

The Arlington Connection

Christian Juarez with his son paying a meter in Clarendon. The County Board approved a 25 cent-per-hour increase in metered parking rates but deferred a vote on extending operating hours.

Timed Increase

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WELLBEING
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and does not require any military affiliation.**



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Parking Extension Deferred **Concerns over unknowns stall extension of parking meter hours.**

BY VERNON MILES
THE CONNECTION

Starting in September, Arlingtonians hoping for on-street parking should begin saving those extra quarters. In a unanimous vote at its May 16 meeting, the County Board approved a 25 cent-per-hour increase in metered parking rates. However, the board deferred a vote on the more controversial extension of operating hours until it receives a more detailed analysis of the extension's effects.

The new maximum hourly rate for metered long-term parking (four hours or more) will increase from \$1 per hour to \$1.25, while the maximum short-term hourly rate will increase from \$1.25 to \$1.50.

"We do need to do an assessment of existing conditions," said Parking Manager Michael Connor, "and while it's healthy to look at what our adjacent [communities] are doing, it's more important to look internally at what we're doing."

Connor said the core issue driving the meter increase is that the on-street parking increase is much less expensive than the empty parking garages. Connor said the meter increases are part of an effort to drive more Arlingtonians into the nearby garages. In Arlington, off-street parking varies from \$4 to \$6 hourly or \$110 to \$175 monthly. These rates are lower than D.C.'s, whose garages regularly charge \$6 to \$12 hourly or \$160 to \$320 monthly. Garage parking in neighbouring Alexandria ranges from \$2.5 to \$8 hourly or \$170 to \$200 monthly. Meanwhile, Arlington's on street \$1 short-term parking is a full dollar cheaper than D.C.'s \$2 on street parking.



PHOTOS BY CONNOR ORTMAN/THE CONNECTION

Parking meter in Clarendon with current parking hours listed.

The new \$1.25 rate will bring it closer to Alexandria's \$1.75 per hour but will still leave Arlington the cheapest in the region for on-street parking.

The more controversial vote was the extension of metered hours. Currently, Arlington parking meters are in effect from 8 a.m. to 6 p.m. However, the proposed action would extend meter hours until 8 p.m. While the meter increase was unanimously approved by the Transportation Commission, at the group's April 2 meeting, the

meter hours were deferred until more information could be presented on current parking capabilities.

At a second Transportation Commission meeting, the meter extension passed in a 7-2 vote.

"On street parking is a finite resource, so pricing is what we use in order to efficiently allocate that," said Chris Slatt, chairman of the Arlington Transportation Commission. "By not enforcing meters during peak demand, we're effectively giving away this valuable resource for free, so we shouldn't be surprised when we run out."

According to Connor, the proposed meter extensions aim to reduce the 85-100 percent parking capacity found in parts of the county during the 6-8 p.m. time frame.

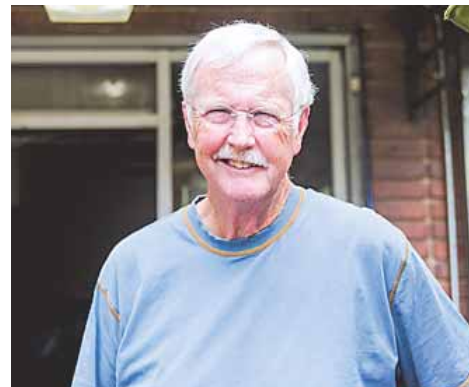
"We believe this is driven by a combination of restaurant employees who feed the meter for two hours," said Connor, "and residents who, upon coming home, decide not to park in the garage because a space is free on the street."

However, Connor acknowledged that confirmation of this theory is contingent on the results of the ongoing meter performance study scheduled for completion by the end of June. Accord-

ing to Connor, the next stage of testing will look at turnover and duration of car stays in on-street parking.

"I don't think we're done [studying this] and I'm reluctant to approve an increase in hours while we're still in the development phase," said County Board member John Vihstadt.

County Board member Jay Fisette also expressed concerns that the parking hours extension was being considered without working to find a solution with the local business community. Fisette referenced pre-



Greg Cahill, president of the Clarendon Business Association.

vious deals between federal departments formerly located in the region, like Department of Homeland Security, and local businesses to allow usage of the department's garages on nights and weekends.

Following the vote, members of the business community expressed mixed feelings towards the decision.

"The meter rate increase is inevitable and it's sensible," said Greg Cahill, president of the Clarendon Business Association. "But extending the meter hours later will be detrimental. More people are going to get tickets and they can go to other places where they won't, like Tyson's. That's bad for local business."

Cahill also listed alternative plans for the County Board to consider, including testing an entirely free parking program in the area and taxing the additional sales. Cahill agreed with Connor's assessment that employees park and feed the meter until after 6 p.m. But like Fisette, Cahill said he believes local businesses could reach a deal with nearby garages to arrange a discounted rate for employee parking. Cahill also said many restaurants would be interested in promoting local garages or having a discount program.

Arlington Police in Pictures **Retired officer writes history of county police department.**

BY MICHAEL MCMORROW
THE CONNECTION

Some few years ago, Janet Rowe attended a law enforcement officer convention in Pittsburgh and was impressed with that city's police museum. On another occasion, she came across a book telling the history of the Alexandria Police Department. Nothing comparable existed for Arlington's police department. She bided her time and this year took a first step in remedying the situation. "Arlington County Police Department" is now on booksellers' shelves.

Rowe served as a police officer in Arlington from 1981 to retire-

Copies available

"Arlington County Police Department" by Janet Rowe (Arcadia Publishing, Charleston, SC, 2015, ISBN 978-1-4671-2283-2) may be purchased in person at Barnes & Noble in Clarendon, and online at Amazon.

ment in 2012. Since she had two years experience in California before completing the local police academy, it was "out the academy door" and "directly on patrol." She laughs imagining the scene in a traffic situation with her dress bent out of shape by all the leather belting, including a holster.

Rowe never took a promotion examination and remained a patrol officer for her career. She could not bear to sit behind a desk

and give up the daily and ever-changing encounters with real people on the street and in their homes and businesses.

Time passed and she wound up marrying a fellow officer on the Arlington force, having a family and seeing one child join the Fairfax County Police Department. Rowe thinks her son joined that department "to avoid competing with Mom." Law enforcement roots also include her parole officer father. With a laugh, she confides that the handsome young actors in uniform on the television show "Adam-12" may have had a substantial influence on her career choice.

Rowe's tenure included

lowlights, middle-lights and high-lights. The worst time was 9-11, and being one of the many on duty almost non-stop for three weeks when the aircraft hit the Pentagon.

The best time was being recalled to active duty for five months following the hubbub of retirement, while the department waited for the next class to graduate from the academy.

Middle-lights were the many times she, often with other officers, could do something to help individuals; in other words, the "serve" part of "protect and serve." One instance involved grandparents who shoplifted in company with their 10-year-old grandson

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PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Janet Rowe, author and retired police officer.

In 45th, Candidates Struggle To Out-Democrat Each Other

Candidates find differences on education and environment.

BY VERNON MILES
THE CONNECTION

If residents are having a difficult time differentiating between the platforms of the five Democratic candidates running for the 45th district delegate seat, they are not alone. In the penultimate debate for the Democratic primary, candidates expressed frustration at echoing the policy stances made by their peers. In the debate on May 31, hosted by the Mount Vernon Democrats, candidates attempted to separate their campaigns from their peers by focusing on their priorities. In this, some differences began to emerge.

Julie Jakopic said her top priority is early childhood education, specifically ensuring that all families have access to pre-K programs. Craig Fifer likewise cited access to pre-k education was his campaign priority. As with the other candidates, Fifer said it was difficult to narrow his campaign to one issue, but said access to pre-K is one of the easiest positions to push as non-partisan legislation. Larry Altenburg noted that his priority is also on education, but that said that his focus was less on pre-k programs and more on reducing testing for K-12 students.

Candidates Mark Levine and Clarence Tong differentiated themselves by focusing on non-education related issues. For Levine, the most crucial issue in his platform is an increase in the Virginia minimum wage, and said raising the \$2.13 wage for jobs with tips as a sub-focus. Tong said that expanding Medicaid in Virginia was his top priority, but acknowledged that it would seem



Julie Jakopic

impossible without more Democrats in the Virginia legislature. However, Tong referenced Medicaid expansion in Montana as an example of a Republican majority state managing to find some way of compromising on health care expansion.

