

### News

## State of Arlington

### County Board Chair Hynes addresses local transportation and economic developments challenges.

By Vernon Miles The Connection

to keep moving forward if it wants to survive.

The need to continually delop new strategies to face Arlington's ecounic and transportation needs was the

ike a shark, Arlington will need

velop new strategies to face Arlington's economic and transportation needs was the primary topic of Arlington County Chair Mary Hynes' final State of the County address.

In February, Hynes announced that she would be retiring once her term expires in 2015. Hynes replaced Councilman Jay Fisette as chair of the board in early 2015. It was her second time serving as County Board chair since being elected to the board in 2007. Before her departure, Hynes used the address to focus on advancements and insufficiencies in the county's infrastructure.

"We have the opportunity to have the leading edge in the second generation of smart growth," said Hynes. "We have to honor the values that have guided us for

#### Correction

In "Mixed Reaction to Plan," [Arlington Connection, June 17-23], the dates for the Planning Commission and County Board hearings on the Affordable Housing Master Plan were incorrect. The Planning Commission hearing will be Tuesday, Sept. 8, and the County Board hearing on Saturday, Sept. 19, or Tuesday, Sept. 22.

decades ... diversity and inclusiveness, strategic long-term investments in our infrastructure, and commitment to community development plans."

#### **TRANSPORTATION**

Those strategic long-term investments in Arlington infrastructure took the centerstage of Hynes' address. While Hynes said that the county is working to address problems with Arlington's roads, the single largest complaint from local citizens.

"People are most upset about roads," said Hynes. "We are investing in roads, but be careful what you wish for because it gets worse before it gets better."

Eric Balliet, a spokesman for the Arlington Department of Transportation, said that road work had just been completed near Wakefield High School and Four Mile Run. Balliet said that upcoming road improvement projects will be primarily focused on western Arlington near the Fairfax County line. Meanwhile, Balliet said that his department is focusing on undergrounding utilities and streetscape improvements in Crystal City and on Columbia Pike. In Crystal City, Balliet said the Department of Transportation is beginning work on multimodal improvements centered around biking and transit access.

The largest transportation story to emerge out of Hynes' year as County Board chair

was the cancellation of the Columbia Pike Streetcar.

"The hardest decision I had to make in 20 years of elected office was to discontinue the streetcar," said Hynes. "The reasons I voted to do that had to do with my belief

and my care for the community overall. I didn't believe there was enough bandwidth in our community to address these other needs. Ev-

erything was being evaluated through the streetcar lenses. They say 'if you only have a hammer, you only look for the nail' and I was very worried we were going to miss other things that needed to be attended to if we kept it alive."

In the place of the streetcar, the county has begun implementing expanded bus service to Columbia Pike. Starting on July 6, ART Bus routes 41, 43, and 87 will have extended operating hours, including additional weekend hours for ART 41 and 87.

However, Hynes is unconvinced that bus route changes can fill the infrastructure gap left by the abandonment of the streetcar.

"Personally, if the plan that the board adopted for Columbia Pike continues to build out, I don't have a whisper of a doubt that bus service will be insufficient in the long-term," said Hynes. "But our community wasn't there, our community didn't understand it, and as I said it was coloring the conversation to an extent where I thought we couldn't move forward."

Hynes' final jab at the street-car opposition's insistence that buses, in particular bus-rapid-transit, did not sit well with some members

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"I don't have a whisper of a

doubt that bus service will be

insufficient in the long-term."

— County Board Chair Mary Hynes

of the board and local community.

Peter Rousselot, spokesman for Arlingtonians for Sensible Transit, a group that opposed the streetcar, said he agreed with Hynes that at some point the current bus system will become insufficient.

"We advocate a regional bus rapid transit system to replace the streetcar proposal that the county board axed," said Rousselot. "The question now is how long will it take before the regular buses prove to be insufficient? That depends on how rapidly density on Columbia Pike develops."

John Vihstadt, an independent on the County Board and one of the leading voices of opposition to the streetcar, said he agreed

SEE HYNES, PAGE 5



Millions of people suffer debilitating neck and back pain. If you are one of the millions please don't miss this opportunity. A FREE community lecture, to discuss causes of neck and back pain and the latest treatment options, will be held in your area by one of Inova Mount Vernon Hospital's experienced orthopedic spinal surgeons, Dr. Corey Wallach. This is an opportunity for you to Ask The Expert any questions you may have.



Corey Wallach, MD, completed his spine fellowship at the prestigious UCLA Comprehensive Spine Center which specializes in minimally invasive, motion preserving and traditional treatment for the neck and lumbar spine. He completed his residency at the University of Pittsburgh Medical Center, where he conducted research on biologic treatment strategies for degenerative spinal disorders, earning both national and international recognition for his efforts. He now serves as a medical director for the Inova Spine Institute.



### Get Back in the Swing of Things!

### Latest Treatments in Back and Neck Pain

Thursday, July 23, 2015 6:30 p.m.

Springfield Country Club 8301 Old Keene Mill Road Springfield, VA 22152

If you suffer back and neck pain, you won't want to miss this beneficial and educational lecture.

This seminar is FREE and we ask that you register by visiting our Website at inova.org/asktheexpert or calling 1.855.My.Inova (694.6682).

## News

## On the Frontlines Against Homelessness

### A-Span is one of several organizations active in county.

By Eden Brown THE CONNECTION

t the offices of A-Span, on South Nelson Street, perched over the Arlington Food Assistance Cooperative (AFAC), Ayana Bellamy and David Ordonez talk about their passion: reaching out to the homeless and getting them into housing. Bellamy is a 32-yearold from Northern California with a B.A. in

Part One In a three-part series

psychology. She moved to D.C. for the reason a lot of people move to the area: to live where government happens.

She worked at GreenDoor for a while, but the housing solutions in D.C. are minimal and the work is frustrating when you can't get homes set up.

She came to A-Span couple of years ago and found the housing options made a difference. "I never get up in the morning and dread going to work," she said. "I love doing this. Even when a client resists help, I know if I can just keep working on it, eventually I will get somewhere." One of those was James C., a homeless man who lived in the Rosslyn Metro for 15 years. He was a leader of sorts for the homeless in the Metro: he would welcome newcomers and make sure no one got hurt. James told his story to Bellamy once he felt comfortable with her. He became homeless when his girlfriend in the District died. "No," he said. "I can't come in. I have a police record. I don't **Feeding** the homeless or economically disadvantaged at George's are Jon Churchman (right) and Matt Argon.





Carlos Lopez and Rachel Fronczak of A-Span reach out at St. George's.

have credit. I've been in jail." But Bellamy got him in, got him housed, put him on his

Ordonez took a different path to A-Span. He ran his own construction company in Annandale, but when the business took a turn downward, he needed a job. He knew he was good with people, and a friend recommended working in a shelter in Alexandria. Eventually he moved to the Winter Shelter, and to A-Span, and now, seven years later, he says he has a huge sense of accomplishment. He and Bellamy and the other outreach workers talk a lot, share stories, trade clients. "We use very different tactics", he said. "What works for one guy, doesn't work for the next. Sometimes they will respond better to me, sometimes to Ayana."

