

The Arlington Connection

Home LifeStyle

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Lexi Franklin is greeted during the 2nd annual MS Is BS Blues Fest, a fundraiser she organized at the Barcroft Community Center to support research for a cure for multiple sclerosis.

MS Is BS Blues Fest

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The 2nd annual MS is BS Blues Fest and Chili Cook-off was held on Saturday, Aug. 9, at the Barcroft Community Center.



The Sheryl Sears Trio takes the stage for an afternoon show at the Blues Feat.

PHOTOS BY LOUISE KRAFT/THE CONNECTION

MS Is BS Blues Fest

Music filtered out of the doorway and into the neighborhood of the Barcroft Community Center as the 2nd annual MS Is BS Blues Fest got underway Saturday afternoon, Aug. 9, in South Arlington. Organized by Lexi Franklin and her family and friends, the music festival raised money for medical research for a cure for multiple sclerosis, a neurological disease that interrupts the flow of information from the brain to the body and stops people from moving.

Symptoms range from numbness and tingling to blindness

and paralysis.

While there is no known cause of or cure for MS, studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis.

Franklin is also raising money for the National Multiple Sclerosis Society through a t-shirt sale. Fifty t-shirts, tank tops, performance tees and hoodies are for sale at <http://teespring.com/msisbs14>. If 50 items are sold by August 21, TeeSpring will donate \$500 on behalf of the MS Is BS team.

— LOUISE KRAFT



Friends from high school, Ziyad Bathiche joins Lexi Franklin at the fundraiser.



Jackie Merritt tunes her guitar for a set with M.S. G.



Angela Franklin holds up one of the dinosaur planters available for sale at the fundraiser.

Low Turnout, Hot Competition

August special election improves odds for GOP.

BY MICHAEL LEE POPE
THE CONNECTION

They clash over how Medicaid should be expanded, and they disagree about the Columbia Pike streetcar. Rip Sullivan is a McLean lawyer who carries the support of the Democratic Party, although he has never held elected office before. Dave Foster was elected twice to the Arlington School Board, although he carries the burden of being a Republican in a solidly blue district. That makes the race for the seat vacated by longtime Del. Bob Brink (D-48), who stepped down to take a job in the McAuliffe administration, unusually competitive. The election is Aug. 19.

"It's not outside the realm of possibility that a Republican could win this seat in a special election," said Geoff Skelley, analyst for the

University of Virginia Center for Politics. "But at the end of the day, it would still be surprising."

Back in 2012, incumbent Democratic President Barack Obama won the district with 63 percent of the vote. But the dynamic of a low-turnout special election in August is totally different. That was apparent this week as the two candidates met for a debate on Monday at the Arlington campus of George Mason University, where the two candidates took the stage for their final debate before voters head to the polls next week. One of the most intense clashes was over how Virginia should expand Medicaid under the Affordable Care Act, a move that would give health insurance to 400,000 people who live in poverty or with disabilities. Sullivan supports the plan that has already been rejected

SEE SPECIAL, PAGE 4

In His Uncle's Memory

Arlington resident joins in Johns Hopkins Ride to Conquer Cancer.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

There was nothing Arlington resident Matthew Guckenberg could have done to cure the cancer that killed his Uncle Terry five years ago. Though Guckenberg could not stop the deadly disease in its tracks, he will be laying down new tracks to combat the silent killer that affects so many worldwide.

As part of the Capital Region's first ever Ride to Conquer Cancer, Guckenberg will be cycling 150 miles throughout the D.C. metro area's countryside Sept. 13-14.

The Ride to Conquer Cancer will benefit the Johns Hopkins Kimmel Cancer Center, Sibley Memorial and Suburban Hospitals. Each participant is required to raise a minimum \$2,500 so all proceeds will support the center's cancer research.

"This is the first time they have done the Ride to Conquer Cancer benefitting Johns Hopkins Kimmel Cancer Center," Guckenberg said,

who heard about it on the radio. The event immediately piqued his interest. He added that he has become more serious about road cycling in the past couple years.

Michael Hibler, development officer with the Johns Hopkins Kimmel Cancer Center, said he has high hopes for the area's first Ride to Conquer Cancer.

"Our goal is to make the Johns Hopkins Ride to Conquer Cancer the signature philanthropic cycling event in the National Capital Region," Hibler said. "Every dollar raised is accelerating our ability to bring the most innovative cancer care for all patients and families to this region."

While Guckenberg has done different events honoring his late uncle in the last five years, he wanted to do something he considered bigger and more personal for his uncle. He was so moved by news of the event that he rallied his dad and a close friend to join him on his journey.

"My uncle died of cancer five
SEE ARLINGTON, PAGE 5

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PHOTOS BY LOUISE KRAFT/THE CONNECTION

Boeing employees volunteered in shifts throughout the morning to fill the 875 backpacks.

Boeing Backpack Drive Returns

The back lobby at Boeing in Rosslyn was humming with activity as employees filled 875 elementary school backpacks on Friday morning, Aug. 8. The backpacks will be distributed to children participating in Reading Connection programs throughout the Northern Virginia region and the Greentree Shelter in Bethesda, Md.

Boeing has been collaborating with the Reading Connection since 2006 and this year donated \$21,555 to support the program.