All of the candidates agreed on the need to improve and expand Route 1. Each candidate expressed their disapproval of Gov. Terry McAuliffe's authorization of oil drilling off along Virginia's coast and expressed approval of offshore wind farms.

All of the candidates disagreed with the so-called "King's Dominion Law," which prohibits schools from starting before Labor Day, but there were variations as the conversation shifted into the length of the school year.

Jakopic stated that she believed that the determination of school year length should be made by the local school districts, but added that she was personally not in favor of starting the school year before Labor Day. Levine agreed with the local control over school year length, but added that he didn't think there was anything sacred about waiting until Labor Day to begin the school year. Altenburg took the discussion one step further and argued that there were benefits to removing summer vacation entirely, particularly a reduction in "summer learning loss," the loss of academic skills and knowledge from educational inactivity over the summer. Altenburg was also the only candidate



Mark Levine



Clarence Tong

who expressed approval of a bill that removes the state's ability to review and adjust Dominion Virginia Power's base electricity rates until 2022, saying that the bill ensured that Dominion Power would provide support for clean air.

The relatively small venue of the debate, the main room of an Alexandria condominium, meant the debate was attended by more campaign volunteers than voters, all of whom were able to ask questions to the candidates. Dick Kennedy, a member of the board of directors for the Virginia branch of the National Organization for the Reform of Marijuana Laws, asked whether the candidates would support the legalization of marijuana. Fifer, Tong, and Altenburg expressed support for decriminalization for the drug. Jakopic supported legalization on the condition that taxes from the sale be put into substance abuse treatment. Levine



Larry Altenburg



Craig Fifer

supported full and unconditional legalization, expressing personal disdain for smoking, but saying that marijuana should be treated in a similar fashion to alcohol. Following the debate, Kennedy said he was most supportive of Levine's platform on the issue, but was content that all of the candidates had given thoughtful answers.

"I liked the [debate] format," said Ken Sharma, the vice chair of voter registration for the Fairfax County Democratic Committee. "It was more of a discussion than a debate."

"I came here knowing a couple of the candidates," said John Mathes, a volunteer at the debate, "But I was super impressed with all five."

The Democratic Primary will be held on June 9. By which any Republican or Independent candidates for the 45th District seat must also register.

Fairfax Inova Escapee Indicted

When Arlington resident Wossen Assaye, 43, escaped from private security guards and fled Inova Fairfax Hospital, he added to a litany of existing charges.

The escape, subsequent manhunt and capture within several hours in Washington, D.C. took place Tuesday, March 31.

On May 28, the U.S. Attorney's Office announced a grand jury had brought a 16-count indictment against Assaye. The charges include bank robbery and burglary, escape, kidnapping, assault and other firearms offenses.

The indictment asserts Assaye robbed five northern Virginia banks between October 2013 and March 2015. During a sixth incident, the charge continues, he went into a bank intending to commit robbery and larceny.

Assaye was under arrest when he was transported to Inova for medical treatment. There, he managed to overpower one of his

guards, brandished a firearm and kidnapped one of the officers, according to the U.S. Attorney's Office statement.

If convicted, Assaye could face a mandatory minimum 122-year jail sentence, up to a maximum of life in prison.

The FBI's Washington Field Office, Fairfax County Police Department, Alexandria City Police Department, Loudoun County Sheriff's Office and Falls Church City Police Department were all involved in investigating Assaye's case. Those agencies were assisted by the U.S. Marshals Service, Virginia State Police, Arlington County Police Department and Metropolitan Police Department of the District of Columbia.



Wossen Assaye.

— TIM PETERSON

FLOURISHING AFTER 55

"Flourishing After 55" from Arlington Office of Senior Adult Programs for June 7-13.

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

Senior trips: Sunday, June 7, Annapolis Secret Garden Tour, \$61; Tuesday, June 9, Virginia Museum of Fine Arts and lunch, Richmond, \$79; Wednesday, June 10, Brookside (Md.) Garden Tour and lunch, \$58; Friday, June 12, Choptank River Cruise and lunch, \$58; Saturday, June 13, Pink Bicycle Tea, Occoquan, \$52. Call Arlington County 55+ Travel, 703-228-4748. Registration required

Spellbinders Storyfest, Sunday, June 7, 3 p.m., Langston-Brown. Free. Register, 703-228-6300.

Classical music appreciation, Monday, June 8, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Strength training classes at TJ, Mondays, 9 a.m., \$60/15 sessions or \$4 drop in. Details, 703-228-5920.

Pickleball games & instruction, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Ice skating, Mondays, 8a.m. – 9:10 a.m.,

Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4745.

55+ Nature Hike, Tuesday, June 9, 4 p.m., Gulf Branch Nature Center. Free. Register, 703-228-3403.

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

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

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

Poker games, Tuesdays and Thursdays, 10 a.m. – 12:30 p.m., Lee. Register, 703-228-0555.

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

AARP smart driver class, Wednesday, June 10, Thursday, June 10, 9 a.m. – 1 p.m., Madison, \$20. Register, 703-228-0555.

Staying hydrated, Wednesday, June 10, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Senior scams, Thursday, June 11, 1 p.m., Arlington Mill. Free. Register, 703-228-7369.

Eat smart, age well, Thursday, June 11, 1 p.m., Walter Reed. Register, 703-228-0955.

Investing with little money, Friday, June 12, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Arlington Police in Pictures

FROM PAGE 3

shortly before Christmas. One look revealed that the merchandise was food; the elderly couple had none, and no money to buy any. The outcome was Runyonesque. The storekeeper was persuaded not to press charges, responding patrol officers bought food and took the family home and, in short order, the entire squad had decided a real Christmas was in order. Food and gifts aplenty followed. Even the cat had a present.

Black-and-white photographs in the folds of a book cannot convey Rowe's positive feelings about the department, but it is a start. She tracked down the

same publisher of the book about Alexandria's police force and, obtaining a commitment, spent 10 or so months selecting pictures and confirming text. All "author's proceeds" go into a fund which assists officers in need.

Rowe currently is taking a breather before reviving step two of her plan: creation of a museum, open to the public, or at least formal displays of artifacts connected to the Arlington Police Department. She has located caches of items in headquarters, but believes other retirees and their families have mementos marking the service of so many over the 75 years of the department.

MILITARY NOTES

Email announcements to arlington@connectionnewspapers.com.

Anna Guerrero, serving with the Intelligence and Sustainment Company, 42nd infantry Division is promoted to the rank of specialist.

Air Force Airman 1st Class **Kristina**

Vi graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. She is a 2008 graduate of Arlington's Washington-Lee High School and earned a bachelor's degree in 2013 from George Mason University.

Air Force Reserve Airman 1st Class

Curtis R. Mack graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Mack is the son of Tameka Mack of Woodbridge, and step-son of Bo Kelly of Dumfries. He is also the nephew of Esse Watt of Alexandria, and Diane Mack of Indian Head Highway, Md., and cousin of De'shaun Moon of Arlington.

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com at least two weeks before event. Include date, time, location, description and contact for event: phone, email and/or website.

THURSDAY/JUNE 4

Arlington Neighborhood Villages

Anniversary Party. 6-8 p.m. at National Rural Electric Cooperative Association Conference Center, 4301 Wilson Blvd. Arlington Neighborhood Villages will celebrate a year of helping seniors live independently. Free. RSVP by emailing register@arlnvil.org.

Special Forum on Redistricting.

6:30 p.m. at George Mason University's Arlington Campus Hazel Hall Room.120. Come learn more about the potential impact of the redistricting process in Virginia and across the nation. Admission is free, seating is limited. Call 703-993-9817.

