

# The Arlington Connection

Inside  
**PET CONNECTION**



Hope (in back) with Stella at the K-9 Divine, a 16-acre pet boarding daycare facility. Hope was rescued by Humane Society International from a South Korean dog farm and cared for by the Animal Welfare League of Arlington.

## Helping Rescued Dogs

PET CONNECTION, PAGE 3

## From Parking Lot to Park

NEWS, PAGE 2

## Celebrating at End of Ramadan

FAITH, PAGE 4

SPORTS, PAGE 9 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIED, PAGE 10

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JULY 22-28, 2015

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## NEWS



Concept rendering of Courthouse Sector plan.



Current Courthouse parking lot.

# From Parking Lot to Park

Board approves advertisement of Courthouse plan.

BY VERNON MILES  
THE CONNECTION

**B**ig changes are coming for the Courthouse Sector. A new civic building and a new county administration building are among the proposed additions to the site, as well as expansions onto nearby promenades and streetscapes. However, the largest change is the opening up of seven acres on the site to open space, including a replacement of the existing parking lot with a green park space. According to the Courthouse Sector Plan, these plans all center around giving the Courthouse neighborhood an identity.

At its July 18 meeting, the County Board unanimously voted to approve advertisement of the Courthouse Sector Plan Addendum: Courthouse Square, effectively updating and replacing the 1993 addendum which identified the need for a state-of-the-art government center and public space in the area.

The planned open space at Courthouse Square is divided into two major pieces: the Central Square across from the County Government Center, and the South Square along 14th Street North. The Central Square will include a "memorial grove" portion of the park, which consists of paths and seating areas located throughout a garden environment. To the south of the grove, an open field referred to as the front lawn of Courthouse Square will accommodate special events and outdoor markets. The South

Square will largely be used as a stormwater management area for the rest of the park.

The plan also proposes a greater emphasis on pedestrian walkways for many of the streets and avenues surrounding the site. The portion of Uhule Street that runs along the park will be closed off and converted into a walkway promenade. Wilson Boulevard between N. Veitch Street and N. Courthouse Road will be reconstructed to expand the county sidewalks and improve existing bike-lanes.

To add to this park, the county will need to replace the existing parking lot that currently covers much of the square. The plan recommends an underground parking garage with access to the north and south of the park. Further designs for the parking garage, like entrance placement and funding, are contingent on a follow-up parking study.

But these future studies left some local residents with concerns. While many nearby residents expressed their support for the concepts of the plan, others questioned the plan's long-term practicality.

Ben D'Avanzo, newly elected president of the Clarendon-Courthouse Civic Association, expressed concerns he'd heard about the county focusing too heavily on Courthouse Square and seemingly abandoning Courthouse Plaza to the west, which D'Avanzo described as a commercial dead zone. D'Avanzo said he'd also heard concerns regarding funding for the changes.

SEE COURTHOUSE PLAN. PAGE 8

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## PET CONNECTION

# Arlington's Role in South Korean Dog Rescue

## Helping rescued dogs acclimate.

BY ASHLEY CLAIRE SIMPSON  
THE CONNECTION

**T**he Animal Welfare League of Arlington took in three of the 23 puppies rescued by Humane Society International from a South Korean dog farm earlier this year. In just a few months, all three of the dogs had made it to new, safe homes.

Kevin Simpson, the director of Behavior and Adoptions at AWLA, said local families ended up adopting two of the three dogs. The third dog, Hope, needed a little more training and time before finding a forever home, and went into foster care at K-9 Divine, a pet boarding daycare facility on a large ranch in Newburg, Md. Just recently, Hope was officially adopted.

Before any of the dogs — Billy, Abi, or Hope — could transition out of AWLA, they had to undergo specific processes to get them properly acclimated to both the United States and human interaction. Even though the dogs had been processed initially in and out of Animal Welfare League of Alexandria, Arlington's process when the three arrived involved medical testing as well as being quarantined for a time.

"When they came from Alexandria, we placed them in what we call quarantine for an additional 10 days so we could do additional health screening," Simpson said. "The other reason why they were quarantined was to give them a chance to just settle in. They had been through so much. We wanted to limit their interactions and keep things

as consistent and simple as possible."

Simpson said Hope in particular stands out in his memory, as she appeared to have no experience with or even recognition of a leash. He said it was wonderful to see even small changes with Hope, who they determined is probably a Jindo mix and came to AWLA named Mama Dog.

"Hope didn't appear to have any experience with a leash, so we just starting to walk her to the same spot to take a break and to relieve herself again and again," Simpson said. "We tried to keep that as consistent and familiar as possible to help her adapt."

Through the adaptation process post-quarantine, as each of the dogs settled into Arlington, their personalities all became distinct. This, Simpson said, is how AWLA determined which dog was ready for adoption, and to which families.

"As far as their readiness for adoption, I would say that at this point we were starting to recognize that they were all at a different place emotionally," Simpson said. "We were to see just how they were adapting to liking the States or how they would handle a new home."

The first dog to leave Arlington for a new home was Billy, who Simpson said was listed by Humane Society International as a Lhasa Apso mix.

"Billy, by all appearances, seemed the readiest," Simpson said. "His demeanor with people and environments led us to think he had been someone's pet. While we don't know that for certain, he was the first one we felt would be ready for adoption. Then, he was adopted rather quickly by a local family."

Local families adopted both Billy and Abi, who appeared to be a Corgi mix, within seven weeks of their arrival to AWLA Arlington.

**"We wanted to limit their interactions and keep things as consistent and simple as possible."**

**— Kevin Simpson, director of Behavior and Adoptions, AWLA**



PHOTO CONTRIBUTED

**Hope was rescued from a South Korean dog farm.**

Hope needed a little more training and a little more experience in the United States before she could be ready for a permanent, loving home. AWLA sent her to live with Rachel Jones, the owner of K-9 Divine, a 16-acre ranch.

Simpson said AWLA Arlington frequently works with foster families to help prepare animals for adoption.

Jones, Hope's foster parent, said she had Hope since February and saw significant changes in the dog's behavior and comfort level with people and physical contact.

"When Hope got here, she just really didn't trust people at all," Jones said. "She wouldn't walk in a doorway if someone was also standing in it. The only way I could get her into a room would be to just open the door and walk away for a while. Now, if I open a door and call to her from another room, she comes. That is a big stride for her now. It took time to gain her trust."

