

Lloyd Emery, grandfather of 10, strums the banjo while Adrianna Carr, director of Lee Senior Center, leads the preschoolers in their favorite songs. Grandpa Camp is held bimonthly from 10:15-11 a.m. at Lee Community Center in Arlington.

Grandpa Camp Bonds Generations

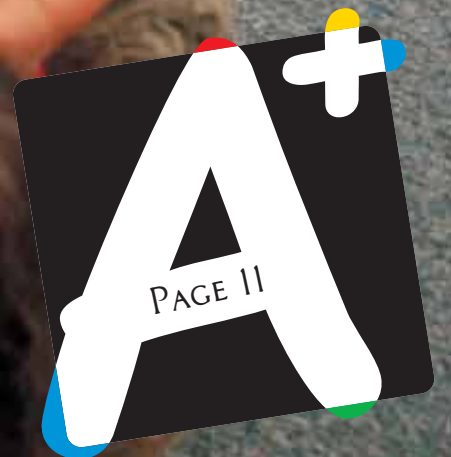
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How To Handle Panhandlers

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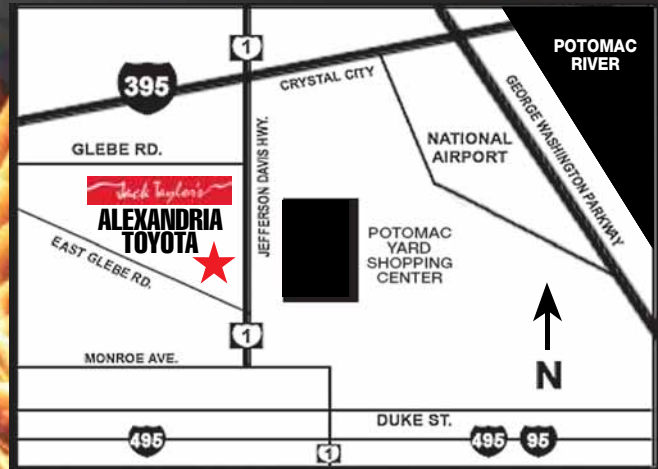
Outrage Avoided

NEWS, PAGE 4



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**Let's
Go
Places**



Wilda Garrison, confiding she will be 93 in two weeks, has been attending the Woodcarvers activity at Lee Community Center's Senior Center for 20 years. She has produced a relief with "maybe a moose; it is an animal with horns."



BJ France says she is the newest member of the Woodcarvers group after just a year. She concentrates as she works the microplane rasp back and forth to shape her loon's body.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Gathering of Woodcarvers

It's more about the company than the product.

BY SHIRLEY RUHE
THE CONNECTION

Wilda Garrison will be 93-years-old in two weeks. She says after 90 you brag about it. Garrison has been attending the Lee Woodcarvers Activity at the Lee Community Center's Senior Center on Glebe Road in Arlington for 20 years. She has a carved relief on the table and a discussion ensues about whether it is three versions of an elk or a moose.

"I don't know. It's just what jumped over the fence," she said.

Garrison says you should really start with carving in the round to get the feel of the knife."

Bob Haraker sits beside Garrison. He has been coming for a couple of years and is working on a little bird in walnut. Garrison comments that it is a hard wood since most of the carving is done in bas relief. Haraker adds that it's less the product than the company of the group. They get together for Christmas potlucks and other special events.

BJ France describes herself as the newest member of the group. She says she likes relief

carving, but today is working on a loon that she is microplaning with a rasp that looks like a large parmesan cheese grater. France says that some people have 200 tools but you can get by with about six. Vic Perez has a small mouth bass on the table in front of him that he will stain. It sits amidst other carvings including a dolphin, an owl that he has burned to get the feathered pattern and a dog that they call "playful pup" but no one has any idea what kind of dog it is. Perez is a serious woodcarver who also works at home.

A couple has joined the group as visitors to see if they would like to be part of the woodcarvers. Perez explains they have blocks of wood there already donated by former members of the group for newcomers to use. The couple has done jewelry work and a lot of other crafts and she says they have two grandsons that she is always looking for things to do with them as well as what new things she can learn. People come and go. Someone pointed out that a 96-year-old member of the group recently left. The group meets every Thursday from 1-3 p.m. and is free to anyone with an Arlington County 55+ pass.

Don't Give Money To Panhandlers

Most are not homeless: the money is not housing them but hurting them.

BY EDEN BROWN
THE CONNECTION

Reality on the Street

According to A-Span:

If the panhandler says he is a vet, he probably is not.

If she is in a wheelchair, she is receiving a disability payment.

Until he can't make money on the street, he won't stop panhandling.

The longer he stays on the street, the harder it is to leave.

Most panhandlers have a place to live and other income.

Any vet gets a subsidy and can probably get housed.

No child in Arlington is living on the streets (under a bridge or in a car).

The only time the police can arrest a panhandler is if they are a danger to themselves or a danger to someone else.

The money given to panhandlers is not going to food or shelter but substance abuse.

"Most panhandlers are not homeless, and most homeless are not panhandlers," said Kathy Sibert, CEO of A-Span, Arlington Street People's Assistance Network, located in South Arlington off Four-Mile Run. "Generally, homeless people in Arlington don't want to be seen. They are living in places they deliberately choose in order not to be seen. Homeless people aren't proud of being homeless. They don't hold up signs saying they are homeless."

PART THREE
In a three-part series

Panhandlers who claim to be homeless have become a regular sight on the medians around Arlington, particularly along the Glebe Road corridor and near the East Falls Church metro. It is almost as though there is a line drawn between Arlington and nearby cities. While all panhandlers are protected by the first and fourth amendments, Alexandria police officers are less easygoing about panhandling, according to Carlos Lopez, an outreach worker for A-Span. But the real reason, Sibert says, is the fact that Arlington is where commuters come through on their way to work. It's where people come through while

driving their children to school. And it's where people give money — lots of money — to panhandlers. People in Land Rovers and Audis see panhandlers holding up signs asking for help and hand out \$5, \$10, \$20, and even \$50. "Some day those people will drive by and the guy they gave money to won't be there because he will have O.D.'d", Sibert said.

"The best thing you can do for the panhandlers is not to give them money. If you want to help, go to the A-Span website and print out the Street Guide and give that to them," said Ayana Bellamy of A-Span. "The Street Guide will

SEE HOW TO HELP, PAGE 4

A Panhandler's Story

After a year of trading on "vet" status, panhandler goes to jail.

BY EDEN BROWN
THE CONNECTION

Everyone noticed the young man who limped along the median running down the center of Glebe Road. He had tousled curly hair, light hazel eyes, the face of the kid next door. He held up a sign: "Homeless Vet" scrawled on cardboard. He wore camouflage trousers with one pant leg rolled up; you couldn't miss his artificial leg. He looked cold and tired. He didn't want to say much

when he was approached. He turned down a meal and coffee. "I can't leave this spot," he said. "It's the best spot and those guys over there will take it."

Carson (not his real name) didn't want to be identified or talk about himself. "I don't like my story," he said. "I'm not happy with this, what I am doing." He side-stepped questions. But when asked if the rumors were true about how much panhandlers make in a day — more than \$300

SEE PANHANDLER, PAGE 4

County Board To Vote on Retail Plan

A number of new plans and funding approvals are scheduled for the Arlington County Board's upcoming July 18 meeting. If approved by the County Board, the Courthouse Sector Plan will move into the public hearing phase. In addition to a series of new building development sites, the plan also calls for the conversion of the square's surface parking lot into a park space. The County Board will also vote to adopt the new Arlington Retail Plan. The plan primarily focuses on limiting retail to "strategic locations."

"In early planning efforts, less attention was paid to ground floor design and use," said the staff report on the Arlington Retail Plan. "These policies and prac-

tices resulted in ground floor environments that did not always provide a level of activity, interest and transparency typically associated with good urban design."

At the meeting, the board will also consider \$215,810 in art grants to 17 Arlington-based arts organizations. The largest grant recipient is the Synetic Theater, which could receive \$32,529 in county grant funding. The board will also consider \$215,000 in transportation funding to match a \$286,000 federal grant to install Capital Bikeshare Stations along the George Washington Memorial Parkway.

— VERNON MILES



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Fresh Produce

Another afternoon of rain in Arlington: Stan Lou has stopped on his way home at the Wednesday afternoon Clarendon Farmer's Market to pick up corn on the cob. He packs it on top of the tomatoes in his bicycle saddlebag. He has joined several other customers at Gonzales Produce from Tappahannock, Va. in spite of the heavy storm that just drenched the pavement by the metro stop. Lou says he only has less than a mile to go because he lives close to the market.

How To Help

FROM PAGE 3

help them find a place to stay or assistance in getting back on their feet. Giving them money just means they will stay on the street, and the more money you give, the more the street seems like a good idea to them."

What To Do

What to do for the people you see asking for money on the street in Arlington, according to A-Span:

- ❖ Give them the Street Guide, printed out from the A-Span website, www.a-span.org
- ❖ Give them coupons to buy lunch or granola bars, if you must give.
- ❖ A-Span provides meals at Oakland Park and Gateway Park. From 5:30-6:30, bagged meals prepared by roughly 4,000 volunteers are distributed. Be a volunteer for this program.
- ❖ Prepare welcome home baskets for newly housed homeless.
- ❖ Support CoC organizations with donations of money or time.
- ❖ Form a group of volunteers at your school or religious organization.

Panhandlers have a firm foothold in Arlington because of the money they can get here. When the weather gets better, their

ranks swell. Some residents of Arlington want them to go away, or resent the presence of people in town who either aren't from here or don't work to make a living.