They work to build rapport with the people on the street, sometimes just waving, sometimes offering food. 'We plant the seed, develop rapport, hand out guides, don't threaten," said Bellamy. You can do

### What is Continuum of Care?

Arlington County has a core network of interconnected programs and services (called Continuum of Care, or CoC) to assist people who are homeless or at risk of becoming homeless. The CoC includes county government programs/ services and non-profit organizations. It provides a foundation for the broader community partnership working toward the shared goals of preventing homelessness before it occurs and returning homeless individuals and families to stable housing as quickly as possible. It includes:

- Doorways for Women and Families
- Arlington-Alexandria Coalition for the

this every day for 10 years for a very difficult case, and the guy won't come in and get help until the 11th year. But when he does, and you can house him, it is very exciting."

Not all the homeless and panhandlers like being approached, according to Ordonez. Three out of seven can be abusive when approached, he cautioned, the night he led

- ❖ A-Span (Arlington Street People's Assistance
- \* Arlington County Department of Human Services
- Bridges to Independence
- ❖ Arlington THRIVE
- ❖ The Homelessness Prevention and Rapid Rehousing Program (HPRP)
  - ❖ Volunteers of America-Chesapeake
  - Borromeo Housing
    Phoenix Houses of the Mid-Atlantic
  - New Hope HousingSullivan House Family Shelter
- ❖ Adopt-a-Family
- ❖ HomeStart

the Point in Time Count. Outreach workers like Ordonez and Bellamy know all the street people by name or location. When asked about the woman in a wheelchair near Glebe Road and Lee Highway, they respond almost in unison: "There are four wheelchair panhandlers in Arlington. They

SEE A-SPAN, PAGE 4

## At Home in Arlington After 30 Years on the Street

### Vietnam veteran finally home.

By Eden Brown THE CONNECTION

ohn Barrett enlisted in the U.S. Air Force in 1971 after dropping out of high school. He volunteered to go to Vietnam and worked on aircraft that flew missions over the jungle. Barrett did three tours in

Vietnam, from 1972 to 1975. He came couldn't help. home, staying in the Air Force until it was clear he had a mental health issue which had been getting worse. Diagnosed with paranoid schizophrenia, Barrett was given a medical discharge from the service in 1982. He had a disability pension, and he had his medicines from the V.A., but he had



John Barrett, a Vietnam veteran who was homeless from 1982 to 2011, will move into his own home, purchased with a V.A. loan, this summer.

nowhere to go. His family in Philadelphia wouldn't or

Barrett went out on the street. He spent some time at the Gospel Rescue Ministries and Central Union Mission in D.C. When it got cold, he went inside. The hardest thing for him over the years was the cold. "There were whole days when I just shivered from the cold," he said. The winter shelter is only

open from November to March. Barrett had a temporary place to stay, and theredrank alcohol to stave off the cold. He was arrested for carrying a hunting knife and being drunk in public. He stayed on the streets — never panhandling for money for almost 30 years.

In 2011, Sam Gatewood, an outreach worker at A-Span noticed the veteran at the Emergency Winter Shelter. Barrett was soft spoken and kept to himself; most people didn't know anything about him. But Gatewood found out he had veteran's benefits and a mental health disability. He asked him if he wanted to join the program. Barrett did, but he told Gatewood he didn't think he was eligible for anything: he couldn't get services because of his "record" for carrying a concealed weapon. He had no address, no credit card, no bank, no IRS account.

Gatewood, and then Ayana Bellamy, walked him through the plan. He was eligible for a VA loan to buy a home. Once he

fore an address, he had to take the long road back. He had to clean up his credit record. There were many items on the credit report that weren't even his. He had to go to the IRS. He had to get a credit history.

He trusted his A-span crew, Bellamy in particular: whatever she told him to do, he did. If Bellamy told him to show up at the IRS offices, he was there, on time, Bellamy beams with pride at Barrett. She says he will actually buy his own home with a VA home loan which he can pay back with his VA benefits, within months. Now, sitting in his living room, Barrett gives Bellamy a smile.

Asked what the greatest thing about having a home is: "Freedom," Barrett said. "I wasn't free when I was homeless. You have to be out of the shelter by 8 a.m., you have to be in by 6. Now, I can sleep late. I can cook my own food. And if I am cold, I can get warm."

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### News

## Continuum of Care: How Do They Do It?

### **How Arlingtonians** can help.

By Eden Brown The Connection

he organizations taking care of Arlington County's homeless problem aren't flush with cash. Yet the organizations that account for the 39 percent decrease in homelessness in Arlington in 2014 while the District of Columbia saw an increase of 19 percent — the "Continuum of Care" — are able to function because of the cohesion between them.

According to Scott Miller, senior director of development at A-Span, the organization operates with a budget of about \$2 million and a staff of 27 people. Thirty percent of A-Span's funding comes from individual donors as well as corporate donors, like Boeing, SAIC, and Monday Properties — companies that do busi-

ness here and appreciate the work of A-Span. Very little money comes from the State of Virginia. Seventy percent of the funding comes from a foundation grant from federal funds. Arlington County funds play a role in supporting A-Span and other organizations in the Con-

Most of what Continuum organizations do is made possible through partnerships. The Emergency Winter Shelter is run by Arlington County in partnership with A-Span. The faith community in Arlington donates money and volunteer hours: over 15,000 volunteer hours a year. Every year A-Span hold a Walkathon in the Fall, raising money for the organization, and every spring, it has a fundraising breakfast.

But the role of these organizations is bigger than providing shelter and food, Miller said. Solving the homeless issue is bigger than housing people. There are things "housing organizations" can't afford that make a house a home: towels, pots, pans, vacuum cleaners, a painting, a potted plant. Miller urges anyone who has things to give away to just call one of the organizations. They will find a home for old items. There are aspects to a homeless person's life which are missing after years on the street: no address, no birth certificate, no credit cards. All these things have to be obtained and cost money to get. A-Span, for instance, receives mail for the homeless of Arlington, sorting it every day with volunteers. A-Span prepares and distributes meals at two locations every day of the week. Doorways, running two shelters for victims of domestic violence who can't go home, has the task of providing emotional support to parents and children.

As the CEO of A-Span Kathy Sibert said: As you drive home at night, you should know there is an army of volunteers out there at night. You should know that many homeless "clients" of Arlington's Continuum of Care organizations work: 83 percent of the homeless live on less than \$1,000 a month. Sixty-three percent live on less than \$500 a month. They aren't standing out on the street corner asking for funds and holding up a sign, and they need local support to stay housed or get housed.

## A-Span: Lessons from the Street

From Page 3

are all lodged, and they all receive a disability payment. They want the extra money to maintain the lifestyle they want."