SEE BULLETIN, PAGE 6



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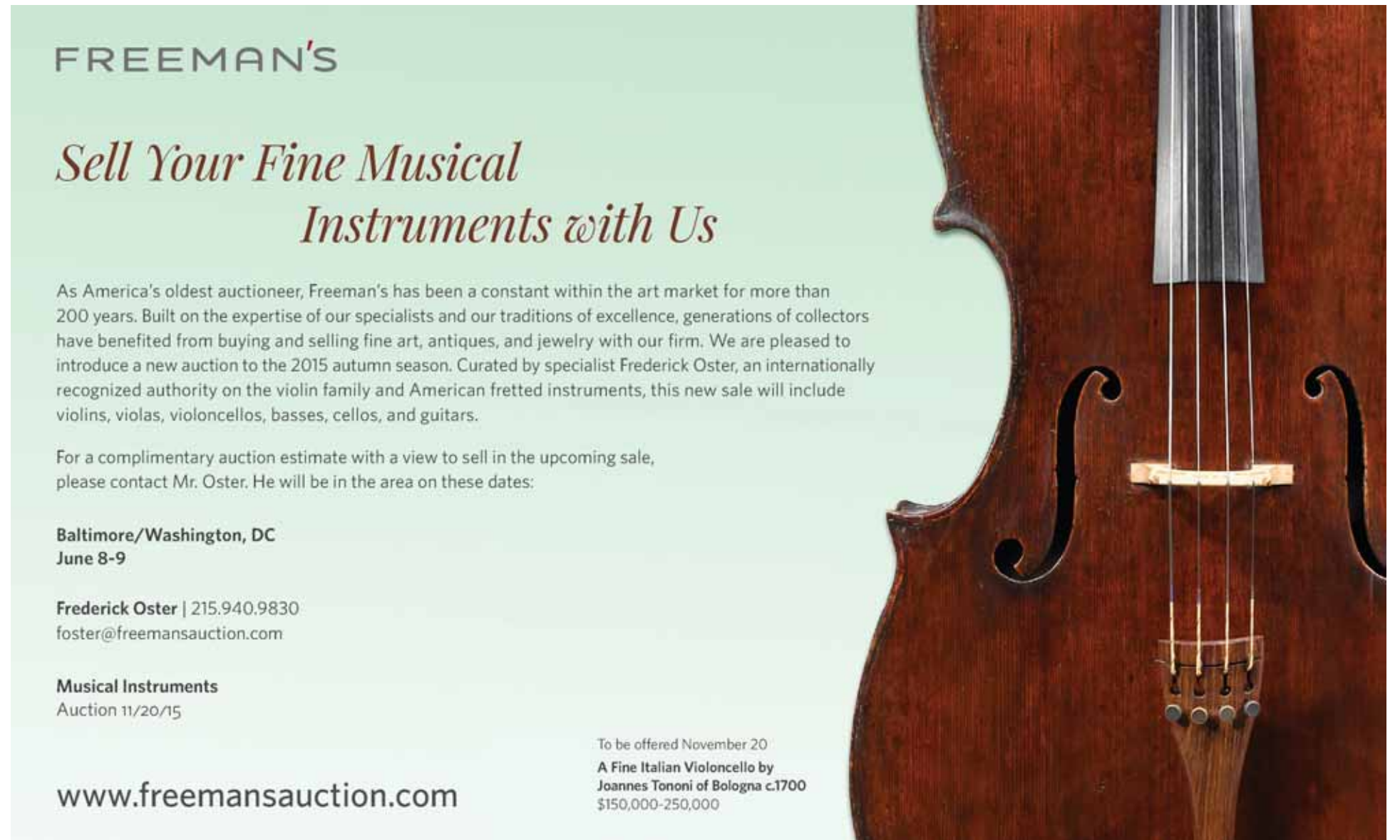
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As America's oldest auctioneer, Freeman's has been a constant within the art market for more than 200 years. Built on the expertise of our specialists and our traditions of excellence, generations of collectors have benefited from buying and selling fine art, antiques, and jewelry with our firm. We are pleased to introduce a new auction to the 2015 autumn season. Curated by specialist Frederick Oster, an internationally recognized authority on the violin family and American fretted instruments, this new sale will include violins, violas, violoncellos, basses, cellos, and guitars.

For a complimentary auction estimate with a view to sell in the upcoming sale, please contact Mr. Oster. He will be in the area on these dates:

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OPINION

Overdose Deaths Are Preventable

New “safe reporting” law encourages people to seek help in time.

The death rate due to heroin overdose more than doubled between 2010 through 2013, according to the Centers for Disease Control (CDC), with an average increase of 37 percent per year in the United States.

What the statistics don't say is that most of these deaths are preventable nearly to the last breath. Heroin and other opioids affect the part of the brain which regulates breathing, and opioids in high doses can cause respiratory depression and death.

Naloxone, which is effectively an antidote to opioid overdose, will completely reverse the effects of an opioid overdose if administered in time.

Emylee Lonczak, a McLean teenager who died of an overdose in what was reported to be her first encounter with heroin, might still be alive if the people with her at the time had taken her to a hospital or called 911.

New legislation designed to protect people seeking help for friends experiencing overdose should make it simpler to do the right thing.

State Sen. Chap Petersen sponsored the bill, Safe Reporting of Overdoses, which was signed by Gov. Terry McAuliffe last week.

“The next step is to get the word out to young people: If a friend is in distress, you have a responsibility and now you have legal protec-

tions. Do the right thing. Make a call to save a life,” said Petersen said after the Governor signed the bill.

The law also applies to alcohol overdoses. Petersen collaborated with a Fairfax High School classmate, Gerald Lawson, now a professor at Virginia Tech, in pressing for protection for Good Samaritans in these circumstances.

The Food and Drug Administration last year approved a hand-held auto-injector designed for family and caregivers who might be witness to an overdose to administer a single dose of the drug naloxone.

Safe reporting of overdoses SB 892, summary as passed.

Establishes an affirmative defense to prosecution of an individual for (i) simple possession of a controlled substance, marijuana, or controlled paraphernalia; (ii)

intoxication in public; or (iii) the unlawful purchase, possession, or consumption of alcohol if such individual sought or obtained emergency medical attention for himself or for another individual because of a drug-related or alcohol-related overdose and if the evidence for the charge was obtained as a result of the individual seeking or obtaining emergency medical attention.

The bill provides that the affirmative defense may only be invoked by an individual who (a) remains at the scene of the overdose or at any location to which he is transported for emergency medical attention until a law-enforcement officer responds to the report of an overdose or, if no law-enforcement officer is present at either the scene or the other location, cooperates with law enforcement, (b) identifies himself to the responding law-enforcement officer, and (c) cooperates, upon request, with any criminal investigation reasonably related to the drug or alcohol that resulted in the overdose. No individual may assert this affirmative defense if the emergency medical attention sought or obtained was during the execution of a search warrant or during the conduct of a lawful search or a lawful arrest.

Send Photos for Father's Day

Father's Day is Sunday, June 21, and once again the Connection will publish a gallery of Father's Day photos.

Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos as soon as possible, with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two

about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 15.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to arlington@connectionnewspapers.com.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

FROM PAGE 5

MONDAY/JUNE 8

ESL Placement Exams. 9 a.m. and 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 6-Sept. 25, 2015 English (ESL) classes. The exams are free. Visit www.apsva.us/reep.

MONDAY/JUNE 15

ESL Placement Exams. 9 a.m. and 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 6-Sept. 25, 2015

English (ESL) classes. The exams are free. Visit www.apsva.us/reep.
Community Meeting. 7 p.m. at Williamsburg Middle School Auditorium, 3600 N Harrison St. The community is invited to attend a forum on interim options to address capacity issues at Swanson and Williamsburg Middle Schools between September 2016 and 2019. Visit www.apsva.us/site/Default.aspx?PageID=30095 for more.

WEDNESDAY/JUNE 17

Community Meeting. 7 p.m. at Swanson Middle School Auditorium, 5800 Washington Blvd. The community is invited to attend a forum on interim options to address capacity issues at Swanson and Williamsburg Middle Schools between September 2016 to 2019.

Visit <http://www.apsva.us/site/Default.aspx?PageID=30095> for more.

THURSDAY/JUNE 18

Managing Pests and Diseases in the Landscape. 7-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Learn to control insects in your garden. Free. Visit www.mgnv.org to register.

SATURDAY/JUNE 21

ZERO - The End of Prostate Cancer's Run/Walk. 10 a.m.-6 p.m. at Pentagon Row Courtyard, 1101 Joyce St. A run/walk benefitting prostate cancer research will feature a 4 mile run/walk, 1 mile walk, 200 yard sprint for children, and a “Snooze for Dudes” program in which participants may support the program by sleeping in. Registration fee vary. Visit www.kintera.org.

TUESDAY/JUNE 23

Volunteers Needed. 3-5 p.m. at Buchanan Garden Apartments, 914 S Buchanan St. Arlington Partnership for Affordable Housing is seeking volunteers to help with a book drive for low-income families. Children will also be registering for a summer reading program. Visit www.apah.org.

THURSDAY/JUNE 25

Volunteers Needed. 3-5 p.m. at Arlington Mill Residences. Arlington Partnership for Affordable Housing is seeking volunteers to help with a

book drive for low-income families. Children will also be registering for a summer reading program. Visit www.apah.org.

JULY 6-SEPT. 25

ESL Classes. Morning and evening classes at Syphax Education Center, 2110 Washington Blvd. #106. Call 703-228-4200 or visit www.apsva.us/reep.

