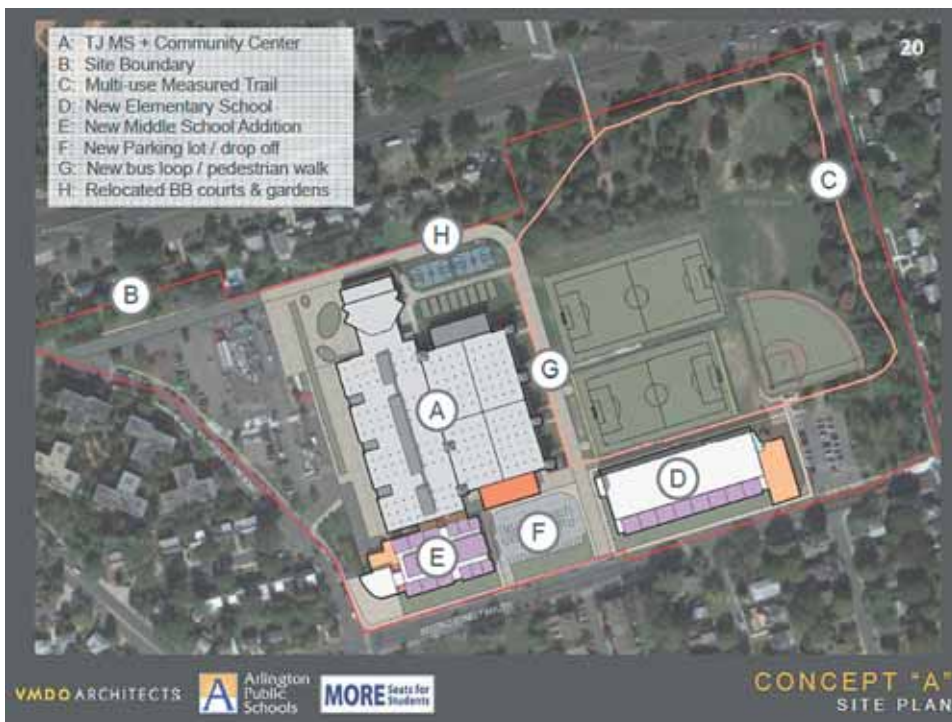
**From left: Constance O'Hearn, Jessica Mott, Keith Oberg.**

nix Bike program and raise funds for an expanded facility to serve more youngsters. The organization sees the bicycle as an additional kind of vehicle — a means of pro-

viding "a fun, safe, and challenging environment for local youth through building and running a great community bike shop." For more details, see [www.phoenixbikes.org](http://www.phoenixbikes.org).

PHOTOS BY MICHAEL MCMORROW/THE CONNECTION





## Clash in Arlington Heights over School Site

**Residents oppose school officials' plans to construct school in park.**

BY MICHAEL LEE POPE  
THE CONNECTION

**A**rlington County Public Schools desperately needs space for the crush of new students that are coming to the county, especially after the development boom now taking place along Columbia Pike. But neighborhoods up and down the pike say that de-

velopment boom is creating another problem, a dwindling amount of open space as developers try to maximize profits by filling every available square foot of density allowed. That's creating a clash in Arlington Heights, where school leaders want to build a new elementary school on land that's currently a county park. Neighborhood groups are fiercely opposed.

"Why am I being forced to give up park land for schools?" said Scott Sklar, president of the Ashton Heights Civic Association. "It's ridiculous. It's not in the long-term interest of the county or the kids to do that."

**"Why am I being forced to give up park land for schools?"**

— Scott Sklar, president of the Ashton Heights Civic Association

County Board members have shelved plans to intrude on the park land temporarily, creating a working group to study the feasibility of constructing a new elementary school on the site. Members of the working group will examine the issue for about five months, then issue a recommendation early next year. The first meeting is set for September, and the group is expected to issue a recommendation by January.

"Our county is desirable and growing, and more students are entering our school system," said Arlington County Board Chair Jay Fiset.

"This working group will bring together community members, schools and county staff for a robust consideration of whether to use a portion of the Thomas Jefferson site for a new elementary school."

**ONE OF THE GOALS** members of the County Board have given the working group is to retain the current wooded eastern end of "T.J. Park," the open space along the western portion of South Irving Street. Some have interpreted this direction as a move to guide the School Board as it considers four different scenarios for where the school should be constructed. Two scenarios would build the school in the western parking lot. One of the scenarios would construct the

SEE CLASH IN ARLINGTON, PAGE 7





## News



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**OPEN SUNDAYS 1-4 P.M.**



PHOTO CONTRIBUTED

**Children of PLANET members help plant perennials on the Arlington National Cemetery grounds on July 28.**

## 'Renewal & Remembrance'

**H**undreds of lawn care and landscape professionals donated time and services on Monday July 28, to care for the grounds and trees of the historic Arlington Cemetery. Organized by the Professional Landcare Network (PLANET), the national trade association for the landscape and lawn care industry, "Renewal & Remembrance" involved more than 400 volunteer professionals from around the country. Entering its 18th year, "Renewal & Remembrance" is the largest landscape indus-

try day of service in the country. More than 162 acres of the 624-acre cemetery were worked on.

Volunteer services included mulching, pruning, aerating, planting, liming and applying gypsum. Irrigation experts worked throughout the cemetery performing audits, and inspecting and repairing irrigation systems as needed. Tree care experts installed lightning protection on five of the cemetery's historic trees and, with cabling, provided support for seven others.

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# Arlington Celebrates Public Art

**R**esidents gathered with county officials and staff for the aligning of the shadows at Dark Star Park in Rosslyn on Friday morning. The sculpture in Dark Star Park was designed by environmental artist Nancy Holt and completed in 1984. It was the first major public art project commissioned by Arlington County. Dark Star Park, which replaced a gas station and warehouse, consists of five spheres, two pools, four steel poles, a stairway,

a large tunnel for passage and a small tunnel for viewing and plantings. Once a year on Aug. 1 at 9:32 a.m., the shadows cast by two of the spheres and their four adjacent poles align with shadow patterns outlined on the ground. The date commemorates the day in 1860 when William Ross bought the land that is today Rosslyn. The shadows did not appear on Friday as the sun remained hidden behind the clouds all morning.



Avery peeks through one of the holes in a sphere at Dark Star Park.



Arlington County public art administrator Angela Adams describes to those gathered what they would have seen at Dark Star Park if the sun came out from behind the clouds at 9:32 a.m. last Friday morning.



U.S. Rep. Jim Moran joins residents and county officials and staff gathering at Dark Star Park for the alignment of the shadows last Friday morning.

PHOTOS BY LOUISE KRAFT/THE CONNECTION

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# OPINION

## Brightening Outlook for End of Summer

### Local pleasures to offset discouraging news.

**T**he news here has been a bit discouraging, and that's without considering the human tragedy and disaster of several different international situations.

The unsettling narrative rolling out from the Richmond trial of former Gov. Bob McDonnell and his wife Maureen would hopefully result in action on campaign finance reform in Virginia.

Up until the news about "gifts" to family members of Gov. Bob McDonnell, almost all elected officials would defend Virginia's notoriously unregulated system of allowing candidates and elected officials to take unlimited amounts of money and unlimited gifts from anyone or any company at all. Because Virginia has such strict disclosure requirements, elected officials seem to think that it's OK to be awash in all that money. Voters can look up who is giving money and draw their own conclusions. How could it hurt if the details are all out in the open?

It isn't just disclosure of gifts to family members that needs reform here.

Discovering that the system is entirely self-regulated with no independent auditor, no ethics commission and no penalties for failing to report gifts or contributions should give voters some pause. Consider that only four states, including Virginia, have no limits on contributions. Most states have limits; for example, in Maryland, individuals can give \$4,000 to any one candidate and \$10,000 total in a four-year election cycle. We've already had one session of the General Assembly without a meaningful reform effort.

#### EDITORIAL

The current stubborn road block to extending health coverage to at least 200,000 very poor Virginians, including another unsettling narrative about Democrats losing control of the Virginia Senate because of the resignation of one senator who was apparently offered a great job and a judgeship for his daughter, is dispiriting.