Bellamy remembers one woman who was panhandling and appeared to be 7 months pregnant. The case workers were concerned and approached her to help. She had a pillow under her coat. Arlington has a zero tolerance policy for people who beg on the street with children: there are three Roma women who come over to Arlington with babies at the breast and panhandle. They are at risk for being arrested for endangering the lives of children. "Arlington made children a focus years ago", according to Kathy Sibert, A-Span president and CEO. "There are a few homeless children in the schools, but Arlington County makes sure they have a place to shelter. You won't find Arlington homeless kids living in a car or under a bridge."

Think it is expensive for Arlington County to house the homeless? Yes, but it is more than twice as expensive to have homeless people on the street, according to Sibert. It costs about \$45,000 a year to manage homeless issues for one person, whereas it is only \$22,000 a year to put homeless into homes. The \$45,000 adds up: one night in jail costs taxpayers \$179, emergency room bills cost thousands. Calls to the police when a homeless person is urinating on the street cost money, and it happens a lot. But getting homeless into housing has an immediate effect, said Sibert. "They stabilize. They have a case worker guiding them, working up a budget, getting to meetings, finding

One of the issues for A-Span is that panhandlers take attention away from the chronically homeless and the temporarily homeless, each a separate category. Michael W., who did not want to give his full name, is in the latter category. He came to St. George's Church on a

### Continuum of Care Track Record

According to Kurt Larrick, director of communications for the Department of Human Services for Arlington County:

❖ 100 people were housed in the past two years in Arlington. Fifteen of these were homeless veterans.

❖ Individuals exiting shelter programs to permanent or stable housing have increased from 42 percent in FY 2012 to 59 percent in FY 2014.

\* Employment after participation in rapid rehousing programs has increased from 67 percent in 2011 to 69 percent in 2014.

Employment after participation in Family shelters has gone up to 64 percent from 61 percent

wintry Wednesday evening to pick up a sandwich and hot soup. He didn't look homeless. He had a neat haircut and shave, an alert and interested face, jeans and work boots. He said he was hoping for housing soon, was a veteran and was working, getting up at 4 a.m. to stand in line with other day laborers who earn \$10 an hour on a good day. He sleeps in the shelter, particularly in wintry weather. He said he's grateful to A-Span and volunteers, wishes the wheels would turn faster, but is hoping to see housing soon. Not all the people at St. George's are homeless. Some are just men who can't make ends meet on their disability pensions. Jesse W. was laid off from the Coca Cola Bottling Plant and finds it hard to live on his income. He comes for a sandwich and the com-

St. George's is an example of the partnerships A-Span counts on to stretch funds and reach out to people who are having financial trouble. A-Span used to serve its bagged meals outside the church in the parking lot: then a few years ago the church invited them in. They have allowed A-Span to bring in a pro bono doctor as well as provide outreach services. Clients can come in from 5:30-6:30 p.m. during the week to speak with A-Span staff as well as get a meal, medical services, clothes, shower

❖ 18 percent fewer homeless were on the street in January 2015 during the Point in Time Count.

\* Recidivism: The Permanent Supportive Housing (PSH) Program, which helps some of the most vulnerable homeless individuals, has strong permanency rates. The PSH currently has 199 clients, about 50 percent who come in the program as homeless; the balance are precariously housed when they come in, often at high risk of homelessness. PSH had 163 housed clients in 2014 and 151 in 2013. Since the program inception in 2004, 81 percent of PSH tenants have remained in housing. There is no reliable system-wide data on recidivism in other programs.

vouchers, and the company of other men and

A-Span also has partnerships with Central United Methodist Church located at 4201 Fairfax Drive. A-SPAN staff is there on Fridays from 8 a.m.-12 p.m. and clients can come in for a hot breakfast as well as case management and outreach services. They average around 100 people every Monday morning. A-Span works with Arlington Temple United Methodist Church located in Rosslyn on Nash Street above the gas station. There is a case manager there who focuses primarily on the homeless in Rosslyn.

A-Span is the only organization in Arlington which goes out on the street and talks to street people in an outreach program, according to Sibert. Outreach workers see their "clients" once every three days, even if it is to approach them with a bottle of water. It is a fairly common misconception that the homeless are either hopeless cases, or they prefer life on the streets to a more disciplined life as a homeowner. Arlington County's record in doing just that: bringing in homeless people to shelter, rehabilitation, and homes, is proof that the homeless can be helped, want to be helped, and will be helped if we direct our funds to that effort.

### News

### Hynes Addresses County Challenges

From Page 2

with Hynes on nearly every point except the insufficiency of the buses.

"I disagree with Hynes; we are already responding to increased development along the Pike by augmenting our Art Bus Service," said Vihstadt. "I'm confident we can do what we need to do along the Pike to meet increased transportation demands for years to come. The streetcar is cumbersome and slow ... we need to be more cost effective and I'm confident we can respond with bus service to meet transportation demands."

Vihstadt did emphasize that Arlington needs to focus around expanding its ART bus service in the place of Metro buses.

"We control [ART bus] routes," said Vihstadt. "They're much more cost effective and nimble in terms of changing to meet transportation needs and patterns."

When the County Board voted to cancel the streetcar, they directed staff to come forward in the fall with a new transit proposal. This proposal will likely emerge as part of the county's updated Transit Development Plan.

"The state requires an update to the Transit Development Plan every six years," said Balliet. "Although we're making near-term improvements, we're still looking at the longer term to see what improvements we can make in certain corridors and county-wide."

Balliet said the staff is focusing on Columbia Pike and Crystal city, and that the assessments and transit suggestions will be available by the end of 2015.

#### **ECONOMIC INFRASTRUCTURE**

During the address, Hynes highlighted two new businesses in Arlington and emphasized entrepreneurship as the future of the Arlington economy. However, with 20 percent office vacancy throughout the county in 2014, reaching as high as 29 percent in Rosslyn, Hynes acknowledged that repairing the county's economy is going to be slow and tedious work.

"The incredible ups we had are not going to come this way again," said Hynes. "There's not going to be any huge boost in our economy. We have to collaborate. We have to use common sense and build consensus."

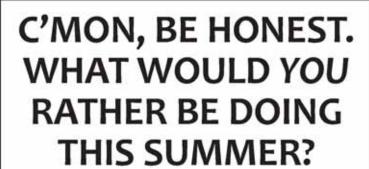
Hynes recognized German grocery store Lidl for its decision to open its American corporate headquarters in Arlington. According to a press release from June 12, the new Lidl headquarters on the Arlington side of Potomac Yards will create 500 new jobs. Lidl is investing \$202 million into establishing operations in Virginia, which will include \$77 million for their corporate headquarters in Arlington.

Hynes also recognized 1776, a global incubator and seed fund helping startup, for acquiring the Crystal City-based Disruption Corp and moving into the converted office space near the Pentagon.

Over the past year, Hynes said the county has closed 27 deals and filled 1 million square feet of office space.

"It's a good start," said Hynes. "We're not there yet, but I really do believe that when business succeeds our whole community will prosper."









Vinson Hall Retirement Community is a well-respected, nonprofit CCRC located in McLean, VA offering independent residential living for military officers, their immediate family and select government employees of equal rank.

An **expansion** is underway to add 75 expansive, elegant independent living apartments and a community building featuring a short-term rehabilitation center.