Arlington resident Liz Thomas said she got on the bus with one of the homeless "vets" one day, and he pulled out his iPhone and talked to his buddy about where the panhandling was good that day. "That really bothered me," she said, "because I know a lot of working people who can't afford that phone."

"There is no reason for a vet to be homeless," said Sibert. "If there is someone claiming to be a vet, and most aren't vets, then it's about alcohol or drugs. And most of the panhandlers aren't local people: they come in from some other county to panhandle here because so many people hand out cash. Stop the cash. The panhandlers will just go away. Our goal is to get them off the street as fast as we can, because the longer they stay on the street, the more they get used to it and see that they can make a living that way and feed their addictions."

According to Tony Turnage, Arlington County's Homeless Services coordinator, there hasn't been an upsurge in homeless vets over the past 12 years. The number has remained static, with roughly 22-25 homeless vets per year.

Outrage Avoided

Arlington School Board prohibits gender identity discrimination.

BY VERNON MILES
THE CONNECTION

Two months ago, the Fairfax County School Board added "gender identity" to its nondiscrimination policy amid a hail storm of outrage from its community. However, at the Arlington School Board's July 1 meeting, a similar update passed quietly. The Arlington School Board voted to update the human relations, hiring and anti-bullying guidelines to provide protection for gender identity or expression.

The policy update puts Arlington School Board in line with the Department of Education Office of Civil Rights' April 2015 interpretation of Title IX's prohibition on discrimination to include discrimination on the basis of gender identity. The Arlington Public Schools' list of prohibited forms of discrimination now includes: race, national origin, creed, color, religion, gender, age, economic status, sexual orientation, marital status, gender identity or expression, and/or disability.

Arlington follows Fairfax County, Charlottesville, and Alexandria as the fourth school district in the state to adopt protections for gender identity. At the meeting, no speakers had signed up for public comment on the issue. School Board member Abby Raphael said she believed that the lack of public comment on the topic was a sign of the issue's acceptance by the community.

However, other members of the School Board acknowledged that the timing of the

vote may have had something to do with the lack of comment. The vote on the update was originally scheduled to take place at the School Board's June meeting, but Arlington Public Schools Public Information Officer Frank Bellavia said the vote was postponed from June to align the wording of the discrimination policies. Some policies referred to "sex" where others referred to "gender." School Board member James Lander acknowledged that he had received a number of emails expressing concerns about the process.

"There was a perception that somehow this board would pass this policy, which includes language about gender identity and expression, behind closed doors and without transparency," said Lander. "That's something, as a board, that we feel very strongly about ... I would have loved to have done it in September, but it just so happened to fall off of an earlier agenda item in June that we just didn't have time to get to and it fell to July."

The School Board voted unanimous approval of the update.

"It was clear from the beginning that we were going to do this," said School Board member Barbara Kanninen, "I don't think there was ever any disagreement."

School Board member Nancy Van Doren described the update as catching up with paperwork.

School Board Chair Emma Violand-Sanchez also praised the update for including national origin and for changing handicaps to disabilities.

A Panhandler's Story

FROM PAGE 3

for some — he acknowledged he made a lot. Sometimes more than that, he said. He thought it was because of his leg. The rumors about the panhandlers giving their money to a "Boss" who gets a large cut? "No," he said, "Those rumors are not true, unless of course," he laughed cynically, "you mean the drug dealer. I turn my money into him at the end of the day."

Carson related a story which later turned out to be mostly false, according to local authorities who know him. He said he entered the service with a drug problem; he was expelled from high school for drugs. He says he lied about his drug past when the U.S. Army was looking for recruits back in 2006. Where did he lose his leg? Carson hesitated and looked away. "Ramadi. 2007," he said. Carson related how he was evacuated to Ramstein Base in Germany and then home. The Army treated him well, at first,

giving him his new leg and rehabilitation, Carson said. But then they found out he had a drug habit and had lied about it upon enlisting. They didn't want to help him as much then, Carson said.

When A-Span caseworker David Ordonez hears about Carson, he nods. "Oh, the 'vet' with the artificial leg," said Ordonez. "He's not a vet. We've talked to him. He won't come in for help."

"He is not a veteran," said Richard Kelly of the Arlington Police. "We've interviewed him and he admitted he lost his leg in a car accident while intoxicated."

Case workers and police echo the refrain: As long as the well-intended residents of Arlington continue to give him money, Carson will get his daily fix and be that much closer to either a fatal overdose or prison. They were right: Carson was later arrested for possession of heroin and is currently doing two years in prison.

BULLETIN BOARD

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.

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 long-term care residences. For more information or an application, go to the Commission on Long-Term Care Residence's website: commissions.arlingtonva.us/ltrc/, 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 North Quincy 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.

THROUGH SEPT. 25

ESL Classes. Morning and evening classes at Syphax. SEE BULLETIN BOARD. PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

FROM PAGE 4

Education Center, 2110 Washington Blvd. #106. Call 703-228-4200 or visit www.apsva.us/reep.

THURSDAY/JULY 16

Body Image Today. 7 p.m. at Unitarian Universalist Church, 4444 Arlington Blvd. Join the Holistic Moms Network at the monthly meeting with guest, Karen Schachter of lifestyle blog, "Dishing with your Daughter" as they discuss body image in the modern era. Free. Visit www.holisticmomsaralex.blogspot.com.

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 discuss "Why Does College Cost So Much?" He will share his knowledge on higher education and financing problems. Free and open to the public. Call Encore Learning at 703-228-2144.

TUESDAY/JULY 21

Reading and Running Fitness Training Program. Through Sept. 11, 7-8:30 p.m. at Central Library 1015 North Quincy Street. Train for the 4th annual Arlington Police Fire & Sheriff Memorial 5K, meets weekly on Tuesday and Thursday. Free. Visit www.library.arlingtonva.us.

SATURDAY/JULY 25

"Flourishing in the Second Half of Life Series." 9:30 a.m.- 2:30 p.m. at Langston-Brown Community & Senior Center, 2121 N Culpeper St.

Jared Hermalin will be discussing the topic of problem solving for aging adults. Free. Visit www.parks.arlingtonva.us/events/problem-solving-workshop.

JULY 27-AUG. 1

Virginia Private College Week at Marymount University. 9 a.m.-2 p.m. on weekdays and 9 a.m. on weekends at Marymount University, 2807 N Glebe Road. Marymount is hosting tours and information sessions for high school students and transfer students. Free. Visit www.marymount.edu.

SUNDAY/AUG. 9

Individual Resume Help. 1-4 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Arlington Employment Center will help to revise your resume in 45 minute slots. Free, but requires registration. Visit www.arlingtonva.libcal.com/.

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

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com/.



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OPINION Backpacks for All

Thousands of students will begin school this fall at a disadvantage; help now so they have the basics.

The first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many if not most families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 7-9. Purchases of certain school supplies, clothing and footwear are exempt from the Virginia sales tax. Each eligible school supply item must be priced at \$20 or

less, and each eligible article of clothing and footwear must be priced at \$100 or less. See <http://www.tax.virginia.gov/content/school-supplies-and-clothing-holiday>.

This is a good place to start, but these students need more than backpacks. In this area, we need to address the impacts of income inequality in the schools. If we succeed in effectively educating these students, the savings overall will be enormous. These students need protection from budget cuts in their classrooms. They need help addressing inequality in the face of "bring your own device policies," and other technology needs.

Here are a few ways to give:

❖ **Fairfax County Collect for Kids** is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided 90,000 supply kits and backpacks in its first three years. They seek donations of cash, backpacks donated by citizens and calculators donated by businesses. Contact Jay Garant in Fairfax County Public Schools Office of Business and Community Partnerships at 571-423-1225 jay.garant@fcps.edu or Sherry Noud SMNoud@fcps.edu 571-423-4300, Fairfax County Public Schools Office of Social Work Services.

<http://collectforkids.org/resources/>

❖ **Cornerstones in Reston** needs 3,000 backpacks. Each year, Cornerstones and its partner, Kids R First, equip thousands of K-12 children in the Reston-Herndon area (Cornerstones' clients, as well as other local students who receive free or reduced cost school meals) with brand-new backpacks. You can buy backpacks online and have them delivered to Cornerstones. Or deliver the backpacks to Cornerstones Administrative Office at 11150 Sunset Hills Road, Suite 210, Reston; Aug. 10-14 (Monday - Friday); 9 a.m. - 5 p.m. Contact

Alacia Earley, Volunteer and Drives Manager, 571-323-9568.

<http://www.cornerstonesva.org/donations/drives/back-to-school/>

❖ **United Community Ministries** annual Back to School campaign is underway, and they rely on your support to meet the needs of students from low-income families in the Mount Vernon community. They especially need larger-sized backpacks for middle and high school students, and seek cash contributions to buy supplies. <http://www.ucmagency.org/back-to-school-2015.html>

❖ **OUR DAILY BREAD** Collect for Kids Back to School program runs each summer in partnership with with Collect for Kids in a county-wide effort to ensure that the neediest children in our community receive the supplies they need to succeed in school. The program is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations and businesses in the Fairfax County area who are working together to provide supplies in a more cost-effective and efficient way. Contact Dawn Sykes at 703-273-8829.

❖ **Arlington Partnership for Affordable Housing** APAH is collecting backpacks and supplies for more than 400 children among the 1,200-plus households a year served by APAH, providing low income families with affordable housing. Purchase items on their list. Donations can be dropped off at the APAH office: 2704 N. Pershing Drive in Arlington. Questions? Contact Emily Button, Resident Services Manager, at 703-851-3635 or ebutton@apah.org. <https://www.roonga.com/apahschoolsupplydrive/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Keeping Guns from Criminals

Focusing on private gun sales.