The failure in Fairfax County of a proposal to allow the building of affordable studio apartments to house working poor people is discouraging on several fronts. The proposal was many years in the making. Why did this proposal come forward without support from members of the Board of Supervisors? Even if it was approved, it appeared to lack commercial viability. Back to the drawing board? (There is some good news pending about more federal

money for affordable housing in the county.) So here are a few end-of-summer activities that can serve as antidote.

In Arlington, go to the Marine Corps Sunset Parade and Concert, last chance this summer, Tuesday Aug. 12, 6:30 p.m. in August. Iwo Jima Memorial. Visit [www.barracks.marines.mil](http://www.barracks.marines.mil).

Or catch the Arlington County Fair, through Aug. 10 at Thomas Jefferson Community Center, 3501 Second St. South. Shop for arts and crafts, watch pigs race and enjoy rides and entertainment. Visit [arlingtoncountyfair.us](http://arlingtoncountyfair.us).

Go to the farmers markets and enjoy the local bounty. 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, Arlington. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

Rosslyn Farmers Market and Concert. Thursdays, 11 a.m.-2 p.m., through Sept. 25, across the street from Cupid's Garden Sculpture, 1401 Wilson Blvd., Arlington. Visit [www.rosslynva.org/do/rosslyn-farmers-market1](http://www.rosslynva.org/do/rosslyn-farmers-market1).

Arlington Farmers Market at Courthouse. Saturdays, 8 a.m.-noon. Adjacent to the Arlington County Courthouse Parking Lot, at the intersection of N. Courthouse Road and N. 14th Street. Visit [www.arlingtonfarmersmarket.com](http://www.arlingtonfarmersmarket.com) for a list of vendors.

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## Open House at Signature Theatre

**S**ignature Theatre held its annual open house on Saturday, Aug. 2, on the plaza and in the theatre in Shirlington. Volunteers guided children in making hats, coloring postcards, jumping on the moonbounce and more. The Plaza Stage featured performances by the Junkyard Saints, Levi Stephens, The Bitter Dose Combo and the Grand Finale – Broadway on the Plaza. Inside, the theatre performances continued throughout the festival in the Max and the Ark Theatres. There was cabaret performances in the Mead Lobby as well as acting and workshops and sing-a-longs in The Shen. For information on upcoming performances visit [www.signaturetheatre.org](http://www.signaturetheatre.org)



**Katherine Tucker calls out for any group E ticket holders to proceed to the Max Theatre for the afternoon Signature Season highlights concert. Rafael Bueno collects the tickets.**



**Gladys Salana and Isabel Carrero join in the dancing to the music on the plaza.**

PHOTOS BY  
LOUISE KRAFFT  
THE CONNECTION



## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, Aug. 17-22.

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16<sup>th</sup> St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18<sup>th</sup> St.

**Senior trips:** Sunday, Aug. 17, Nationals vs Pirates baseball game, D.C., \$57; Friday, Aug. 22, tour Pope John Paul II Cultural Center, D.C. \$17; Saturday, Aug. 23, Colonial Beach, Va., \$7. Call Arlington County

55+ Travel, 703-228-4748. Registration required.

**Artist Paul Gauguin's works,** Monday, Aug. 18, 1 p.m., Lee, free. Register, 703-228-0555.

**Nutritional needs for vegetarians,** Monday, Aug. 18, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Stargazing,** Tuesday, Aug. 19, 7:30 p.m., Walter Reed. Free. Register, 703-228-0955.

**Rubber Stamp workshop,** Tuesday, Aug. 19, 11:30 a.m., Lee. Free. Register, 703-228-0555.

**Registration open for Northern Virginia Senior Olympics,** www.nvso.us. \$12 covers multiple events. Details, 703-228-4721.

**Seniors-only weight room hours,** Langston-Brown, Madison. \$60/15 sessions. Details, 703-228-4745.

**Arlington Mill Trail Trekkers,** Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

**Arlington Neighborhood Villages,** Wednesday, Aug. 20, 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.

**LinkedIn and Facebook differences,** Thursday, Aug. 21, 11 a.m., Lee. Free. Register, 703-228-0555.

**Advanced line dancing,** Thursdays, 1:30 p.m., Lee. Details, 703-228-0555.

**Donating bodies to medical science,** Friday, Aug. 22, 11 a.m., Walter Reed. Free. Register, 703-228-0955.

**Ballroom Dance,** Friday, Aug. 22, 1 p.m., Arlington Mill. Free. Register, 703-228-7369.

**Coffee and Culture Café,** classical music, Fridays, 9:30 a.m., Arlington Mill. Free. Register, 703-228-7369.

## Clash in Arlington Heights over School Site

FROM PAGE 3

school in the southern parking lot, which also has tennis courts. Only one scenario would have located the school in the wooded area near Route 50.

"It's clear they don't want that fourth scenario where we would be building on truly green space as opposed to just open space," said Greg Greeley, who lives in nearby Douglas Park. "The county has already come out and said this is not where we would let the school system build."

Later this week, School Board members will consider a series of alternatives for the site.

The alternatives will add more detail to the trade-offs associated with locating a school at this site compared to other sites.

For example, if school administrators were not able to build at the Thomas Jefferson site, where would they construct other expansions?

"Essentially, wherever the schools build we are going to lose open space," said Greeley. "If it's a park versus a hypothetical, people will say they don't want to build on the park until you find out that someplace else might not be where you want to build either."

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# ENTERTAINMENT

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.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.

## ONGOING

### Free Outdoor Movie Series.

Through Sept. 4, 7:30 p.m. "The Loop," Market Common Clarendon, 2800 Clarendon Blvd. Market Common Clarendon presents "Now Playing on The Loop," a series of free outdoor movies on the first Thursdays of August and September. Movies include 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](http://www.marketcommonclarendon.com).

**Visual Art and Sound.** Through Sunday, Aug. 10 at the Artisphere, 1101 Wilson Blvd. Fermata, a celebration of sound, mixes visual art and sound. Special events throughout exhibit. Visit [www.artisphere.com](http://www.artisphere.com) or call 703-875-1100.

**LGBT & Straight Friends Social.** Tuesdays starting Aug. 5. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social night for those 21 years and older. Free. Visit [www.iotaclubbandcafe.com](http://www.iotaclubbandcafe.com).

**Marine Corps Sunset Parade and Concerts.** Tuesdays through Aug. 12, 7 p.m. in May, June, July, 6:30 p.m. in August. Iwo Jima Memorial. Sunset parade by the U.S. Marine Drum and Bugle Corps and the Silent Drill Team. Visit [www.barracks.marines.mil](http://www.barracks.marines.mil).

**"An Evening with Danny Kaye."** Through Saturday, Aug. 16 at Gunston Theatre Two, Gunston Arts Center, 2700 South Lang St. The American Century Theatre presents "An Evening with Danny Kaye," featuring Brian Childers. \$32-\$40. Visit [americancentury.org](http://americancentury.org) or call 703-998-4555.

**Gallery Underground.** Through Saturday, Aug. 23 at Crystal City Shops, 2100 Crystal Drive. "Making Their Mark: Art Brut" art gallery. Free. Email [info@galleryunderground.org](mailto:info@galleryunderground.org) for more.

**Cool Off.** Through Labor Day. Several locations and various times. Bring the kids out to have a blast at Arlington's spraygrounds. Visit <http://parks.arlingtonva.us/parksfacilities/spraygrounds>.

**REPRISE: 40 to the Fore.** Through Oct. 5 at 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](http://www.arlingtonartscenter.org/reprise) for more.

**Organic Tales.** Through Oct. 5, Wednesdays-Fridays, 1-7 p.m.; Saturdays and Sundays, noon-5 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Alice Whealin and Si Jae Byun present a two-person exhibition called "Organic Tales." Free Admission. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Color Landscape Photography.** Through Oct. 6, Monday and Thursday 10 a.m.-9 p.m., Tuesday and Wednesday 1-9 p.m., Friday and Saturday 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road. See "Yosemite and Beyond." Call 703-228-6330.