Boeing has been collaborating with the Reading Connection since 2006 and this year donated \$21,555 to support the program.



Reading Connection program manager Stephanie Berman gives some last minute instructions to the Boeing employees and volunteers.



Rebecca Scott adds grade labels to the filled backpacks for the 3rd through 5th graders.



Ben Billings adds paper and notebooks to the packs.



Republican Dave Foster, left, and Democrat Rip Sullivan, right, meet for a debate at the Arlington campus of George Mason University this week.

Special Election in 48th

FROM PAGE 3

by the Virginia General Assembly, and he repeatedly called their rejection of the plan “shameful.”

“I am the only candidate who is unequivocal in his support of expanding Medicaid,” said Sullivan. “Dave’s answer is full of hedges and ifs and maybes and we might do it if we can do this. There is a plan there that’s workable, and we should do it immediately.” Since he launched his campaign last month, Foster has been in support of expanding Medicaid. But when asked about the prospect of how he would work to make that happen as a legislator, the former School Board member frames it in the context of reforming the program at the same time as expanding it. He reiterated that stand this week, doubling down on his support for the expansion while at the same time pledging to take a course that he believes is financially sound.

“If we blow this, not only does the program become insolvent — one of the cruellest things you can do to the enrollees, but your schools, transportation, public safety become at risk,” said Foster, before turning to his opponent. “I wish you luck, Rip, in convincing all the Republican delegates in the House to see that view immediately. I think it’s going to be hard enough for me, let alone you.”

THE DEBATE ABOUT expanding Medicaid almost led to a state government shutdown earlier this year as Republicans and Democrats clashed ferociously on the issue, a debate that was created by federal money available under President Barack Obama’s Affordable Care Act. The drama went into high gear when a Democratic state senator unexpectedly resigned and handed control of the chamber to Republicans, a move that a grand jury continues to investigate. Now Democrats say Foster’s support of Medicaid expansion is a sham.

“What he says we need to reform the system, what he’s really saying is delay, delay, delay,” said Del. Alfonso Lopez (D-49), who supports Sullivan. “We’ve done all the reforms that were requested, and we’re still

not moving forward.”

Republicans say Foster would be able to make a much more persuasive case for expanding Medicaid from inside the Republican House caucus, a position of power that would be denied to any Democrat who wins the special election. For those who know Foster and have worked with him for years, the idea that he would take a position he doesn’t believe in a cynical attempt to win votes defies logic. “You don’t get reelected in Arlington twice as a Republican without being someone who likes to find compromise,” said Republican Eric Brescia, who helped former Republican John Vihstadt win a special election to the Arlington County Board earlier this year. “Some Republicans might not like that he wants this, but it’s not shocking at all that supports this.”

OTHER ISSUES where the candidates clash include the hotly debated Columbia Pike streetcar. Sullivan supports and Foster opposes although both support a referendum that would allow voters in Arlington to weigh in on the issue. During this week’s debate, Foster says he supports offshore drilling and opposes the estate tax. During his opening statement, he criticized Sullivan’s campaign for trying to portray him as pro-gun and anti-women.

“I must be the only member of the Arlington League of Women Voters who has ever been called anti-woman,” cracked Foster.

Sullivan has pledged to avoid taking campaign contributions from Dominion Virginia Power in an effort to avoid a conflict of interest. He also says he would work to bring more high-tech companies to Northern Virginia, and he criticized Foster for failing to support wind power.

“This election is not about me or Dave,” said Sullivan. “It’s about the fate of the issues I’ve been talking about, the values of the voters in the 48th District, and the impacts — the right and wrong choices made in Richmond — will have on the lives of the people in the 48th, and the lives of people across Virginia.”

Arlington Resident Joins in Ride to Conquer Cancer

FROM PAGE 3

years ago," Guckenberg said. "I had done some cancer benefits in college, but I wanted to do something a little more substantial and something challenging for me. So when I heard about the Ride to Conquer Cancer on the radio, I called my dad and he jumped on board right away. Then, I got another one of my friends in on it. That's how I started and what motivated me to really do it."

He said the challenge of raising \$2,500 didn't cause him to hesitate to sign up, as he is determined to do everything he can to both honor his uncle and save future cancer patients. Guckenberg aims to raise twice the required amount to sign up for the event.

"While the fundraising goal is \$2,500, I would like to raise as much as possible. If possible, I would like to raise \$5,000."

While the exact route of the 150-mile out and back ride has yet to be determined or released, Guckenberg is certain of a few things. He knows he will not be on his quest alone. He has his teammates and even the support and sponsorship of a local business. "We call it a team, but it's just the three of us," Guckenberg said. "We are being semi-sponsored by the Italian Store. I used to work there when I was in graduate school.

They made a little donation to us and we have jerseys with the Italian Store's logo on them. They are big into wanting to support us and have offered a lot of moral support."

Jerseys like the ones Guckenberg's team will wear for the event are on sale at the Italian Store, in Arlington off Lee Highway. Guckenberg and his support group are a microcosm of people who are affected by cancer in the Washington D.C. metropolitan area, which is one reason why the trails and paths of the Capital Area will be home to the ride. Even though Guckenberg's uncle was treated in the family's hometown of Wisconsin, his story and his life has followed his nephew to the Nation's Capital.