She said Hope also made great strides with human physical interaction.

"At first she was afraid to be pet because she didn't want anyone reaching for her,"

Jones said. "When I did manage to pet her, she would grimace, like it hurt her to be touched. Now she solicits petting, and will actually come up to me and my staff. It's nice to see her enjoying physical contact from humans."

"I usually have AWLA send me one dog at a time that needs a little bit of extra work before they can be adopted because I am also a professional dog trainer," she said. "So I have had two other dogs from AWLA Arlington before Hope. Believe me, I would keep Hope too if I could."

Both Jones and Simpson said a special, understanding type of owner will give Hope what she needs.

"We sent her to K-9 Divine in the first place to be in a comfortable environment with other dogs but also receive some training," Simpson said. "She has integrated her into her home. We have all learned a lot of really great things about her. While she interacts really well with other dogs, she is just not a typical kind of dog that likes playing ball and cuddling. The type of family for her would need to understand and respect her background because she has a lot of strengths."

Jones said the family that adopted Hope seems to fit the profile of an adoptive owner that Hope would need in order to thrive for the rest of her life.

"I think she needs the right family," Jones said. "She wouldn't be OK in your average situation where a person expected her to be a happy-go-lucky dog. I think the people currently in the process of adopting her are a really good fit. They know she is going to take some extra work. I think it's going to work really well."

Still, Jones said her home is always open to Hope if something for some reason falls through in the adoption.

"I am going to miss her a lot," Jones said. "I told them that if for some reason it doesn't work out, she's always welcome to stay here forever. It's just that, in my role as foster parent, I prepare her for her forever home. Otherwise, I would keep her."

# Arlington Leads Animal Shelters in Lives Saved

## Volunteer efforts praised.

BY HANNAH GRIFFITH  
THE CONNECTION

**S**aving lives since 1945, the Animal Welfare League of Arlington has been named the top of the area's animal shelters with a 95 percent success rate for 2015 thanks to more than 500 volunteers contributing more than 25,000 hours.

As a shelter, AWLA not only houses and looks after puppies and kittens too young for adoption, animals recovering from sick-

ness and surgery, and animals with special-needs, but also gives residents the opportunity to become a donor, volunteer, or offer their home as a foster parent to these furry friends in need of a forever home. In 2015, 304 animals were helped through their foster program and more than 800 surgeries saved their lives. Thanks to The Woody and Mickey Healthy Pet Fund, AWLA is provided with the necessary funds to cover all medical expenses.

Neil Trent, Animal Welfare League of Arlington president and CEO is proud of the fulfillment of the mission: "As an open admission shelter for Arlington County, it is our duty to accept every animal surrendered

to our care, independent of the circumstance." But operations don't stop there. Realizing there are many animals in danger elsewhere, Animal Welfare League of Arlington reaches out to other states and countries including but not limited to West Virginia, Louisiana, Florida, Korea, and Puerto Rico. How do they do it? "Because of very dedicated and well-trained volunteers, a full-time foster coordinator providing 24/7 advice and support, and our top-notch medical care," said AWLA Chief Operating Officer Susan Sherman.

**AWLA** has state-of-the-art medicine, donor support, and a professional behavior team,

which gets the animal mentally conditioned for a new family. Efforts continue after adoption with follow-up and on-call advice to ensure a good transition. Natalie Dingman, wife, veterinarian, and mother in Fairfax County, ran a 5K sponsored by The Arlington Welfare League in 2014 and praises this organization's good works; "They are a great service to the community. That is for sure. They save thousands of animals a year."

"Every day we strive to protect vulnerable animals, as well as to find loving and permanent homes for all companion animals in our community," said Trent.

To become involved, visit [www.awla.org](http://www.awla.org).



## FAITH

# Local Muslims Celebrate at End of Ramadan

## A month for spiritual renewal.

BY AMINA LUQMAN  
THE CONNECTION

**T**his Friday marked the end of Ramadan, the month of fasting, for Muslims. For many area Muslims, Ramadan has meant going without food and drink from sunrise until sunset. Many evenings were spent at their local mosques praying, visiting with others, and eating iftar dinner, the first meal after breaking a day's fast.

During one such evening iftar, a young Arlingtonian family from Ethiopia, Amal Yousef, her daughter Lula, 13 and son Nadim, 10, make their way through crowded food lines at the Muslim American Society Community Center (MAS). The center, holds prayers, has programs and events for Muslim families from all over the region. The Yousefs are here many evenings during Ramadan. Samosas, rice, soup, and fried breads, and meat dishes line the tables.

After a long day of fasting that started around 5:30 a.m. ended around 8:30 p.m., Amal gets a plate of food. Even still she waits, allowing her food to grow cold as she takes time to speak about her experience during Ramadan. "It's a time for recharging yourself for the next 11 months. It's like 30 days of training," she said.

The training she speaks of goes beyond not eating or drinking. Ramadan is meant to be a time for spiritual renewal and reconnecting with the community. During the fasting hours Muslims are expected to ab-

stain from smoking and sexual activity and curb negative acts such as gossiping and backbiting. "Ramadan gives you an opportunity to think about a higher power," said Imam Johari Abdul-Malik at Dar Al-Hijrah Islamic Center in Falls Church.

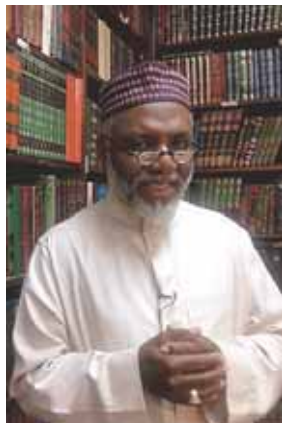
During Ramadan, "You try to help others. You practice charity, even if it's just offering someone a smile," said Yousef. "You're concentrating on your prayers. It's a time to look beyond one's own needs." As she abstains from food she says, "I think about the poor and kids who don't have."

She encourages the same for her children. Both Nadim and Lula are fasting. "Going to the masjid everyday. Being with your friends," says Lula when describing what she likes about Ramadan. What's been hard about fasting? "Being around people when they're all eating," she says.