BY DONALD S. BEYER JR.
U.S. REPRESENTATIVE (D-8)

What are you going to do about gun safety and gun violence? These were words I heard over and over again from constituents last year when I first ran for Congress.

They couldn't understand why in the world I would want to be part of a Congress they largely viewed as dysfunctional. And the next words out of their mouth would be an impassioned plea, dysfunction be damned, to reach across party lines and find a compromise — any incremental step — that would begin to make our society safer from horrific shootings.

Last month I introduced legislation that would take one step forward.

A retail gun shop today is prohibited from selling a firearm to a felon, a domestic violence misdemeanants, someone on the terrorist

watch list, or other prohibited persons. But an individual who wants to sell a firearm is under no obligation to determine whether or not the buyer is in such a category.

Under the current, toothless law, a prosecutor has to prove that a seller knew the buyer was prohibited from buying a gun in order to successfully prosecute. Since private gun sales in most states don't require a background check, private sellers are able to claim ignorance. As a result, this law is prosecuted only about 75 times per year nationwide. It is time to make sellers bear more responsibility for our collective safety.

The Keeping Guns from Criminals Act would remove this "knowingly" standard, making the sale of a gun to a prohibited buyer a strict liability: This is a crime, and the onus is on the seller to know whether the buyer is in the prohibited class of customers.

No doubt one of the arguments against the bill will be a complaint that it places an onerous burden on the seller. But consider this: That seller and prospective buyer need only go to a

Federal Firearm Licensee who provides this private party transfer with background check, usually for a nominal fee of about \$30. And there are 130,000 Federal Firearm Licensees in the United States: That is roughly nine times as many McDonalds as there are in our nation.

We must find reasonable compromises so that we can keep guns out of the hands of the most dangerous among us. It is time to try again.

Write

The Connection welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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Grandpa Camp Bonds Generations

Sharing the love of singing with preschoolers.

BY SHIRLEY RUHE
THE CONNECTION

If you're happy and you know it, clap your hands." Clap, clap.

Camp Grandpa is in full swing on June 15 at Lee Senior Center in the Community Center on Lee Highway in Arlington. Lloyd Emery, grandfather of 10, strums the banjo while seven preschoolers sprawl around a circle singing familiar favorites.

Emery said, "My ultimate goal is to build up a program that I can take to cancer houses in Ronald McDonald. I'm figuring out what to do with mobile kids and then what I can do with kids who aren't mobile." He said he'd like to bring some reality, not plastic music or cartoons. "Maybe some day I'll bring a real dog and give each child a dog biscuit that he can give to the dog sometime during the program. I've heard they really like that." Emery grew up in the country where one grandfather in West Virginia had a half-acre garden and fed everyone. The other grandfather had a farm in North Carolina. Emery has been playing the guitar on and off since



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

As the preschoolers sing "The wheels of the truck go round and round," Adrianna Carr makes circles with her arms and Lloyd Emery strums the banjo for Camp Grandpa at Lee Community Center in Arlington.

he was about 10-years-old. He said there are always two or three children who really go for it.

"The wheels on the bus go 'round and 'round," Adrianna Carr, director of the Lee Senior Center, is rolling her hands around and around in a big circle to the tune of the music. "I can't sing," Carr said, "but that doesn't stop me."

Emery added, "She is a natural. Some people just know what to do." A child has toddled over to Emery's side and a small hand reaches up for the strings of the guitar.

Carr says this program is meant to give an intergenerational experience. "Children enjoy coming with a grandparent and it is a bonding experience." The program is every other Monday from 10:15-11 a.m. "This is where we take the animals out," Carr said, and "then we make the noise. 'Old McDonald Had a Farm.' Oh oh, when we get to giraffe, we just make up a sound."

Emery says each child gets a tiger, lion, elephant, so "they feel part of the program." With a quack quack here and a thump thump there. "We just have time for one more. Good job today. See you next time."

2015 NORTHERN VIRGINIA SENIOR OLYMPICS SEPTEMBER 12-25

Adults 50+ Register by Aug. 28 (Mail); Sept. 4 (Online)

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Everything from Track to Scrabble!

Registration fee: \$12 (covers multiple events)

Gold, Silver and Bronze Medals Awarded

Opening Ceremonies: Saturday, September 12, 9:00 a.m.

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3501 S. 2nd St., Arlington

Check Website for daily schedule & to register: www.nvso.us

Information: 703-228-4721 or nvso1982@gmail.com

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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
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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).

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.

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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

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.

Arlington's Historical Museum to open on First Wednesdays. The Arlington Historical Museum, which until now was only open on weekends, will now be open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from its original Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

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. For 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 round-up 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.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 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 S 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.

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 <http://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

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



Local Bands Give Free Concert

Local bands Lesson Zero and Starryville will be performing 6-9 p.m. at Westover Market, 5863 N Washington Blvd on Saturday, July 18. Admission is free. Visit www.myspace.com/lessonzero or www.myspace.com/starryville.

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 <https://www.arlingtonartscenter.org/education>.

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.

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. Scholarships are available. Visit www.bmdc.org/outreach/intensive.

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 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.

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.

Slippery When Wet. 7 p.m. at Pentagon Row, 1201 S Joyce St. Bon Jovi tribute band performs. Free. VIP tickets, which include local beer and food samplings, start at \$10. Visit www.pentagonrow.com.

The Wonderful World of Boning. 7:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Find sex education with a sense of humor. Tickets are \$10. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

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



PHOTOS CONTRIBUTED

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

THURSDAY-FRIDAY/JULY 16-17

Willem Dickey. 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd. Live music performed by Willem Dickey. Call 703-535-3600.

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.html.

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.

Chris Distefano from Guy Code. 7:30 p.m. and 10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Stand-up comedy by television personality Christ Distefano. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

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.dcbgrbash.com.

Music Performance. 2-3 p.m. at Columbia Pike Branch Library, 816 S Walter Reed Drive. PS24, a "folk-hop" group will perform. Free. Visit www.library.arlingtonva.us/ai1ec_event/.

Summer Concert. 5-9 p.m. at

ENTERTAINMENT

Westover Market, 5863 N Washington Blvd. Lesson Zero and Starryville will be performing. Free. Visit www.myspace.com/lessonzero or www.myspace.com/starryville.

CAMMO. 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. The Center for American Military Musical Opportunities provides music for service members and veterans. Free. Visit www.arlingtonarts.org.

Calder and Pugh 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd. A live music experience with musical artists Calder and Pugh performing. Call 703-535-3600.

Chris Distefano from Guy Code. 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Stand-up comedy by television personality Christ Distefano. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

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.

Shenandoah Run. 6 p.m. at Lubber Run Amphitheater, 200 N Columbus St. Hailing from Washington, D.C., Shenandoah Runs features a combination of classic and contemporary folk. Free. Visit www.arlingtonarts.org.

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.

Trivia Kings. 8 p.m. at Clarendon Grill, 1101 N Highland Ave. Trivia night. Free. Visit www.cgrill.com/calendar.htm.

MONDAY/ JULY 20

Salsa class and Salsa Music. Class is 7:30-9 p.m., dancing is 9 p.m.-1 a.m. at Clarendon Grill, 1101 N Highland Ave. Class instructed by Keith Givens. There is a \$6 cover charge. Visit www.cgrill.com/calendar.htm.

Book Club. 7:30 p.m. at Samuel Beckett's Pub, 2800 S Randolph St. Discuss “Defending Jacob” by William Landay. Free. Visit www.library.arlingtonva.us/eventscalendar/.

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

TUESDAY/JULY 21

Yoga Class. 7-8 p.m. at Cherrydale Branch Library, 2190 N Military Rd. Engage in basic yoga movements with Sun Moon Yoga. Free, but registration required. Visit www.arlingtonva.libcal.com/.

WEDNESDAY/JULY 22

Trivia Kings. 8 p.m. at Clarendon Grill, 1101 N Highland Ave. Trivia night. Free. Visit www.cgrill.com/calendar.htm.

THURSDAY/JULY 23

Book Club. 10:30 a.m.-12 p.m. at Central Library, Second Floor Meeting Room, 1015 N Quincy St. Discuss “Behind the Beautiful Forevers: Life, Death and Hope in a

Mumbai Undercity” by Katherine

Boo. Free. Visit www.library.arlingtonva.us/eventscalendar/.

Kristen and The Noise. 7 p.m. at Pentagon Row, 1201 S Joyce St. Cover band based out of Philadelphia joins the Rock at the Row summer concert series. Free. VIP tickets, which include local beer and food samplings, start at \$10. Visit www.pentagonrow.com.

Author Reading. 7-8 p.m. at One Page Books, 2200 N Westmoreland St. Author Helaine Mario shares from her latest book “The Lost Concerto.” Free. Visit www.onemorepagebooks.com.

Live Music. 9 p.m. at Clarendon Grill, 1101 N Highland Ave. Turtle Recall performs. Free. Visit www.cgrill.com/calendar.htm.

FRIDAY/JULY 24

Michael Ian Black. 7:30 p.m. and 10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Popular comedic television writer will perform live stand-up. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

The Traveling Players. 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. Theater group performing “All's Well that Ends Well.” Free. Visit www.arlingtonarts.org.

The Old Ceremony Concert. 9 p.m. at Iota Club & Café, 2832 Wilson Blvd. A live performance by The Old Ceremony. Tickets are \$12. Visit www.iotaclubandcafe.com/.