**Yappy Hour.** Fridays through Oct. 31, 6-8 p.m. at the Le Meridien, 1121 N 19th St. Le Meridien hotel, along with the Rosslyn BID, is

hosting a Yappy Hour every Friday. This event will be held on the terrace outside of Amuse. Amuse will be serving specialty cocktails and appetizers for pet owners as well as a few treats for dogs. Free. Visit [www.rosslynva.org/do/yappy-hour#sthash.tuQQKjco.dpuf](http://www.rosslynva.org/do/yappy-hour#sthash.tuQQKjco.dpuf).

**Historic Home Tours** at the Ball-Sellers House, 5620 S. 3rd St. The oldest surviving house in Arlington County opens for the season with free tours and refreshments. The house is open 1-4 p.m. Saturdays April through October. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

**Children's Music.** 10:30 a.m. on Fridays through Oct. 31. Market Common Clarendon, 2800 Clarendon Blvd. Mr. Knick Knack will perform music for children at the gazebo in The Loop at Market Common Clarendon. Call 703-476-9377 or visit [www.marketcommonclarendon.com](http://www.marketcommonclarendon.com) for more.

**Sparket: A Creative Market.** Wednesdays, through Nov. 12, 11 a.m.-2 p.m. at 1900 Crystal Drive. An electric and colorful shopping experience. Free admission; \$30 to be a vendor. Visit <http://crystalcity.org/do/sparket>.

**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](http://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.

**Comedy.** Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit [www.comedysportz.com](http://www.comedysportz.com) or 703-294-LAFF.

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

**Poetry Series.** 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit [www.iotaclubbandcafe.com](http://www.iotaclubbandcafe.com) or call 703-522-8340.

**Open Mic Nite.** 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit [www.iotaclubbandcafe.com](http://www.iotaclubbandcafe.com) or call 703-522-8340.

**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. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit [www.whitlows.com](http://www.whitlows.com) or call 703-276-9693.

**Storytime.** Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

**Lego Club.** Monthly on the first Wednesday. 4-5 p.m. Glencarlynn 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.

## CAMPS, CLASSES & WORKSHOPS

**Fitness Classes.** Summer Boot camp classes in Gateway Park, 1300 Lee Highway. Classes for all levels use high-intensity interval training. Classes run through Aug. 16 and meet Mondays and Wednesday 6-7 p.m. and Saturdays 9:30-10:30 a.m. \$25. Visit [www.rosslynva.org/feature/rosslyn-boot-camp](http://www.rosslynva.org/feature/rosslyn-boot-camp).

**Naturalists Training.** Sept. 8 through Dec. 8. Monday, 9 a.m.-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Applications due Monday, Aug. 18. Learn more about the natural world and local natural resources. \$175. Visit [www.armn.org](http://www.armn.org).

**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](http://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](http://www.arlingtonartscenter.org/aacsummercamps). Original art classes for all ages and all skill levels are offered year-round.

## MONDAY/JULY28SATURDAY/AUG.23

**Gallery Underground.** Through Saturday, Aug. 23 at Crystal City Shops, 2100 Crystal Drive. "Making Their Mark: Art Brut" art gallery. Free. Email [info@galleryunderground.org](mailto:info@galleryunderground.org) for more.

## WEDNESDAY/AUG. 6

**National Root Beer Float Day.** 11 a.m.-Midnight at Capitol City Brewing Company, 4011 Campbell Ave. Get a root beer float, made with homemade root beer for \$5. Visit [www.capacitybrew.com](http://www.capacitybrew.com).

## THURSDAY/AUG. 7

**"Now Playing on The Loop."** 7:30-9:30 p.m. Market Common

## Celebrate Arlington

From Aug. 6-10, the Arlington County Fair will be in full gear featuring live performances, competitions, carnival rides and more. The free event, which has been going on for more than 35 years, has a mission to "showcase the best of Arlington."

Amy Doane, chairperson of the fair board, is excited for the coming week.



Kaitlyn gets her face painted by Chantell Denney at the 2013 Arlington County Fair.

typical 4-H livestock, and this year we have a dairy cow exhibit and that's the only livestock we have."

The only aspects of the fair which cost money are the carnival rides and pony rides. Admission is free as well as all the entertainment and activities.

Doane suggested that, if attendees are able, to use public transportation rather than driving to the fair. Parking is limited and the fair has four different shuttles to help with the commute. Information about transportation is also available on the website. The fair is open from 5-10 p.m. on Aug. 6-7, from 2-11 p.m. on Aug. 8, from 10 a.m.-11 p.m. on Aug. 9 and from 11 a.m.-10

Clarendon, 2700 Clarendon Blvd. The Princess Bride will be playing at Market Common Clarendon. Rain date for the show will be Aug. 14. Call 703-476-9377 or visit [www.marketcommonclarendon.com](http://www.marketcommonclarendon.com) for more.

## FRIDAY/AUG. 8

**Daytime Book Club.** 7 p.m. One More Page Books, 2200 N. Westmoreland St. A discussion on "The Son" by Philipp Meyer. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**Live Music.** 8 p.m. at Thomas Jefferson Community Center. A performance by the Potomac Harmony Chorus. Free. Visit [www.PotomacHarmony.org](http://www.PotomacHarmony.org).

**Film: Empire Records.** 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. Movies shown rain (cancelled for severe weather) or shine. Visit [www.rosslynva.org/events](http://www.rosslynva.org/events).

## SATURDAY/AUG. 9

**5K Walk/Run.** 8 a.m. starting at the

Arlington Career Center, 816 S. Walter Reed Drive. Packet pickup will be held at the Fair, 3501 2nd St. South on Friday, Aug. 8 from 1-9 p.m. Adults: \$25; Kids: \$10. Visit [www.arlingtoncountyfair.us/Sk](http://www.arlingtoncountyfair.us/Sk) for more.

**Summer Safari.** 1 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. A chance to explore the frog pond and vernal pool with a naturalist. Equipment will be provided. Free. Call 703-528-5406 to make a reservation.

**The Magic Flute Family Preview.** 2 p.m. The Woman's Club of Arlington, 700 S. Buchanan St. Children are free, suggested donations from parents, \$10, and seniors, \$5. Call the Opera Nova Office at 703-536-7557 or email [mcnd1@verizon.net](mailto:mcnd1@verizon.net) for more.

**Summer Concert.** 7 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Join in on an evening of pop and Americana music, performed by The Taters. Picnics are welcome. No alcohol. Free, \$5 donation requested. Call 703-528-5406 to make a reservation.

## SUNDAY/AUG. 10

**Mother-Daughter Book Club.** 3 p.m. One More Page Books, 2200 N.



CONNECTION FILE PHOTOS

Chanda Causer and her daughter Nylah Brown glide down a gigantic slide at the 2013 Arlington County Fair.

p.m. on Aug. 10. Visit the website for a detailed schedule of events.

"We are just really proud of our schedule this year, it's jam-packed," Doane said.

Follow the fair on Twitter @arlingtoncofair to keep up with all the happenings.

— ALEXIS HOSTICKA

## MONDAY/AUG. 11

**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 [alingtonlaughteryoga@yahoo.com](mailto:alingtonlaughteryoga@yahoo.com) for more.

**Nonfiction Book Club.** 7 p.m. One More Page Books, 2200 N. Westmoreland St. A discussion on "Orange is the New Black" by Piper Kerman. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## TUESDAY/AUG. 12

**Author Event.** 7-9 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. Elizabeth Drew will be presenting on "Nixon and Watergate 40 Years Later." Free. Call 703-228-6321.

## WEDNESDAY/AUG. 13

**YA Book Club.** 5 p.m. One More Page Books, 2200 N.

Westmoreland St. Young adult book club meeting. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## FRIDAY/AUG. 15

**Exhibit Reception.** 6-8 p.m. at the Arlington Historical Museum, Hume School. An opening reception for a new exhibit. Meet Dr. Mark Benbow and Garrett Peck. Free. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org) for more.

**Outdoor Concert.** 8 p.m. at Lubber Run Amphitheater, North Columbus Street and 2nd Street North. Brazilian musician Rose Moraes. Free. Picnics welcome, alcohol prohibited. Call 703-228-1850 or visit [www.arlingtonarts.org](http://www.arlingtonarts.org).