During Ramadan Yousef takes care to go the extra mile when she cooks. She awakens her son Nadim early in the morning for suhur (the meal just before sunrise) to eat. "They want different things to eat," Amal says of her children's appetites. "So, I start preparing it. I have to do it. They deserve it," she laughs.

Many of Lula's Ramadan afternoons have been spent at MAS in its My Selfie program for middle-school aged youth. The program is designed to create a sense of community among Muslim youth while promoting leadership skills and empowerment. In the spirit of Ramadan, Lula along with the other My Selfie participants created a free library, which they erected outside of the MAS center. The idea is to promote the exchange of books among MAS members as well as with the broader community.

"The library is for everyone," said Shelly McKinney, My Selfie's founder and program



**Imam Johari Abdul-Malik at Dar Al-Hijrah Islamic Center.**



**Mariatu Kargbo arriving for Eid prayer at the Muslim American Society Community Center.**



**Memuna Mustapha awaiting Eid prayer at the Muslim American Society Community Center.**



**Neda Samuels and niece Ayha Kaid at Eid Prayer at the Muslim American Society Community Center.**



**The Yousef family: Nadim, 10, Amal Yousef, and Lula, 13.**

director. "Our goal was to have the kids give back their community."

"I helped with the library a lot," said Lula. "I helped sand it and paint it."

"Seeing them involved is great," said Arlingtonian Nejwa Yousef. She is Lula's aunt and also assisted in the My Selfie program. "It's about being around the community," she says of Ramadan. It's what prompted her to volunteer with the My Selfie program.

The Muslim holiday, Eid Al-Fitr, marks the end of the month of Ramadan. For Muslims around the world, the day includes prayer, family and friends coming together, and



**From left are Raieesa Norat, 13, Husna Norat, Fatima Mangera, Zahra, 4, with baby Dawud-Isa Norat at Eid prayer at the Muslim American Society Community Center.**

activities and gifts for children. On the morning of Eid Al-Fitr, women stream into the prayer room at the MAS center. "It's a day with no worries," said Fatima Mangera, sitting awaiting the Eid prayer with her daughters and newborn son.

"It brings you great satisfaction after a whole month of fasting and hard work," said her daughter, Raieesa Norat, 13.

Eid Al-Fitr prayer in Northern Virginia can often feel like an international event. "It's a

SEE A MONTH, PAGE 5

# Muslims Gather in Dar al Hijrah Mosque as Ramadan Ends

## Local Muslims count their blessings.

BY EDEN BROWN  
THE CONNECTION

**I**t was 8:38 on July 13, and it was Laylat al Qadr, or the Night of Destiny, at the Dar al Hijrah in Falls Church. So many local Muslims were there to break the fast that prayer space overflowed and the women had to kneel in the stairwells. As the Mosque-goers arrived, they separated into groups of men and groups of women and children. The men lined up for a bottle of water and a date to break the fast before evening prayers. The women were less systematic. One shy Indonesian woman offered dates to individuals who looked hungry. Others broke open their own bananas and

water. Each had fasted since sunrise, each recognized in the other the relief of Iftar, or the fast breaking meal.

Jainab, an economics student from Senegal, led a friend and her daughter, who was young enough not to know all the prayer rituals, into the stairwell where, instead of the carpeted prayer room, she and the other women prayed with bent heads onto the linoleum floor. Each stood in the "ruku" position — hands on knees — at the same time, and knelt down at the same time, in the "sajda" position, providing a unity and harmony of prayer that physically reminds the Muslim of his common humanity before Allah. And then, after three rounds, it was time to eat and relax. Jainab teased the young girl about her fussing with her veil which kept slipping off during prayers. In a nearby hall the women sat down at 20 tables of 12 and within minutes volunteers brought in steaming plat-

ters of lamb stew, saffron rice, and salad. A Somali woman offered her homemade hot sauce to the women on her right and left. It was so good the whole table asked for a taste. Her small sample was soon gone, but she was not deterred. She spooned out her homemade lentil dish to her neighbor - "take, take" and was happy to see it eaten with relish. "My sister's recipe" she said in broken English. She came to the U.S. in 1994 and "thanks God", she was able to get an education herself and educate her children in what she called the "Land of Opportunity." She misses Somalia but she loves the U.S. She works as a nurse in Washington, D.C. and takes her vacation during Ramadan because it is too hard to fast and pray during the day in her job.

Dalal Rehayem, from Lebanon originally, has been in the U.S. for more than 30 years. She wears the Hijab during Ramadan and other religious periods, but generally she

does not. Her view is that any religion is more about what is in your heart than what you are wearing. She found it hard to fast in the U.S. when she first came here as a student, especially in 1978 when Islam was not well known here. The U.S. has a culture of eating and drinking all the time. She made herself fast with great effort, reminding herself that the mind is stronger than the body. Now, she maintains her routine, working, going to the gym, and when she has time, breaking the fast at Dar al Hijrah. Her favorite thing about Ramadan is the fasting itself, because of its health benefits, but even more so, the way the food tastes when you finally eat. "It is so much better tasting when you eat after being hungry all day," she said. She felt very fortunate to be celebrating Ramadan in a country which has so much tolerance and security, having come from a less settled place in southern Lebanon.



## FAITH



PHOTO BY AMINA LUOMAN/THE CONNECTION

My Selfie youth participants pose with their newly erected free library.

## A Month for Spiritual Renewal

FROM PAGE 4

blessing. It's like being in Mecca (the Muslim holy city)," said Mangera about the international ambiance. She and her family moved to the area from the United Kingdom. For most cultures Eid Al-Fitr is a day to wear one's best. A menagerie of colors and fabrics swirl and flow about the prayer room. Each woman is in the traditional festive wear of her country.

Mariatu Kargbo and her sister Memuna Mustapha, awaiting prayer, are bedecked in colorful African garb with neatly wrapped headdresses. They are from Sierra Leone. "We cook and eat. Then we give out food," said Mustapha.

Two seats away is Neda Samuels, a band of sparkling crystals is strung across her

forehead, her outfit is encrusted with intricate beadwork. She is from Yemen. "It's a happy day," she said. "We decorate for the kids. We eat breakfast. The kids open their gifts. We try to do activities and play games," she says while pulling her young niece Ayha Kaid, 4 in close for a hug.