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## Be Part of The **Pet** Connection in July

Send Your Photos & Stories Now to editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 15.

## 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 be-

#### ONGOING

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.

Barre in the Park. Wednesdays through July, 6-7 p.m. at Gateway Park, 1300 Lee Highway. Lava Barre provides an outdoor fitness class focused on the ballet barre. Free. Visit www.rosslynva.org.

Fashion Truck Fridays. Last Friday of the month through September, 11 a.m.-2 p.m. at the corner of Lynn St. and Wilson Blvd. or the Plaza at 19th and N Moore St. Fashion trucks The G Truck, Curvy Chix Chariot, Tin Lizzy Mobile Boutique, Zoe's Shoe Bar, The Board Bus, TNTN Unique Designs, Sheyla's Boutique, and The Pink Armoire will rotate their schedules to appear. Free to attend.

Visit www.rosslynva.org for more. **Shirlala Music Festival.** Thursdays, through Aug. 27. 6:30-8:30 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, through 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.

Summer Movies @Penrose Square. Saturdays, through Sept. 19. Sundown at Penrose Square, 2597 Columbia Pike. Free. Visit www.columbia-pike.org. Sizzlin' Summer Nights Series. July

8-25 at Signature Theater, 4200 Campbell Ave. Christine Pedi, 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



### DC BRGR Bash Migrates to Arlington

The 3rd annual DC BRGR Bash will bring 16 burgers grilled by local restaurants, four breweries and five bands to Gateway Park on July 18. Restaurants from around the DMV, including Cafe Saint-Ex (DC), Big Buns (Arlington), and Brickside (Bethesda), will compete for "Best BRGR of the Day," chosen by attendees votes. A \$29 ticket buys admission, access to four burgers or "flight" and a coin for voting. A \$45 ticket buys a flight, a voting token and VIP access to a shady pavilion, a souvenir mug and private bathrooms. A "Veggie" ticket is also available. See www.dcbrgrbash.com.







& 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.

**Food Truck Thursdays.** 5:30-8:30 p.m. at the corner of North Irving St., and Washington Blvd. Find a roundup of regional food trucks. Free to attend. Visit www.dmvfta.org.

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.iotaclub andcafe.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 1www.iota cluband cafe.com or call 703-522-

**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-

Storytime. Mondays and Fridays,

10:30-11 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.

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. **LGBT Tuesdays.** 4-9 p.m. at Iota Club & Café, 2832 Wilson Blvd. Halfpriced appetizers during the extended happy hour. Free. Visit

www.iotaclubandcafe.com.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 and 10 p.m., at Iota Club & Café, 2832 Wilson Blvd. Free. Visit www.iotaclubandcafe.com/.

**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.

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

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 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.
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 is to ensure every athlete is challenged in an atmosphere that will enable them to learn and maximize their performance. 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

### FOOD & DRINK

**Fairlington Farmers Market.** Sundays from 9 a.m. to 1 p.m., April 19 through November 22. Rain or shine, selling fresh produce, grass fed meats, eggs, coffee, pastries and baked goods, flowers and other prepared foods. Fairlington Community Center, 3308 S Stafford St. Visit www.fairlingtonfarmersmarket.org 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, gournet 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. From April to December on Wednesdays from 3-7 p.m. at Clarendon Central Park, adjacent to the Clarendon Metro Station. The opening date has yet to be decided. Visit www.Clarendon.org/farmersmarket. Call 703-812-8881 or email matt@clarendon.org.

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.arlingtonparks.us/

farmersmarket/vendors for a list of vendors. **The Crystal City FRESHFARM Market** is open April 7 to November 24 on Tuesdays, 3-7 p.m. with a selection of foods and goods from local producers, on Crystal Drive, between 18th and 20th Sts. Visit www.freshfarmmarkets.org/ farmers markets/markets/crystal city.php for more.

Arlington Mill Community Center Plaza. Wednesdays, 3-7 p.m. at 909 S Dinwiddie St., Arlington. Open weekly. Visit www.columbia-pike.org/?page\_id=26 for more. **Ballston Farmers Market.** Thursdays from May through October, 3-7 p.m. Welburn Square across from Ballston

Metro. Visit www.ballstonbid.com/meet/taste-arlington/farmers-market-info for a list of vendors

Westover Farmers Market. Sundays 8 a.m. to 12 p.m. May through November, and 9 a.m. to 1 p.m. December through April. 1644 N McKinley Road, just north of Washington Blvd. More than 20 great vendors selling fresh produce, herbs, cut flowers, grass fed meats, dairy products, baked goods, and other prepared foods. Visit www.westoverfarmersmarket.org for a list of vendors.

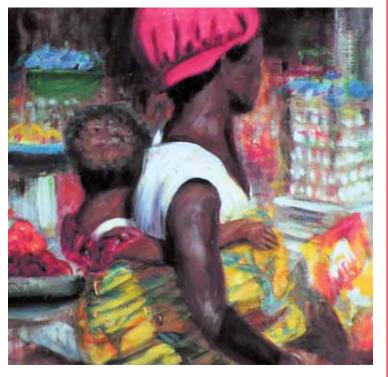
**Columbia Pike Farmers Market.** Every Sunday from 9 a.m. to 1 p.m. at Pike Park, in front of the Rite Aid store at the corner of Columbia Pike and S Walter Reed Dr. Visit www.columbia-pike.org/fm/?page id=11 for a list of vendors and information on parking.

### Entertainment

### 'Colors of the World'

Artist Adrienne Kralick used oil paint to capture the "Colors of the World." The exhibit will be on display at Gallery Underground June 29-July 31. The opening reception will be on July 10, 5-8 p.m. Visit www.galleryunderground.cm for more.





www.janefranklin.com.danceeducation/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 www.Marymount.edu/admissions/summer to apply.

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.

### THURSDAY/JULY 2

### Dinner And A Movie: "The

**Sandlot."** 7:45 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. A restaurant partner will provide food for a fixed price to accompany a movie screening. Popcorn, candy and water will be available as well. Price will vary. Visit www.marketcommonclarendon.com.

### FRIDAY/ JULY 3

Born Cross Eyed. 8:30 p.m. at Iota Club & Café, 2832 Wilson Blvd. Members of On the Bus and The Road perform a night of Grateful Dead music. Tickets are \$12. Visit www.iotaclubandcafe.com.

### SATURDAY/JULY 4

**July 4 Celebration.** 5-10 p.m. at Long

Bridge Park, 475 Long Bridge Drive. Find family games, social sports such as cornhole and bocce, a food truck rally with more than a dozen vendors, live music, and a view of Washington, D.C.'s fireworks display. Free. See www.parks.arlingtonva.us for more.

