

The Arlington Connection

WELLBEING

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Lucas Zidlicky prepares for the Champs parade in the Washington Golf and Country Club Lightning swimmers' theme "We're going to Disney." The team won the Country Club Swimming and Diving Association championship meet.

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Arlington
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AUGUST 5-11, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

BUSINESS

Taste By Katie Wins Neighborhood Support

Ice cream is back on the menu of small business.

BY EDEN BROWN
THE CONNECTION

Taste by Katie, the home-cooked meal shop located in Dominion Hills run by a Yorktown High School graduate, succeeded in crowd-funding for its new freezer, raising \$7,800 in donations from customers and family. Most donors gave \$50 to \$100 to the business,

indicating her customers were willing to back — with their wallets — a local chef who caters to their busy lives and the need for something healthy and home-cooked.

Katie Gilman said her business has grown steadily and will benefit from the new rack, work table, and freezer she was able to purchase with the donations. Her ice cream, made in small batches, is back on the menu. She does “special request” ice creams, the

latest one being “birthday cake ice cream” made for a local boy for his birthday. It has chunks of birthday cake in it. She also has a Facebook campaign going: if you vote for a flavor and she makes it, you get a free scoop.

Some of her current favorites are peanut butter with butterfingers, key lime pie, salted caramel with chocolate cookies, and mint chocolate chip.

Gilman was grateful to local press, which has helped spread the word about her business; to her cousin who surprised her with a donation; to her brother and friends, whose video was a big part of the success of her campaign, and to her customers, whose feedback and appreciation are the most important part of her work. Gilman is offering a 20 percent discount for new business catering in August. She will deliver lunch to any local business as long as it's within a manageable radius. See www.tastebykatie.com.

BUSINESS NOTES

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

Eric Tone has recently joined Century 21—Redwood Realty. Tone has been in the real estate business for five years and has been in sales and sales training for more than 20 years. As an associate with Century 21, Redwood Realty, Tone will handle buying and selling of residential real estate in the Northern Virginia area. Tone is also involved in a number of clubs and organizations in his children's schools, he serves as cookie manager for his daughter's Girl Scout troop and he coaches various sports teams for his chil-

dren. Tone is also involved in “A Cure Starts Now” a fundraising organization dedicated helping fight pediatric brain cancer. In his off time, Tone also volunteers at local animal adoption events. Century 21—Redwood Realty has been in business in the Arlington area since 2001. It is locally owned and operated by **Shawn Milletary, Nick Pasquini** and **Edward Berenbaum**.

The Glassdoor's 7th annual Employees' Choice Awards recognized the 50 Best Small & Medium Companies to Work For in 2015. Local employers, **Evolent Health, Opower, Motley Fool, and Fast Enterprises** all made the list.

The Unitarian Universalist Church of Arlington has been named to the National Register of Historic Places. The Historic Preservation Program received a Certified Local Government grant from the Virginia Department of Historic Resources to complete the National Register nomination. The church was designed by modernist architect Charles M. Goodman. He also designed the original Ronald Reagan Washington National Airport in Arlington, as well as the majority of the Hollin Hills neighborhood in Fairfax County.

Casey Trees, a Washington, D.C.-

based nonprofit committed to enhancing the area's tree canopy, along with the community, has planted 27 trees in Butler Holmes Park in Arlington. Nearly 50 volunteers showed up to assist in the efforts to restore Penrose's lost tree canopy. The community was out in full force along with Urban Forestry Commission members, Parks and Recreation staff and volunteers from the D.C. region.

Engineering Services Network, Inc. (ESN), an engineering and IT solutions company in Arlington, was awarded a new contract with the Space and Naval Warfare Systems Command Pacific (SSC Pacific) to support the In-

tegrated Voice Networks Branch with current industry-standard equipment. The task order award was for \$828,801. **Maurice R. “Randy” Blankenship**, Vice President at ESN, said the contract win is a performance-based technical support task to replace obsolete video and audio conferencing equipment with current industry-standard equipment at multiple COMNAVAIRPAC NAS North Island sites. Blankenship said the contract will be completed at the end of March 2015. ESN has also celebrated 20 years in business. CEO **Raymond F. Lopez Jr.** has taken ESN from a two-person shop (consisting of him and his

SEE BUSINESS, PAGE 5

Retirement living that's active and engaging



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

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THE CONNECTION
NEWSPAPERS

New Heights for Arlington Skyline

Approved Rosslyn Sector Plan comes with new density and building height regulations.