"We are sad to see Ramadan end. For Muslim people, we miss the atmosphere," said Laila Hussein. It's the afternoon on Eid Al-Fitr, Hussein and her granddaughter Farah Hisham, 10, of Crystal City are shopping at Target in Potomac Yards. They are from Yemen. "We give money. Men give the women and children money," she said.

What will young Farah do with her Eid money? She smiles: "I'm going to buy a chair for my doll."

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# ENTERTAINMENT

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

## ONGOING

**“Shrek the Musical.”** Through July 26, 7:30 p.m. Thursdays and Fridays, 2 p.m. Saturdays and Sundays at Thomas Jefferson Community Theatre, 125 S Old Glebe Road. Encore Stage and Studio’s adapts the popular film series for the stage. Tickets are \$15 for adults, \$12 for children, seniors, students and military. Visit [www.encorestage.org](http://www.encorestage.org) or call 703-548-1154.

**Make Your Own Pizza Summer Activity.** Tuesdays and Thursdays, through Aug. 27., 11:30 a.m.-12:30 p.m. at Redrocks Neapolitan Bistro. At this summer event each child will be able to decorate a chef hat, then with the guidance of a master chef, will make their own pizza from start to finish. Other activities will be available. Tickets are \$10-15. Call 703-920-0706.

**“A Midsummer Night’s Dream.”** Through Aug. 6, Wednesdays-Saturdays 8 p.m., Sundays 2 p.m. at Synetic Theater, 800 S Bell St. Watch a Shakespearean comedy about love and identity. Tickets are \$35 and up; \$20 and up for students; senior citizens and military receive a \$5 discount. Visit [www.synetictheater.org](http://www.synetictheater.org).

**“Twelve Angry Men.”** Through Aug. 8, various times at The Gunston Arts Center, Theatre II, 2700 S Lang St. The American Century Theater 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](http://www.americancentury.org).

**“A Midsummer Night’s Dream.”** Through Aug. 9, Wednesday-Saturday at 8 p.m.; 2 p.m. on Sundays at the Synetic Theater, 1800 S. Bell St. Synetic presents an adaptation of Shakespeare’s comedy with a movement-based visual storytelling. Regular tickets start at \$35. Student tickets start at \$20. Visit [www.synetictheater.org](http://www.synetictheater.org).

**“Screenshot” Exhibit.** Through Aug. 23, 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](http://www.arlingtonartscenter.org/studios) for more.

**“PLAY: Tinker, Tech & Toy” Art Exhibit.** Through Oct. 11, 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](http://www.arlingtonartscenter.org/exhibitions/play) for more.

**Brunch at Freddie’s.** Third Saturday of every month, 11 a.m.-1 p.m. at Freddie’s Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome to join. No reservation is required. Visit [www.facebook.com/events/700174390103305](http://www.facebook.com/events/700174390103305).

## 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](http://www.library.arlingtonva.us).  
**Kristen and The Noise.** 7 p.m. at Pentagon Row, 1101 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](http://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 [onemorepagebooks.com](http://onemorepagebooks.com).

**Live Music.** 9:30 p.m. at Clarendon Grill, 1101 N Highland St. Turtle Recall performs. Free. Visit [www.cgrill.com/calendar.htm](http://www.cgrill.com/calendar.htm).

## FRIDAY/JULY 24

**Michael Ian Black.** 7:30 p.m. and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. The comedic television writer will perform live stand-up. Tickets are \$25. Must be 21 or over unless accompanied by adult/guardian. Visit [www.arlingtondrafthouse.com](http://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](http://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/](http://www.iotaclubandcafe.com/).

**Live Music.** 10 p.m. at Clarendon Grill, 1101 N Highland St. Blue Label performs. Free. Visit [www.cgrill.com](http://www.cgrill.com).

## SATURDAY/JULY 25

**We Crave Life.** 5-9 p.m. at Westover Beer Garden & Haus, 5863 Washington Blvd. Arlingtonian guitarist Michael Freeborn will be performing covers by the Grateful Dead and Lynyrd Skynyrd. Free. Call 703-536-5040.

**Music Performance.** 6-8 p.m. at Netherlands Carillon, between Arlington Blvd. and Meade St. Classical music artist James Brinson will be performing. Free. Visit [www.nps.gov](http://www.nps.gov) or call 703-289-2555.

**Michael Ian Black.** 7 p.m. and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. The comedic television writer will perform live stand-up. Tickets are \$25. Must be 21 or over unless accompanied by adult/guardian. Visit [www.arlingtondrafthouse.com](http://www.arlingtondrafthouse.com).

**Russkie Musikanti.** 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. A collection of area Balalaika musicians. Free. Visit [www.arlingtonarts.org](http://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 to attend. Visit [www.arlingtondrafthouse.com](http://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](http://www.iotaclubandcafe.com).

**Live Music.** 9:30 p.m. at Clarendon Grill, 1101 N Highland St. Gonzo’s Nose will perform. Free. Visit [www.cgrill.com/calendar.htm](http://www.cgrill.com/calendar.htm).

## SUNDAY/JULY 26

**Concert: Scenes from TOSCA.** 3 p.m. at Arlington Woman’s Club, 700 S Buchanan St. Attend a concert featuring Jennifer Hosmer, Jose Sacin, Tony Torchia and Frank Conlon. Free admission. Donations



**Farquaad (William Shingler) and his guards (from left to right, Mark Zubaly, Josh Conrad, and Angus Long) interrogate Gingy (Irene Marinko)**



PHOTOS BY LARRY CLEMONS

**Donkey (Chris Gallegos) meets the Dragon (Zoe Rocchio).**

## Encore Stage & Studio Presents ‘Shrek The Musical’

The musical theatre adaptation of popular children’s movie and book, “Shrek,” about an ogre on a journey to rescue a princess, will complete its run at Thomas Jefferson Community Theatre, 125 S Old Glebe Road this weekend. Local youth theatre company Encore Stage & Studio will perform Thursday-Friday, July 23-24, at 7:30 p.m. and Saturday-Sunday, July 25-26 at 2 p.m. Tickets are \$15 for adult and \$12 for children, students, military and seniors. Visit [www.encorestage.org](http://www.encorestage.org).