### Public Concert-Patriotic Fireworks

**Spectacular.** 8 p.m. at The Air Force Memorial, 1 Air Force Memorial Drive. Join the Airmen of Note as they celebrate Independence Day at the Air Force Memorial. This event is free and open to the public. Outdoor events are subject to weather cancellation. Call The United States Air Force Band's Concert Line at 202-767-5658 or visit the homepage www.usafvand.af.mil

### SUNDAY-MONDAY/JULY 5-6

Mata Amritanandamayi. 10 a.m. and 7 p.m. at Crystal Gateway Marriott, 1700 Jefferson Davis Highway. Humanitarian Amritanandamayi will present inspirational music, meditation, spiritual discourse and blessings. Free. Visit www.ammadc.org for more.

### SUNDAY/JULY 5

### John Gilstrap Book Launch Party.

2:30-3:30 p.m. at the Vienna Inn, 120 E Maple Ave., Vienna. Arlington's One More Page Booksellers invite the public to join author John Gilstrap for the release party of his latest thriller "Against All Enemies." Free. Visit www.onemorepagebooks.com/events for more.

### MONDAY/JULY 6

Live Music. 9 p.m. at at Galaxy Hut, 2711 Wilson Blvd. Two-piece band draws influence from the B-52s. Tickets are \$5. Visit www.galaxyhut.com.

### WEDNESDAY/JULY 8

Spanish Inspired Art Jam. 5:30-7:30 p.m. at Jaleo, 2250 Crystal Drive. Paint Spanish-inspired art, eat and drink. Tickets are \$40-45 dollars. Visit www.artjamzdc.com/crystal-city-artjamz-at-jaleo/ to purchase tickets.

#### THURSDAY/JULY 9

### Dinner and a Movie: "The Wizard

of Oz." 7:45 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. A restaurant partner will provide food for a fixed price to accompany a movie screening. Popcorn, candy and water will be available as well. Price will vary. Visit www.marketcommonclarendon.com.

### FRIDAY/JULY 10

Public Concert 8 p.m. at The Air Force Memorial. 1 Air Force Memorial Drive, Arlington. The United States Air Force Band-Airmen of Note will be performing a concert for the public. The concert is free to the public. Outdoor concerts are subject to weather cancellation. Call The United States Air Force Band's Concert Line at 202-767-5658 or visit the homepage www.usafvand.af.mil

Live Album Recording Show. 9 p.m. at Iota Club & Café, 2832 Wilson Blvd. The Bobby Thompson Project will be recording a live album with help from the Ashleigh Chevalier Band. Tickets are \$10. Visit www.iotaclubandcafe.com.

### SATURDAY/JULY 11

Summer Rose Care Clinic. 9-11 a.m. at Bon Air Memorial Rose Garden, 850 N Lexington Ave. Arlington Rose Foundation experts will be teaching attendees how to diagnose, prevent and treat problems typically caused as temperatures rise. Free. Contact 703-371-9351.

Singles Dinner and Movie Night. 5 p.m. at Rock Bottom Brewery, 4238 Wilson Blvd. Find prix fixe dinner and a movie at Ballston Regal 12 sponsored by New Beginnings, a support group for separated/divorced men and women. Tickets are \$30 at the door and includes dinner, soda, tip and movie ticket. Visit

www.newbeginningsusa.org.

Opening Reception. 6-9 p.m. at
Arlington Arts Center, 3500 Wilson
Blvd. Celebrate "PLAY," an exhibition
that examines games and play
through the lens of contemporary art.
Free. Visit
www.arlingtonartscenter.org/

exhibitions/play for more.

Six Band Concert. 6 p.m.-12 a.m. at
Iota Club & Café, 2832 Wilson Blvd.
Live performances from J Flax and

the Heart Attacks, Thaylobleu, Chess Club Romeos, Swell Daze, Mittenfields, Hello Dharma, Feral Conservatives and Harness Flux. Tickets are \$12. Visit www.iotaclubandcafe.com.

### JULY 11-AUG. 23 "Screenshot" Exhibit.

Wednesday-Sunday, 12-5 p.m. at the Wyatt Resident Artists Gallery at Arlington Arts Center, 3500 Wilson Blvd. Roxana Alger Geffen's "Screenshot" exhibit reflects an interest in the structure of domestic life and the schedules and patterns that order a life with small children. Geffen uses the graphics and content from the computer game Minecraft as a source of material and fodder for her solo exhibition. Free Visit

www.arlingtonartscenter.org/studios for more.

#### JULY 11-OCT. 11

"PLAY: Tinker, Tech & Toy" Art
Exhibit. Wednesday-Sunday, 12-5
p.m. at the Arlington Arts Center,
3500 Wilson Blvd. "PLAY" is an
exhibition that examines games and
play through the lens of
contemporary art. Free. Visit
www.arlingtonartscenter.org/

exhibitions/play for more.

### SUNDAY/JULY 12

Poetry Reading. 6 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Bilingual poets Maritza Rivera and Yvette Neisser-Moreno will read their own work. Free. Visit www.iotaclubandcafe.com.

### MONDAY/ JULY 13

Shane Sheib Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. A live performance by Shane Sheib with guests New Order of Existence and Julian Roso. Tickets are \$10. Visit www.iotaclubandcafe.com.

### TUESDAY/JULY 14

Glow and Flow Party. 7 p.m. at the Oby Lee Winery, 3000 North Washington Blvd. An hour of sunset vinyasa yoga with instructor Beth Wolfe followed by a glass of prosecco on the tropical patio. \$20. Call 571-257-5054 to reserve a spot.

### **JULY 15-26**

### Jane Franklin Dance for Capital

Fringe. Various times at The Cafritz Foundation Theater — Dance Place, 3225 8th St. NE, Washington, D.C. Arlington's Jane Franklin Dance will perform "Niche," based on the lives of an ordinary couple. Visit www.capitalfringe.org.

### JULY 15-AUG. 9

### "A Midsummer Night's Dream."

Wednesday–Saturday at 8 p.m.; 2 p.m. on Sundays at the Synetic Theater, 1800 S. Bell St. Synetic presents a playful adaptation of Shakespeare's timeless comedy with a movement-based visual storytelling. Regular tickets start at \$35. Student tickets start at \$20. Visit

www.synetictheater.org.

#### THURSDAY/JULY 16

# "A Love Affair with an Old House: The Ball-Sellers House Story." 7 p.m at Arlington Central Library, 1015 N Quincy St. Martha Orth will recount stories about the house and the owners over 273 years of Arlington history, including the builder and his family on what was then the colonial American frontier.

A question-and-answer session will follow. Free. Call 703-228-5990.

UrbanArias. 8 p.m. at Signature
Theatre, 4200 Campbell Ave. Local contemporary opera company performs "Craigslistlieder" which sets real Craigslist songs to music. Tickets are \$25. Visit www.urbanarias.org for more.

Bobby Bale Jr. Concert. 8:30 p.m. at Iota Club & Café, 2832 Wilson Blvd. A Bobby Bale Jr. full band show with guest The Devyl Nellys. \$12. Visit www.iotaclubandcafe.com.

#### FRIDAY/JULY 17

Wine Tasting. 6:30-7:30 p.m. at One More Page Books, 2200 N Westmoreland St. Free. Visit www.onemorepagebooks.com/ events.

Author Reading. 7-8 p.m. at One More Page Books, 2200 N Westmoreland St. Author Beatriz Williams reads from her new novel "Tiny Little Thing." Free. Visit www.onemorepagebooks.com for more.