"We surveyed the country to identify the right event to bring to the area," Hibler said. "The Ride to Conquer Cancer is a global model making a difference for cancer patients and their families, being the largest cycling fundraiser in Canada and the largest fundraising series across Australia and New Zealand. These funds are being used to support scientists and the technologies they need to move cancer research forward.



Arlington resident Matthew Guckenberg is raising funds for the Ride to Conquer Cancer.

PHOTO CONTRIBUTED

"The thing with my uncle is, by the time they caught it, it was too late," Guckenberg said. "The research to help early warnings and to be able to stop this while you can is big for me. He might still be alive if they caught it earlier. Anything I can do to help with cancer research is big for me."

Guckenberg said has no plans to cut himself any slack during the ride, which he will treat like a true race. He said enduring 150 miles of potential physical discomfort on two wheels is the least he can do.

"I am trying to do what I can from here to honor my uncle's memory and everyone else who has been affected by cancer," Guckenberg said. "I am going to do everything I can to do this

at a non-leisurely pace. I am treating this as a race. I am treating it as something very serious. I look at it like, the people going through cancer can't take breaks so I don't take breaks. It is my way of at least recognizing their struggles and trying to do something."

The importance of the Ride to Conquer Cancer is not lost on Guckenberg, who recognizes research is absolutely integral in riding the world of cancer entirely.

To register, donate or for more event information, visit www.ridetovictory.org.

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News

Safety at a Crossroads in Poor Communities

Less affluent neighborhoods in Northern Virginia suffer from higher pedestrian fatality rates.

By MICHAEL LEE POPE
THE CONNECTION

Hamid Farooq doesn't remember much about the day a speeding Honda almost took him out on Route 1 back in 2009. Farooq, who is unemployed, was walking home from the government office where he receives food stamps. Suddenly, he said, a speeding automobile came out of nowhere and the next thing he can remember is being interviewed by police. He now has a metal plate in his right leg, and he can no longer play soccer. But at least he's not one of the nine pedestrians who were killed along the Route 1 corridor in the last five years.

"It's not safe," said Farooq while walking down a segment of Route 1 near Buckman Road that has no sidewalk. "It's not safe at all."

A national database of pedestrian crashes compiled by Governing Magazine shows 95 pedestrian fatalities in Northern Virginia between 2008 and 2012. While 26 of the pedestrian fatalities occurred in wealthy neighborhoods, where the per capita income is more than \$53,000, a much larger number happened in poor communities like this stretch of Route 1 in Mount Vernon. The database shows 48 pedestrian fatalities in poor neighborhoods in Northern Virginia, Census tracts where the per capita income is less than \$40,000.

"If you were to look where these dots are on a map and drive through them, you'll see that sidewalks and street lighting and raised medians will not be as common as they are in other neighborhoods," said Mike Maciag, data editor for Governing Magazine. "Poorer neighborhoods don't have as much clout as an affluent area."

NORTHERN VIRGINIA statistics showed the same trend as the national database. Across America, pedestrians are killed at disproportionately higher rates in poorer neighborhoods. The database includes 22,000 pedestrian fatalities from 2008 to 2012, nationwide.

Low-income census tracts in metropolitan areas showed fatality rates about twice that of more affluent neighborhoods. Poorer neighborhoods have a rate of 12.1 deaths per 100,000 people.

"Years ago, it would have been which community didn't have paved roads," said Jon Liss, executive director of Tenants and Workers United. "Fortunately now we've all got paved roads, but sidewalks are still lagging far behind."

Nowhere are the pedestrian fatalities more pronounced in Northern Virginia than the clus-



For an interactive map of all the pedestrian fatalities in Northern Virginia from 2008 to 2012, go to ConnectionNewspapers.com.

ter of poor neighborhoods along the Route 1 corridor, a traffic-clogged stretch from the Capital Beltway to Fort Belvoir. The area logged nine pedestrian fatalities in the last five years. Five of the victims were white and four were black, and their ages ranged from 11 to 87. The one thing they all had in common is that they live in a poor neighborhood, where sidewalks are limited and intersections don't have crosswalks.

"Fairfax County has not done a good enough job on pedestrian safety in the Route 1 corridor," said former Alexandria Mayor Kerry Donley, a former member of the Alexandria Transportation Commission. "I think they've made some improvements in recent years, but even they would admit that there's a lack of infrastructure."

NOT ALL of the fatalities happened in poor neighborhoods. In Arlington County, for example, most of the traffic fatalities happened in wealthy neighborhoods.

But very few Census tracts in Arlington have people who earn less than \$40,000 a year. So only five of the 14 pedestrian fatalities happened in poor neighborhoods. By contrast, Prince William logged 25 pedestrian fatalities from 2008 to 2012. The vast majority of those, 23 deaths, happened in poor neighborhoods.

"Ironically, people who are the most dependent on walking are the ones most likely to have poor pedestrian paths or no sidewalks," said Liss. "But folks who actually have cars have great sidewalks and pedestrian paths."

Government leaders say they are working to make every intersection safe, although limited funding is available for transportation projects.

The Fairfax County Department of Transportation currently has 77 pedestrian projects underway, either in design land acquisition or construction.