suggested. Call 703-536-7557.  
**Levine Music.** 6 p.m. at Lubber Run Amphitheater, 200 N. Columbus St. The accredited music school’s leading musicians. Free. Visit [www.arlingtonarts.org](http://www.arlingtonarts.org).  
**Game Night.** 6-9 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Compete in games like Settlers of Catan and Dominion Sunday. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).  
**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](http://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](http://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/events/calendar/](http://www.library.arlingtonva.us/events/calendar/).  
**Salsa Class and Salsa Music.** Class 7:30-9 p.m., dancing 9 p.m.-1 a.m. at Clarendon Grill, 1101 N Highland St. Attend a class instructed by Keith Givens. There is a \$6 cover charge. Visit [www.cgrill.com/calendar.htm](http://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](http://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 interested in the fashion industry. Students will engage in

activities designed to boost their self esteem and introduce them to styling, design, photography and more. For registration, email [ycastro@fashionfightspoverty.org](mailto:ycastro@fashionfightspoverty.org).

## TUESDAY/JULY 28

**Rise + Rhyme: Storytelling/ Performances.** 9:30-11 a.m. at Busboys and Poets, 4251 S 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](http://www.busboysandpoets.com).  
**Yoga Class.** 7-8 p.m. at Cherrydale Branch Library, 2190 N Military Road. Engage in basic yoga movements with Sun Moon Yoga. Free, but registration required. Visit [www.arlingtonva.libcal.com](http://www.arlingtonva.libcal.com).

## WEDNESDAY/JULY 29

**“Chick Lit” Book Swap.** 7-8 p.m. at



# ENTERTAINMENT

Westover Branch Library, 1644 N McKinley Road. Bring in used romance novels and swap them. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).  
**Open Mic Night.** 8 p.m. at Iota Club and Cafe, 2832 Wilson Blvd. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com).

## 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](http://www.pbrennans.com).

**White Ford Bronco.** 7 p.m. at Pentagon Row, 1101 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](http://www.pentagonrow.com).

## FRIDAY/JULY 31

**David Koechner Live.** 7:30 p.m. 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](http://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](http://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](http://www.iotaclubandcafe.com).

**Open Mic & Talent Showcase.** 10 p.m.-12 a.m. at Busboys and Poets, 4251 S Campbell Ave. All performers are welcome at this event hosted by Benny Blaq. Tickets are \$5. visit [www.busboysandpoets.com](http://www.busboysandpoets.com).

## SATURDAY/AUG. 1

**Book Talk.** 10-11 a.m. at Busboys and Poets, 4251 Campbell Ave. Todd Green, author of "The Fear of Islam: An Introduction to Islamophobia in the West," will be discussing his book. Free. Visit [www.thefearofislam.com](http://www.thefearofislam.com).

**Austrian Wine Class with Klaus Wittauer.** 3:30-5 p.m. at Screwtop Wine Bar, 10205 N Fillmore St. Klaus Wittauer is responsible for much of the wine imported into the U.S. Attend this class to learn about and taste various wines. Contact Screwtop Wine Bar at 703-888-0845.

**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](http://www.busboysandpoets.com) for more.

**Music Performance.** 6-8 p.m. at Netherlands Carillon, Arlington Blvd.

and Meade St. Classical music artist Doug Gefvert will be performing. Free. Visit [www.nps.gov](http://www.nps.gov).

**257th Army Band.** 2 p.m. and 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](http://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](http://www.onemorepagebooks.com).

**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](http://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](http://www.arlingtonarts.org).

**Benefit for the Josh Anderson Foundation.** 9 p.m. Early show 4-6 p.m. at Iota Club and Cafe, 2832 Wilson Blvd. Performances for all ages from groups, The Landing and Plexus. Call 703-522-8340.

## SUNDAY/AUG. 2

**Signature Theatre Open House.** 12-8:30 p.m. at Signature Theatre, 4200 Campbell Ave. Live performances, demonstrations, master classes, exclusive conversations with artists, the debut of the Signature Voice Competition, a special Cake Off – Cake Decorating Competition and a Broadway on the Plaza grand finale. Free. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

**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](http://www.arlingtonarts.org).

## TUESDAY/AUG. 4

**Book Club.** 1-2:30 p.m. at Shirlington Branch Library, 4200 Campbell Ave. "The Garden of Evening Mists: A Novel" by Tan Twan Eng. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).

## WEDNESDAY/AUG. 5

**Open Mic Night.** 8 p.m. at Iota Club and Cafe, 2832 Wilson Blvd. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

## AUG. 5, 12, 19 AND 26

**Expert Garden Talk.** 7-8 p.m. at



PHOTO BY ANGELA PHAM

## Refinery29 Brings Style Festival to Arlington

Fashion and lifestyle website Refinery29.com is preparing to launch a series of "Style Festivals" across the country. On Saturday, Aug. 8, the Fashion Centre at Pentagon City, 1100 S Hayes St. will play host to a slew of live and DJ'd performances, indie designers, mall retailers, DIY and beauty workshops, and more. It is free to attend the event. Visit [www.simon.com/stylefestival](http://www.simon.com/stylefestival) for more.

Arlington Central Library, 1015 N Quincy St. Aug. 5, the discussion topic is "Vegetables for Fall"; Aug. 12, the discussion topic is "Composting: Why and How"; Aug. 19, the discussion topic is "Food Preservation: Canning, Drying, Freezing" (Arlington Central Library Auditorium); Aug. 26: "Tour of Central Library Gardens." Free. Visit [library.arlingtonva.us](http://library.arlingtonva.us).

## WEDNESDAY-SUNDAY/AUG. 5-9

**Arlington County Fair.** Various times at Thomas Jefferson Community Center, 3501 Second St. South. Explore exhibits and entertainment as well as rides. Ride prices vary, indoor exhibits and entertainment free. Visit [arlingtoncountyfair.us](http://arlingtoncountyfair.us).

## THURSDAY/AUG. 6

**The Reagan Years.** 7 p.m. at Pentagon Row, 1201 S Joyce St. America's premier 1980s tribute band plays live in concert. Free. VIP tickets, which include local beer and

food samplings, start at \$10. Visit [www.pentagonrow.com](http://www.pentagonrow.com).