#### **JULY 17-AUG. 8**

"Twelve Angry Men." Various times at The Gunston Arts Center, Theatre II, 2700 S Lang St. The American Century Theater will perform their adaptation of the play detailing the story of dissenting jury members in a murder trial. General admission tickets are \$26-29 and \$23 for students and seniors. Visit www.americancentury.org.

### SATURDAY/JULY 18

**DC BRGR Bash.** 12-6 p.m. at Gateway Park, 1300 Lee Highway. Sixteen local restaurants and three local breweries bring their goods for a day of live music and food. Tickets start at \$29. Visit www.dcbrgrbash.com.

Summer Concert. 5-9 p.m. at Westover Market, 5863 N Washington Blvd. Lesson Zero and Starryville will be performing. Free. Visit www.myspace.com/lessonzero or www.myspace.com/starryville

### SUNDAY/JULY 19

Paleo Author Event. 2-3 p.m. at One More Page Books, 2200 N Westmoreland St. Stephanie Gaudreau, author of "The Paleo Athlete" shares information on how to enhance athletic performance through a paleo food approach. Ciarra Hannah, author of "Frugal Paleo Cookbook" shares information on meal planning and budget approaches to healthy food. Free. Visit www.onemorepagebooks.com.

The Coward's Choir Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. A performance by The Coward's Choir with guest Jason Myles Goss. Tickets are \$12. Visit www.iotaclubandcafe.com.

### MONDAY/ JULY 20

The Bachelor Boys Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. The Bachelor Boys perform. Free. Visit www.iotaclubandcafe.com.

### WELLBEING

## Ensuring a Safe July 4th

### From swimming to fireworks, safety precautions for a festive Independence Day.

BY MARILYN CAMPBELL THE CONNECTION

t was a near accident at camp last summer that sparked action by one parent. Elementary school-aged campers splashed in the pool. Everyone was having fun. Then tragedy almost struck.

Jackie Wheeler says one second her 7year-old son was frolicking on top of the water and the next he was bobbing just below the surface, gasping for air.

"One of the counselors took his eyes off of Noah for one second, and he started to struggle," said Lee. "Ultimately, the lifeguard had to jump in and save him."

Wheeler didn't witness the incident, but its recounting was difficult for her to hear. That brush with danger became a defining moment for her family. She enrolled her son, who is now 8, and her daughter Ava, who is 4, in private swimming lessons at the YMCA in Bethesda, Md.

"I want them to be safe around the water, and I want them to be able to save themselves or someone else if necessary," said

She's not the only one thinking about safety. As Independence Day approaches and time spent at the pool, outside in sweltering temperatures and at fireworks shows increases, public health and safety officials are working to raise awareness about potential hazards.

### WATER SAFETY

Ensuring that children learn to swim and keeping a close watch on them at the pool or beach are two ways that officials encourage water safety.

Parents and caregivers should also be mindful of recreational water illnesses, which are caused by swallowing or coming in contact with contaminated water in swimming pools and other bodies of water. Help reduce the risk of recreational water illnesses by showering with soap and water before entering a pool, taking frequent

bathroom breaks and conducting regular diaper checks followed by washing hands with soap and water, say local health offi-

#### **HEAT SAFETY**

Sunburn is another health concern when swimming outdoors.

"Protect your skin and eyes from the sun's damaging rays [by] wearing protective clothing and sunglasses," said Kenya Fluellen, associate professor of nursing at Northern Virginia Community College in Alexandria, Virginia. "Always use sunscreen with a minimum SPF of 30."

Heatstroke is the number two killer of children after car crashes, and Fairfax County has joined with the National Highway Traffic Safety Administration to remind parents and caregivers about the dangers of leaving children unattended in a car, particularly during the summer, which can lead to heatstroke and even death.

"You should never leave a child alone in the car, and that is certainly true in the summer when the temperatures are on the rise and cars get hot very quickly," said John Silcox, public safety information officer, Fairfax County Health Department.

Fairfax County officials say there were 30 heatstroke deaths of children left in vehicles in 2014. Most parents simply forgot their children were with them. "Put something in the back of your car, such as a bag or a cell phone, so you'd be certain to check before leaving the car," said Silcox.

### FIREWORKS SAFETY

While fireworks are synonymous with July 4th celebrations, creating a fireworks display at home is illegal in some local jurisdictions. In both Alexandria and Montgomery County, Md., for example, all fireworks are illegal to possess or discharge, including gold label sparklers. In Fairfax County, any firework that explodes, emits a flame, sparks higher than 12 feet, or performs as a projectile is prohibited. Arlington County has similar prohibitions.



PHOTO COURTESY OF ARLINGTON COUNTY FIRE DEPARTMENT

Fireworks are sold at a local stand at Lee Highway and N. Harrison Street in Arlington. Fireworks are synonymous with July 4th celebrations, but creating a fireworks display at home is illegal in some local jurisdictions.



Photo courtesy of Jacqueline Wheeler Lee

Ava and Noah Lee take private swimming lessons in Bethesda, Md. Safety officials encourage parents to make sure their children learn to swim.

"We always remind people that the best and safest way to enjoy July 4th is to go to a professional show and let the professionals handle it and just enjoy the show," said Lieutenant Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire

### Details

#### Local Fireworks Laws and Safety Information

- Arlington: http://fire.arlingtonva.us/fire-codeinformation/fireworks/
- Alexandria: http://alexandriava.gov/fire/info/ news\_firedisplay.aspx?id=62314
- Fairfax County: www.fairfaxcounty.gov/fr/ prevention/fmfireworks.htm
- Montgomery County: www.montgomerycountymd.gov/mcfrs-info/ tips/citizens/fireworks.html

#### **Heat and Car Safety**

www.safercar.gov/parents/index.htm

### **Water Health and Safety**

- water fleatiff and Safety
   www.redcross.org/prepare/disaster/water-safety
   Arlington: http://health.arlingtonva.us/ environmental-health/recreational-water-illness-
- Alexandria: http://alexandriava.gov/ AquaticHealth
- Fairfax County: www.fairfaxcounty.gov/hd/eh/ pools/pool-safety.htm
- Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/pool.html

Department. "Some people don't know that sparklers are dangerous for kids. They burn hot enough to cause third degree burns. We recommend that adults be the only ones to ignite fireworks."

If you do want to put on your own backyard Independence Day illumination show, check local regulations, allow fireworks to cool completely and douse them with water before discarding them, advises Marchegiani.

### BULLETIN BOARD

### APPLICANTS NEEDED

Arlington Commission on Long-

Term Care Residences needs advocates who work or live in Arlington. The commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to longterm care residences. For more information or an application, go to the Commission on Long-Term Care Residence's website: commissions.arlingtonva.us/ltcr/, or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail ArlAAA@arlingtonva.us.

### THROUGH NOVEMBER

**Borrow Gardening Tools.** 

Wednesdays: 5-7 p.m., Fridays: 3-5 p.m., Saturdays: 10 a.m.-12 p.m. at Arlington Central Library, 1015

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.