Live Music. 10 p.m. at Clarendon Grill, 1101 N Highland Ave. Blue Label performs. Free. Visit www.cgrill.com/calendar.htm.

Open Mic & Talent Showcase. 10 p.m.-12 a.m. at Busboys and Poets, 4251 South Campbell Ave. Hosted by Benny Blaq. All performers welcome. Tickets are \$5. visit www.busboysandpoets.com.

SATURDAY/JULY 25

Michael Ian Black. 7:30 p.m. and 10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Popular comedic television writer will perform live stand-up. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

Russkie Musikanti. 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. A collection of the best Balalaika musicians in the area. Free. Visit www.arlingtonarts.org.

Porkchop Volcano. 9 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Watch live short form improv comedy. Free Admission. Must be 21 or over. Visit www.arlingtondrafthouse.com.

Sirsy Concert. 9 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performance by Sirsy. Tickets are \$12. Visit www.iotaclubandcafe.com.

Live Music. 9:30 p.m. at Clarendon Grill, 1101 N Highland Ave. Gonzo's Nose performs. Free. Visit www.cgrill.com/calendar.htm for more.

SUNDAY/JULY 26

Concert: Scenes from TOSCA. 3 p.m. at Arlington Woman's Club, 700 S Buchanan St. Featuring Jennifer Hosmer, Jose Sacin, Tony Torchia and Frank Conlon. Free admission. Donations are suggested. Call 703-536-7557 or email mcdm1@verizon.net.

Levine Music. 6 p.m. at Lubber Run Amphitheater, 200 N. Columbus St. The accredited music school's leading musicians. Free. Visit



The 3rd Annual Burger Bash is on Saturday, July 18 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.dcbgrgbash.com.

www.arlingtonarts.org.

Game Night. 6-9 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Get excited to compete in games like Settlers of Catan and Dominion Sunday. Free. Visit www.library.arlingtonva.us/eventscalendar/.

Herb and Hanson Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performance by Herb and Hanson. Free. Visit www.iotaclubandcafe.com/.

MONDAY/JULY 27

Holistic Health and Wellness Book Group. 7-8 p.m. at One More Page Books, 2200 N Westmoreland St. Discuss holistic health and wellness. Free. Visit www.onemorepagebooks.com.

Book Club. 7:30-8:30 p.m. at Central Library, Second Floor Meeting Room, 1015 N Quincy St. Discuss and share ideas about “The Martian Chronicles” by Ray Bradbury. Free. Visit www.library.arlingtonva.us/eventscalendar/.

Salsa Class and Salsa Music. Class 7:30-9 p.m, dancing 9 p.m.-1 a.m. at Clarendon Grill, 1101 N Highland Ave. Class instructed by Keith Givens. There is a \$6 cover charge. Visit www.cgrill.com/calendar.htm for more information.

Four Band Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performances by the A-Oks, Thirteen Towers, The Holophonics, and Be Like Max. Tickets are \$12. Visit www.iotaclubandcafe.com.

MONDAY/JULY 27-31

Fashion Fights Poverty Summer Fashion Camp. 10 a.m.-4 p.m. daily at Arlington Costume Lab (inside Gunston Middle School), 2700 S Lang St. This is a five day fashion program that is centered around eco-ethical fashion principles for middle school and high school students who are interested in the fashion industry. Students will engage in activities designed to boost their self esteem and introduce them to fashion related areas such as styling, design, photography, etc. For registration information, send an email to ycastro@fashionfightspoverty.org.

TUESDAY/JULY 28

Rise + Rhyme: Storytelling/ Performances. 9:30-11 a.m. at Busboys and Poets, 4251 South Campbell Ave. Rise + Rhyme is a weekly morning storytelling and performance series for children ages 5 and under, stay-at-home parents, and early rising families of all kinds. \$5 admission per child. Donations for the performer are suggested. Visit www.busboysandpoets.com.

Yoga Class. 7-8 p.m. at Cherrydale Branch Library, 2190 N Military Rd. Engage in basic yoga movements with Sun Moon Yoga. Free, but registration required. Visit www.arlingtonva.libcal.com/.

WEDNESDAY/JULY 29

“Chick Lit” Book Swap. 7-8 p.m. at Westover Branch Library, 1644 North McKinley Road. Bring in used romance novels and swap them. Free. Visit www.library.arlingtonva.us

THURSDAY/JULY 30

Painting Party. 6:30-8:30 p.m. at P. Brennan's Irish Pub & Restaurant, 2910 Columbia Pike. Paint Ireland landscapes. Tickets are \$40. Visit www.pbrennans.com.

White Ford Bronco. 7 p.m. at Pentagon Row, 1201 S Joyce St. D.C.'s all-'90s band White Ford Bronco plays live. Free. VIP tickets, which include local beer and food samplings, start at \$10. Visit www.pentagonrow.com.

FRIDAY/JULY 31

David Koechner Live. 7:30 p.m. and 10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Actor from “The Office” and “Anchorman” performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

Pebble to Pearl. 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. Fusion of punk, rock and blues sounds. Free. Visit www.arlingtonarts.org.

Double Feature Concert. 9 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performances by Jumpin Jupiter

and Izzy and the Catastrophics. Tickets are \$12. Visit www.iotaclubandcafe.com.

SATURDAY/AUG. 1

Youth Open Mic. 4-6 p.m. at Busboys and Poets, 4251 South Campbell Ave. Monthly series that features student poets, singers, musicians and actors. \$5 cover. Visit www.busboysandpoets.com.

257th Army Band. 7 p.m. at Pentagon Row, 1201 S Joyce St. The band of the Nation's Capital teams up with Rock at the Row for a special Saturday night concert. Free. VIP tickets, which include local beer and food samplings, start at \$10. Visit www.pentagonrow.com.

Author Event 7-8 p.m. at One More Page Books, 2200 N Westmoreland Street #101. Author T.L. Leon will be speaking about his book, “The Rainbows Inside of Me.” Free. Visit www.onemorepagebooks.com/events.html.

David Koechner Live. 7 and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Actor from “The Office” and “Anchorman” performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

Sara Gray. 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. Country singer who has opened for the Zac Brown Band and Miranda Lambert. Free. Visit www.arlingtonarts.org.

SUNDAY/AUG. 2

The Loop. 6 p.m. at Lubber Run Amphitheater, 200 N Columbus St. The acoustic rock group covers old classics along with their original material. Free. Visit www.arlingtonarts.org.

TUESDAY/AUG. 4

Book Club. 1-2:30 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Discuss “The Garden of Evening Mists: A Novel” by Tan Twan Eng. Free. Visit www.library.arlingtonva.us/eventscalendar/.

Local Author Shifts from Screenplays to Novels

Matthew Sullivan's "The Orphans" launches a trilogy.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

When author Matthew Sullivan decided two years ago to write his debut book, "The Orphans," it wasn't the first time he had crafted a story for the public. The Arlington resident, who just made his official entrance into the world of Young-Adult (YA) literature, has been writing professionally for more than a decade. Sullivan, who officially launched "The Orphans" on June 15, said this novel is just the first of many he has brewing for young readers.

"The Orphans" is the first book in a trilogy about a high school-aged protagonist, Charlie Kim, who is forced to realize what is really important in life when a tragic accident derails his plans for post-graduate success.

"When writing this book, the story just fit the message," Sullivan said. "The message drove the story more than anything."

It's a lesson that Sullivan learned in his early 20s, after beating cancer and quitting an investment banking career to pursue his passion: writing.

"I was exactly like Charlie in high school," Sullivan said. "I had a 20-year plan. My mindset was, 'I wouldn't let cancer affect my career,' which is exactly like Charlie, who is so focused on the future that he's incapable of experiencing the present."

Where many authors start with novels, waiting years or lifetimes until they see their plots played out onscreen, Sullivan began his writing career with screenplays. Writing for TV and film was the first medium Sullivan pursued after quitting a coveted yet rigorous investment banking role at a Baltimore firm. His first stop: Hollywood.

"I didn't really know what I wanted to do," he said. "All I knew was that I wanted to live by the beach, and I wanted to write a book about my experience going through cancer. I wanted to share how that changed my perspective on life and how I wanted to live. Of course, I quickly decided that writing a book would be a lot of work and it might be easier to write a movie."

Instead of writing that specific movie, though, he was sidetracked with other ideas and opportunities for less personal creative projects. His focus became scripts for both movies and television. He was no stranger to a live audience, either, and had a stint in stand-up comedy.

"I did all of that for about six years, mostly focusing on stand-up," he said. "Then, a college friend of mine from Johns Hopkins University ended up moving out to Los Angeles, and that is when I really devoted myself to writing and film full-time."

So, for over four years, Sullivan and his creative partner lived and breathed film-writing, and enjoyed the fruits of their hard labor. Sullivan had a cameo in "30 Minutes or Less," which he co-wrote in 2010 and was released in theaters in 2011.

Sullivan decided it was time to return back home to the East Coast. As a native of Fairfax County, he moved home to be closer to family and to live a more balanced life. This is when he finally had the time to write what he wanted all along: a book that would encapsulate the lessons he learned since he was first diagnosed with cancer, the very day of his graduation from Johns Hopkins.

"The Orphans" is the fantasy young adult fiction story of the original novel I set out to write," he said. "Going through cancer completely changed my perspective on life. In 'The Orphans,' Charlie goes through the same changes, except instead of cancer, he's fighting the battle of good and evil."

The germ of Sullivan's idea came to him while he was sitting in a movie theater less than two years ago, watching the previews for films targeted for young adults.