BY VERNON MILES
THE CONNECTION

Controversy and discussion surrounding plans for Rosslyn was so intense, the meetings had to be divided into two five-hour sessions. The County Board's July 21 recessed meeting primarily focused on the Western Rosslyn Area Plan, while the July 22 meeting discussed exclusively the Rosslyn Sector Plan. While public concerns regarding the Western Rosslyn Area Plan largely centered around the addition of a fire station in place of park land, it was the Rosslyn Sector Plan discussion that could have the largest visual impact on the county.

Discussion on the Rosslyn Sector Plan primarily centered around height and density issues. The Rosslyn Sector Plan permits a floor area ratio (FAR, a ratio measuring density) of 3.8 for commercial office and hotels, while residential properties can have up to a 4.8 FAR with special exceptions. However, the county is currently allowed to permit up to 10 FAR if a site is identified as having important commercial benefits. While the Rosslyn Sector Plan does not change the existing commercial, hotel, or residential FARs, it does recommend the County Board be able to raise density above 10 FAR if the proposed building is consistent with the economic revitalization aims of the Rosslyn Sector Plan. However, language was later added to the document that emphasized that any application requesting a density increase above 10 FAR would face exceptional scrutiny.

The plan's building height guidelines are described as a "Peaks and Valleys" approach. Some buildings in the area have restrictions to either above or below 300 feet to encourage a diverse skyline. As with density, the plan allows greater flexibility for building height. "The guidelines are not regulations and should be considered as flexible as long as the intent outlined ... is achieved," read the Rosslyn Sector Plan's height restrictions guidelines. "In the spirit of affording maximum creativity, projects that do not exactly follow the letter of every provision in the design guidelines, but nonetheless demonstrate an alternative approach that achieves the intent of the plan, should be recognized as a valid alternative."

In general, however, the plan notes that recommended building heights should be followed unless the applicant can present compelling reasons to leverage additional



Rosslyn skyline from the Francis Scott Key Bridge.

PHOTO BY VERNON MILES/THE CONNECTION

building height.

Chris Forinash, chair of the Arlington Planning Commission, and Commission Member Brian Harner both attended the meeting and expressed concerns laid out by the Planning Commission.

Harner said the commission approved of the "Peaks and Valleys" approach but with specification that building height limitations protect good view opportunities for top floor residents of nearby buildings and that there is ample daylight access in the streets and public spaces in the surrounding buildings.

A public observation deck is set to be located in the Central Place office tower, which will offer views of downtown Washington D.C. as well as Arlington Cemetery, Georgetown, and the National Cathedral. However, Harner lamented that the "valleys" in the height restriction plan didn't protect westward views of Arlington from the top of the observation deck.

"If Arlington residents got to the top of the observation deck and looked at the broad face of an adjacent building without a view of their own community, what are we saying about our valuing of our own

community?" said Harner.

The Ballston and Rosslyn Business Improvement Districts both wrote letters to the County Board expressing concerns that the height and density restrictions would stifle economic growth. The Arlington Chamber of Commerce concurred, expressing concerns about density and height maximums.

"It is our firm belief that the plan, as currently crafted, will lead to stagnation rather than implementation," wrote Chamber of Commerce Chair Kevin Shooshan and President and CEO Kate Roche on behalf of the chamber.

Sally Duran, chair of Arlington's Economic Development Commission, said that the plan was overly prescriptive and the height restrictions would diminish the economic viability of the sector.

The North Rosslyn Civic Association, however, wrote to the board expressing a belief that the density and height restrictions were too loose. In its letter to the board, the North Rosslyn Civic Association said the peaks and valleys concept was poorly defined and its benefits towards enlivening the skyline were vague.

Chair Mary Hynes emphasized that the

board will exercise discretion in approving buildings that would exceed the height limitations or would inhibit views identified by the staff as scenic, which does not include western-facing views of Arlington.

"Do you really think the tops are going to look like this?" Hynes said in reference to a hypothetical view of the Potomac with a penthouse suite in the way. "We have guidelines about, when you get up this high, it should be interesting or luminous. You should be able to look through it. Peaks and valleys goes with interesting tops to make a unique skyline. My view is, we're looking at the absolute worst possibility here. If any board approved this, they ought to be shot."