This fall, Fairfax voters will consider a \$78 million bond referendum for pedestrian safety and sidewalk improvements all over the

county. Several of the projects are on Route 1.

"We've got a lot of work that we are doing out there to try to make it more pedestrian friendly," said Todd Minnix, chief of Transportation Design Division.

"We have three intersections where we are getting ready to go to construction with new signals and crosswalks and a fourth one where we need to get land rights, so that one is running a little behind."

FOR PEDESTRIANS willing to risk life and limb, getting across the street quickly often takes precedence over getting across the street safely. Take the intersection of Ladson Lane and Route 1, for example. Back in 2011, a 49-year-old white man was killed here. One recent afternoon, Kori Ford dogged and weaved her way through delivery trucks and speeding sedans to get to a 7-Eleven. Although a crosswalk was only a few feet away, she says she never uses the crosswalk because it would take her out of a direct path to the store.

"I'm not going to go out of my way to go through the crosswalk. I'm going to cross," she said, adding that she was not concerned about the pedestrian fatalities along the road. "People die."

Others take a less fatalistic approach. Less than a mile away, three more pedestrian fatalities have taken place in the last five years. The stretch from Ladson Lane to Janna Lee Avenue is the most dangerous spot in the county, and a visit to the area shows why. Most of that stretch does not have any sidewalk at all, although a well worn path along the side of the road shows how popular it is for pedestrians.

And the intersection of Bukman Road and Route 1 lacks crosswalks or pedestrian signals.

"If they were really worried about people's safety, they would have done something already," said Luis Callejas, whose parents own Lucas Tacos. "Obviously they're not."

FIRST RESPONDERS often arrive at the scene of pedestrian fatalities to find gruesome scenes of mangled flesh and steel. Statistics

OBITUARY

Holly Victoria Burnett

Holly Victoria Burnett, a diabetic who struggled for many years to battle the irregularities of her blood glucose readings, died in her Arlington home on July 19, 2014. She was 49 years old.

A career woman all of her life, Holly spent 14 years at the American Diabetes Association in Alexandria and another nine years at the American Builders and Contractors Association in Arlington. She was the wind beneath most people's wings and was proud to support whom-ever she was helping, without asking for credit.

Of course, she could also tell you every husband of Elizabeth Taylor, recite the film credits of most any actor you could imagine and do a mean Carol Channing and Edith Bunker impersonation.

A child whose father taught her about movies and took her to Broadway shows, Holly spent all her days studying actors and actresses, reading their biographies and watching their films and live theater performances.

As a freshly graduated film major settling into Arlington in 1988, Holly was fortunate to feed her passion with part-time summer jobs teaching film classes at private schools in the Washington area from 1989 through 1997, including Episcopal High School on Quaker Lane, St. Stephens/St. Agnes in Al-



Holly Victoria Burnett.

exandria and The Potomac School in McLean. For many years, she was the hostess of an annual Academy Awards party in her Arlington residence.

Holly freelanced for many publications within the Washington Metropolitan area over the last 25 years and developed a following for her feature pieces as well as her food and theater reviews in The Alexandria Gazette Packet, The Alexandria Times, The Old Town Crier and The Zebra.

Born in Tallahassee, Fla., Holly spent most of her youth in California

mapping celebrity homes and lunching and shopping in Beverly Hills. She was an honors graduate of the Westridge School for Girls in Pasadena, Calif., and held a B.A. and master's in English, creative writing and film from Hollins College in Roanoke, Va.

Holly is survived by her father, Joseph A. Burnett, 85, of Lanark Village, Fla., her sister and brother-in-law Wendy and Park Randall Miller of Tallahassee, Fla., her niece Holly Randall Miller, also of Tallahassee, and her longtime friend Mary Wadland of Arlington, and their two little dogs, Teddy and Toddler.

Services will be held Aug. 16 at 5 p.m. at Everly Wheatley Funeral Home, 1500 W. Braddock Road in Alexandria. In lieu of flowers, consider a donation to the American Diabetes Association or the Animal Welfare League of Arlington.

Pedestrians Endangered

FROM PAGE 6

show one of the most dangerous spots in the region is the section of Leesburg Pike that stretches through Tysons Corner. Recent deaths here include a 27-year-old white man and a 56-year-old white man, although the Fairfax County Police Department has long targeted this stretch as a problem area

for pedestrians eager to bob and weave their way through traffic.

"Alcohol is often involved," said Don Gutthardt, spokesman for the Fairfax County Police Department. "They will be somewhere drinking and decide they want to go somewhere else, so they'll think the road is safe or stumble into the road and get hit."



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Arlington REAL ESTATE

PHOTOS BY VERONICA BRUNO/
THE CONNECTION

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Room for All Local builders redesign a home with a wheelchair-bound boy in mind.

BY MARILYN CAMPBELL
THE CONNECTION

When the owners of an Arlington home approached Russ Glickman, founder of Glickman Design Build, for a home renovation, they had one primary goal in mind: making the home accessible for their elementary school-aged son, who is confined to a wheelchair, while ensuring the renovations were consistent with the home's existing aesthetic.

Glickman, who is an ADA (Americans with Disabilities Act) certified builder, remodeled the home using Universal Design, which includes making adjustments to accommodate anyone with a disability.