"I had been getting frustrated with writ-



PHOTO CONTRIBUTED

Matthew Sullivan with wife Michelle and his book, "The Orphans."

ing films and said to myself, 'I should write a book,'" he said. "From that moment, I started thinking about the best story to present the message. In the end, I decided to do YA because I believe the message is something that young adults needed to hear, probably more than anyone else," he said, "especially in areas like Fairfax County, Northern Virginia, and the San Francisco Bay Area, [where "The Orphans" takes place]. "These are places that are known for being highly competitive and full of high achievers."

It's a trilogy because not many epic stories can start and clean up nicely in just one book.

"You can't tell a big, epic story in just one book," he said. "The way I viewed it, it's three acts. One book for each act. The first book is to set you up for this path you don't see coming. The second is the escalation and the third is the culmination."

Sullivan said the reception has been great so far. On top of the rave reviews, people have another incentive to read it soon: it might not be long before Sullivan once again sees his work on the silver screen, as he already has an agent and a manager on the film side, who are working to sell the rights to "The Orphans."

Through the creative and publishing process, Sullivan has been busy in his personal

life. He recently got married to a supportive wife who said she is thrilled that her husband did not fulfill the stereotype of the obsessive, all-consumed writer, sacrificing everything to get his book done.

"I feel like when you imagine a writer, you think they are glued to their computer, all day, every day, and can't be interrupted," Matthew's wife, Michelle Sullivan, said. "Matt, though, has done a really good job with prioritizing his life and being able to balance work and play. He's very consistent in what he preaches, and what he practices and is always a good reminder for me."

Michelle Sullivan said the balance probably makes him not only a better husband, but perhaps a better writer, too.

"His career is very important to him and he takes it very seriously but spending time doing other things he loves with the people he loves is definitely his first priority," she said. "It probably makes him more effective because he's able to focus better."

She said she was proud to have played at least a small part in the process of a book.

"There were definitely times when he couldn't figure out a scene or a paragraph for days because it just didn't feel right, and he couldn't pinpoint what exactly didn't sit well with him," she said. "I acted as his sounding board for a lot of things. I don't consider myself to be his writing mentor by any stretch of the imagination, but I think it was helpful for him to bounce ideas off me."

Matthew Sullivan has another book, "Stealing Christmas," that will be sold on Amazon later this summer. While "Stealing Christmas" is intended for younger audiences than "The Orphans," Sullivan said they both come with many valuable lessons.

"I love expressing my creativity this way, and the freedom that writing books gives me," he said. "Hopefully, at the same time, I can have a positive impact on other people's lives."

"The Orphans" is available on Amazon.com as a paperback book or for Kindle.

Levy, Griffin Engaged

Ms. Lynn Levy Spencer and Mr. James Sizemore are happy to announce the engagement of Ms. Spencer's daughter, Caroline Elizabeth Levy, to Steven James Griffin, son of Mr. and Mrs. James A. Griffin, III of Marshall, Va.

Ms. Levy is a 2009 graduate of Washington-Lee High School in Arlington, and a 2014 graduate of Virginia Tech with a Bachelor of Science in psychology. Ms. Levy is currently a nursing student at Marymount University in Arlington, where she will graduate with a BSN in nursing in 2015. Mr. Griffin is a 2008 graduate of Fauquier High School in Warrenton, and a 2012 graduate of Virginia Tech with a Bachelor of Science degree in biology. Mr. Griffin is currently



Caroline Elizabeth Levy and Steven James Griffin

a second-year medical student at the Lake Erie School of Osteopathic Medicine in Greensburg, Pa., where he will graduate with a Doctorate in Osteopathic Medicine (DO) in 2018.

Ms. Levy is also the daughter of Robert H. Jahncke, Jr. of Fullerton, Calif.

The couple is planning a September 2016 wedding.



Firefly Lessons

"How many of you have ever caught a firefly on your hand? They aren't flies, you know," Jennifer Gradle, naturalist at Gulf Branch Nature Center and Park, tells a group of 3-5-year-olds during the Flickering Fireflies program on June 3. "How do they make it flash; do they plug it in?" She explained the ones that light up are the boys while the girls live in the grass.



Micah Herndon and his sister Anya are assisted by their mother Christie as they paste together the four-part circle with the life cycle of the firefly. They had just learned there are 2,000 different kinds of lightning bugs and light is how they communicate with each other.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Unscheduling Summer Play

Experts praise the benefits of free play for children.

BY MARILYN CAMPBELL
THE CONNECTION

What was once a time for catching fire flies, swimming and exploring has evolved into a period of elite day camps, academic enrichment classes and top-dollar sports clinics.

For many children, summer is packed with so many activities that it can hardly be called a break, say local educators, reminding parents of the benefits of unregulated play.

"Camps and activities are fine in moderation because children need structure," said Andrew Clarke, Ph.D., an Arlington-based child psychologist. "But allowing children to have free time during the summer is important for their self-confidence and overall well-being. ... Children can become enriched simply by being allowed to explore their own environments."

NOT ALL CHILDREN are naturally self-directed, but parents can provide minimal structure through which children can gain the benefits of unstructured free time.

For example, help children develop a list of potential activities that might interest them. This could assist children who have difficulty thinking of things to do on their own or who might be prone to saying "I'm bored" when faced with free time and no planned activities.

"I recommend giving kids suggestions of various activities and having them choose," said Stacie B. Isenberg, Psy.D., a child psychologist based in Bethesda, Md. "Sometimes it is helpful to make a list together with them and post it on the refrigerator or other prominent place."

Isenberg suggests including activities such as playing board games, reading books, hula hooping, kicking around a ball, blowing bubbles, doing mazes, puzzles or painting. "When it's time for a new activity, have them check out the list," she said.

It's especially beneficial if the activity won't require constant supervision. "Provide safe spaces for them to play in," said Joan L. Ehrlich, Ph.D., a coordinator in the Interpreter Services Office at Northern Virginia Community College. "If you know the space is safe, you can give them more leeway to play on their



PHOTO BY MARILYN CAMPBELL

Art supplies and games that allow for creative play can be an important part of unstructured free time.

"Provide safe spaces for [children] to play in. If you know the space is safe, you can give them more leeway to play on their own."

— Joan L. Ehrlich, Ph.D., Northern Virginia Community College

own, and can pull back on the direct supervision."

PARENTS SHOULD ALSO SET boundaries and standards regarding acceptable and unacceptable activities, she continued. "When my kids were small, we had designated 'no screen' time. It was wonderful to hang back and watch them engage in a board game or card game. You would be amazed at what kids will choose to do when televisions, computers [and other electronics] are not an option. Nothing against those devices, but, let's face it, they can be addictive which makes it hard to compete with other healthy, educational options."

"All you need to do to facilitate unstructured downtime is to not over schedule them ... and provide an open-ended learning environment," added Gail Multop, an early childhood education professor at Northern Virginia Community College. She believes the tools for such play are simple: "Puzzles, books, an art table with supplies and time outdoors in nature."

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

Kwanzan Cherries 7-9' 40% OFF Sky Rocket Junipers 7-8' 75% OFF Deodora Cedars 10-15' 50% OFF	Concrete Fountains, Benches, Statuary, Pots, Bird Baths 40% OFF & More!	Citrus Plants 25% OFF
Tropicals and Houseplants 50% OFF	Giftware 50% OFF Orchids, Cacti, Succulents, Bonsai 50% OFF	50% OFF All Perennials ~ Hostas 50% OFF ~
50% OFF Trees & Shrubs Including Japanese Maples!	50-60% OFF Select Trees	ENTIRE Stock Garden Chemicals ON SALE
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SPORTS

Wakefield Grad Walton to Play Basketball at VWC

Shooting guard a fan of Kobe Bryant, chicken alfredo.

Marquha Walton was a 3-point sharpshooter for the Wakefield boys' basketball program.

In his three seasons as a member of the varsity, the Warriors won the Conference 13/National District championship each year, and captured the 2014 5A North region title.

Walton, who also played receiver for the school's football team and helped the program host a playoff game for the first time in 2014, averaged 11.8 points per game during his senior year, earning first-team all-conference and second-team all-region honors for a team that finished 24-2. He will continue his basketball career at Virginia Wesleyan College, where he will play with former Wakefield teammate Khory Moore. The Marlins compete at the Division III level in the Old Dominion Athletic Conference.

Walton recently participated in a Q&A via

email with The Connection.

Q: You'll be playing basketball at Virginia Wesleyan next season. What made VWU the right choice for you?

Walton: During the season, coach [Tony Bentley] had us travel down to the 757 area to play different teams to get a feel of teams. We also got the chance to see VWC play and I saw that they were a team that loved shooting 3s. That is what really interested me.

Q: Former Wakefield guard Khory Moore plays at VWU. Did that factor into your decision?

Walton: Yeah, he was one of the reasons why I chose to go to VWC.

Q: What position(s) will you play?

Walton: Shooting guard.

Q: What are you most looking forward to about going to college?

Walton: Meeting new people.

Q: At what age did you start playing basketball?

Walton: I think I started when I was 12.

Q: When did you realize playing college basketball was an option for you?

Walton: My junior year, when I was talked

to by a college coach.

Q: Why did you pick the jersey number 0?

Walton: Not really a specific reason. I switched to 10 my junior year because my grandma said she didn't like me wearing 0, but then I switched back my senior year.

Q: What is your favorite memory of playing basketball at Wakefield?

Walton: My favorite memories are going to practice every day, and being around my teammates and the greatest coaches in Northern Virginia.