**Film: Miss Congeniality.** 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. Movies shown rain (cancelled for severe weather) or shine. Visit [www.rosslynva.org/events](http://www.rosslynva.org/events) for more.

## SATURDAY/AUG. 16

**Ride and Drive.** 10 a.m.-4 p.m. at

Maserati of Arlington, 2710 S. Glebe Rd. Drivers 25 and over with a valid license can register for test drives and will automatically be entered to win a selection of Maserati gear. There will also be refreshments, provided by Ruth's Chris Steakhouse and Fresh Foodie. Free admission. Call 571-723-4081 for more.

**Summer Safari.** 1 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Search the water in Donaldson Run Creek for crayfish, aquatic insects and fish. Dress to get wet. Free. Call 703-528-5406 to make a reservation.

**AGLA Brunch.** 11 a.m.-1 p.m. Freddie's Beach Bar & Restaurant, 555 23rd St. S. Arlington Gay & Lesbian Alliance board member TJ Flavell will be there to greet you and introduce you to others. Freddie's has reserved the patio. Visit <http://agla.org/brunch/> for more.

**Outdoor Concert.** 6 p.m. at Lubber Run Amphitheater, North Columbus Street and 2nd Street North. Andrew Acosta, acoustic Americana. Free. Picnics welcome, alcohol prohibited. Call 703-228-1850 or visit [www.arlingtonarts.org](http://www.arlingtonarts.org) for more.

**Launch Party.** 6 p.m. One More Page Books, 2200 N. Westmoreland St. A launch party for Jessica Spotswood's new book "Sisters' Fate." Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**Bat Festival.** 6-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Learn about the life of a bat with walks, games, crafts and more. \$8. Visit [parks.arlingtonva.us/events/bat-festival/](http://parks.arlingtonva.us/events/bat-festival/) for more.

**AGLA Barbeque.** 1-5 p.m., Virginia Highlands Park, 1600 S. Hayes St. Arlington Gay & Lesbian Alliance and the Gay Men's Health Collaborative will provide almost everything needed for a total summer cookout experience, (i.e. grill, charcoal, buns, condiments, chips, beverages, utensils, plates). Those attending bring whatever they would like to see thrown on the grill. Side dishes or tasty treats to share potluck-style welcome. Free. Register at [www.eventbrite.com/e/summer-cookout-tickets-12293804099](http://www.eventbrite.com/e/summer-cookout-tickets-12293804099).

## SUNDAY/AUG. 17

**Outdoor Concert.** 6 p.m. at Lubber Run Amphitheater, North Columbus Street and 2nd Street North. Rico Amero, hip hop jazz. Free. Picnics welcome, alcohol prohibited. Call 703-228-1850 or visit [www.arlingtonarts.org](http://www.arlingtonarts.org).

**Live Music and BBQ.** 7-9 p.m. at Stetson's Garden, 1610 U St. NW, Washington DC. A music and food event, hosted by Arlington Arts Center. All proceeds go to the art center. \$50 per person. Visit <http://www.eventbrite.com/> to purchase tickets.

## MONDAY/AUG. 18

**Summer Hummer.** 7-9:30 p.m. at Signature Theater, 4200 Campbell Ave., Arlington. More than 60 actors from the Washington area will sing, dance, and strip to support "Taking Care of Our Own." \$35 for general admission, \$75 for prime reserved seating. Visit <http://theatrenewashington.org> for more.

**Laughter Yoga.** 7:30-8:30 p.m. St. George's Episcopal Church, 915 Oakland St. Use breathing clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. \$3. Contact [alingtonlaughteryoga@yahoo.com](mailto:alingtonlaughteryoga@yahoo.com).

5th annual

# ALEXANDRIA SIDEWALK SALE

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PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

## Swiftest of the Swift

Last Saturday, the Northern Virginia Swim League concluded its 2014 competitions with the Individual All Stars Meet at Annandale Swim & Tennis Club. NVSL has 17 divisions, each with six teams, and swimmers are divided by age and by stroke. At regular season's end, those recording the fastest times are invited to participate as "an individual all star."

# Region's Income Growth Lags Behind State and National Averages

FROM PAGE 2

**ACROSS AMERICA**, the poor are getting poorer. A new study by the Russell Sage Foundation concludes that households at the bottom of the wealth distribution lost the largest share of their total wealth, and researchers who conducted the study believe the slow recovery will continue to gen-

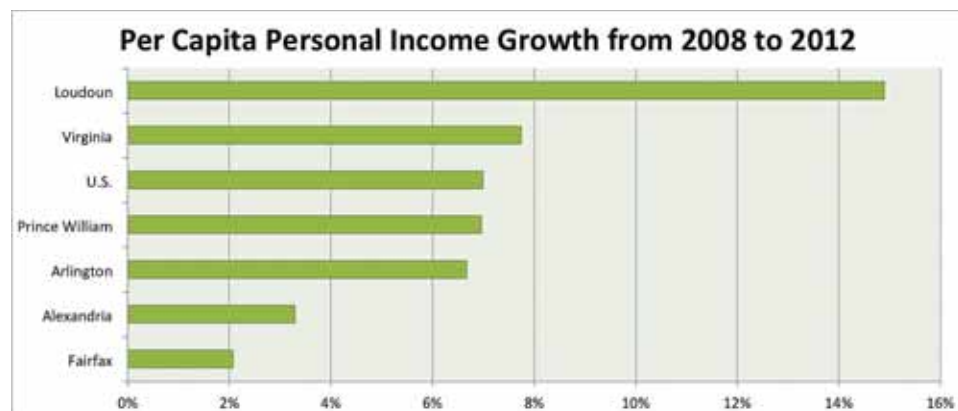
erate increased wealth inequality in the coming years. The study also concluded that the Great Recession caused an unprecedented decline in wealth holdings among American households. Inflation-adjusted net worth for the typical household in America dropped 36 percent from \$88,000 in 2003 to \$56,000 last year, and most of that drop came in the wake of the Great

**"The region has stopped growing."**

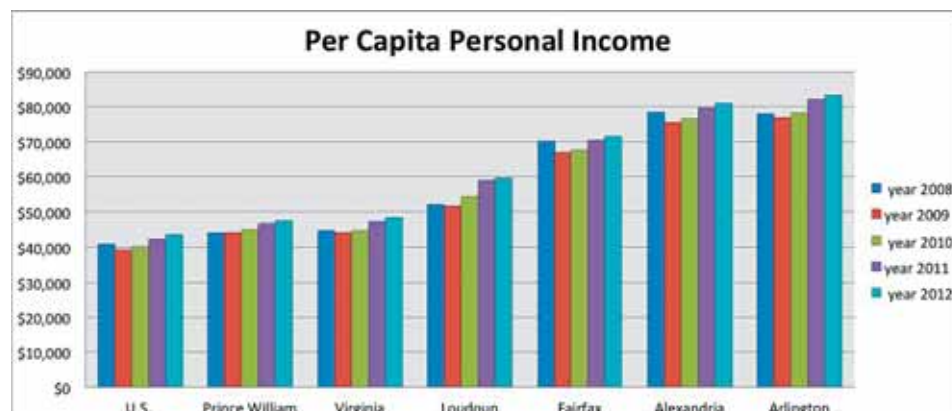
— Stephen Fuller, director of the Center for Regional Analysis at George Mason University

Recession. Ultimately, the researchers concluded, the data show very few signs of significant recovery from the losses in wealth experienced by American families during the Great Recession.

"The housing bubble basically hid a trend of declining financial wealth at the median that began in 2001," wrote Fabian Pfeffer, one of the study's authors.



**Graph 1: Per Capita Personal Income Growth from 2008 to 2012. Source: Bureau of Economic Analysis**



**Graph 2: Per Capita Personal Income Source: Bureau of Economic Analysis**

## BULLETIN BOARD

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Deadline is Thursday at noon, at least two weeks before event.

### SATURDAY/AUG. 9

**Anniversary Celebration.** Boy Scout Troop 111 will celebrate 75 years. In support of this, the Troop is soliciting historical memories about the troop, its leaders and past activities. Email [Troop111History@yahoo.com](mailto:Troop111History@yahoo.com) or visit [www.Troop111.org](http://www.Troop111.org).