"[If] this becomes terribly burdensome and things go terribly awry, this board member will certainly be willing to revisit it," said County Board Member Libby Garvey regarding increased height and density allowances, "but I think we need to give this a try first."

The Rosslyn Sector Plan is set to guide the area over a 25-year timespan. The Rosslyn Sector Plan also outlines major transportation changes in the area, including converting Lynn Street, Fort Myer Drive, and Kent Street into two lane roads. This will also remove the Fort Myer Drive underpass on Wilson Boulevard. The 18th Street Corridor will extend east, from N. Quinn Street to Arlington Ridge Road, and will include extensive bicycle and pedestrian access. Additional bicycle and pedestrian access is planned to cross over I-66 and the George Washington Memorial Parkway to connect Rosslyn to the Mount Vernon Trail and Theodore Roosevelt Island. Several improvements are planned for the Rosslyn Metro Station, including a redesigned entrance fully open to Fort Myer Drive and Moore Street.

The Rosslyn Sector Plan was approved by the County Board in a unanimous vote.

Sewage Pipe Repaired

Donaldson Run affected for two weeks.

Arlington County has lifted the advisory it issued on Saturday, July 11, to avoid the water in Donaldson Run near Military Road after the discovery of a broken sewage pipe and sewage release. During the precaution period, the section of broken pipe was repaired as well as the protective structure that surrounds the pipe.

The precaution period also allowed the stream to naturally dilute and flush the release. E. coli bacteria levels downstream of the break were tested the week of July 27. Test results were typical of those regularly collected as part of the county's bacteria monitoring program

and did not indicate the presence of sewage.

Residents are reminded that any stream water can contain microorganisms that can make people sick. Even after the discharge is naturally flushed from the streams, the county's normal precautions for safe use of streams apply.

To find more information and safety tips on Arlington streams, including information on reporting stream pollution incidents, visit the Arlington County Department of Environmental Services website: www.departments.arlingtonva.us/des/.

Attempted Rape Suspect Sought

The Arlington County Police Department's Special Victims Unit is asking for the public's assistance in identifying and locating a suspect involved in the attempted rape and abduction of a female victim which occurred in the early morning hours of



July 25. The suspect forced the victim into the nearby bushes in the 1900 block of 15th Street N. at approximately 1:20 a.m. on July 25. The suspect then attempted to grab at the 25-year-old female victim's pants before she was able to fight him off. The suspect then fled the scene on foot. Those with information on the identity of the suspect should contact Detective Robert Icolari at 703-228-4240.

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LETTERS

Virginia Hospital Center 'Rocks'

To the Editor:

In my mind, there is no uncertainty as to why Virginia Hospital Center (VHC) is one of the top 100 hospitals in the country. I have had two recent experiences with my elderly mother who was a patient there — inpatient back in the winter and outpatient in the Emergency Room on July 26, 2015. During her inpatient stay, she was critically ill. She was treated with the utmost kindness and compassion, and everyone who was part of her highly skilled multi-disciplinary treatment team genuinely cared about her well-being.

Though my mother is a rather unique lady for her age and has her full faculties, there was never any hint of ageism that entered into the way in which she was dealt with. Thanks to all who cared for her with due diligence, she recovered to celebrate her 97th birthday in March of this year.

Her most recent visit on July 26 was to the emergency room for a head injury from a fall. Once again, the treatment she received from VHC was impressive. From the start of when the security guard expediently found a wheelchair and facilitated where I could quickly park my car amidst a crowded lot to the CT tech who was the epitome of professionalism in all respects, it just got better and better.

Once she was seen and tended to by the physician, physician assistant and nurse, it was apparent, again, that every employee at VHC truly cares about their patients. The caliber of the staff is immediately apparent, and the staff has the vital people skills required of any service-oriented organization. Most importantly, they are shining examples of loving what they do which contributes to them being so successful in their performance.

Though on both occasions, my mother's visit to VHC was worrisome and stressful for me as her daughter who was profoundly concerned about her, the warm reception, genuine sense of caring,



STEVE ARTLEY/THE CONNECTION

kind outreach, and skilled professionals were comforting every step of the way. The Arlington community, specifically, and the Washington Metropolitan region, broadly, is so very fortunate to have this medical institution in their midst. For top quality care and highly skilled multi-disciplinary personnel, one could not ask for more. I can only affirm that they deserve to be in the top 100 hospitals of the country. As the cool cats would say, "They rock."