ONGOING

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit www.accessjca.org.

Leadership Arlington is accepting applications for the Fall Young Professionals Program until July 15. Accepted applicants will participate in a program designed to help young community leaders gain new skills and tools to benefit the community. Visit www.leadershiparlington.org.

Vajrayogini Buddhist Center offers “Meditations for a Meaningful Life” for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life and how meaningful it can be. \$10 (\$5 unemployed, fulltime students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

LETTER TO THE EDITOR

Positive Movement

To the Editor:

Thanks for the great article on Reevesland [“Arlington History for Sale,” May 27].

I lived in nearby Bluemont for nearly 25 years and am very pleased to see this useful old relic of yesteryear get its due consideration.

Arlington County Public School students have to be bused way out to past Gainesville for the Outdoor Lab. Restoring (partially or wholly) a dairy operation would provide a real and wonderful “laboratory” right here.

Thank you Ms. Mary Hines [chair] and the rest of the Arlington County Board for teeing up this wonderful possibility.

Kevin Chisholm
Now of Crystal City

The
Arlington
Connection

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SCHOOLS



Fallon Keplinger and her class use a garden at Thomas Jefferson Middle School for out-of-classroom lessons.



PHOTOS BY EMILY RABBITT/THE CONNECTION

Students researched the varieties of tomato plants and planted them throughout a patch of land at Thomas Jefferson Middle School.

Out of the Classroom and into the Garden

Adding life skills while growing plants.

BY EMILY RABBITT
THE CONNECTION

Fallon Keplinger, or Ms K., as her middle school students and fellow teachers call her, has only been at Thomas Jefferson Middle School in Arlington since October 2014, but she's jumped in with both feet. Her modern-day Victory Garden has brought the school community together in a variety of ways.

It started, like a lot of inspirational ventures, with a simple requirement, "I needed to get my kids out of the classroom," Keplinger said. Her middle school students have a range of intellectual disabilities, and don't always thrive when inside for long periods of time.

She asked for a plot in the garden that has been in various stages of development for the last few years, and stocked it with donations from Cultivate the City and George Mason Organic Gardens. With walkways made with the help of the tech ed program and found disassembled pickle crates (insects have an aversion to vinegar), she estimates the start-up cost has been around \$15.

Her students have quickly made it one of their favorite aspects of the Life Skills curriculum she teaches. They have a collection of heirloom tomatoes that would make any farmer's market aficionado covetous. The children have researched the varieties and planted them throughout the patch of land.

The Thomas Jefferson school already had the garden space on its campus. The area continues to evolve, and Keplinger's class is another new use of the outdoor campus. Last year, a planning committee put together a wish list, including more outdoor seating and creative additions to the space including an entryway designed by a former student and culturally significant areas that would reflect the student population.

Keplinger's students have disabilities that prevent them from participating in the same classes and activities as students in the general population. This can lead them to be separated from the school community. The gardening project has tapped into the interdisciplinary nature of Thomas Jefferson's programming and created opportunities for



Deborah Mohammed, coordinator of the International Baccalaureate Program, shows the IB contributions.

the children to work with different groups more often.

Fellow teacher Emily Calhoun's class has assisted Keplinger's class with the garden, and Calhoun has been delighted at the results. Her class is comprised of students with autism, and she has been intrigued and pleased by the interactions she's seen between the two groups of students. Her students develop patience and empathy working with Keplinger's students, and the teamwork has led to friendships being forged between the two classrooms.

The two classes took a trip to the botani-

cal gardens in Washington, D.C., practicing such life skills as getting bus and metro cards and navigating the train system, while taking in the exhibits and seeing extreme gardening in action.

The interaction between Keplinger's class and the rest of the school community doesn't stop there. Deborah Mohammed, coordinator of the International Baccalaureate Program, shows the area maps math classes in the IB program have created. Color coded to show the different plantings, the area maps were created for Keplinger's students as the "clients," to choose their layout. As she showed up the plans the students had drawn up, Mohammed said of Keplinger and the garden project, "she has been the inspiration, going for it," and says that other staff members and students have eagerly joined in, "can we join you," has been the prevailing sentiment.

Sometimes, Keplinger said, "Farmer John," a local gardening enthusiast who volunteers his time, will help with the Victory Garden and the students' plantings.

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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

“A Tale of Two Cities.” Through June 21 at various times at Syntetic Theater, 1800 S. Bell St. A drag queen finds an abandoned baby at his door. To calm the child down, he enacts the entirety of Charles Dickens’ “A Tale of Two Cities” – playing all the characters himself. Tickets start at \$35. Visit www.syntetictheater.org.

“Fragments of Everyday Life.” Through June 27, 10 a.m.-6 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday at Gallery Underground, 2100 Crystal Drive. Artist Dennis Crayon uses classical painting techniques, trompe l’oeil, and contemporary composition to paint “fragments.” Free. Visit www.galleryunderground.com.

June Members Show. Through June 27, 10 a.m.-6 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday at Gallery Underground, 2100 Crystal Drive. Gallery Underground’s members will present an exhibit of sculpture, glass, ceramics, etc. Free. Visit www.galleryunderground.com.

“Current.” Through June 28, 4-8 p.m. on Wednesday and Friday; 12-5 p.m. on Sunday at Artisphere’s Artist in Residence Studio, 1101 Wilson Blvd. Sculptor and installation artist Brian Davis will have open studio hours. Free. Visit www.artisphere.com.

Spring SOLOs. Through June 28, 12-5 p.m. Wednesday-Sunday at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center hosts several solo exhibits each season. This spring, they welcome Bradley Chriss, Nichola Kinch, Kate kretz, A. Gray Lamb, Nate Larson, Dan Perkins, and Paul Shortt. Admission to the gallery is free. Visit www.arlingtonartscenter.org.

“Holoscenes/Quaternary Suite.” Through June 28, Gallery hours at Artisphere, 1101 Wilson Blvd. Media artists, design, director, write and artistic director of Early Morning Opera Lars Jan presents a performance, video, photographic and print comprised work. Free. Visit www.artisphere.com.

“Cabaret.” Through June 28 at various times at Signature Theatre, 4200 Campbell Ave. This musical is set in 1931 Berlin and revolves about a young cabaret perform and her love interest. Tickets start at \$40. Visit www.signature-theatre.org.

Crystal Screen. Mondays through Aug. 31 at sunset at 1851 S Bell St. Courtyard. Watch a projected film under the stars. This year’s theme is espionage. Free. Visit www.crystalcity.org.

Blues, Brews and Barks. Wednesdays in June, 5-8 p.m. at 2121 Crystal Drive. Hear local music, visit the beer garden, or relax in the courtyard with your dog. Free to attend. Visit www.crystalcity.org.

ArtJamz. Fridays in June from 5:30-7:30 p.m. at 1750 Crystal Drive. Create an original work of art while being inspired by the beauty of water, multiple wine varietals and live music. Customers get their choice of canvas, paint and art materials, easel, as well as helpful tips and guidance from art-trained team of creative enablers. Tickets are \$40 45. Visit www.artjamzdc.com/wine-in-the-water-park-artjamz-crystal-city.

Shirlala Music Festival. Thursdays, June 4-Aug. 27. 6:30 p.m.-8:30 p.m. at Village at Shirlington, 4200 Campbell Drive. The third annual Shirlala Music Festival features three months of live music. This event series is free and open to the public. See www.villageatshirlington.com.

Rosslyn Outdoor Film Festival. Fridays, June 5-Aug. 28. 8:30 p.m. at Gateway Park, 1300 Lee Highway. The theme this year is “Quotable Comedies.” Free admission. See www.rosslynva.org/events.

Sizzlin’ Summer Nights Series. July 8-25 at Signature Theater, 4200 Campbell Ave. Christine Pedit, Natascia Diaz, Sherri L. Edelen, Will Gartshore and the Revenge of the Understudies Mitchell Jarvis (The Threepenny Opera), Kevin McAllister and more are scheduled to perform. Call box office at 703-820-9771.

LGBT & Straight Friends Social. Tuesdays. 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.

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 registration.arlingtonva.us. Free, no registration required.

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.

Family Nights. 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

Ball-Sellers House Tours. 1-4 p.m. at The Ball-Sellers House, 1015 N. Quincy St. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit www.arlingtonhistoricalsociety.org.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC’s Eastern Market complete with arts, crafts, and other handmade goods. Free to attend. Visit www.crystalcity.org.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City’s “Art for Life” Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.com.

CAMPS, CLASSES & WORKSHOPS

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.