### SUNDAY/AUG. 10

**Lecture.** 3 p.m. at Central Library, 1015 N. Quincy St., Arlington. Lecture by Dr. Lawrence Kaplan,

army historian and editor of John C. Tidball, *The Artillery Service in the War of the Rebellion*. Free. Visit <http://library.arlingtonva.us/> for more.

### TUESDAY/AUG. 19

#### NOVA Registration Closes.

Registration for Northern Virginia Community College's 16-week fall semester and the first 8-week term closes. Classes begin Aug. 20. Visit [www.nvcc.edu](http://www.nvcc.edu) or visit campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

### MONDAY/SEPT. 1

**Become an Officer.** Applications accepted, online, until Sept. 1 to

become an Arlington County Auxiliary Police Officer. Joining the Auxiliary Police Unit offers an exciting chance to learn new skills and serve a critical need. Visit <http://sites.arlingtonva.us/policejobs/auxiliary-police/> for responsibilities and requirements, as well as how to apply.

### MONDAY/SEPT. 8

**Planning Commission.** County Board Room, 2100 Clarendon Blvd. A public hearing to consider the update to the Stormwater Master Plan. Followed by County Board meeting Sept. 20. Visit <http://news.arlingtonva.us/releases> for more.

### FRIDAY/SEPT. 19

**Leckey Forum.** 2-4:30 p.m. at NRECA

Conference Center, 4301 Wilson Blvd #803, Arlington. A forum on affordable housing, followed by a wine reception. Free. RSVP to [StephanieBAhs@gmail.com](mailto:StephanieBAhs@gmail.com). Visit [www.AllianceForHousingSolutions.org](http://www.AllianceForHousingSolutions.org) for more.

### PUBLIC INPUT WANTED

**Survey.** In conjunction with public meetings, a survey is available for community input is regarding a farmers' market at Fairlington Community Center. Access the survey at [www.arlingtonva.us/dpr](http://www.arlingtonva.us/dpr).

### NOVA SENIOR OLYMPICS

**Registration for the senior olympics** is currently open for the 10 day of competition from Sept. 13-24. Events include track and field,

tennis, handball, dominoes and more. Registration is \$12 which covers multiple events. Participants must be 50 by Dec. 31, 2014. Online registration opens July 1 at [www.nvso.us](http://www.nvso.us). Call 703-228-4721 for more.

### TICK SEASON

**There are four types of ticks common to Virginia.** Two are potential carriers of Rocky Mountain Spotted Fever and the deer tick is a potential carrier of Lyme Disease. Anyone who suspects a tick-transmitted disease should consult with a physician. Remove ticks with tweezers or by wrapping the tick in tissue paper and pulling out slowly with fingers. Wash the wound with