North Ouincy St. "The Shed" at Arlington Central Library is open and lending gardening tools to Arlington residents and property owners. Free. See library.arlingtonva.us for more.

### WEDNESDAY/JULY 1

**Senior Olympics Registration** 

Opens. Participants over 50 years old may register for track and field, swimming, diving, tennis, table tennis, golf, miniature golf, ten pin bowling, Wii bowling, scrabble, duplicate bridge, cribbage, Mexican train dominoes, pickleball, racquetball, handball, volleyball, badminton, bocce, eight ball pool, cycling, horseshoes, yo-yo tricks, American style Mah Jongg, 5K run and more. Registration is a \$12 flat fee. Visit www.nvso.us.

### SATURDAY/JULY 4

Free Taxi Rides. 10 p.m.-4 a.m. Free cab rides will be offered to patrons throughout Arlington County. During this six-hour period, area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and be afforded a safe way home. Must be 21 or older to call a SoberRide. Visit www.wrap.org/soberride/ for more.

### 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/

### MONDAY/JULY 20

Meet the Speaker. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Arthur Hauptman, author and independent policy consultant will speak on the topic of "Why Does College Cost So Much?" He will share his knowledge on higher education and financing problems. This program is free and open to the public. Call Encore Learning at 703-. 228-2144.

### THURSDAY/SEPT. 10

Application Deadline. Arlington

County's Neighborhood College Program is accepting applications through Sept. 10. Lessons will focus on neighborhood advocacy and leadership development. Visit

www.projects.arlingtonva.us/ neighborhood-conservation/college.

### **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.

www.ConnectionNewspapers.com

### SPORTS

### WGCC Lightning

On Thursday, June 25, the Washington Golf and Country Club (WGCC) Lightning swim team, the defending champions of the Country Club Swimming and Diving Association, started its quest for a second straight undefeated season as they took on one of their Division A rivals — the swim team from

SWIM Notes Chevy Chase Country Club. WGCC defeated Chevy Chase by a score of 420-60.

The highlights of this meet were two record-breaking swims — one by Petie Nassetta and the other by Thomas Out-

law. Nassetta broke a 31 year-old team record swimming the Girls 14&U 50-meter backstroke in a time of 32.64 (besting the time set by Kristen Yauch in 1985). Thomas Outlaw set a new WGCC team record in the Boys 14&U fly - his time of 27.63 broke Zander Zidlicky's 2014 record.

A number of WGCC's swimmers were in top form against Chevy Chase — winning all three of their individual events: Jack Carman (Boys 12&U IM, breast, and fly); Keira Johnson (Girls 10&U free, back, and fly); Petie Nassetta (Girls 14&U free, back, and fly); and Thomas Outlaw (Boys 14&U free, back,

Double winners included: Ryan Baker (Boys 18&U IM and fly); Izzy Bernasek (Girls 8&U free and back); Mackie Repke (Boys 8&U free and back); Luke Bernasek (Boys 10&U free and back); Chris Outlaw (Boys 18&U free and back); Emme Yoder (Girls 8&U breast and fly); and Will Scribner (Boys 8&U breast

Single winners were: Amanda DiMeglio (Girls 12&U IM); Jillian Johnson (Girls 18&U IM); Avery Nassetta (Girls 12&U free); Caitlyn O'Berry (Girls 18&U free); Sophie Yoder (Girls 12&U back); Peter Moore (Boys 12&U back); Lily Darcey (Girls 10&U breast); Liam Thomson (Boys 10&U breast); Charlotte Thomson (Girls 12&U breast); Cate Barrett (Girls 14&U breast); Richard Gentry (Boys 14&U breast); George Cranwell (Boys 18&U breast); Arav Bhargava (Boys 10&U fly); Helen Otteni (Girls 12&U fly); and Kirby Nassetta (Girls 18&U fly).

The team dominated the competition by winning every relay event and sweeping several of the events.



12&U Breaststroker Sophia Seasholtz

Winning relay teams were: the Girls Junior Medley Relay (J. Johnson, DiMeglio, Grace Loper, and I. Bernasek); the Boys Junior Medley Relay (Ollie Bernasek, Tucker Wall, Bhargava, and Matthew Shay); the Girls Senior Medley Relay (P. Nassetta, C. Thomson, K. Nassetta, and K. Johnson); the Boys Senior Medley Relay (Baker, Gentry, Carman, and L. Bernasek); the Girls Free Relay (I. Bernasek, K. Johnson, A. Nassetta, Caroline Otteni, and O'Berry); and the Boys Free Relay (Matthew Shay, L. Bernasek, Carman, Gentry, and Baker).

WGCC's next match-up is against its long-time rivals, Kenwood Country Club.

### Donaldson Run **Thunderbolts**

The Donaldson Run Thunderbolts fell to Division II leader Wakefield Chapel in their second dual meet of the NVSL season. Despite the cold and rainy weather there were many strong swims from the Thunderbolts.

Double individual race winners for Donaldson Run were (in order of age and event): Charlie Greenwood. boys 8&U freestyle and breaststroke; Rachel Conley, girls 8&U backstroke and butterfly; and Emily Brooks, girls 15-18 freestyle and backstroke.

Donaldson Run single race winners were: Eliza Gromada, girls 8&U freestyle; Luke Galdiz, boys 11-12 breaststroke; Andrew Meighan, boys 13-14 freestyle; Emma Hutchison, girls 13-14 backstroke.

#### Saint Ann Catholic Church **SUNDAY LITURGY SCHEDULE: DAILY EUCHARIST:** Saturday Vigil: 5:30 PM Weekdays Sunday: 8:00, 9:30, 11:00 AM Monday-Friday, 8:30 AM 1:30 PM Spanish Liturgy Saturday, 8:30 AM All Are 5312 North 10th Street, Welcome! Arlington, Virginia 22205 Parish Office: 703-528-6276 **PARISH WEBSITE:** www.stannchurch.org

Local Nursery Closing After 42 Years ~ Going Out of Business Sale

Blooming Tropicals | Giftware 50% OFF | 25% OFF All Perennials

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Labor Day is Sept. 7

9/9/2015..HomeLifeStyle Pullout – Real Estate & New Homes 9/16/2015......A+ Camps & Schools Open Houses 9/23/2015.....Fall Fun, Food, Arts & Entertainment 9/30/2015.....Professional Profiles & Your Business in the Community

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  - Potomac Almanac
    - Reston Connection Springfield Connection Vienna/Oakton Connection

### "Flourishing After 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for July

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

Senior trips: Monday, July 6, Longwood Gardens, Kennett Square, Pa., \$32; Wednesday, July 8, National Geographic Museum, D.C., \$47; Thursday, July 9, The Tea Cart, Berryville, Va., \$47; Friday, July 10, Chez Andree, Alexandria, \$42; Saturday, July 11, Kennedy Center, "Once," \$100. Call Arlington County 55+ Travel,

703-228-4748. Registration required Current events roundtable, Monday, July 6, 10 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Folk Music sing-a-long, Monday, July 6, 1:30 p.m., Lee. Free. Register, 703-228-0555.