Syntetic Theater. Syntetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Syntetic offers an introduction to physical theater, acting and

Micro-Gallery Now Open

Barbara Januszkiewicz wants people to have the “Breakfast at Tiffany’s” Holly Golightly experience at the new 34zero9 Gallery in Arlington. Much like the Tiffany’s window in the opening scene of the 1961 classic, a large glass window lends an openness to the 60-square-foot space, so that “anybody can walk by and see the artwork,” she said.

Januszkiewicz was trained by Chinese master Mun Quan in the ’70s. However, she said, “the work I was doing was very common, but good. I could draw with both hands, upside down, but I had no passion.” Parisian jazz clubs inspired her to approach her art differently. She now makes art inspired by music, mostly jazz, with watercolors and



that will enable them to learn and maximize their performance and to achieve peak condition. For full time and session dates or to register visit www.registration.arlingtonva.us and use activity code 720515.

GenCyber Residential Camp. July 5-17, at Marymount University, 2807 North Glebe Road. Marymount University is offering Summer Tech Institutes for students 16-18. Participants will take daily classes from Marymount faculty. This program in particular will focus on awareness of cybersecurity among high school-aged children. Free. Visit www.Marymount.edu/admissions/summer to apply.

Jane Franklin Dance Summer Camp Program. July 13-Aug. 7 at Cultural Affairs Building, 3700 S. Four Mile Run Drive. Children ages 5-9 may participate in theatre, performing, and visual arts activities. Enrollment starts at \$255. Scholarships are available. Visit www.janefranklin.com.dance-education/classes.

Mobile App Development Institute. July 13-17, at Marymount University, 2807 North Glebe Road. Marymount University is offering Summer Tech Institutes for students grades 8-12. Participants will take daily classes from Marymount faculty. This program will focus on the development of mobile applications. Free except for \$100 application fee. Visit www.Marymount.edu/admissions/summer to apply.

GenCyber Day Camp. July 5-17, 9 a.m.-4 p.m. at Marymount University, 2807 North Glebe Road. Marymount University is offering Summer Tech Institutes for students 14-18. Participants will take daily classes from Marymount faculty. This program in particular will focus on awareness of cybersecurity among high school-aged children. \$100 application fee. Visit



The 34zero9 Micro-Gallery is on the eastern side of the 9th Street Extension in Arlington.

acrylics.

The space is part of a nest of studios in the rear of the Arc 3409 condo building on the eastern side of the 9th street extension. The “micro-gallery” will rotate the work of Januszkiewicz and her studio-mates, John M. Adams, Matthew Grimes, and Paula Bryan.

The four, who operate independently of each other, plan on collaborating enough to hold regular open houses, and give the gallery some level of 24-hour access with work for show and for sale.

Grimes, who works with clay, but mostly produces multimedia collages of varied sizes out of his studio space at 34zero9, hopes that the gallery will bring people into the studio experience. His work is inspired by and constructed with street flyers from Chile.

“What’s great about the gallery is that it has constraints. Immediately you’re hit with the size constraints. But then, as artists, all we do is creatively problem solve...,” said Grimes. Once it’s set up and you see the diversity of work that’s in there you see it as this great little geode if you will. It’ll stop you.”

— SARAI JOHNSON

dance 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.syntetictheater.org/studio or call 703-824-8060.

Arlington Arts Center Adult Summer Session. June 16-Aug. 19 at Arlington Arts Center, 3350 Wilson Blvd. Class size has been reduced to allow room to be creative, and increased opportunity for one-on-one time with AAC Instructors. Prices vary. Register online at www.arlingtonartscenter.org/aac-adult-classes.

Teen Camp Summer Intensive. June 22-July 1, 9 a.m., at the Syntetic Studio. Eight days of actor training and new play development led by Syntetic teaching artists and DC theatre professionals, culminating in the production of Star Force, a physical musical theatre parody of everyone’s favorite intergalactic space odyssey. Register at www.syntetictheater.org.

Children and Teens Art Summer Camps. June 22-Aug. 24 at Arlington Arts Center, 3350 Wilson Blvd. Campers explore the fundamentals of art through fun projects that enhance and develop motor skills, observational thinking, and artistic aptitude and much more. Ages 4-18. Price per camp is \$155-195. Register online at <https://www.arlingtonartscenter.org/education>.

Youth and Teen Winter Fitness Programs. Winter speed and explosion workshops at Swanson Middle School will focus on mental preparation, speed, explosion, agility, fitness and conditioning training. Teens ages 13-19 can take advantage of programs focused on baseball and softball. Ages 9-13 will enjoy a more generalized program. The key objective of workshops is to ensure that every athlete is challenged in an intense and fun atmosphere

ENTERTAINMENT



Clockwise from bottom left: “View of the Potomac,” “Shake your Tree,” and Morning Glories” by Dennis Crayon

‘Fragments of Everyday Life’

Artist Dennis Crayon uses classical painting techniques, trompe l’oeil, and contemporary composition to paint “fragments.” His exhibit “Fragments of Everyday Life” will be on display at Gallery Underground through June 27. The opening reception for the exhibit will be Friday, June 5, 5-8 p.m. Admission to the gallery is free. Visit www.galleryunderground.com for more information.

www.Marymount.edu/admissions/summer to apply.

Bowen McCauley Dance Summer Intensive. Aug. 10-14, 4-8:30 p.m. at The Maryland Youth Ballet studios, 926 Ellsworth Drive, Silver Spring, Md. Bowen McCauley Dance of Arlington will host four days of intensives for dancers age 16 and older. Registration is \$400 until May 31, \$450 until June 30, \$500 after that. Scholarships are available. Visit www.bmdc.org/outreach.intensive.

WEDNESDAY/JUNE 3

Greater Washington, DC Choral Excellence Awards. 6:30 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. The Choralis Foundation will sponsor an event honoring area choruses and chorus leaders. Tickets are \$105 before May 13, \$125 after. Visit www.chorals.org/events for more.

THURSDAY/JUNE 4

“Dance All Day and Do Good.” Starting at 6 a.m., classes run throughout day at Jazzercise Arlington, 200 N Glebe Road. Join Jazzercise Arlington for a Dance Mixx class. Online donations towards Do More! suggested starting at \$10. Visit www.domore24.org to donate and visit www.jazzercise.com for schedule of classes. Free, but donation recommended. Classes are first come first serve. Call 703-341-9782.

Inside Signature With Barrett Wilbert Weed. 1-2 p.m. at The Mead Lobby at Signature Theatre, 4200 Campbell Ave. Barrett Wilbert Weed, who stars in “Cabaret” as Sally Bowles will discuss her career. Free. Visit www.signature-theatre.org.

Photography Workshop. 6:30-8 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Free. Visit www.arlingtonartscenter.org.

#TBT Concert: The Reflex. 6-8:30 p.m. at Freedom Park, 1101 Wilson Blvd. The Reflex covers music from Blondie, Duran Duran, and others. Free. Visit www.rosslynva.org/do/numtbt-concerts.

JUNE 4-28

The Madwoman of Chaillot. Various times at Gunston Theatre Two, 2700 South Lang St. The WSC Avant Bard presents a comedy translated from French about four women attempting to save the world from capitalists. Tickets start at

\$10. Visit www.wscavantbard.org.

FRIDAY/JUNE 5

“Fragments” Opening Reception. 5-8 p.m. at Gallery Underground, 2100 Crystal Drive. Celebrate “Fragments of Everyday Life,” an exhibit of contemporary realism works by artist Dennis Crayon. Free. Visit www.galleryunderground.org for more.

Yappy Hour at Le Méridien. 6-8 p.m. at Amuse Le Méridien, 1121 19th St. N. Bring your dog to yappy hour on the terrace of Le Méridien and enjoy cocktails, www.rosslynva.org/do/yappy-hours-at-the-amuse-terrace.

Arlington Historical Society Annual Banquet. 6:30-9 p.m. at the Holiday Inn Rosslyn, 1900 North Fort Myer Drive, Arlington. Visit www.arlingtonhistoricalsociety.org for more.

Lyndsay Faye Book Signing. 7 p.m. at One More Page bookstore, 2200 N. Westmoreland St. Author Lyndsay Faye discusses and signs “The Fatal Flame.” Free. Visit www.onemorepagebooks.com for more.

SNL Stand Up. 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Watch Colin Jost, head writer and Weekend Update co-anchor from Saturday Night Live perform stand up. Tickets are \$22. Visit info@arlingtondrafthouse.com for more.