"The homeowners wanted to create a space for their son so that he could have access to the house and play in the house like their other children," said Glickman.

Also on the homeowners' wish list was a floor plan that allowed their son easy access to the outside of the home from his bedroom, which is on the main level of the ranch style home. They also wanted their child to have protection from rain and other weather when he was outside waiting for

his school bus or other transportation.

The Glickman team came up with a variety of solutions for greater accessibility in and out of the home for the child. A side portico was built to complement the portico over the home's main entrance. Not only did this provide the functionality the homeowners desired, but also added to the appeal of the home's façade.

A ramp from the doorway to the driveway, finished with a stone wall, created not only easy access, it added visual interest to the exterior. And, finally, a gate at the entrance to the ramp completed the look.

"We added an Open Sesame automatic

door system," said Glickman. "It's a remote system, so the boy can hold and press a key fob and the door opens, which leads to a

ramp."

Low barrier walls keep the child from fall

SEE REDESIGNING, PAGE 13



Glickman Design Build expanded this Arlington bathroom to add universal design elements for a young boy in a wheelchair. All walls were re-enforced for special grab bars, the sink is at wheelchair height, and the faucet features a motion sensor.

PHOTO BY STACY ZARIN GOLDBERG FOR GLICKMAN DESIGN BUILD

FREE REMODELING & DESIGN SEMINARS!

Thursday, Aug. 21st - 5 to 8pm

Where: 6862 Elm Street, Suite 330
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Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Kitchen and Bath Trends
- 10 Tips for a Stress-Free Remodel - learn how to manage your budget, minimize surprises, and establish a great relationship with your remodeler.

Seminars run from 5-6:30pm.
Dinner to follow.
Please arrive at 4:45pm for check-in.

Seating is limited!

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ENTERTAINMENT

Email announcements to 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 for more.

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.iotaclubandcafe.com/ for more information.

"An Evening with Danny Kaye."

Through Saturday, Aug. 16 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 703-998-4555.

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 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/> for more.

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 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 for more.

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 for more.

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.

Historic Home Tours at the Ball-Sellers House, 5620 S. 3rd St. The oldest surviving house in Arlington County opens for the season with



Chongha Peter Lee working on his installation "Missed Connections."

Inovation Installation

The Ballston Business Improvement District unveiled "Beachfront Potential" and "Missed Connections," on Thursday, Aug. 7. The installations are two of eight public displays of innovation that will be showcased in Ballston through the fall.

Artist Patrick McDonough of "Beachfront Potential" invited market goers to take a seat in one of his custom lifeguard chairs and learn a bit more about rising sea levels through their mobile devices. Chongha Peter Lee and Blake Turner of "Missed Connections" add some insight to the community by projecting text from the 'missed connections' section of craigslist.com onto a screen.



Lifeguard chairs with "Beachfront Potential."

free tours and refreshments. The house is open 1-4 p.m. Saturdays April through October. Visit 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 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> for more.

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.

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.comedyindc.com or 703-294-LAFF.

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

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 for more.

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 for more.

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.

Synetic Theater. Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to the world of physical theater, acting and dance through energetic and athletic feats that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and payment plans are available. Visit www.synetictheater.org/studio or call 703-824-8060.

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 for more.

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 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.

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 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 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 for more.

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. Live bat shows will be presented by Leslie Sturges, Director of "Save Lucy, A Little Brown Bat," established

CALENDAR

to protect and conserve bats in this region. \$8. Visit <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.

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.

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://theatrewashington.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.

TUESDAY/AUG. 19

Mystery Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. A discussion on "Mapping of Love and Death" by Jacqueline Winspear. Free. Visit www.onemorepagebooks.com for more.

FRIDAY/AUG. 22

Live Music. 8 p.m. at Air Force Memorial, One Air Force Memorial Drive. The Airmen of Note present "Tiempo Latino! A Celebration of Latin Jazz." Free. Visit www.usafband.af.mil for more.

Film: Anchorman. 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 for more.

Live Music. 9 p.m. at IOTA Club, 3832 Wilson Blvd. Air Traffic Controller and The Tragic Thrills perform. \$12. Visit www.iotaclubandcafe.com.

SATURDAY/AUG. 23

Stories at the Museum. 1:30-3 p.m. at Hume School, 1805 S. Arlington Ridge Road. A reading of "Steam, Smoke, and Steel." Free. Visit www.arlingtonhistoricalsociety.org.

Animal Feeding. 3 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Visit the Birds of Prey house and explore the raptor feeding habits. Meet in the nature center. \$5 Call 703-528-5406 to make a

FOOD & DRINK

Live Music & All You Can Eat BBQ. Thursday, Aug. 14, 7-9 p.m. Stetson's Famous Bar & Grill, 1610 U Street NW, Washington, D.C. Featuring the music of CroGoth. \$50 per person, proceeds to benefit Arlington Arts Center. Visit www.eventbrite.com/e/bbq-fundraiser-tickets-8999637157.

National Bratwurst Day is Saturday, Aug. 16. Celebrate 10 a.m.-1 a.m. at Capitol City Brewing Company, 4011 Campbell Ave. Get a brat and beer platter combo for \$20. Visit www.capcitybrew.com for more.

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 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.