Q: You were also a receiver on the football team. What was it like to be part of the 2014 team that made the playoffs?

Walton: It felt good knowing that I was a part of a team that made history.

Q: Have you ever tried a sport and found out you were embarrassingly bad at it?

Walton: Yeah, lacrosse, but I only stopped playing because I didn't like the weather.

Q: Do you have a specific game day routine?

Walton: Yes, I would go get something to eat then go with my best friend, Dominique Tham, to his house and take a nap.



PHOTO BY ALEX SENTAYHU

Marqua Walton with Wakefield assistant coach Horace Willis, left, and head coach Tony Bentley

Q: Looking back, if you could change one thing about your high school athletic career, what would

SEE WALTON, PAGE 15



The record-setting WGCC girls' 14&U medley relay team of Caroline Otteni, Cate Barrett, Jillian Johnson, and Petie Nassetta.



The winning boys' 10&U medley/free relay team of Conner McCarthy, Luke Bernasek, Arav Bhargava, and Lucas Zidlicky.



The winning girls' 10&U medley relay team of Kiera Johnson, Grace Loper, Lily Darcey, and Rowan Clancy.

WGCC Lightning

On July 7, the Washington Golf and Country Club (WGCC) Lightning swim team hosted the Seals from Congressional Country Club in the Lightning's third dual meet of the season in CCSDA (Country Club Swimming and Diving Competition) Division A action. The Lightning continued to win in decisive fashion with a 363-123 victory over Congressional.

Two WGCC team records were broken at the meet. Ryan Baker continued his record-setting ways with a time of 23.85 in the boys' 18&U free, breaking WGCC's previous best time set by Chris Outlaw in 2014. Petie Nassetta bested her own team record (set a week earlier) in the girls' 14&U back with a time of 31.93.

Triple winners for the Lightning were: Jack Carman (boys' 12&U IM, breast, fly); Richard Gentry (boys' 18&U IM, 14&U breast, fly); Nassetta (girls' 14&U free, back, fly); and Baker (boys' 18&U free, back, fly).

Double winners were: Caroline Klauder (girls' 8&U free, breast); Thomas Outlaw (boys' 14&U free, back); and Kiera Johnson (girls' 10&U back, fly).

Single winners were: Amanda DiMeglio (girls' 12&U IM); Jillian Johnson (girls' 18&U IM); Rowan Clancy (girls' 10&U free); Lucas Zidlicky

(boys' 10&U free); Avery Nassetta (girls' 12&U free); Maren Schwartz (girls' 8&U back); Pamela Grace von Seelen (girls' 12&U back); Peter Moore (boys' 12&U back); Will Scribner (boys' 8&U breast); Lily Darcey (girls' 10&U breast); Conner McCarthy (boys' 10&U breast); Charlotte Thomson (girls' 12&U breast); Cate Barrett (girls' 14&U breast); George Cranwell (boys' 18&U breast); Kate Loper (girls' 8&U fly); and Helen Otteni (girls' 12&U fly).

The following relay teams also won their events: girls' junior medley (J. Johnson, Thomson, K. Johnson, Caroline Otteni); boys' junior medley (T. Outlaw, Rajan Bhargava, McCarthy, and Matthew Shay); girls' senior relay (P. Nassetta, DiMeglio, Kirby Nassetta, Clancy); and the girls' graduated free (Klauder, K. Johnson, A. Nassetta, P. Nassetta, and C. Otteni).

Then, on Thursday night, the five teams of CCSDA's Division A met at Congressional for the Divisional Relay competition. The Lightning won seven out of eight medley relays and six out of 10 of the free relays.

Three of the teams won their races in CCSDA league record-setting times. The girls' 13-14 200-meter medley relay team of Petie Nassetta, Cate Barrett, Jillian Johnson, and Caroline Otteni won in a time of 2:08.56 — besting the previous record set by Congressional in 2012. The boys' 13-14 200-meter medley and free relay teams of Charlie Moore, Richard Gentry, Thomas Outlaw, and Ollie Bernasek won in times of 1:58.42 and 1:47.77,

respectively — besting the records set by WGCC last year.

Other winning relay teams for WGCC were: girls' 8&U medley (Izzy Bernasek, Caroline Klauder, Emme Yoder, Caitlin O'Connor); girls' 8&U free (Bernasek, Klauder, Yoder, Amory Imperatore); boys' 8&U medley (Mackie Repke, Will Scribner, Matthew Shay, Matthew Lepre); girls' 10&U medley (Kiera Johnson, Lily Darcey, Grace Loper, Rowan Clancy); boys' 10&U medley and free (Luke Bernasek, Conner McCarthy, Arav Bhargava, Lucas Zidlicky); girls' 12&U medley (Sophie Yoder, Char-

Donaldson Run Thunderbolts

In its fourth meet of the NVSL Division II season, the Donaldson Run Thunderbolts beat the Lake Vale Estate Dolphins, 255-165. In addition to earning a number of first-place finishes, Donaldson Run also won nine of the 12 relay events.

Double individual race winners for Donaldson Run were (in order of age and event): Charlie Greenwood (boys' 8&U freestyle, breaststroke); Coco Rigoli (girls' 8&U backstroke, butterfly); Jack Tsuchitani (boys' 9-10 backstroke, butterfly); Elsa Leichty (girls' 9-10 freestyle, breaststroke); Gracie Jansen (backstroke, butterfly); Bryan Meade (boys' 15-18 freestyle, butterfly), and Emily Brooks (girls' 15-18 freestyle, backstroke).

The team's single winners were: Rachel Conley (girls' 8&U freestyle); Eliza Gromada (girls' 8&U breaststroke); Thomas Rodman (boys' 8&U butter-

fly); Charlie Taylor (boys' 9-10 freestyle); Max Patillo (boys' 9-10 breaststroke); Drew Harker (boys' 11-12 breaststroke); TJ Hutchison (boys' 11-12 butterfly); Emma Hutchison (girls' 13-14 backstroke); Grace Motta (girls' 13-14 breaststroke); Andrew Fleckenstein (boys' 15-18 backstroke); and Andrew Walker (boys' 15-18 breaststroke).

Final team scores for the relay competition were: WGCC (274); Kenwood (208); Congressional (170); Army-Navy (148); and Chevy Chase (102).

Earlier in the week, Donaldson Run placed fourth in the Division II Relay Carnival. Of note were two first-place finishes, both by the girls' 8&U teams. The team of Coco Rigoli, Eliza Gromada, Rachel Conley and Valerie Engel won the girls' 8&U 100-meter medley relay, also breaking the DR pool record with a time of 1:30.09. The team of Valerie Engel, Coco Rigoli, Eliza Gromada and Rachel Conley won the girls' 8&U 100-meter freestyle relay with a time of 1:18:65.