SATURDAY/JUNE 6

Neighborhood Day & Community Yard Sale. 8 a.m.-12 p.m. at 6040 Wilson Blvd. Attend a large neighborhood yard sale with vendors in church parking lot. Food, music, and entertainment will be available for families. Free. Visit www.myarlingtoncommunity.com.

Arlington History Bike Tour. 9:00 a.m. at Ballston Metro Station, Top of Escalator, S.E. Corner of N. Stuart Street and Fairfax Drive. Bike 1-23 miles visiting Arlington parks and historic sites. Bring lunch, water and any type of bike. Wear helmet. Cost is \$2 to participate. See www.centerhikingclub.org or call 703-243-0179.

Strawberry Festival. 10 a.m.-3 p.m. at Bethel United Church of Christ, 4347 Arlington Blvd. Attic Sale at 10 followed by strawberry desserts and ice cream, hot dogs and veggie burgers, bake sale, kids games and face painting from 11 a.m.-3 p.m. Free admission. See <http://bethelucc-va.org>.

Arlington Student Film Fest. 10 a.m.-3 p.m. in

the H-B Woodlawn Auditorium, 4200 Vacation Lane. Sixty finalist films created by 150 students from 18 Arlington elementary, middle and high schools were selected for a public screening. See www.acps.us for more.

Summer Pruning Workshop. 10:30 a.m.-12 p.m. at 2416 Ridge Road Drive. Arlington County VCE Horticultural Extension Agent Kirsten Buhls will lead a hands-on program on pruning small trees and shrubs. Advance registration is requested at mgnv.org. Contact mgarlalex@gmail.com for more details.

SNL Stand Up. 7 p.m. and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Watch Colin Jost, head writer and Weekend Update co-anchor from Saturday Night Live perform stand up. Tickets are \$22. Visit info@arlingtondrafthouse.com for more.

House Concert Series. 7:30 p.m. in Bethesda. Arlington-based IBIS Chamber Music presents concerts in private homes, followed by a reception. Proceeds fund community concerts. \$25, limited space. Email susan@ibischambermusic.org or call 703-755-0960 for reservations. Visit ibischambermusic.org for more.

Riverbend Opera Company. 7:30 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. The Riverbend Opera Company will perform Francesco Cilea’s verismo Adriana Lecouvreur, set in the early 18th century. Tickets are \$25 and \$15 for students.

SUNDAY/JUNE 7

Post-Civil War Lecture. 5 p.m. at Arlington Central Library, 1015 N Quincy St. Matt Penrod of the National Park Service, Arlington House, will lecture on Robert E. Lee and Arlington House after the Civil War. Free. Visit library.arlingtonva.us/locations/central-library.

TUESDAY/JUNE 9

The Human Resource Leadership Awards. 8:30 p.m. at Ritz-Carlton, Pentagon City, 1250 S Hayes St. Human resource professionals will be honored at this award ceremony. The event is designed to function as a networking event. Tickets are \$275 for individuals. Visit www.hrladership.org/annual-gala.

THURSDAY/JUNE 11

Garden of the Year Awards. 11 a.m. at Little Falls Presbyterian Church Friendship Hall, 6025 Little Falls Road. Find a slideshow of 12 nominated homes and hear the winner be announced for the Rock Spring Garden Club 2015 Arlington Garden of the Year Award. Awards ceremony is free, following luncheon is \$5. Call 703-532-1959.

ECNV Annual Awards Reception. 6:30-9 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. ENDependence Center of Northern Virginia is a resource center that works to empower people with disabilities to live independently. The 2015 Lifetime Award Recipient will be Virginia state Sen. Toddy Puller. Tickets are \$50. Visit www.ecnv.org.

Historical Society. 7-9 p.m. at Arlington Central Library Auditorium, 1015 N Quincy St., Arlington. “The Procession Has Arrived at the Gates: The Significance of Arlington Memorial Bridge & Memorial Avenue” with David Lassman. Visit www.arlingtonhistoricalsociety.org for more.

“Office Space” Screening. 8:30 p.m. at Arlington Cinema and Drafthouse, 2903 Columbia Pike. Watch the dark comedy, play trivia, watch or participate in impersonation and costume contests. Tickets are \$12. Visit info@arlingtondrafthouse.com for more.

FRIDAY/JUNE 12

Hal Sparks Comedy Show. 7 p.m. and 10:15 p.m. at Arlington Drafthouse, 2903 Columbia Pike. Watch Hal Sparks comedy show. Tickets are \$20. Visit info@arlingtondrafthouse.com for more.

SATURDAY-SUNDAY/JUNE 13-14

2015 Air Force Association Cycling Classic. 8 a.m. at the corner of Wilson Blvd. and N Herndon St. Join active duty, reserve and retired military and compete. The branch of service whose participants completes the most laps will be honored and recognized on stage during Sunday’s Men’s Pro race. The US Air Force was the winner in 2014. All proceeds from

fundraising activities will support the Air Force Association’s Wounded Airman Program. Registration starts at \$40. Visit www.cyclingclassic.org for more.

MONDAY/JUNE 15

“Meet the Author.” 3 p.m. until 4:30 p.m. at Arlington Central Library, 1015 Quincy Street. Dr. Tyler Anbinder will speak on “Five Points, the 19th Century Neighborhood that invented tap dance, stole elections, and became the world’s most notorious slum.” Free. Call Encore Learning at 703-228-2144 for more.

“Rawhide Down.” 6:30-8:30 p.m. at Arlington Central Library Auditorium, 1015 N Quincy St. Join Bloomberg News journalist and author of the bestseller “Rawhide Down: The Near Assassination of Ronald Reagan.” Refreshments served. Free. Visit www.library.arlingtonva.us.

THURSDAY/JUNE 18

“Bridge Builders of Nauck/Green Valley: Past and Present.” 7 p.m. at Arlington Central Library Auditorium, 1015 N Quincy St. Educator and Arlington native and civic leader Alfred O. Taylor will discuss the local and national contributions of residents from Arlington’s oldest African American community. Free. See www.library.arlingtonva.us.

FRIDAY-SATURDAY/JUNE 19-20

Comedy Show with Finesse Mitchell. 10 p.m. at Arlington Cinema and Drafthouse, 2903 Columbia Pike. Finesse Mitchell, from Shaq All-Star Comedy Jam tour and Live from SNL performs a comedy show. Tickets are \$20. Visit info@arlingtondrafthouse.com for more.

SATURDAY/JUNE 20

Hawaiian Cultural Festival. 12-4 p.m. at Gunston Theatre One, 2700 S Lang St. Learn about the Hawaiian and Maori cultures with hands-on cultural activities. Find kanikapila, a style of Hawaiian music and performances. \$10 in advance, \$12 at the door. Children and under are free. Visit www.halaualani.org.

“The Good Lie” Film Screening and Discussion. 1 p.m. at Columbia Pike Branch Library, 816 S Walter Reed Drive. Watch a screening of the 2014 film “The Good Lie” about a group of “Lost Boys” from South Sudan who were resettled in the United States in the 1990s followed by a panel discussion about refugee resettlement featuring two “Lost Boys,” who will share their personal experiences. Admission is free. See www.library.arlingtonva.us.

Columbia Pike Blues Festival. 1-8 p.m. on Columbia Pike. Spend the day on one of Arlington’s most diverse corridors listening to Blues. Free admission. See www.stayarlington.com/events/event-listings/columbia-pike-blues-festival.

5th Annual “Fabulous” Event. 5-9 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. Chris4Life and Never Too Young host an evening of fashion and food for colon cancer awareness. Tickets are \$30-100. Visit www.chris4life.org/nevertotoyoung.

SUNDAY/JUNE 21

Crystal Car. 2-6 p.m. at 220 S 20th St. The Crystal City Business Improvement District in partnership with Vornado/Charles E. Smith, and the Washington Wine Academy, is hosting a Father’s Day Auto Festival. Patrons may bring their cars to be showcased, and families may participate in live music, beer garden, and activities for children. Admission is free for guests and vehicles. Visit www.crystalcity.org.

MONDAY/JUNE 22

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

JUNE 25-28

The Amazing Acro-cats. 2, 4, and 8 p.m. at The Synetic Theatre in Crystal City, 1800 S. Bell St. Samantha Martin and her Amazing Acro-Cats will perform a series of agile feats including walking tightropes, skateboarding, etc. Tickets are \$20. Visit www.circuscats.com.

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy

DAILY EUCHARIST:
Weekdays
Monday-Friday, 8:30 AM
Saturday, 8:30 AM

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All Are Welcome!