Karen L. Bune
Arlington

Morally Wrong, And Counter-Productive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — "Backpacks for All," Connection, July 15-21, 2015) and Ronald Baker's letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also

need to know about the "Virginia Back to School Supplies and Clothing Allowance" (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished students via the federally funded TANF Block Grant. What is miss-

ing is public awareness and support to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://viriniageneralassembly.gov/>.

SALT is proud to have advocated for the "Virginia Back to School Supplies and Clothing Allowance" and promoted support for smart policies for kids and their families. Failing our children today is not only morally wrong; it is also counterproductive, ultimately leaving us less competitive in the global community.

John Horejsi
SALT Coordinator, Vienna

BULLETIN BOARD

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

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 N 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.

TUESDAY/AUG. 11

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/AUG. 20

Holistic Moms Network Chapter Meeting. 7-9 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Attend a member-led discussion about the

power of positive thinking. Free. Visit www.chapters.holisticmoms.org/chapters/va-arlington.

TUESDAY/SEPT. 8

Master Gardener Volunteer

Training. Begins on Tuesday, Sept. 8, and continues every Tuesday 9 a.m.-3:30 p.m. until Nov. 19 at Fairlington Community Center, 3308 S. Stafford St. Free. Application is available at mgmv.org.

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

Arlington Rotary Club Lunches.

Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-guests. Visit www.arlingtonrotaryclub.org.

BUSINESS

FROM PAGE 2

wife, Carol) to a 250-employee industry leader with \$38 million in revenue in 2014.

Stephen D. Caruso has joined **Bean, Kinney & Korman, P.C.** as an associate. Caruso will practice in the area of commercial and civil litigation. He is admitted to practice in Virginia. Prior to joining the firm, Caruso worked as a judicial intern for the Honorable Lawrence J. Block of the US Court of Federal Claims and the Honorable Bruce D. White of the Fairfax County Circuit Court. He was also a law clerk at Bean, Kinney & Korman. Caruso received his law degree from George Mason University School of Law, where he graduated cum laude and served as the Managing Editor of the "George Mason University Civil Rights Law Journal." He received his undergraduate degree from the University of Maryland. **Jennifer McCammon** has also joined the firm as an associate. McCammon represents individuals in divorce and other family law matters. In addition, McCammon has experience with general civil litigation matters in state and federal court. Prior to joining Bean, Kinney & Korman, McCammon clerked at multiple court levels and worked as an associate at Blankenship & Keith. She is recognized as a Rising Star by Virginia and Washington DC Super Lawyers. **Lynn Hawkins** has been named a shareholder of the firm. Lynn was previously an associate of the firm. Hawkins focuses her practice in family law, representing parents and children in matters such as divorce, equitable distribution of property, alimony, child support and custody. Hawkins is a member of the Fairfax Bar Association and

the Montgomery County Bar Association. She volunteers with the Family Court Self-Help Center of the D.C. Superior Court.

Greg Adams, of Chapman Cubine Adams + Hussey (CCA), a full-service direct marketing firm serving global nonprofit organizations, has been named the inaugural recipient of the DMAW Educational Foundation Kay Lautman Mentorship Award. Adams received the award at the Direct Marketing Association of Washington's Best of Direct Holiday Party and Awards Ceremony, Dec. 2 in Washington, D.C. Adams, a CCAH co-founder and principal, leads the firm's training program. His responsibilities include helping writers hone their skills and exposing them to the strategy-building aspects of direct marketing. An award-winning copy writer and strategist, Adams has earned dozens of regional and international awards, including three international Silver ECHOs and Package of the Year awards from the Direct Marketing Fundraising Association and the DMA's Henry Hoke Award.

The Comcast Foundation has awarded \$110,000 in grants to six nonprofit organizations in Virginia in 2014. The grants support programs aimed at the Comcast Foundation's areas of focus – expanding digital literacy, promoting community service and building tomorrow's leaders. Organizations supported by the Comcast Foundation this year include: **Edu-Futuro** – for the Emerging Leaders Program, a college preparation and leadership development initiative preparing 100 immigrant youth each year to pursue a higher education.