SEE BULLETIN, PAGE 14



# HOME SALES

In June 2014, 286 Arlington homes sold between \$2,518,420-\$125,000.  
This week's list represents those homes sold in the \$779,000-\$520,000 range.  
For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
5200 OLD DOMINION DR	3	3	0	...	ARLINGTON	\$779,000	Detached	0.28	22207	STRATFORD HILLS
705 FREDERICK ST	4	3	0	...	ARLINGTON	\$772,500	Detached	0.14	22203	BLUEMONT/BRANDON/BON AIR
5311 20TH ST N	3	3	0	...	ARLINGTON	\$761,000	Detached	0.17	22205	WESTOVER
3106 GLEBE RD N	2	3	0	...	ARLINGTON	\$755,000	Detached	0.29	22207	COUNTRY CLUB PARK
1200 HARTFORD ST #601	3	3	2	...	ARLINGTON	\$750,000	Mid-Rise 5-8 Floors		22201	THE HARTFORD
5422 22ND ST N	4	2	0	...	ARLINGTON	\$750,000	Detached	0.16	22205	TARA-LEEWAY HEIGHTS
4819 16TH ST N	3	2	0	...	ARLINGTON	\$745,000	Detached	0.14	22205	WOODLAWN VILLAGE
2637 MILITARY RD	3	3	1	...	ARLINGTON	\$739,900	Detached	0.16	22207	DAVIS
1511 ROLFE ST #A401	2	2	0	...	ARLINGTON	\$735,000	Garden 1-4 Floors		22209	RHODES HILL SQUARE
2001 15TH ST N #1113	2	2	0	...	ARLINGTON	\$731,250	Hi-Rise 9+ Floors		22201	THE ODYSSEY
605 TAZEWELL ST N	3	2	2	...	ARLINGTON	\$730,000	Townhouse	0.02	22203	BALLSTON TOWNES
3302 KEMPER RD	3	3	1	...	ARLINGTON	\$729,900	Townhouse	0.02	22206	SHIRLINGTON CREST
1276 WAYNE ST #807	3	2	0	...	ARLINGTON	\$725,000	Hi-Rise 9+ Floors		22201	WILLIAMSBURG
5008 24TH ST S	4	3	0	...	ARLINGTON	\$721,000	Detached	0.15	22206	CLAREMONT
846 N EDISON ST	3	2	0	...	ARLINGTON	\$720,000	Detached	0.12	22205	BLUEMONT
3439 POWHATAN ST N	4	2	0	...	ARLINGTON	\$719,000	Detached	0.23	22213	MINOR HILL
4834 24TH RD N	3	1	1	...	ARLINGTON	\$718,000	Detached	0.13	22207	LIVINGSTON HEIGHTS
890 JACKSON ST N	3	3	0	...	ARLINGTON	\$717,500	Townhouse		22201	JACKSON COURT
2332 ROLFE ST S	3	2	2	...	ARLINGTON	\$715,000	Townhouse	0.04	22202	FOREST HILLS COMMONS
2218 TUCKAHOE ST	4	3	1	...	ARLINGTON	\$710,000	Townhouse	0.05	22205	SYCAMORE HEIGHTS
5510 19TH ST N	2	2	0	...	ARLINGTON	\$705,000	Detached	0.19	22205	LEEWAY HEIGHTS
305 EDGEWOOD ST S	3	3	1	...	ARLINGTON	\$700,000	Detached	0.10	22204	PENROSE
2123 TAZEWELL CT N	4	3	1	...	ARLINGTON	\$700,000	Townhouse	0.02	22207	WAVERLY HILLS
2001 15TH ST N #710	2	2	0	...	ARLINGTON	\$695,000	Mid-Rise 5-8 Floors		22201	THE ODYSSEY CONDOMINIUM
1118 TAYLOR ST N #C	3	2	1	...	ARLINGTON	\$691,000	Townhouse		22201	OLDE BALLSTON TOWNE
309 HIGHLAND ST	3	1	1	...	ARLINGTON	\$690,000	Detached	0.13	22204	ARLINGTON HEIGHTS
2001 15TH ST N #408	2	2	0	...	ARLINGTON	\$689,900	Hi-Rise 9+ Floors		22201	THE ODYSSEY
900 MCKINLEY RD N	5	2	0	...	ARLINGTON	\$682,500	Detached	0.16	22205	MADISON MANOR
1276 WAYNE ST #1025	2	2	0	...	ARLINGTON	\$680,000	Hi-Rise 9+ Floors		22201	THE WILLIAMSBURG
138 OAKLAND ST	4	2	0	...	ARLINGTON	\$675,000	Detached	0.15	22203	ASHTON HEIGHTS
4425 7TH ST N	2	2	1	...	ARLINGTON	\$675,000	Townhouse	0.05	22203	BALLSTON PLACE
2114 DINWIDDIE ST N	3	3	0	...	ARLINGTON	\$675,000	Detached	0.17	22207	HIGH VIEW PARK
1021 GARFIELD ST #331	2	2	0	...	ARLINGTON	\$670,000	Hi-Rise 9+ Floors		22201	CLARENDON 1021
704 21ST ST S	2	2	0	...	ARLINGTON	\$670,000	Detached	0.10	22202	ADDISON HEIGHTS
5924 LEE HWY	3	2	0	...	ARLINGTON	\$670,000	Detached	0.11	22207	PARKHURST
819 BARTON ST N	3	1	0	...	ARLINGTON	\$669,000	Detached	0.08	22201	LYON PARK
2720 ARLINGTON MILL DR #804	2	2	0	...	ARLINGTON	\$665,999	Hi-Rise 9+ Floors		22206	SHIRLINGTON VILLAGE
4300 8TH ST S	3	2	0	...	ARLINGTON	\$665,000	Detached	0.18	22204	BARCROFT
523 24TH ST S	3	2	0	...	ARLINGTON	\$660,000	Detached	0.17	22202	AURORA HILLS
1021 GARFIELD ST N #610	2	2	0	...	ARLINGTON	\$659,000	Hi-Rise 9+ Floors		22201	1021 CLARENDON
2329 DICKERSON ST	4	2	1	...	ARLINGTON	\$656,000	Detached	0.19	22207	LOVELESS & CARTER ADDN GARDEN CITY
5130 24TH ST N	3	1	1	...	ARLINGTON	\$656,000	Detached	0.18	22207	GARDEN CITY
3017 PERSHING DR	3	2	0	...	ARLINGTON	\$655,000	Detached	0.09	22201	LYON PARK
2914 6TH ST S	3	2	0	...	ARLINGTON	\$650,000	Detached	0.13	22204	ARLINGTON HEIGHTS
850 EDISON ST	5	3	0	...	ARLINGTON	\$650,000	Detached	0.12	22205	BALLSTON METRO
1201 GARFIELD ST N #208	2	2	0	...	ARLINGTON	\$649,000	Hi-Rise 9+ Floors		22201	STATION SQUARE
3129 7TH ST N	2	1	0	...	ARLINGTON	\$649,000	Detached	0.14	22201	LYON PARK
5705 FAIRFAX DR	3	1	1	...	ARLINGTON	\$644,900	Detached	0.14	22205	LACEY FOREST
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1704 13TH RD S	3	2	1	...	ARLINGTON	\$639,000	Detached	0.12	22204	ARLINGTON VIEWS
3526 7TH ST S	4	2	0	...	ARLINGTON	\$638,300	Detached	0.18	22204	ALCOVA HEIGHTS
1705 MONROE ST	3	3	0	...	ARLINGTON	\$632,000	Detached	0.11	22204	DOUGLAS PARK/NEW ARLINGTON
5109 3RD ST N	3	1	0	...	ARLINGTON	\$630,000	Detached	0.15	22203	ARLINGTON FOREST
1600 OAK ST #1718	2	2	0	...	ARLINGTON	\$630,000	Hi-Rise 9+ Floors		22209	BELVEDERE
3120 12TH ST S	6	3	0	...	ARLINGTON	\$625,000	Detached	0.14	22204	ARLINGTON VILLAGE
1309 GLEBE RD N	3	3	0	...	ARLINGTON	\$617,500	Detached	0.09	22207	WILLET HEIGHTS
1200 HARTFORD ST N #607	2	2	0	...	ARLINGTON	\$617,000	Mid-Rise 5-8 Floors		22201	THE HARTFORD
5731 4TH ST S	3	2	1	...	ARLINGTON	\$610,000	Detached	0.14	22204	GLEN CARYN
4126 11TH PL N	2	2	0	...	ARLINGTON	\$600,000	Townhouse	0.02	22201	BALLSTON AREA TOWNHOMES
1103 16TH ST S	2	2	0	...	ARLINGTON	\$595,000	Semi-Detached	0.06	22202	ADDISON HEIGHTS
5113 25TH PL N	3	1	0	...	ARLINGTON	\$595,000	Detached	0.12	22207	CC ESTATES
18 MONTANA ST S	3	2	2	...	ARLINGTON	\$585,000	Townhouse		22204	MANCHESTER SQUARE
1530 KEY BLVD #808	1	1	1	...	ARLINGTON	\$585,000	Hi-Rise 9+ Floors		22209	THE ATRIUM CONDOMINIUM
2220 FAIRFAX DR #207	2	2	0	...	ARLINGTON	\$575,000	Hi-Rise 9+ Floors		22201	THE PARK AT COURTHOUSE
900 STAFFORD ST N #2323	2	2	0	...	ARLINGTON	\$575,000	Hi-Rise 9+ Floors		22203	ALTA VISTA
829 OAKLAND ST S	3	1	1	...	ARLINGTON	\$570,000	Detached	0.14	22204	ALCOVA HEIGHTS
1600 OAK ST N #1208	2	2	0	...	ARLINGTON	\$570,000	Hi-Rise 9+ Floors		22209	BELVEDERE
3916 16TH ST S	3	2	0	...	ARLINGTON	\$569,000	Detached	0.15	22204	DOUGLAS PARK
5728 8TH RD N	2	1	0	...	ARLINGTON	\$549,500	Detached	0.17	22205	BON AIR
1320 WAYNE ST #307	2	2	0	...	ARLINGTON	\$538,000	Garden 1-4 Floors		22201	COURTHOUSE HILL
4029 19TH ST S	3	3	0	...	ARLINGTON	\$525,000	Detached	0.11	22204	DOUGLAS PARK
2200 WESTMORELAND ST #309	2	2	0	...	ARLINGTON	\$525,000	Mid-Rise 5-8 Floors		22213	WESTLEE
3026 GLEBE RD S	3	4	1	...	ARLINGTON	\$522,500	Townhouse		22206	ARLINGTON RIDGE TERRACE
2016 TROY ST N	2	2	0	...	ARLINGTON	\$520,000	Duplex	0.04	22201	HIGHLAWN HIGHLANDS
5176 11TH ST S	4	3	0	...	ARLINGTON	\$520,000	Detached	0.14	22204	COLUMBIA FOREST
5121 12TH ST S	3	3	0	...	ARLINGTON	\$520,000	Detached	0.11	22204	COLUMBIA FOREST
1511 GLEBE RD	4	2	0	...	ARLINGTON	\$520,000	Detached	0.15	22204	ARLINGTON VILLAGE

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# SPORTS

## WGCC Lightning Wins League Championship

**T**he WGCC Lightning swimmers have just completed one of the most successful seasons in the team's history. They had an undefeated dual meet season, won Divisional Relays, and emerged victorious at the Division-A Championships. But, after losing by the absolute slimmest of margins at last year's league championships; the team was looking for redemption and the Lightning swimmers came through.

On July 28-29, the 15 teams of the Country Club Swimming and Diving Association met at Army-Navy Country Club in Arlington for the CCSDA league championships. Each team sent its top two swimmers to compete in each event. The preliminaries were held on Monday and the top 16 finishers in each event returned on Tuesday for finals. While the other local swim leagues culminate in individual All Stars — the CCSDA "Champs" meet is ultimately a team event and determines the top team for the entire league.

After a 51-year drought, WGCC won Champs in 2009 and, over the past several years, the title has gone back-and-forth between WGCC and Kenwood. In last year's match-up, the Lightning lost by a half a point to their rivals Kenwood — the closest match-up in the league's history.

The Lightning's rallying cry this year has been "taking care of business." The team led the meet from the first event and they never looked back. Many of the swimmers posted season-best times — and a number of these times bested previous team and league records. By the meet's end, WGCC held more than a 100-point lead over the second place finishers.

WGCC had two double winners — Ryan Baker and Jack Carman — and both won with record setting times. Ryan Baker won the Boys Senior IM in a time of 57.89, breaking the Champs meet record and the Army-Navy pool record. This time also broke the WGCC team record set by Tom Dolan in 1994 (Dolan later won gold in the 1996 and 2000 Olympics). Baker also won the Boys 18U backstroke in a time of 25.61, breaking a CCSDA, meet, pool, and team record (he broke his own team record set earlier in the summer). Jack Carman won the Boys 10U breaststroke. His preliminary time of



**Cate Barrett swims backstroke at Champs.**

18.16 set a new pool record and it also broke the WGCC team record set by Tom Dolan in 1986. Carman also won the Boys 10U butterfly.

Single winners for the Lightning were: Jillian Johnson (setting a new pool record of 1:11.83 in the Girls 12U IM); Lucas Zidlicky (setting a pool record of 15.46 in the Boys 8U free); Sean Curran (Boys 8U back); Sophie Yoder (Girls 10U back); Sydney-Cate Thornett (Girls 10U breast); and David DiMeglio and Richard Gentry (with a tie for first place in the Boys 14U breast).