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

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JUNE

6/17/2015.....A+ Graduations & Summer Learning
6/17/2015.....Father's Day Dining & Gifts
Father's Day is June 21
6/24/2015.....Independence Day Preview
6/24/2015...Professional Profiles & Business in the Community


JULY

7/1/2015.....Wellbeing
7/8/2015.....HomeLifeStyle
7/15/2015.....A+ Camps & Schools
7/22/2015.....Pet Connection
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PHOTO GALLERY!

"Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

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WELLBEING

Summer Fun, Summer Safety

Tips for averting summer danger.

BY MARILYN CAMPBELL
THE CONNECTION

It's a familiar call. The sun beams down from mid-summer sky. Temperatures rise above 95 degrees Fahrenheit, but safety conditions start to plummet.

"People will have been walking on the mall all day and then go to Arlington National Cemetery to watch the Changing of the Guard and they start to feel light-headed and dizzy," said Lt. Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire Department. "The times that I've responded, they usually have only one small water bottle with them and they've been in the heat all day. It's often tourists, but people who live here, too."

While summer ushers in vacations, trips to the pool, barbeques and fireworks it also brings the potential for safety hazards. From recreational water illness to heat-related illnesses, summer fun can turn into a nightmare. Public health and safety officials have several tips for lessening summer safety risks.

WHEN THE TEMPERATURE SPIKES, so does the risk of heat-related illnesses. Lengthy exposure to 90-plus degree heat can lead to heat stroke, heat exhaustion cramping and, in extreme cases, death.

"Heatstroke can occur when the ability to sweat fails and the body temperature rises quickly," said Kenya Fluellen, associate professor of nursing at Northern Virginia Community College. "The brain and vital organs are affected as the body temperature rises to a dangerous level."

In addition to wearing loose-fitting clothes that are light in color and taking breaks from the heat and drinking two to four glasses of water for every hour one is exposed to high heat, health officials say applying sunscreen, limiting physical activity and wearing a hat or using an umbrella to block direct sunlight should also be added to the list of summer safety precautions.

"People can underestimate the power of the heat. Safety is always our number one priority," said Marchegiani. "If you have an elderly neighbor or anyone with mobility issues, check on them, especially when we have a storm and the power goes out."

WHILE STRATEGIES for beating the heat include trips to the pool and water parks, these cool-down activities come with health precautions. Being aware of the potential for spreading germs can prevent recreational water illnesses, which can occur as a result of swallowing or having other contact with contaminated water.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Health officials are reminding the public how to stay safe while swimming or engaging in other popular summer activities.

Health officials advise swimmers to shower with soap before entering a pool, take bathroom breaks once per hour and take a rinse shower before returning to the water.

Washing your hands after changing diapers or using the restroom and checking a child's diapers every half-hour to an hour are tips that are also advised.

Water safety is another summer concern. "Enroll children over the age of three in swimming lessons," said Fluellen. "Don't rely on lifeguards to watch over your children."

INSECTS ARE ANOTHER summer sighting that can be a prelude to danger. In fact, the Fairfax County Board of Supervisors proclaimed June as Fight the Bite Awareness Month. One bite from a disease-carrying mosquito or tick can lead to life-changing illnesses such as West Nile virus or Lyme disease.

"Anyone can get infected with these illnesses, but people over the age of 50 are at greater of developing more severe forms," said Joshua Smith, Fairfax County environmental health supervisor. "We can find mosquitoes with West Nile virus anywhere in the county that is why we encourage people to take precautions."

Those safety measures include eliminating standing water, treating standing water and spraying your yard. Using an insect repellent containing DEET, remaining indoors at dawn and early evening, and installing, repairing or replacing screens on both windows and doors to keep insects outdoors are also recommended.

"It is important to use common sense, stay hydrated and respect Mother Nature," said Kurt Larrick, spokesman for the Arlington County Department of Human Services. "And some groups are more at risk [such as] infants, teens, older adults, and those with certain health conditions."

"Safety is always our number one priority."

— Sarah-Maria Marchegiani,
Arlington County Fire Department

In April 2015, 244 Arlington homes sold between \$3,047,500-\$99,000. This week's list represents those homes sold in the \$3,047,500-\$639,000 range. For the complete list, visit www.ConnectionNewspapers.com

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Meeting on Transforming I-66

The Virginia Department of Transportation, in partnership with the Virginia Department of Rail and Public Transportation, will host a public information meeting on June 17, 6:30-8:30 pm at Central Library, 1015 N Quincy St., for the "Transform 66 Inside the Beltway Project." The project involves converting the existing I-66 High Occupancy Vehicle (HOV) lanes to High Occupancy Toll (HOT) lanes in both directions during morning and afternoon peak travel periods between I-495 (the Capital Beltway) and U.S. Route 29 in Rosslyn, and a series of multimodal improvements.

Vehicles with three or more people (HOV-3) will travel the lanes for free during peak hours, while vehicles with fewer than three occupants must pay a toll. Toll prices will be based on traffic volume within the corridor.

Emergency Repairs for Bridge

Prior to morning rush hour on Friday, May 29, the National Park Service, at the recommendation of Federal Highway Administration, closed both curbside lanes and 4 feet of the adjoining sidewalks across the drawbridge span of Arlington Memorial Bridge and posted a 10-ton load limit across the entire length of the bridge. The lane closures will remain in effect until emergency repairs are complete. The load restriction, which will eliminate most bus traffic, will remain in effect indefinitely.

During a routine annual inspection of Arlington Memorial Bridge, FHA engineers identified a corroded area. The follow-up evaluation revealed that secondary load-bearing support beams, located at the drawbridge span, are corroding at a faster rate than anticipated and no longer meet load-bearing standards. The inspection also revealed significant deterioration of the concrete deck.

Repair work is expected to begin in July and last 6-9 months.

NAMI-Arlington Honors Four

State Sen. Barbara Favola (D-Arlington) leads the list of four Arlingtonians selected to receive NAMI-Arlington 2015 Recognition Awards for their efforts to improve services to those living with mental illness. Favola, a former member of the Arlington County Board, was saluted for her legislation which, if enacted, sets new training criteria and restrictions on the use of seclusion and restraint by schools throughout Virginia.

Also honored are Nadine Asef-Sargent, Michelle Best and Robin Joseph, all for their work in the mental illness field, as follows:

- ❖ Asef-Joseph, chair of the Arlington Special Education Advisory Committee, which advocates for school children with special needs, including mental illness, for her work with school administrators and policy makers on special needs issues.

- ❖ Best, for establishing a support group for parents of school children with mental illness and for providing parents with tools for the challenges they face.

- ❖ Joseph, manager of Arlington's Young Adult program, for developing Arlington's EDGE program (Empowerment through Determination, Growth and Experience) which introduces Arlingtonians aged 18 to 26 to social outlets while teaching living skills. The awards will be presented Wednesday, June 17, at Clarendon House at an annual dinner.

NAMI-Arlington is part of NAMI-Northern Virginia and educates and informs about mental illness, advocates for better mental health services and offers support groups for those with mental illness and their family members.

Sierra Club Awards Lopez

Del. Alfonso Lopez (D-49) has earned a 100 percent rating from the Virginia Chapter of the Sierra for his voting record during the 2015 General Assembly Session. In addition to earning the A+ rating, he received the 2015 Legislative Award for his work creating the Virginia Environment and Renewable Energy Caucus in the General Assembly and his leadership on environmental issues. During the past legislative session, Lopez worked to pass legislation expanding solar power in Virginia and to increase funding for stormwater mitigation programs.

NEWS

MedStar, Marymount Collaborate

New center offers outpatient care.

MedStar National Rehabilitation Network (MedStar NRH) has opened its newest outpatient center in the Ballston area of Arlington, in the same location as Marymount University's academic center for their physical therapy program. The new center, located at 4040 Fairfax Drive near Marymount's main campus, brings MedStar NRH's total number of outpatient network locations to nearly 50. The Marymount site is the sixth to date for the Network in Northern Virginia.

The MedStar NRH Rehabilitation Network-Marymount University center offers patients in the surrounding community and Marymount staff and students various physical and occupational therapy services for conditions such as concussion; foot and ankle injuries; orthopaedic injuries; running injuries; spine conditions and injuries; and general sports medicine.

Additionally, sports medicine physicians with MedStar NRH will work closely with Marymount's student athletes to support their athletic teams as well as the Student Health Center. Marymount physi-



PHOTO BY BOB SEARSON

Laura Nemets, left, regional assistant vice president, Northern Virginia for MedStar NRH, and Cathy Elrod, Marymount University chair and professor, speak at the MedStar NRH Rehabilitation Network, Marymount University Open House on May 19.

cal therapy students will also be able to train and be mentored at the center.