**Young Adult Panel Discussion.** 7-8 p.m. at One More Page Books, 2200 N Westmoreland St., #101. Featured speakers are Dahlia Adler, Jessica Spotswood, Miranda Kenneally and Lindsay Smith. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**Stewart Huff Comedy Show.** 8 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Comedian Stewart Huff performs live. Tickets are \$5. Call 412-695-4807.

**Outdoor Movie.** 8:45 p.m., weather-permitting, at Central Library lawn, Washington Blvd. side, 1015 N Quincy St. Watch "Empire Records" (1995), rated PG-13. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).

## FRIDAY/AUG. 7

**Wine Tasting.** 6:30-8 p.m. at One More Page Books, 2200 N Westmoreland St. #101. Taste new wines and foods. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**Sarah Colonna Live.** 10 p.m. at

Arlington Cinema & Drafthouse, 2903 Columbia Pike. Comedian from "Chelsea Lately" performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit [www.arlingtondrafthouse.com](http://www.arlingtondrafthouse.com).

## SATURDAY/AUG. 8

**Refinery29 Style Festival.** 1-6 p.m. at the Fashion Centre at Pentagon City, 1100 S Hayes St.

Refinery29.com has teamed up with Simon Malls for a day of music, curated indie boutiques and shopping opportunities, a "Beauty" and "DIY Stage." Free to attend. Visit [www.simon.com/stylefestival](http://www.simon.com/stylefestival).

**Musical Performance.** 6-8 p.m. at Netherlands Carillon, Arlington Blvd. and Meade St. Classical music artist Margaret Pan will be performing. Free. Visit [www.nps.gov](http://www.nps.gov).

**Concert.** 8:30 p.m. at Iota Club and Cafe, 2832 Wilson Blvd. Performances from The Beanstalk Library, Quiet Hollers, Ms. Shevaugn and Yuma Wray. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com).

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## What's Special about Your Community?

### Share tips in upcoming Newcomers and Community Guides.

The Connection's annual Newcomers and Community Guides will publish Aug. 26. A bevy of interns, plus staff writers and editors, are preparing this year's editions, but we need help from our readers.

What tips do you have for someone getting to know the community?

We're hoping to share special places, activi-

ties, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information use-

ful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/>. Send in your Insider's Tips by Friday, Aug. 14.

For information on advertising, email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

#### EDITORIAL

## Courthouse Plan

FROM PAGE 2

"There are some very expensive community amenities proposed," said D'Avanzo. "Underground parking is extremely expensive. We're concerned as a community about the reality of these benefits coming to pass."

According to D'Avanzo, many of the local residents would like to see the funding that would go into the park go into other nearby buildings with community benefits. D'Avanzo said the neighborhood had recently lost a community center, and a replacement would help the local community more than the proposed garage.

"The parking benefits broader community, but not locals," said D'Avanzo. "We can't support this plan until these funding solutions are identified."

Other local Arlingtonians expressed similar concerns about the lack of concrete plans presented on parking and other proposed amenities.

"Way too many studies here have not been done," said June O'Connell. "The parking study has not been done. You don't really know to the degree to which taxpayers might have to fund the underground parking lot. You don't know the degree to which the taxpayers might have to pay for that metro entrance. These are not small things to just be casually left to future boards ... Too much is being left undone."

But according to Mary Curtius, a communications officer for Arlington County, that stage of the process is still a long way off.

"We're looking at years in the future here," said Curtius, adding that some plans reach as far as 2040. Curtius added that the cost assessments and evaluations would be done closer to specific project elements' implementation.

Nancy Iacomini and Brian Harner, members of Arlington's Planning Commission, attended the meeting to emphasize the commission's approval and clarify some of the guidance given to staff, mostly related to parking. Iacomini emphasized that the parking needed to be right sized in the garage, not only for access to the park and nearby commercial zones, but to ensure that the county government was accessible to the public. Harner said the Planning Commission had some differences of opinion with staff in terms of what retail was appropriate in the area and what type of streetscapes the county should implement. According to Harner, one of the Planning Commission's main emphases, though, was on ensuring bike parking in the garage to keep consistent with other cities with strong bike cultures. According to Arlington County Chair Mary Hynes, the board will be able to provide greater clarity on these issues as the conversation continues to evolve and the plans start to emerge.

County Board Vice-Chair Walter Tejada emphasized that the Courthouse Sector Plan Addendum is a process.

"This is an attempt to envision a future of what [Courthouse Square] could look like," said Tejada. "Future County Boards can make adjustments to that vision."

Tejada said he strongly felt that Arlington County needed a central community gathering space and described the park design as similar to the National Mall. But as the board unanimously voted to approve the vision, Tejada also clarified that the county took note of the citizens' concerns.

"This is an advertisement of the project," said Tejada, "this process will continue."



### Pet Snapshot

Lucita, a rescue from the Lost Dog Foundation, shows her interest in dinner. She belongs to Laurie and Bill Young of Arlington.

### "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for July 27-Aug. 1.

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

**Senior trips:** Tuesday, July 28, Arundel Mills Mall, Hanover, Md., \$9; Wednesday, July 29 and Friday, July 31, Red Cross National Historic Landmark, D.C., \$13; Thursday, July 30, Bay Lighthouse Cruise, Annapolis, \$67 (including lunch). Call Arlington County 55+ Travel, 703-228-4748. Registration required

**The forgotten Impressionist,** Gustave Caillebotte, Monday, July 27, 11 a.m., Culpepper Garden, \$6. Register, 703-228-4403.

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

**Ice skating,** Mondays, 8 a.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.

**Genealogy 101,** Tuesday, July 28, 11:30 a.m., Lee. Free. Register, 703-228-0555.

**Letterboxing,** Tuesday, July 28, 9:30 a.m., Arlington Mill. Free. Register, 703-228-7369.

**Volleyball,** Tuesdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

**Belly dance class,** Tuesdays and Fridays, 10 a.m., Lee. Free. Register, 703-228-0555.

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

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

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

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

**Life's path through astrology and numerology,** Wednesday, July 29, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

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

**Estate planning for singles 55+,** Thursday, July 30, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

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# Yorktown Graduate Wood Plays in Third Ripken League All-Star Game

6-foot-6 slugger totaled 8 home runs, 32 RBIs at WVU in 2015.