HOME SALES

In May 2015, 288 Arlington homes sold between \$2,482,000-\$118,000. This week's list represents those homes sold in the \$690,000-\$390,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price ...	Type	Lot AC	PostalCode	Subdivision
3212 6TH ST S	3	2	1	ARLINGTON	\$690,000	Detached	0.11	22204	ARLINGTON HEIGHTS
2337 DICKERSON ST	4	2	1	ARLINGTON	\$687,500	Detached	0.19	22207	GARDEN CITY
888 QUINCY ST N #612	2	2	0	ARLINGTON	\$686,000	Hi-Rise 9+ Floors		22203	THE RESIDENCES AT LIBERTY CTR
850 KENSINGTON ST N	3	2	0	ARLINGTON	\$685,000	Detached	0.17	22205	BROCKWOOD
5611 LEE HWY N	3	3	1	ARLINGTON	\$685,000	Townhouse	0.03	22207	MERRY MEWS
1168 VERMONT ST N	3	3	1	ARLINGTON	\$681,000	Townhouse	0.02	22201	BALLSTON TOWNES WEST
4622 2ND ST N	4	2	1	ARLINGTON	\$680,000	Detached	0.13	22203	ARLINGTON FOREST
2203 MONROE ST S	4	3	1	ARLINGTON	\$672,800	Townhouse	0.11	22206	NAUCK
3131 9TH RD N #22	2	2	0	ARLINGTON	\$666,000	Garden 1-4 Floors		22201	CLARENDON 3131
1600 OAK ST #415	2	2	0	ARLINGTON	\$658,000	Hi-Rise 9+ Floors		22209	THE BELVEDERE
1714 UTAH ST N	2	1	0	ARLINGTON	\$655,000	Detached	0.13	22207	ARLINGTON
2121 MILITARY RD	4	3	1	ARLINGTON	\$650,000	Detached	0.15	22207	CHERRYDALE
4117 11TH PL N	3	3	0	ARLINGTON	\$649,000	Townhouse	0.02	22201	STAFFORD SQUARE
1201 GARFIELD ST N #308	2	2	0	ARLINGTON	\$649,000	Hi-Rise 9+ Floors		22201	CLARENDON
2518 2ND ST S	4	3	0	ARLINGTON	\$649,000	Detached	0.13	22204	PENROSE
1300 CRYSTAL DR #609S	3	2	1	ARLINGTON	\$643,867	Hi-Rise 9+ Floors		22202	CRYSTAL GATEWAY
5720 WILSON BLVD	3	2	0	ARLINGTON	\$639,000	Detached	0.11	22205	BON AIR / BLUEMONT
5947 8TH RD N	5	2	0	ARLINGTON	\$635,000	Detached	0.25	22205	BOULEVARD MANOR
2403 GREENBRIER CT	3	3	1	ARLINGTON	\$635,000	Townhouse	0.02	22207	GREENBRIER COURT
1015 MCKINLEY RD N	3	2	0	ARLINGTON	\$630,000	Detached	0.15	22205	DOMINION HILLS
928 LEBANON ST N	3	2	1	ARLINGTON	\$625,000	Detached	0.15	22205	DOMINION HILLS
3445 25TH ST S	4	3	0	ARLINGTON	\$620,000	Detached	0.15	22206	SHIRLINGTON
1200 NASH ST #820	1	1	0	ARLINGTON	\$620,000	Hi-Rise 9+ Floors		22209	PROSPECT HOUSE
1000 RANDOLPH ST #103	2	2	0	ARLINGTON	\$610,000	Hi-Rise 9+ Floors		22201	THE BERKLEY
1029 STUART ST #414	2	2	0	ARLINGTON	\$607,500	Mid-Rise 5-8 Floors		22201	SUMMERWALK I & II
5424 3RD ST S	3	3	0	ARLINGTON	\$607,000	Detached	0.14	22204	GLEN CARLIN
36 OAKLAND ST N	3	2	0	ARLINGTON	\$605,000	Detached	0.19	22203	ASHTON HEIGHTS
2017 EDISON ST N	2	1	1	ARLINGTON	\$600,000	Detached	0.17	22207	HIGHVIEW PARK
6704 LEE HWY	3	2	1	ARLINGTON	\$599,999	Townhouse		22205	LAUREL MEWS
3829 9TH ST S	4	2	0	ARLINGTON	\$590,000	Detached	0.36	22204	ALCOVA HEIGHTS
4375 LEE HWY	3	2	2	ARLINGTON	\$589,000	Townhouse		22207	VERMONT PLACE
3650 GLEBE RD #949	2	2	0	ARLINGTON	\$576,000	Hi-Rise 9+ Floors		22202	THE ECLIPSE ON CTR PARK CONDO
6703D WASHINGTON BLVD	3	1	2	ARLINGTON	\$575,000	Townhouse		22205	LAUREL MEWS
1432 S GREENBRIER ST S	4	2	1	ARLINGTON	\$570,000	Detached	0.18	22206	CLEVELAND HGTS
2400 CLARENDON BLVD #814	2	2	0	ARLINGTON	\$567,500	Hi-Rise 9+ Floors		22201	CHARL
1211 EADS ST #508	2	2	0	ARLINGTON	\$565,000	Hi-Rise 9+ Floors		22202	BELLA VISTA CONDOMINIUM
1050 STUART ST #107	2	2	0	ARLINGTON	\$562,000	Hi-Rise 9+ Floors		22201	BALLSTON PARK
5627 5TH ST S	2	1	1	ARLINGTON	\$560,000	Detached	0.14	22204	GLEN CARLIN
700 FLORIDA ST	5	2	1	ARLINGTON	\$560,000	Detached	0.16	22204	FOREST GLEN
1714 EDGEWOOD ST S	3	3	1	ARLINGTON	\$550,000	Attach/Row Hse	0.02	22204	FAIRVIEW MEWS
2330 14TH ST N #102	2	2	0	ARLINGTON	\$545,000	Garden 1-4 Floors		22201	COURTHOUSE HILL
5112 11TH RD S	3	2	1	ARLINGTON	\$540,000	Detached	0.12	22204	COLUMBIA FOREST
855 FREDERICK ST	3	2	1	ARLINGTON	\$540,000	Detached	0.15	22205	BONAIR
4511 4TH ST S	2	1	0	ARLINGTON	\$530,900	Detached	0.14	22204	BARCROFT
1300 CRYSTAL DR #707S	2	2	0	ARLINGTON	\$530,000	Hi-Rise 9+ Floors		22202	CRYSTAL GATEWAY
1408 12TH ST N #1408B	2	2	1	ARLINGTON	\$525,000	Townhouse		22209	RADNOR HEIGHTS
1201 GARFIELD ST #604	1	1	1	ARLINGTON	\$523,000	Hi-Rise 9+ Floors		22201	STATION SQUARE
1276 WAYNE ST #721	2	1	0	ARLINGTON	\$520,000	Hi-Rise 9+ Floors		22201	WILLIAMSBURG
413 S FILLMORE ST	3	2	0	ARLINGTON	\$515,000	Detached	0.10	22204	PENROSE
1816 CAMERON ST N	2	1	1	ARLINGTON	\$512,500	Detached	0.14	22207	HIGH VIEW PARK
2434 WALTER REED DR #5-E	3	2	1	ARLINGTON	\$508,000	Townhouse		22206	WINDGATE I
1816 MONROE ST S	3	1	1	ARLINGTON	\$499,272	Detached	0.17	22204	DOUGLAS PARK
1515 ARLINGTON RIDGE RD #303	2	2	0	ARLINGTON	\$499,000	Mid-Rise 5-8 Floors		22202	PENTAGON RIDGE
3830 9TH ST N #203W	2	2	0	ARLINGTON	\$490,000	Hi-Rise 9+ Floors		22203	LEXINGTON SQUARE
3074 GLEBE RD	3	3	1	ARLINGTON	\$490,000	Townhouse		22206	ARLINGTON RIDGE
4433 34TH ST S	2	2	0	ARLINGTON	\$490,000	Townhouse		22206	FAIRLINGTON COMMONS
1020 STAFFORD ST #200	2	2	0	ARLINGTON	\$484,500	Garden 1-4 Floors		22201	SUMMERWALK I&II
1927 LORTON ST	4	2	0	ARLINGTON	\$475,000	Detached	0.08	22204	NAUCK COMMUNITY
4025 9TH ST S	2	2	0	ARLINGTON	\$475,000	Detached	0.28	22204	ALCOVA HTS
3650 GLEBE RD #339	2	2	0	ARLINGTON	\$474,900	Hi-Rise 9+ Floors		22202	THE ECLIPSE ON CENTER PARK
1300 CRYSTAL DR #1210-S	2	2	0	ARLINGTON	\$473,000	Hi-Rise 9+ Floors		22202	CRYSTAL GATEWAY
971 ROLFE ST #2	3	2	1	ARLINGTON	\$472,500	Townhouse		22204	WESTHAMPTON MEWS
1300 CRYSTAL DR #910S	2	2	0	ARLINGTON	\$470,000	Hi-Rise 9+ Floors		22202	CRYSTAL GATEWAY
1276 WAYNE ST #724	1	1	0	ARLINGTON	\$465,000	Hi-Rise 9+ Floors		22201	WILLIAMSBURG
3264 UTAH ST S	2	2	0	ARLINGTON	\$465,000	Townhouse		22206	FAIRLINGTON COMMONS
2125 MONROE ST N #D	2	2	1	ARLINGTON	\$455,000	Other		22207	MAYWOOD CONDOMINIUM
3843 9TH RD S	2	3	1	ARLINGTON	\$451,250	Townhouse		22204	DUNDREE KNOLLS
3829 9TH RD S	2	3	1	ARLINGTON	\$451,200	Townhouse		22204	DUNDREE KNOLL
2428 OXFORD ST	3	2	1	ARLINGTON	\$451,000	Townhouse	0.07	22206	OXFORD RIDGE
2744 TROY ST S	2	2	0	ARLINGTON	\$450,500	Duplex	0.06	22206	LONG BRANCH PARK
5035 25TH ST S	4	3	0	ARLINGTON	\$450,000	Detached	0.15	22206	CLAREMONT
4228 35TH ST S	2	2	0	ARLINGTON	\$450,000	Townhouse		22206	FAIRLINGTON GLEN
1530 KEY BLVD #331	1	1	0	ARLINGTON	\$449,000	Hi-Rise 9+ Floors		22209	ATRIUM CONDOMINIUM
3278 UTAH ST S	2	2	0	ARLINGTON	\$445,000	Townhouse		22206	FAIRLINGTON COMMONS
4420 36TH ST S	2	2	0	ARLINGTON	\$445,000	Townhouse		22206	FAIRLINGTON
804 DINWIDDIE ST S	3	2	1	ARLINGTON	\$442,000	Semi-Detached	0.08	22204	COLUMBIA HEIGHTS
4129 36TH ST S	2	2	0	ARLINGTON	\$440,600	Townhouse		22206	FAIRLINGTON GLEN
1301 COURTHOUSE RD #1703	2	2	0	ARLINGTON	\$439,500	Hi-Rise 9+ Floors		22201	WOODBURY HEIGHTS
4619 30TH RD S	2	2	0	ARLINGTON	\$436,000	Townhouse		22206	FAIRLINGTON VILLAGES
4506 36TH ST S #B2	2	2	0	ARLINGTON	\$435,000	Garden 1-4 Floors		22206	FAIRLINGTON ARBOR
4814 29TH ST S	2	2	0	ARLINGTON	\$431,000	Townhouse		22206	FAIRLINGTON VILLAGE
4325 36TH ST S	2	2	0	ARLINGTON	\$429,900	Townhouse		22206	FAIRLINGTON GLEN
3835 9TH ST N #406W	1	1	1	ARLINGTON	\$429,000	Hi-Rise 9+ Floors		22203	LEXINGTON SQUARE
888 QUINCY ST N #1403	1	1	0	ARLINGTON	\$426,000	Hi-Rise 9+ Floors		22203	THE RESIDENCES AT LIBERTY CTR
1800 WILSON BLVD #407	1	1	0	ARLINGTON	\$425,000	Mid-Rise 5-8 Floors		22201	WILSON BOULEVARD
2105 27TH ST S	3	2	0	ARLINGTON	\$425,000	Duplex	0.07	22206	LONG BRANCH
3830 9TH ST N #204W	1	1	1	ARLINGTON	\$424,750	Mid-Rise 5-8 Floors		22203	BALLSTON
4213 32ND RD S	2	2	0	ARLINGTON	\$422,000	Townhouse		22206	FAIRLINGTON
1800 WILSON BLVD #236	1	1	0	ARLINGTON	\$420,000	Mid-Rise 5-8 Floors		22201	WILSON BOULEVARD
114B BEDFORD ST #B	2	2	0	ARLINGTON	\$420,000	Garden 1-4 Floors		22201	BEDFORD PARK
900 TAYLOR ST #1127/1131	2	3	0	ARLINGTON	\$420,000	Hi-Rise 9+ Floors		22203	THE JEFFERSON
2100 LEE HWY #419	2	1	1	ARLINGTON	\$419,000	Mid-Rise 5-8 Floors		22201	THE ASTORIA
4203 36TH ST S	2	2	0	ARLINGTON	\$416,250	Townhouse		22206	FAIRLINGTON GLEN
1800 WILSON BLVD #121	1	1	0	ARLINGTON	\$415,000	Garden 1-4 Floors		22201	1800 WILSON BOULEVARD
1600 OAK ST #1103	1	1	0	ARLINGTON	\$407,000	Hi-Rise 9+ Floors		22209	THE BELVEDERE
5011 8TH RD S	3	3	1	ARLINGTON	\$405,100	Semi-Detached	0.08	22204	COLUMBIA TERR
888 QUINCY ST #407	1	1	0	ARLINGTON	\$405,000	Hi-Rise 9+ Floors		22203	RESIDENCES AT LIBERTY CTR
3089 ABINGDON ST S	2	2	0	ARLINGTON	\$405,000	Townhouse		22206	FAIRLINGTON VILLAGES
5740 CARLIN SPRINGS RD	5	3	0	ARLINGTON	\$404,250	Detached	0.14	22203	GLEN CARLIN
90 BEDFORD ST #90B	2	2	0	ARLINGTON	\$400,000	Townhouse		22201	BEDFORD PARK
851 GLEBE RD #1214	1	1	0	ARLINGTON	\$400,000	Hi-Rise 9+ Floors		22203	THE CONTINENTAL
3500 STAFFORD ST #1025	1	2	0	ARLINGTON	\$400,000	Garden 1-4 Floors		22206	FAIRLINGTON GLEN
3056 ABINGDON ST S	1	2	0	ARLINGTON	\$397,000	Townhouse		22206	FAIRLINGTON VILLAGES
1600 OAK ST N #1703	1	1	0	ARLINGTON	\$397,000	Hi-Rise 9+ Floors		22209	BELVEDERE
2600 16TH ST S #703	2	1	1	ARLINGTON	\$395,000	Townhouse		22204	ARLINGTON VILLAGE
851 GLEBE RD #1307	1	1	0	ARLINGTON	\$390,000	Hi-Rise 9+ Floors		22203	CONTINTENAL