Swimmers finishing in the top three for WGCC included: Avery Nassetta (2nd in Girls 10U free with a WGCC team record of 14.14, breaking a 34-year old record set by Christine Smith; 3rd in Girls 10U back); Alex Gerlach (2nd in both Boys 10U free & back); Chris Outlaw (2nd in both Boys 18U free, with a time of 24.03 that broke his own team record set earlier this season, and 18U fly); Johnson (2nd in Girls 12U back - her time of 32.88 broke her own team record); Zander Zidlicky (2nd in both 14U back & fly, besting his own team record in fly with a time of 28.07); Grace Maria (2nd in Girls 8U breast); Conner McCarthy (2nd in both Boys 8U breast & fly, and breaking teammate Richard Gentry's team record in fly set in 2009 with a time of 17.83); Yoder (2nd in Girls 10U fly); Caroline Otteni (2nd in Girls 12U fly); Mike Poppalardo (3rd in Boys 18U free); Palmer McTague (3rd in Boys 10U breast); Angus Ricks (3rd in Boys 12U breast); Jack Burke (3rd in 8U Boys fly), and Petie Nassetta (3rd in Girls 14U fly).

Other swimmers earning points for WGCC



**Jack Carman dives in for one of his two 1st-place finishes.**

at the Championship meet were 8U swimmers Caroline Klauder, Elice Lebedev, Pearson Shay, Will Walters and Emme Yoder; 10U swimmers Cab Fooshe, Paddy McCarthy, Helen Otteni and Pamela Grace von Seelen; 12U swimmers Kate Burke, Merrick Carey, Amanda DiMeglio, Sarah DiMeglio, Brian McCarthy, Charlotte Thomson and Tucker Wall; 14U swimmers Cate Barrett, Lindsay Lukehart, Thomas Outlaw, G.G. Richmond and Carson Wood; and 18U swimmers George Cranwell, Kirby Nassetta, Sydney Nassetta, Alston Offutt, Faith Palmer, Wilson Ricks and Kate Rita.

The Lightning have had great success all season in the relay events and this meet was no different. Of the six relay events, WGCC won four of them and finished no lower than 3rd place out of all the teams. The Boys Junior Medley relay team of Z. Zidlicky, Ricks, Carman, L. Zidlicky won and set a new pool and team record, with a time of 1:03.91. The Boys Graduated 200-meter Free relay team of L. Zidlicky, Gerlach, Ricks, Z. Zidlicky and Baker set a new CCSDA, meet, pool, and team record of 1:49.00.

The Girls Junior Medley Relay team of Johnson, Thornett, P. Nassetta, and Shay



**Breastroker George Cranwell.**

and the Boys Senior Medley Relay team of Baker, Gentry, P. McCarthy, and Gerlach also won their events. Although the Girls Graduated Free Relay team of Shay, A. Nassetta, Johnson, P. Nassetta and K. Nassetta were edged out in their event, their time of 1:59.44 broke a 37-year old WGCC team record.

The final scores were: WGCC - 1324, Kenwood - 1193, Army Navy - 1114, Congressional - 821, Chevy Chase - 573.5; Bethesda - 519, Manor - 498, Edgemoor - 468.5, Columbia - 467.5, Norbeck - 427, Montgomery - 366, Argyle - 294, Belle Haven - 266.5, Avenel - 234 and Lakewood - 64.



**8U Boys Conner McCarthy, Sean Curran and Lucas Zidlicky, all swam for WGCC at Champs.**



**Ryan Baker in his breaststroke leg of IM**



**Sisters Kirby, Avery and Petie Nassetta all earned numerous points towards WGCC's Champs victory.**



# Preventing Sports Injuries

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s students prepare to return to school, one activity many look forward to is sports. While the benefits of athletic activities are numerous, however, so are injuries.

Statistics released by Safe Kids Worldwide, an organization dedicated to preventing injuries in children, show that more than 38 million U.S. children and adolescents ages 19 and under participate in sports each year. More than 2.6 million of those children were seen in emergency rooms for injuries related to sports and recreation.

"I believe the benefits of sports participation far outweigh the risks. Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense," said Shane V. Caswell, Ph.D., professor and Athletic Training Education Program executive director at the Sports Medicine Assessment, Research & Testing (SMART) Laboratory at George Mason University in Fairfax.

The most common sports-related issues are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illnesses.

"Children's bones are more pliable than adults', and injuries that might just cause a sprain in an adult could cause a fracture in a child," said Dr. Derek Ochiai, Hip Arthroscopy & Sports Medicine at the Nirschl Orthopaedic Center in Arlington. "If the child refuses to bend their wrist or elbow or cannot put weight on their leg, then this should be urgently seen by a physician, whether in the emergency room or in the doctor's office, within a day of the injury."

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/softball and soccer," he said. "Any sport that involves colliding with another player does increase the risk of injury."

**PARENTS, GUARDIANS AND CARETAKERS** can take active roles in helping to pre-

vent injuries, said Caswell. "To help ensure that their children are safe, parents need to take ownership of their child's safety," he said. "We can begin with the first question parents should ask when choosing a youth league or sports association: Who in the organization is responsible for league safety and what is the plan?"

Youth sports organizations should take precautions to ensure safety, continued Caswell. "It need not be someone with medical knowledge, but it should be a concerned parent or volunteer who makes safety the number one priority."

Parents should then ask to see the league's youth safety policies and procedures manual and emergency action plans specific to all venues where the children will practice and compete, he said

**"Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense."**

— **Shane V. Caswell, Ph.D.,**  
**George Mason University**

"Unfortunately, we have seen too many instances where an emergency situation occurs and no one knows what to do," Caswell said. "Youth sports organizations should have these policies in place, require that coaches be educated on them and make parents aware that they exist. They should be reviewed annually and practiced regularly so that when an emergency occurs everyone is prepared."

**STRETCHING TO MAINTAIN** muscle flexibility is also important to prevent sports injuries in children, said Skye Donovan, Ph.D., associate professor of physical therapy at Marymount University in Arlington.

"As children go through growth spurts, their muscles are at an increased risk of becoming tight and limiting their range of motion, which

**How to keep kids safe while they're having fun.**



PHOTO COURTESY OF NIRSCHL ORTHOPAEDIC CENTER

**Dr. Derek Ochiai treats a young patient at the Nirschl Orthopaedic Center in Arlington. More than 2.6 million children sustain sports-related injuries that require emergency care each year.**

can pose a problem during sports," she said. "Strength training is a great way to help children resist injuries. It doesn't have to be the typical 'go to the weight room' type of strength training; children can do sports-specific activities that use their own body weight or resistance bands to help target underdeveloped muscles that might otherwise lead to injuries. Agility training is also helpful to improve sports related skills like coordination, cutting, changing directions and high speed movements."

Ochiai underscores the importance of using protective gear, including helmets. "Listen to coaches and instructions on technique, and use proper techniques at all times, including with tackling in football," he said. "Make sure the young athletes stay hydrated, and have access to water frequently. Even at young ages, include appropriate warm up drills prior to starting the activity."



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## NextGenNow Grant

**The Arlington Community Foundation's initiative NextGenNow awarded its inaugural grant of \$5,000 to The Reading Connection's summer reading program for under-privileged children, "We are Readers." The check was presented to Dan Vivarelli (center), a member of The Reading Connection's Board, by NextGenNow co-chairs Kevin Shooshan of The Shooshan Company and Susan Anderson of the County Treasurer's Office at a NextGenNow happy hour event at Whitlow's on Wilson on June 24. NextGenNow is a group of young professionals who combine their resources to help the community. To join NextGenNow, visit [www.NGNArlington.org](http://www.NGNArlington.org) or email [NGNArlington@gmail.com](mailto:NGNArlington@gmail.com).**

## BULLETIN BOARD

FROM PAGE 10

an antiseptic. Kill the tick in rubbing alcohol and preserve it in a vial for a few months in case disease symptoms develop. Volunteers at the Fairlington Help Desk can help identify ticks as well as other insects from 9 a.m. to noon weekdays at the Fairlington Community Center, 3308 S. Stafford St. They can be reached by email at [mgaralalex@gmail.com](mailto:mgaralalex@gmail.com) and by phone at 703-228-6414.