George Kreis has joined Manhattan Construction Co. as senior vice president of the Washington, D.C. area. He will oversee the company's Arlington office and lead client engagement, pre-construction and construction services for the Mid-Atlantic region. With 30 years of construction industry experience, Kreis has served in executive leadership roles throughout his career and led client development, pre-construction, and risk management processes. He has been involved with projects in the Mid-Atlantic area including Gallery Place, National WWII Memorial, Gaylord National Hotel & Convention Center, and Richmond Jail. Most recently, he worked as manager of business development for a national construction firm. Kreis's industry board service includes the Associated Builders & Contractors Metro Washington Chapter (1995-1999), DC Building Industry Association (2011-present), Washington Building Congress (2000-present) and the Associated General Contractors of Metropolitan Washington, D.C., Chapter (2007-present, 2012 president). Kreis graduated from Bucknell University in Lewisburg, Pa., with a bachelor's degree in civil engineering.

Greener Cleaner is now open in Lee Harrison Shopping Center. Greener Cleaners offers environmentally friendly dry cleaning, shirt laundering, bridal and formal wear, wash and fold service, tailoring, shoe and luggage repair, rug cleaning, draperies, and household items. Greener Cleaner is open seven days a week.

A locally owned and operated small business, Greener Cleaners flagship store is located in nearby Del Ray, Alexandria. Eco-friendly dry cleaning means that the harsh chemicals used in tradi-

tional dry cleaning methods stay off of one's skin and out of the environment.

A fusion of public art and public infrastructure, **Arlington Boulevard**, featuring patterned retaining walls and metal screens with LED backlighting, is among the 'HONOR Awardees' selected by The American Council of Engineering Companies of Metropolitan Washington (ACEC/MW) for their 2014-2015 ACEC/MW Engineering Excellence Awards.

Darren T. Tully has joined the **Cardinal Bank** as vice president, commercial lending officer. Tully will have responsibility for managing and growing commercial loan and deposit relationships focused primarily in Cardinal's Arlington and Alexandria Markets. Tully will work with Cardinal's team of local lenders developing business relationships throughout the region. Tully brings particular competencies in relationship management, small business lending, and financial underwriting to his new position. Most recently, Tully was a commercial relationship officer for Virginia Heritage Bank.

A northern Virginia native, Tully holds a Bachelor of Arts degree in international economics from the University of Virginia, and is a 2013 graduate of the Leadership Arlington Young Professionals Program. In the business community, Tully is a member of the Arlington Chamber of Commerce, the McLean Business Forum, and the Virginia Bankers Association's Leadership Division. He is a licensed insurance agent for the state of Virginia, and a volunteer at Arlington Street People's Assistance Network.

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ENTERTAINMENT

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ONGOING

“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.

Art Show. Through Aug. 29, 5-8 p.m. at Gallery Underground, 2100 Crystal Drive. “Hiding in Plain Sight,” includes paintings that have concealed images. Free. Visit www.galleryunderground.org/events/.

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.

Shirlala Music Festival. Thursdays, through Aug. 27. 6:30-8:30 p.m. at Village at Shirlington, 2700 S Quincy St. 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.

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.

Nauck Community Portrait Exhibition. Various times at Gallery 3700, 3700 S Four Mile Run Drive. Students from Drew Model Elementary School display “visual biographies.” Admission to the gallery is free. Visit www.arlingtonarts.org for more.

Barre in the Park. Thursdays through Sept., 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.

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

Arlington County Fair Brings 5K, Parade

It’s time for the Arlington County Fair — the Thomas Jefferson Community Center will turn into a “Summer Nights and Lights”-themed haven, Wednesday, Aug. 5-Sunday, Aug. 9. The fair features old favorites and new highlights. Competitive exhibits will include jellies, cakes, crafts, knitting and more. Find racing piglets, milking demonstrations, live performances and the basketball theatrics of the Harlem Wizards. Other highlights include:

WEDNESDAY/AUG. 5

Opening Day Parade. 6 p.m. along Highland and 2nd Sts. Free to attend.

FRIDAY-SUNDAY/AUG. 8-10

Kids’ Court. 2-6 p.m. on Friday, 10 a.m.-6 p.m. on Saturday, and 11 a.m.-6 p.m. on Sunday. Children are invited to enjoy a “Monster Mural” activity, face painting, and inflatables. Free.

FRIDAY-SATURDAY/AUG. 8-9

Outdoor Movies. Sundown at Kids’ Court. Stay late for family-friendly flicks: “How to Train Your Dragon 2” and “Despicable Me 2.” Free.