Ballroom dance lessons, Monday, July 6, 1:30 p.m., Lee. Free. Register, 703-228-0555.

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ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine
and Beer On and Off Premises/Keg Permit license to sell
or manufacture alcoholic
beverages Timothy Ma beverages. Timothy Ma,

member
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 regis-tered at www.abc.virginia.gov or 800-552-3200

21 Announcements

### 21 Announcements 21 Announcements ABC LICENSE

Best Value Petroleum, Inc trading as Best Value Petrole-um, 5630 Lee Hwy, Arlington, VA 22207. The above estab-VA 2220/. The above estab-lishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcohol-ic beverages. Arpit Sethi, President

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

21 Announcements

21 Announcements

21 Announcements

NOTICE OF SUBSTITUTE TRUSTEES

LE OF PROPERTY OWNED HUNTER MILL WEST, L.C. LOCATED AT 10736 SUNSET HILLS ROAD, RESTON, VIRGINIA

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT

July 2, 2015, AT 4:00 P.M

charges and assessments, together with penalties and charges and assessments, together with penalties and interest due thereon. The Purchaser shall also pay all settle-Agreement dated November 19, 2008, and recorded Novemment fees, title examination charges, title charges and title interest due thereon. The Purchaser shall also pay all settle-ment dated November 19, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the "Deedof Trust"), penalties and county recordation fees, clerk's made by HUNTER MILL WEST, L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 2, 2015, beginning at 4:00 p.m. The public auction for the sale of against the Substitute Trustees, and/or the Beneficiary for any the property previously scheduled for June 18, 2015 was com-

the property previously scheduled for June 18, 2015 was con-

ments, fixtures, easements and appurtenances thereto (the

TERMS OF SALE

ALL CASH. The Property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, rights of first refusal, conveyances, condirights, reservations, rights of mist retroat, conveyances, sense tions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over and being superior to the Deed of Trust, as they may lawfully affect the Property.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the Property, Obtaining possession of the Property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit of \$150,000.00 (the "Deposit") by certified or law.

cashier's check shall be required by the Substitute Trustees for Henry F. Brandenstein, Jr., Substitute Trustee such bid to be accepted. The Substitute Trustees reserve the Patrick W. Lincoln, Substitute Trustee right to prequalify any bidder prior to the sale and/or waive the FOR INFORMATION CONTACT: requirement of the Deposit. Immediately after the sale, the suc-Henry F. Brandenstein, Jr., Esq. cessful bidder shall execute and deliver a memorandum of sale Venable LLP

with the Substitute Trustees, copies of which shall be 8010 Towers Crescent Drive, S available for inspection immediately prior to the sale, and shall Tysons Corner, Virginia 22182 deliver to the Substitute Trustees the Deposit and the memo- (703) 760-1600

21 Announcements

21 Announcements

paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia

randum of sale. The balance of the purchase price shall be

22182 or other mutually agreed location. Purchaser shall also pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments, together with penalties and

The Purchaser shall be required to sign an agreement at set-tlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the Property that may not be in com-

tinued to July 2, 2015.

pliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and The real property encumbered by the Deed of Trust that will be ruling relating to environmental contamination or hazardous. offered for sale by the Substitute Trustees is commonly known wastes. Such agreement shall also provide that if notwith as 10736 Sunset Hills Road (Tax Identification Number: 0183- standing such agreement, a court of competent jurisdiction 02-0004) located in Reston, Fairfax County, Virginia, as more should permit such a claim to be made, such agreement shall particularly described in the Deed of Trust, and all improve- serve as the overwhelming primary factor in any equitable

apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the Property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with

the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees including without limitation, any warranty relating to the zoning, or the Beneficiary with respect to any such default. If the Propcondition of the soil, extent of construction, materials, habitabil- erty is resold, such re-sale shall be at the risk and the cost of ity, environmental condition, compliance with applicable laws, the defaulting bidder, and the defaulting bidder shall be liable fitness for a particular purpose and merchantability. The risk of for any deficiency between its bid and the successful bid at the loss or damage to the Property shall be borne by the success- re-sale as well as the costs of conducting such re-sale. Imme-

Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable

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## **Quality**





Throughout my nearly six and a half years of cancer treatment, starting at the initial Team Lourie meeting on February 27, 2009, when my oncologist suggested I take that vacation I've always dreamed of (to which I exclaimed "WHAT!?"), my quality of life has always been important to him. Whenever there has been a treatment blip on my radar, and changes had to be considered/made to my protocol, my oncologist has regularly asked if I wanted to continue treatment, take a break from treatment or stop it altogether and enjoy, if possible, whatever above-average good health I was experiencing while I could, because I might not experience it again and if I did, it might not last too long. Ergo my quality of life. Diagnosis-to-date however, I have always opted to continue to damn the torpedoes and infuse full speed. Oddly enough, continuing to infuse has worried me less than not infusing at all.

As I progress through year seven, I am wondering yet again about quality of life. Though we are not at any kind of crossroads - treatment or otherwise, and my lab work continues to indicate that my body is able to tolerate my every-three-week infusions of Alimta, I do have my less-than-stellar moments. This is particularly so for the seven to ten days immediately following my infusion. It is during this time when a certain predictable side effect occurs, having first manifested itself about six months ago, to make me less pleasant than I'd prefer to be. What happens is I don't eat, not too much anyway. Because I can't. Because I won't. Because something somewhere - internally, psychologically, physically - is preventing me from doing so. In general, the whole idea of eating is a total turn off. And given my nature/proclivities, I need it to be a turn on. As a result, I'm always hungry. And then I get tired from not eating (no energy). Then  $\ensuremath{\mathsf{I}}$ take a nap. Then at bedtime, I'm unable to fall asleep because I've slept some already. Eventually, I do get some sleep, but I end up having a restless, interrupted, short, REM-less sleep and wake up tired the next day when the routine starts all over again; except now I'm tired to begin the day and don't have any interest in breakfast, so I get no boost to start. The marijuana pills I wrote about don't help. Consequently, I seem to be stuck in this cycle of depressing miserableness (is there any other kind?). Not gaining any pleasure from one of the staples of my existence is an extremely discouraging set of circumstances and is making Kenny a very dull boy, or at least duller than I usually am.

But, and it's a HUGE but, the treatment is so-far-so-good, working; the tumors have not grown or moved - and I'm alive and reasonably well.

Still, one week of every three, I'm not a happy camper (and if I were actually camping – out of doors – I'd be even less happy, since I don't camp). The question becomes, sort of: is camping all that important (euphemistically speaking)? Obviously, to me, living hungry is more important than dying satiated. But I don't like being depressed and miserable one third of my time. That is an in-e-quality of life with which I'm not particularly pleased. Life goes on though, and for that, I'm over-the-top grateful - and amazingly, maybe even randomly, lucky. I just wish I could savor my next meal as much as I savor my survival. As my Auntie Irene used to say: "This too shall pass," until two weeks from now, that is.

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

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