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8/19/2015.....A+ Camps & Schools – Back to School – Private Schools

8/26/2015.....Newcomers & Community Guide Pullout

SEPTEMBER

9/2/2015.....Wellbeing

Labor Day is Sept. 7

9/9/2015..HomeLifeStyle Pullout – Real Estate & New Homes

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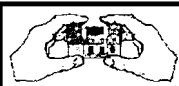
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21 Announcements

21 Announcements

LEGAL NOTICE

Notice of Initiation of the Section 106 Process: Public Participa-
tion

Sprint proposes a new rooftop telecommunications facility at
5055 S Chesterfield Road, Arlington, Arlington County, VA,
22206. The project entails the installation of panel antennas,
RRH units, cable trays and runs a non-penetrating sled and a
screen wall. Associated equipment will be placed inside of the
screen wall. Members of the public interested in submitting
comments on the possible effects of the proposed project on
historic properties included in or eligible for inclusion in the Na-
tional Register of Historic Places may send their comments to
Andrew Smith, RESCOM Environmental Corp., PO Box 361
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21 Announcements

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Victoria from Australia, 17 yrs.
Enjoys spending time with her
family and younger siblings.
Victoria plays volleyball and is
excited to learn new sports
while in America.



Giorgio from Italy, 16 yrs.
Loves to play baseball and spend
time with his dogs. Giorgio also
plays the guitar, and his dream
is to join a drama club at his
American high school.

“Scant” Know For Sure Anymore



By KENNETH B. LOURIE

After six years, four months and two weeks since being diagnosed with stage IV, non-small cell lung cancer (the “terminal” kind), I can say with certainty that I have no sense of what my next CT scan, scheduled for July 15th, will indicate. Previously (multiple scans over multiple years), I’ve felt something in my upper chest/lungs where the largest tumors are located and the subsequent scan showed nothing of consequence. On other scan occasions, I’ve felt nothing of consequence in my chest and the scan showed tumor growth, enough to change my medication. On still other scan occasions, I have felt something in my chest (where the tumors are located), and sure enough the CT scan showed some growth. Finally, and conversely, on still other CT scans, I’ve felt nothing of consequence and there was no tumor activity of concern. As a result of these four contradictory-ish indicators of possible growth/no growth, for the weeks, then days, leading up to my every-three-month CT scan, I never know what to think I feel any more than I know what to feel I think. Thirty or so scans into my cancer-controlled life, I’m still teetering emotionally before, during and after the computerized tomography. And though the actual scan itself takes less than a minute, the damage is done and can only be undone after we learn the results.

Which oddly enough presents another similarly juxtaposed problem. In the early years, during our post-scan “scanxiety,” waiting the week or so until our next face-to-face appointment with my oncologist to learn the results was unbearable, so usually I would call a day or two later and get a message to him or my oncology nurse, attempting to speed up a response. Typically, I would hear back sooner rather than later. Eventually, e-mail communication became part of the process, and after my scan was completed, I started e-mailing my oncologist directly, advising him of my status and asking for results.

Usually, the news was good. Occasionally the news was not. And though my oncologist would rather have delivered bad news in person, he certainly could appreciate how difficult it was for me/patients to wait, so he continued to e-mail. One time however, the post-scan e-mail he sent us was discouraging and said he would discuss it further at our next appointment, scheduled as usual within the week. When he saw us in person, he was surprisingly upbeat and immediately told us/apologized for having e-mailed us some incomplete information concerning my scan, and told us instead that the “results were good,” not bad, something about the radiologist comparing the wrong scan (he had me at “results were good”), the exact kind of potential miscommunication waiting and discussing results in person eliminates. As a result, we have, with experience gained over the last few years, begun to be able to wait for the appointment to discuss the scan and not stress too much in the interim, generally.

Since we stopped e-mailing and requesting scan results, my oncologist oddly enough has, on his own initiative, e-mailed us good news, not e-mailed us bad news and not e-mailed us good news. This inconsistency has remade the time leading up to the scan stressful again, because now we don’t know what not hearing from the oncologist might mean; heck, it might mean nothing, it just might just be that he’s on vacation (as was the actual case one time and it was no one’s responsibility to inform us of anything so no one did). Of course, we didn’t know, so naturally we went negative thinking it was bad news.

Similar to the CT scan results meaning/not meaning, this is not exactly two halves making a whole, this is more like eight quarters making up two different wholes. Unfortunately, easy is the last thing it has become, when it’s the first thing it needs to be. Cancer is tough enough on its own. It doesn’t need any help. I’m extremely grateful to still have a chance. I just wish I had more of a choice.

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

SPORTS

Walton

FROM PAGE 12

it be?

Walton: It would be to never take things for granted and to give 110 percent, even if we are winning.

Q: You’re sitting around playing a board game with family/friends. Do you play to have fun or play to win?

Walton: I play to win in anything.

Q: What do you like to do when you’re not playing a sport?

Walton: I enjoy being around my family and friends because they are the ones that keep me happy.

Q: Are you a pro sports fan? Which team(s) do you root for?

Walton: I am a Kobe Bryant fan. I loved everything about his game and his work ethic.

Q: What location is the farthest you’ve traveled from the Washington, D.C metro area?

Walton: I traveled to New York for my 19th birthday and it was just great.

Q: What’s your favorite food?

Walton: Chicken alfredo.

Q: Who is your favorite music artist? Why?

Walton: Kur, because he raps about his struggle and I can relate to it.

Q: What is your favorite movie? Why?

Walton: “Next Friday,” because Craig and Day-Day are some hilarious characters.

— JON ROETMAN

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington Office of
Senior Adult Programs for July 20-25.

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: Tuesday, July 21, A Day in Hagerstown, Md., \$66; Thursday, July 23, Richmond re-enactment, \$50; Saturday, July 25, Olney Theater, “The Producers,” \$47. Call Arlington County 55+ Travel, 703-228-4748. Registration required

Summer food safety tips, Monday, July 20, 10 a.m., Langston-Brown. Free. Register, 703-228-6300.

Savvy shopping at the supermarket, Monday, July 20, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Ballroom dance lesson, Monday, July 20, 6:45 p.m., Walter Reed. Free. Register, 703-228-0955.

Pickleball games and 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.

Madison Chess Club, Mondays, 9:30 a.m. Games and strategies. Free. Details, 703-534-6232.

Table tennis, Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

10 months in Thailand, Tuesday, July 21, 2 p.m., Langston-Brown. Register, 703-228-6300.

Spanish book club, Tuesday, July 21, 10:30 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Rubber stamp workshop, Tuesday, July 21, 11:30 a.m., Lee. Free. Register, 703-228-0555.

21 Announcements

21 Announcements

21 Announcements

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