An open house was held at the new center on May 19. Marymount began seeing patients earlier this year.



PHOTO CONTRIBUTED

Congressional Questions

Northern Virginia's four members of Congress — Gerry Connolly, Don Beyer, Rob Wittman, and Barbara Comstock — met recently with Virginia Transportation Secretary Aubrey Layne about their concerns over the proposal to expand and toll I-66. The meeting took place on Capitol Hill.

SCHOOL NOTES

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

Anne Lacey performed as a member of the The Cornell College (Mount Vernon, Iowa) Concert Choir and Chamber Singers.

Hunter Cartwright received a Bachelor of Science degree in business administration from the University of Vermont (Burlington, Vt.).

Grace Ballou received a Bachelor of Science degree in wildlife and fisheries biology from the University of Vermont (Burlington, Vt.).

Erik L. Wagner, son of Karl Wagner of Arlington, submitted a winning entry to the 2015 Randolph-Macon Academy Literary Magazine Competition. He won second prize in the category of fiction. All prize-winning entries receive a cash

award and are published in the school's literary magazine, "Letters."

Emma Gill has been named the winner of a business ethics competition at St. Joseph's University (Philadelphia, Pa.). Her submission was titled "Minimum Wage and Overtime for Homecare Workers."

Michael Ferguson, son of Matthew and Melissa Ferguson of Arlington, won third place in the Sixth Grade Division of the 2015 Middle School Speech Contest at Randolph-Macon Academy (Front Royal, Va.). His speech was titled "Smoking Is Choking."

Elayne Maciel Gutierrez has graduated from Mary Baldwin College (Staunton, Va.).

Gladys Castellon has been named to the dean's list at Lehigh University (Bethlehem, Pa.) for the spring 2015.

SPORTS BRIEF

Yorktown Girls' Soccer Loses In Region Quarterfinals

The Yorktown girls' soccer team lost to Patriot 3-2 on May 29 in the 6A North region quarterfinals.

The Patriots defeated Lake Braddock 3-0 in the opening round on May 27.

Yorktown ended the season with a 13-2-3 record and finished runner-up in Conference 6.

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Sprint proposes to collocate one (1) new microwave dish RAD center, and one (1) new Sprint microwave dish and ODU (one per sector) at a centerline height of 94' on an existing 140' church steeple. All equipment will be installed within an existing compound located on the roof. There will be no ground disturbance associated with this project. The site is currently the rooftop of Westover Baptist Church at 1125 North Patrick Henry Dr. Arlington, Virginia 22205. Public comments regarding potential effects that this collocation may have on historic properties may be submitted within 30 days from the date of this publication to: Erin Binkley Trileaf Corp., 1821 Walden Office Square, Suite 510, Schaumburg, IL 60173, e.binkley@trileaf.com, 630-227-0202.

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Obituary Patricia Purcell Nutter

On May 11, 2015, Patricia Purcell Nutter passed away with devoted family and friends by her side. She passed peacefully in her home at Lake of the Woods, Locust Grove, Virginia. She was the beloved wife of her late husband, of 59 years, Joseph William Nutter. She is survived by her four daughters, Nancy Ellen Lyon, Judith Nutter Amberly, Patricia Nutter Booth, and Janet Nutter Bartlett, and sons in law Richard Garrison Booth, and Charles David Bartlett, her grandchildren, Blair Amberly, Patricia Minson, Grady Sorrells, Taylor Booth, William Booth, Joseph Sorrells and Cole Sorrells and 3 great grandchildren.

She was a loving and supportive wife, mother, grandmother, and great grandmother. She was deeply loved, and believed that family came first. Pat was a native of Washington, D.C. At the age of 16 she attended George Washington University where she received her undergraduate degree in history. She received her master's degree from Columbia University in English. Pat and her late husband were long-time residents of Vienna, Virginia. They were both active in the Vienna Community Center, the Vienna Pigtail Ponytail League, Girl Scouting, the Vienna Woods Swim Club, and the Vienna Presbyterian Church. Pat was an educator. Her last 20 years of teaching was in Fairfax County Public Schools, teaching Latin and English. After retirement, she became a full-time resident of Lake of the Woods, where she enjoyed her friendships there including Red Hat Society.

As per Pat's wishes, her body was donated to the Virginia State Anatomical Program. Her selfless gift to the Commonwealth will aid in the advancement of medical education and scientific study. Even in death, Pat continues to educate others.

The family would like to express deep gratitude to her dedicated and loving caregivers: Tracie Hayes, Beverly Cicioni, and Beverly Kuhn. In lieu of flowers, donations can be made to Mary Washington Hospital Hospice.

The family will receive friends on Saturday, June 6, 2015, for a service at 11:30 in the Chapel of the Vienna Presbyterian Church. A reception will follow in the great hall of the church. 124 Park Street NE, Vienna, Virginia.

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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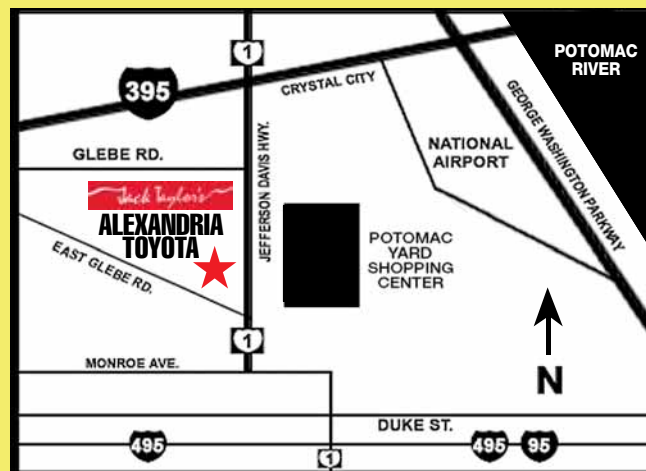
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EXTEND THE LIFE OF YOUR VEHICLE!
8G FLUID EXCHANGE SPECIAL

TRANSMISSION FLUSH **\$189.95**
POWER STEERING FLUSH **\$139.95**
BRAKE FLUSH **\$139.95**
FUEL INDUCTION FLUSH **\$139.95**

FOR TRANSMISSION FLUSH, TYPE T OR WS FLUID ADD \$60.00
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LOWEST PRICES ON TIRES, GUARANTEED!



WE WILL MATCH THE LOWEST
PRICE ON OEM TIRES.

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TOYOTA GENUINE SERVICE

**A/C SPECIAL
\$99.95**

Includes: Check compressor, add up to 1 lb.
of R134 freon, adjust drive belts, tighten
fittings, check condenser fins & check
system for leaks

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**15% OFF
WIPER BLADES WITH
FREE INSTALLATION**

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**\$32.95
PER DAY WITH ANY SERVICE**

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**30,000 MILE MINOR FACTORY
RECOMMENDED MAINTENANCE
SERVICE
\$159.95**

SYNTHETIC OIL ADDITIONAL \$10
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TOYOTA GENUINE SERVICE
**BRAKE SPECIAL
\$99.95**

PADS

Includes: Install Genuine Toyota front
brake pads, inspect front & rear rotors
& drums, check tire condition and
inspect all hardware. TCMC pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.
DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR
FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON.
TOYOTA VEHICLES ONLY. OFFER EXPIRES 8/31/15. COUPON MUST BE
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TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**WE WILL
MEET OR BEAT
ANY LOCAL TOYOTA
DEALERSHIP'S
CURRENT ADVERTISED
SERVICE SPECIALS**

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TOYOTA GENUINE SERVICE
**TRUE START
BATTERY SPECIAL
\$139.95**



Includes: 84 month warranty, 24 month
FREE replacement, 24 month FREE roadside
assistance, 60 month prorated, PLUS we'll
check all battery cables & connections.

Does not apply to hybrid vehicles

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TOYOTA GENUINE SERVICE
**POTHOLE SPECIAL
4 WHEEL ALIGNMENT
\$99.95**



Your car's alignment suffers, and can cause uneven tire
wear, steering problems and decreased fuel economy.

Includes: Inspect suspension,
ball joints, struts & shocks, tire
condition and set tire pressure.

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TOYOTA GENUINE SERVICE
DETAIL SPECIALS

**\$39.95
Wash & Vacuum
\$139.95**

Hand wash, wax & interior cleaning
\$295.95
Full premium detail

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