BY JON ROETMAN  
THE CONNECTION

**A**fter graduating from Yorktown High School in 2011, Shaun Wood spent the next two years working toward his goal of playing baseball at the Division I level.

After becoming a member of the West Virginia University baseball program and redshirting during the 2013 campaign, Wood worked on proving he belongs.

Now a rising redshirt junior, Wood is pleased with his progress and hopes to have a future in baseball beyond the college level.

For the summer, Wood is once again a member of the Cal Ripken Collegiate Baseball League's Vienna River Dogs. The 6-foot-6, left-handed-hitting slugger played in his third league all-star game on July 15, going 0-for-1 for the South All-Stars, who beat the North All-Stars 3-2 at Shirley Povich Field in Bethesda.

"It's a lot of fun," Wood said. "We've had a lot of the same guys on the team for a

couple years, so it's pretty cool."

While he failed to get a hit, Wood's production at the plate has been solid during the summer league regular season. Entering Tuesday's action, Wood was batting .255 with four home runs (second on the team) and 16 RBIs (third on the team) in 31 games.

"I'm hitting better than I did during the [college] season," Wood said.

Wood, an outfielder, played in 51 games for WVU in 2015, including 44 starts. He struggled from an average standpoint, batting .176 (29-165). However, Wood showed he could hit for power, smacking eight home runs (tied for second on the team) while producing a team-high 32 RBIs.

"I struggled with average this year, but I hit a decent amount of home runs," he said. "It was a pretty good year."

As a senior at Yorktown, Wood earned

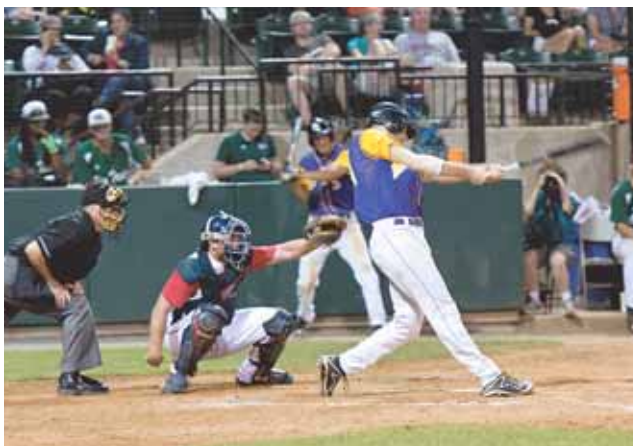


PHOTO BY HARVEY LEVINE/THE CONNECTION

**Vienna River Dogs outfielder and 2011 Yorktown High School graduate Shaun Wood played in his third Cal Ripken Collegiate Baseball League all-star game on July 15.**

first-team all-district and second-team all-region honors. However, after not receiving a college offer to his liking, Wood opted to attend the IMG Baseball Academy in Bradenton, Fla., to polish his skills.

"It was good for me," Wood said. "I was kind of awkward in my body, and I kind of found myself there with my athleticism. I got a lot better there, so it was good for me."

The following summer, Wood had hoped to wind up at either West Virginia or Appalachian State, but coaching changes seemingly derailed those plans, leaving him unsure of his next move. Wood, however, eventually ended up at WVU. After redshirting in 2013, Wood batted .226 with three home runs and 13 RBIs in 39 games as a redshirt freshman in 2014. For next season, Wood said he wants to shorten his swing and reduce his

strikeout total. Wood fanned 45 times in 165 at-bats in 2015. "I feel a lot better than I did [coming out of high school]," Wood said. "I feel like I can definitely play at this level, and possibly at the next level, hopefully."

## SWIM NOTES

## WGCC Goes 4-0 In Dual Meet

On July 14, the Washington Golf and Country Club (WGCC) Lightning swim team hosted their cross-town rivals, the swim team from Army-Navy in Country Club Swimming and Diving Association (CCSDA) Division-A action.

The Lightning's strength and depth proved too much as WGCC easily defeated Army-Navy by a score of 355-129.

The Lightning has dominated their competition this season — they've gone 4-0 in dual meets and have won every meet by at least 100 points.

One of the highlights of the night was WGCC's long-standing tradition of honoring the team's graduating seniors at its final home meet of the season. Prior to the start of the meet, the Lightning gave a rousing send-off to Connor Morche (he'll be attending Fordham University in the fall); Griffin Morche (Miami University of Ohio); Kirby Nassetta (she'll be taking a gap year and will be participating in an Outward Bound outdoor leadership program in Costa Rica and Panama); Caitlyn O'Berry (Brown University); Chris Outlaw (Virginia Tech); and Sophia Welch (James Madison University).

Triple winners for this meet included: Jack Carman (boys' 12&U IM, breast, fly); Ryan Baker



PHOTO CONTRIBUTED

**From left are WGCC seniors Sophia Welch, Connor Morche, Griffin Morche, Caitlyn O'Berry, Chris Outlaw, and Kirby Nassetta.**

(boys' 18&U IM, back, fly); and Petie Nassetta (girls' 14&U free, back, fly).

Double winners were: Amanda DiMeglio (girls' 12&U IM, breast); Jillian Johnson (girls' 18&U IM, fly); Kiera Johnson (girls' 10&U back, fly); and Richard Gentry (boys' 14&U breast, fly).

Single winners were: Emme Yoder, (girls' 8&U free); Rowan Clancy (girls' 10&U free); Lucas Zidlicky (boys' 10&U free); Avery Nassetta (girls' 12&U free); Chris Outlaw (boys' 18&U free); Izzy Bernasek (girls' 8&U back); Mackie Repke (boys' 8&U back); Luke Bernasek (boys' 10&U back);

Thomas Outlaw (boys' 14&U back); Caroline Klauder (girls' 8&U breast); Will Scribner (boys' 8&U breast); Lily Darcey (girls' 10&U breast); Conner McCarthy (boys' 10&U breast); Cate Barrett (girls' 14&U breast); George Cranwell (boys' 18&U breast); Kate Loper (girls' 8&U fly); and Arav Bhargava (boys' 10&U fly).