Culinaire Restaurant at 1820 N. Fort Myer Drive is open for spring, Monday-Wednesday, 11:30 a.m.-1 p.m. and 7:30-9 p.m. Rosslyn's student-run restaurant at the Art Institute of Washington offers gourmet fare. For reservations contact aiwculinaire@aui.edu or 703-247-3841, or visit <http://culinaire.aiwdepts.com> for more.

Arlington Mill Community Center Plaza. Wednesday, starting Aug. 13. 3-7 p.m. at 909 S Dinwiddie St., Arlington. A new farmers market will be open weekly. Visit www.columbia-pike.org/events/?event=1049 for more.

reservation.

MONDAY/AUG. 25

"Ranking the Presidents" Lecture. 3-4:30 p.m. Arlington Central Library, 1015 N. Quincy St. "Ranking the Presidents: Ten Rules to Judge a President" presented by Dr. Richard Norton Smith, currently George Mason University's Scholar in Residence in History and Art History. All are invited. Call Encore Learning at 703-228-2144.

Health & Wellness Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Book club meeting. Free. Visit www.onemorepagebooks.com 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. Email arlingtonlaughteryoga@yahoo.com.

TUESDAY/AUG. 26

Spiritual & Philosophical Book Club. 7 p.m. One More Page Books, 2200 N. Westmoreland St. Book club meeting. Free. Visit www.onemorepagebooks.com for more.

WEDNESDAY/AUG. 27

Blues and Brews. 5-8 p.m. 2121 Crystal Drive. Come to Blues & Brews and enjoy beverages from the Beer Garden, not to mention drinks hand-selected by experts at Crystal City's Washington Wine Academy and Crystal City Wine Shop. The last Blues and Brews of the season will take place on Sept. 24. Visit crystalcity.org for more.

FRIDAY/AUG 29

Live Music. 8 p.m. at Air Force Memorial, One Air Force Memorial Drive. The U.S. Air Force Band and Singing Sergeants present for the summer concert series. Free. Visit www.usafband.af.mil for more.

SATURDAY/AUG. 30

Energerium. 11 a.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Join a guided tour of the Energerium. Learn about energy and its impact of everything and how

to be more energy efficient. Free. Call 703-528-5406 to make a reservation.

Summer Concert. 7 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. A Performance by Four Star Combo, a country rock band. Free, \$5 donation requested. Picnics are welcome. No Alcohol. Call 703-528-5406 for more.

WEDNESDAY/SEPT. 3

Encore Chorale. 1:30-3 p.m., Wednesdays, for 15 weeks. Locations in northern Virginia. For singers 55 and older. There are no auditions, new singers are welcome, and singers may be seated for rehearsals and performances. Visit encorecreativity.org, or call 301-261-5747 for more.

THURSDAY/SEPT. 4

"Now Playing on The Loop." 7:30-9:30 p.m. Market Common Clarendon, 2700 Clarendon Blvd. Top Gun will be playing at Market Common Clarendon. Rain date for the show will be Sept. 11. Call 703-476-9377 or visit www.marketcommonclarendon.com for more.

SATURDAY/SEPT. 6

Volunteer Work Party. 10 a.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Spend the morning with park staff and help with indoor and outdoor projects. Free. Call 703-528-5406 for more.

24th Annual Rosslyn Jazz Festival. 1-7 p.m. Gateway Park, 1300 Lee Highway. Acclaimed artists to headline the festival include Corey Wallace DUBtet (1 p.m.), Ghost Train Orchestra (2:15 p.m.), Brooklyn eight-piece band Red Baraat (3:45 p.m.) and New Orleans Grammy winners Rebirth Brass Band (5:30 p.m.). Free to the public. Visit www.rosslynva.org/jazz for more.

Memorial 5K. 6 p.m. in Crystal City. Honors the victims, firefighters, and public safety who responded on Sept. 11, 2001. \$35-40 entry fee. Arlington911race.com.

Summer Concert. 7 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Performance by Second Wind, a southern rock band. Free, \$5 donations requested. Call 703-528-5406 for more.

LOVE TO SING?

Choralis, a 100-voice chorus based in Falls Church, VA, is auditioning new singers for its 2014-2015 season.

The 2014-15 season will include:

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W-L Football Poised To Defend District Title

**Generals
return RB
Harris, strong
offensive line.**

BY JON ROETMAN
THE CONNECTION

Shortly after the Washington-Lee football team defeated Yorktown in the 2013 regular-season finale, securing the Generals' first district title in nearly four decades, head coach Josh Shapiro said members of the W-L program weren't the only ones enjoying the accomplishment.

"It's a community win," Shapiro said after the Generals defeated Yorktown 10-0, giving W-L its first district championship since 1975. "The community that we work in and love and embrace is successful, but when you carry something like this on your shoulders for 30 years, it weighs on them. I think it's leveling the playing field, saying hey, we can compete with the best. I think it's a huge uplift for the school and the Washington-Lee community."

Washington-Lee graduated more than 20 seniors from the team that helped break through the district-championship barrier. Gone are quarterback Sam Appel, who made 31 starts over three seasons, and defensive lineman Peter Griffin, who was a disruptive force during the victory over Yorktown. However, a new-found confidence, along with the return of running back Daquay Harris and multiple starters along the offensive line have the Generals thinking repeat.