### ONGOING

**PFLAG of Arlington.** 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets at the Unitarian Universalist Church at George Mason Drive and Route 50. Email [aly.pflagdc@gmail.com](mailto:aly.pflagdc@gmail.com) for more.

**Helmetsmen Toastmasters** meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabath [carl.e.sabath.civ@mail.mil](mailto:carl.e.sabath.civ@mail.mil) or 703-695-2804 or Elizabeth Femrite [elizabeth.m.femrite.civ@mail.mil](mailto:elizabeth.m.femrite.civ@mail.mil) or 571-256-8674.

**Yoga for Everybody.** Wednesdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. This traditional approach to yoga reduces stress and increases strength and flexibility. Classes begin Wednesday, July 9 and Saturday, July 12. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

**Adaptive/Seated Yoga.** Tuesdays, 11:15 a.m.-12:15 p.m.; Sundays, 3-4 p.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. Classes begin Sunday, July 13. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

## Stride Right

By KENNETH B. LOURIE



Not that I've felt that my attitude toward being diagnosed with stage IV ("terminal") non-small cell lung cancer at age 54-and-one-half was ever to be considered as model behavior, but I do believe, after the initial shock wore off, eventually I assimilated its effects into my routine reasonably well. Not without a million bumps and bruises along the way, however, both physically and emotionally; nevertheless, though time has not healed all that has preceded this column, I've managed to find and maintain an extremely delicate balance between "joie de vivre" and "c'est la vie."

And speaking specifically about the column which preceded this one, published in our July 30, 2014 editions, entitled "CanSir," framing my approach – and emotional reaction to – being diagnosed with cancer and my method of coping, if you will, as an approach wherein I've tried to be respectful and courteous of the disease and never, ever arrogant, presumptuous or particularly over-confident about any unexpectedly good results (lab work, diagnostic scans, physical examinations, etc.), or terribly negative about the disappointing results – I would like to expound upon my approach a bit more. I've tried to...wait for it...take it in stride, both the good and the bad. (Although, as you might imagine, the good is much easier to take than the bad; however, taking the bad just as well as one takes the good might actually be more important in the short, middle and long term. Certainly the jury is still out, but so far, after five years and nearly six months, I'm still alive to dispute any notions to the contrary). And you'll never hear any complaints from me about any of it, good, bad or indifferent, but...

That's my point, sort of. This column is not espousing a methodology to the madness that cancer patients (or any other patients diagnosed as "terminal" by their doctors) should follow. It's simply an admission by yours truly of some very personal reflections on how, not why, I've survived my original "13-month to two-year prognosis." At the initial Team Lourie (my wife, Dina and my brother, Richard) meeting with my oncologist, he laid bare my diagnosis/prognosis/abbreviated life expectancy with the following advisory: "I can treat you. But I can't cure you." In response to our instinctive, how-could-cancer-happen-to-me question – considering both my parents lived into their mid-eighties WITH NO history of cancer and I had NEVER smoked cigarettes – my doctor's concern was about moving/treating me forward, not discussing the past, and so we've always looked ahead, not behind. Now whether or not the previous treatment protocols for my diagnosis/prognosis were indeed prologue, I was determined, eventually, to not let them be my epilogue, so a journey began which enabled me to live my life in a way most suitable to who I am without making me crazy, nervous, anxious, miserable and stressed out worrying all the time. It wasn't easy. It's not easy. Thankfully, amazingly, life has gone on.

What I've intended to do, mostly without fail, (although I've had my moments, to be sure, as you regular readers have read), is to walk quietly, write regularly, joke way more than I cry and not presume too many facts not in evidence, and try to be positive and believe there are exceptions to every rule. And with respect to medicine and its treatment of patients, stories abound of "exceptional" patients. I may not be "exceptional" yet, but I'm sure happy to still be writing these columns, if you know what I mean.

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

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you can, with  
what you have,  
where you are.  
**-Theodore Roosevelt**

## 21 Announcements

**TRUSTEES' SALE OF**  
3809 Munson Road  
Falls Church, Virginia 22041

TAX MAP ID NO. 061-4-01-0065-F  
Under a power of sale contained in a certain Deed of Trust from Thomas Gedle, as grantor, to John D. Eubank and Timothy E. Lewis, as trustees, for the benefit of Commercial Lending, LLC, a Virginia limited liability company, as beneficiary, dated November 29, 2012 and recorded on November 30, 2012 in Book 22736 at Page 0619 as Instrument No. 2012054176.010 among the Land Records of Fairfax County, Virginia ("Deed of Trust"), with an original principal balance of \$400,000.00 (as increased to \$600,000.00 by a duly-recorded modification), default having occurred under the terms thereof, the Trustees will sell at public auction at the front door of the Circuit Court of Fairfax County, 4110 Chain Bridge Road, Fairfax, Virginia 22030, on  
AUGUST 7, 2014 AT 10:00 AM  
ALL THAT fee-simple LOT OF GROUND AND THE IMPROVEMENTS THEREON situated in Fairfax County, Virginia, known as 3809 Munson Road, Falls Church, Virginia 22041, and more fully described in the aforesaid Deed of Trust.

TERMS OF SALE: A deposit of ten per centum of the sale price will be required of the Purchaser at the time and place of sale. The deposit must be paid in cash or certified funds. The balance of the purchase price to be paid in cash or certified funds within twenty (20) days of the date of sale. Interest to be paid on the unpaid purchase money at the rate of 12% per annum from the date of sale to the date of settlement. The party secured herein, if a bidder, shall not be required to post a deposit or to pay interest. Purchaser shall settle within twenty (20) days of the date of sale. TIME SHALL BE OF THE ESSENCE WITH RESPECT TO SETTLEMENT BY THE PURCHASER. In the event that Purchaser does not settle as required for any reason, Purchaser shall be in default. The defaulting Purchaser shall not be entitled to any surplus proceeds or profits resulting from any resale of the property, and the deposit shall be forfeited to the Trustees and all of the expenses of this sale (including attorneys' fees and full commission on the gross sale price) shall be charged against and paid out of the forfeited deposit. In the event settlement is delayed for any reason, including, but not limited to, exceptions to the sale, bankruptcy filings by interested parties, court administration of the foreclosure, or unknown title defects, there shall be no abatement of interest. Taxes, ground rent, water and all public charges including electrical, sanitation, and/or metropolitan district charges, if applicable, are to be adjusted for the current year to the date of sale and assumed thereafter by the Purchaser. Cost of all documentary stamps, recordation taxes, transfer taxes and settlement expenses shall be borne by the Purchaser.

The property will be sold in an "AS IS" condition and subject to conditions, restrictions, and agreements of record affecting the same, if any, and with no warranty of any kind (except as required by the Deed of Trust).  
In the event that the Trustees are in default for any reason, the Purchaser's sole remedy at law and in equity shall be limited to a refund of the deposit and the sale shall be considered null and void and of no effect.

Purchaser shall be responsible for obtaining physical possession of the property. Purchaser assumes the risk of loss or damage to the property from the date of sale forward. Trustees reserve the right, in their sole discretion, to reject any and all bids, to withdraw the property from sale at any time before or at the auction, to extend the time to receive bids, to waive or modify the deposit requirement, to waive or modify the requirement that interest be paid on the unpaid purchase money, and/or to extend the period of time for settlement. Additional terms may be announced at the sale. The Purchaser will be required to execute and deliver to the Trustees a memorandum or contract of the sale at the conclusion of bidding.

John D. Eubank and Timothy E. Lewis, Trustees

FOR INFORMATION, CONTACT:  
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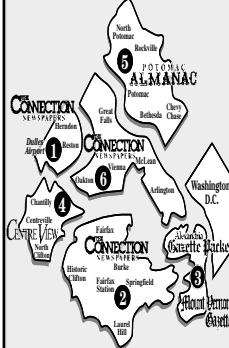
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## 21 Announcements

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