Winning relay teams included: girls' junior med-

ley (Sophie Yoder, Barrett, K. Johnson, Klauder); girls' senior medley (P. Nassetta, DiMeglio, Kirby Nassetta, Clancy); boys' senior medley (Baker, Gentry, Carman, Zidlicky); and the girls' graduated free (Klauder, Clancy, A. Nassetta, Caroline Otteni, P. Nassetta).

## Donaldson Run Wins DII Finale

In its final Division II meet of the NVSL season, the Donaldson Run Thunderbolts beat the Vienna Aquatic Club 243-177.

Three team records were broken. Charlie Greenwood beat the 8&U freestyle record of 16.46 with a time of 16.33; Jack Tsuchitani beat the 9-10 backstroke record of 38.40 with a time of 37.94 and Bryan Meade beat the 15-18 freestyle record of 25.03 with a time of 24.92.

Double individual race winners for Donaldson Run were (in order of age and event): Charlie Greenwood (boys' 8&U freestyle and breaststroke); Thomas Rodman (boys' 8&U backstroke and butterfly); Jack Tsuchitani (boys' 9-10 backstroke and butterfly); Gracie Jansen (9-10 backstroke and breaststroke); TJ Hutchison (boys' 11-12 freestyle and butterfly); Bryan Meade (boys' 15-18 freestyle and butterfly).

The team's single winners were: Valerie Engel (girls' 8&U freestyle); Eliza Gromada (girls' 8&U breaststroke); Rachel Conley (girls' 8&U butterfly); Max Patillo (boys' 9-10 breaststroke); Elsa Leichty (girls' 9-10 butterfly); Sean Conley (boys' 11-12 backstroke); Drew Harker (boys' 11-12 breaststroke); Emma Hutchison (girls' 13-14 backstroke); Andrew Meighan (boys' 13-14 breaststroke); Grace Motta (girls' 13-14 breaststroke); Emily Brooks (girls' 15-18 backstroke); and Andrew Walker (boys' 15-18 breaststroke).

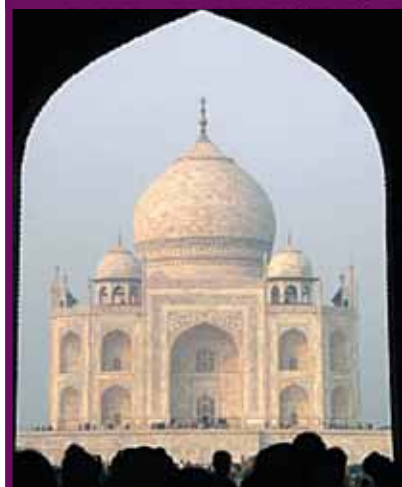
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# "Abyssful" Ignorance

By KENNETH B. LOURIE



Hopefully not. But you never know – per last week's column, until you know. And the preferred pattern seems to be that waiting to be spoken to in person, a week or so post-scan, is the best the process can be; or at least, that's the process that suits the doctor/HMO. Certainly I can appreciate how telling a patient bad news in person is a more prudent and professional, fail-safe type of approach than a phone conversation or e-mail which is fraught with potential misinterpretation and possibly even unexpected and adverse consequences – especially for the patient/recipient of the distressing news. However, waiting a week for results is hardly ideal and certainly not the stuff of which dreams are made. In fact, it's exactly the stuff of which nightmares are caused.

Don't get me wrong; I can take it. Waiting is not for everybody, however; unless you like suffering – then it's perfect for you. But why suffer in silence – or suffer at all? You already have, to quote Radar from a M\*A\*S\*H episode: "One foot in the grave and another on a banana peel," so why double-down or even quadruple your odds and make us learn the meaning of the word excruciating? Why fiddle with Rome when our emotions are already burning? We ("terminal" cancer patients) deserve better. Heck, we deserve your best; and a week of talking ourselves in and out of a million scenarios, most of them bad, unnecessarily, is yet another example of cruel and unusual punishment. (Shouldn't we have some Constitutional protections, too?) And punishment for crimes not committed is particularly difficult. Still, I guess I should be thankful I'm not incarcerated (although occasionally, I do feel confined to my home) while waiting. In effect though, I am, emotionally. To set these emotions apart from the everyday or compartmentalize them somehow is much easier theorized than actually accomplished. Nevertheless, I don't suppose nine days (between scan and results) are likely – ultimately – given the progressive nature of my disease, to change the course of history too much. However, it will change the course of the next nine days, and that's all I'm focused on right now. When you're in the same boat as I am, time is all that matters, and wasting any of it (to me that means time lived not knowing results immediately or sooner) is a terrible option/reality. And again, given my original diagnosis/prognosis, options are not necessarily what you feel you have in abundance.

Whether delusional or based on any facts whatsoever, options are still your emotional lifeline. Not having them or receiving them later than you'd prefer adds fuel to the fire that a cancer survivor feels (figuratively speaking). Besides, who knows what soothes the savage beast that lives in all of us "terminal" cancer patients? At least for me, not knowing or knowing after the facts are likely in evidence is somewhere between counter-productive and counter-intuitive. As soon as you know: tell me! What are you waiting for? Godot? Let me get on with what's left of my life. I want to live forward, not worry backward. I'm not looking for control. I'm looking for consideration. If the patient matters so much, then don't be so matter-of-fact about results. Our lives may be shorter than we expected, so why make us wait longer than we want? Time is on your side, not ours.

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

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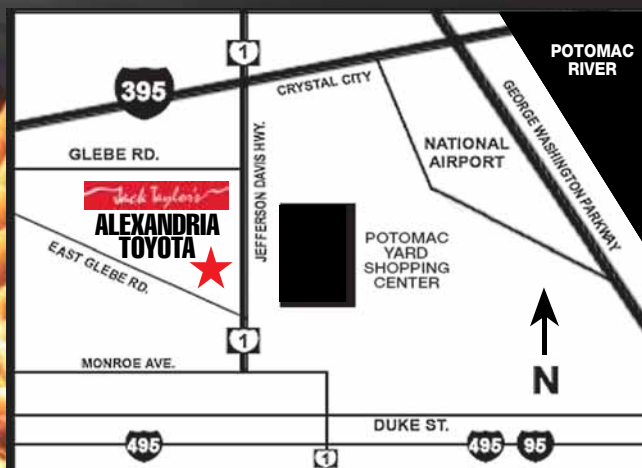
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