"I feel like [winning the district title] makes us want it even more," Harris said. "... That was a great feeling last season and we just want to do it all over again."

Harris ran for 227 yards in last year's win over Yorktown. Now a



The Washington-Lee football team is a confident group after winning the 2013 National District title.



Daquay Harris will be the focal point of the Washington-Lee offense this season.

senior, the 5-foot-9, 155-pound running back figures to be the focal point of the Generals' offense.

"He's fast, he's intuitive and he's tough," Shapiro said. "... Everything to him [comes naturally]."



Washington-Lee head coach Josh Shapiro called middle linebacker Matt Ellis the Generals' "best player."

Shapiro is also confident in the group assigned to open holes for Harris. Starting along the offensive line will be senior left tackle Ganzorig Batbold, junior left guard Justin Robinson, senior cen-



Ronnie Fecso takes over as Washington-Lee's starting quarterback this season.

ter Jeff Kruger, senior right guard Jose Perdomo and junior right tackle Mick Appel.

Senior Ronnie Fecso takes over at quarterback, replacing three-year starter Sam Appel.

"I like Ronnie a lot," Shapiro said. "He's done everything we've asked him to do. He's had a good spring in passing league. He's had a good camp. It's going to be difficult to replace a kid like Appel, who started for 31 games, but we're not asking him to be Sam, we're asking him to be Ronnie."

Fecso said the Generals are eager to face the challenge of trying to repeat.

"That was a special team last year," he said. "We have big shoes to fill, but I think we're up to the challenge. We all know what we have to do, we know the work we have to put in and we can't wait."

Seniors Bled Aliu and Will Kelsch will see time at receiver.

While the offense appears strong, defense is a question mark for the Generals. W-L returns just four starters on the defensive side of the ball, led by senior middle linebacker Matt Ellis.

"He's an absolute stud," Shapiro said. "... He's my best player."

Junior safety Seneca Espinoza, senior defensive lineman Sean Matthews and senior cornerback Harris are also back. Matthews is returning from a knee injury.

"I think it's definitely a morale boost," Ellis said of last year's district title.

"Personally, I'm excited for the season and we've been working a lot in the offseason to keep that level of intensity."

W-L opens the season at home against McLean at 7:30 p.m. on Friday, Sept. 5.

While winning the 2013 National District title has boosted confidence, Shapiro said the team can't rest on its laurels.

"That was a senior class where we had 25 guys graduate, so these guys were a part of it, but they have to chart their own course," he said. "... I think it does help the confidence. The school as a whole embraced it and enjoyed it. It's something that we wanted to do as a team goal from Day 1, but it wasn't anything that came easy."

SCHOOL NOTES

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

Charles William Hilla has been named to the dean's list at James Madison University for the spring 2014 semester.

Brian Dunbar received a Doctor Nursing Practice degree from Fairfield University's School of Nursing.

Mirela Turkic made president's list at SUNY Canton.

Getahun Desta was named to the dean's list at the Florida Institute of Technology in Melbourne.

Eryn Hurley and **Elizabeth Patton** graduated from Denison University.

Kaleigh Beronja, John Bruemmer, Yuanyuan Ding, Michael Hughes, Andrew Jones and **Dina Masri** graduated from

Emory University.

Ryan Uckert was named to the dean's list at Emory University.

Cassandr Ford and **Aliya Winker** were named to the dean's list at Merrimack College.

John Bruemmer was named to the Honor List of Oxford College.

Elizabeth Osborne and **Anna Wissler** were named to the dean's list

at Lafayette College.

Kyle Bell and **Rebecca Pratt** were named to the dean's list at Marist College.

Madison Lane is a member of Eta Sigma Phi Classics, Ancient Mediterranean Studies Honor Society and Alpha Psi Omega Theatre Honor Society at Bucknell University.

Haley A. Oleynik and **Emma S. Brown** were named to the dean's list at Colby College.

The Virginia High School League awarded **Washington-Lee High School** the 2014 Claudia Dodson VHSL Sportsmanship, Ethics and Integrity Award.

Sophie-Helen Kiendl graduated from Ohio Wesleyan University with Bachelor of Arts degree.

Gray Gustafson graduated from Grove City College with a Bachelor of Arts degree in English and Spanish.



Glickman Design Build worked with Arlington homeowners to increase accessibility into and out of their ranch-style home for their young son, who is in a wheelchair. This included adding a door with protective portico plus a ramp directly from his bedroom to the home's exterior.

Redesigning for Wheelchair Access

FROM PAGE 13

ing as he makes his way down the ramp. “The house is located near a busy intersection,” said Glickman. “So safety was a big concern. We created a wall on the ramp so he couldn’t fall off and get hurt.”

THEY ALSO NEEDED to make modifications to the bathroom to accommodate his needs. Project design coordinator Keith W. Long, who like Glickman is a CAPS (Certified Aging in Place) design specialist, said one of the biggest challenges he faced was designing the bathroom.

“When someone is in a wheelchair, they need a lot of space to move around and to transfer to the shower, tub or sink,” said Long. “The existing space that we were working with was really small. When someone approaches a toilet or shower, they have to have a transfer space. Creating that space was the biggest challenge.” They found the extra space by using a closet from the boy’s room next door.

Long’s design included the creation of a double door, which allowed for a greater range of motion.

All walls were re-enforced for special grab bars, which can fold down if needed. The sink bows out and is at wheelchair height. The faucet features a motion sensor and the toilet is wheelchair height as well. An elec-



PHOTOS BY STACY ZARIN GOLDBERG FOR GLICKMAN DESIGN BUILD

Two grab bars and a handheld showerhead are also included in this Glickman Design Build bathroom, as well as a curbless shower for wheelchair access and turning.

tric outlet for hot water was installed for later use for a Toto washlet, if desired. Two grab bars and a handheld showerhead are also included, as well as a curbless shower for wheelchair access and turning.

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—Adlai Stevenson

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Write Now, I Just Don't Know

By KENNETH B. LOURIE



The biggest writing problem that I have, other than the ones you regular readers generally know about, is writing a current column on the weekend immediately preceding the next Wednesday's publication date, when I am still waiting on results from my most recent CT Scan. This isn't like putting the cart before the horse, this is more like putting the horse in the cart and pulling it. Aside from not knowing definitively about this most recent look into my lungs, and thus not wanting to discuss it – premature announcement you might call it – assimilating the ever-present anxiety and worry about any and all things cancer-related never gets easy. Moreover, the not-knowing corrupts my brain and stifles my creative juices. How can I think about anything other than what information I don't have? And considering the circumstances and the context: my life being at stake; anything, everything, all the things, pale in comparison and nothing feels worth writing about – so that's what I'm writing about.

Let me attempt to clarify a bit. This feeling isn't about waiting for results per se. It's not about the interval of time between my scan and my next face-to-face meeting with my oncologist when Team Lourie will be updated; it's not about wondering if any symptoms I've had (I haven't had any) are indicative of potential trouble; it's not about my insurance coverage or money running out and in turn there being some gap in my coverage; nor is this, generally speaking, about business or pleasure. No, this is about living my day-to-day life when the elephant is not only in the room, it's on your shoulders, in your head, and everywhere else it can possibly be.

Not that I'm totally blocked and unable to function; hardly. I am still in control of most of my bodily functions and almost all of my activities of daily living, and when I get dressed, I am still able to put my pants on one leg at a time like everybody else with very little difficulty. In short, my life appears to be relatively normal. No one could tell by looking at me that I'm living on the edge, maybe the cusp, hopefully not precipice, of potentially life-changing information. The reality of this upcoming Friday's appointment/reality so dominates my brain that it's practically impossible for me to mind anything but my own business, and what seems to suffer most is creative pursuits, and unfortunately that is reflected in this week's column: a meandering (though not necessarily intended to be) testament to cancer's insidious effect, emotionally. Cancer may occasionally work in mysterious ways, but in one way it's effect is perfectly clear: your thinking is not what is used to be, pre-cancer.

Nevertheless, I can manage. It's no problem, really. After five and one half years, I know what to expect. It's just time that thankfully I still have. I'll know soon enough though. It's already Monday. Besides, good things come to those who wait, right?

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

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Email announcements to 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.

FRIDAY/AUGUST 15

Become an Arlington Energy Master.

Through Aug. 15. Applications are now being accepted for the next round of training to become an Arlington Energy Master in which volunteers receive in-depth training in energy efficiency, water conservation, and weatherization. Once trained, volunteers then provide 40 service hours to the community over a 15-month period by performing upgrades in affordable housing units and providing energy efficiency and water conservation education and outreach in schools, to community groups, and to individual residents and families in affordable housing apartments. Community volunteer and student (high school and college) tracks are available. Learn more about the program on the ACE website at: www.arlingtonenvironment.org/energy/volunteers/ or contact energy@arlingtonenvironment.org.

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 or visit campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

WEDNESDAY/AUG. 20

Featured Speaker. Noon. The Knights of Roundtable charitable organization will host John Foust, Dranesville District Supervisor at their weekly luncheon. Foust is currently the Democratic candidate for the US 10th Congressional District seat. He will speak for 20-40 min. and answer questions. Members are encouraged to attend with guests. Email Walt Fetterer wfett100@aol.com for more.

4-H Volunteer Training and Orientation. 7-8:30 p.m. Fairlington Community Center, 3308 S. Stafford St, Arlington. Introductory training to learn more about the 4-H program and how you can contribute to the development of Arlington County youth. Email emilyr@vt.edu or call 703-228-6404.

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Senior trips: Sunday, Aug. 24, Dover Downs, Del., \$10; Monday, Aug. 25, Pirates Coverrestaurant for lunch, Galesville, Md., \$51; Wednesday, Aug. 27, tour National Public Radioheadquarters, D.C., \$8; Thursday, Aug. 28, Emlen Physick Estate, Cape May, N.J., \$60 (incl. lunch); Friday, Aug. 29, Barboursville (Va.) Vineyard and lunch, \$83. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

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

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

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

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

Foreign language conversation groups, Tuesday-Wednesday-Friday, Langston-Brown. Free. Details, 703-228-6300.

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

Table tennis, Tuesdays-Thursdays, 10 a.m. - 12 p.m., Walter Reed. Free. Register, 703-228-0955.

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