SATURDAY/AUG. 8

5K Run/Walk. 8 a.m. at Thomas Jefferson Community Center. The race is open to all ages and abilities. Registration is \$25.

Shuttles will run every 30 minutes from four locations: Ballston Metro, Arlington Career Center, Pentagon City Metro and I-66 Parking Garage. The round-trip shuttle fare is \$2. Children 12 and under, seniors 65 and over are free. Visit www.arlingtoncountyfair.us.

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. 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. Saturdays, April-Oct., 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.



PHOTOS CONTRIBUTED



PHOTO BY LOUISE KRAFT

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 with arts, crafts, and 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 & Cafe, 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.org.

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.

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 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>.

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

WEDNESDAY/AUG. 5

Open Mic Night. 8 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

WEDNESDAYS/AUG. 5, 12, 19 AND 26.

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

ENTERTAINMENT

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.

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.

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/events.html.

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.

FRIDAY/AUG. 7

Art Show Opening Reception. 10 a.m.-2 p.m. at Gallery Underground, 2100 Crystal Dr. Enjoy wine and food and discuss "Hiding in Plain Sight", a new art show juried by Arlington Artists Alliance members. Free. Visit www.galleryunderground.org.

Run With A Ranger. 11 a.m.-12 p.m. at Bluemont Park, 601 N Manchester St. Patrons age 12 and older may participate in a 3-4 mile run with a park ranger along County trails. No registration required. Call 703-525-0168 or email bdurman@arlingtonva.us for more.

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/events.html.

Arlingtonians Skate at Kettler. 7:10-8:10 p.m. at Kettler Capitals IcePlex, 627 N Glebe Road, Suite 800. Arlington County residents are invited to take advantage of a \$1 fee for both admission and skate rentals at the IcePlex. Visit www.kettlercapitalsiceplex.com.

U.S. Air Force Band Concert. 8 p.m. at The Air Force Memorial, 1 Air Force Memorial Drive, Arlington. This concert is offered as a public service. Outdoor concerts are subject to weather cancellation. Free. Visit www.usafband.af.mil.

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.

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 musical performances, curated indie boutiques and shopping opportunities, a "Beauty" and "DIY Stage." Free to attend. Visit www.simon.com/stylefestival for more.

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 or call 703-289-2555.

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

Concert. 8:30 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Performances from The Beanstalk Library, Quiet Hollers, Ms. Shevaugn and Yuma Wray. Visit www.iotaclubandcafe.com or call 703-522-8340.

Sarah Colonna Live. 7 p.m. and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Comedian from "Chelsea Lately" performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

SUNDAY/AUG. 9

Iota Poetry Series. 6- 8 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Free. Local poets read work aloud. Visit www.iotaclubandcafe.com or call 703-522-8340.

MONDAY/AUG. 10

Mount Vernon Children's Theatre Auditions. 5:30-8:30 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road. Auditions for the production of "Mary Poppins." Ages 8-10 tryout from 5:30-7 p.m., ages 11-18 from 7-8:30 p.m. Free. Visit www.mvct.org.

TUESDAY/AUG. 11

Artist Talk and Reception. 7-8:30 p.m. at Cherrydale Branch Library, 2190 N Military Road. Artist talk and reception at "Ice and Sky," an exhibit of images by Great Falls photographer Robin Kent who spent a week photographing the Antarctic Peninsula earlier this year. Free. Visit www.library.arlingtonva.us/locations/cherrydale-branch-library/.

AUG. 11-SEPT. 20

"The Fix." Various times at Signature Theatre, 4200 Campbell Ave. The scorned widow of the dead president transforms her son into an ideal candidate. Ticket prices vary. Visit www.sigtheatre.org for more.

WEDNESDAY/AUG. 12

Spanish Inspired Art Jam. 5:30-7:30 p.m. at Jaleo, 2250 Crystal Drive. Paint Spanish-inspired art, eat and drink. Tickets are \$20-25 dollars. Visit www.artjamzdc.com/crystal-city-artjamz-at-jaleo.

Open Mic Night. 8 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

THURSDAY/AUG. 13

The Rockets. 7 p.m. at Pentagon Row, 1201 S Joyce St. American cover band host a night of dancing and fun. Free. VIP tickets, which include local beer and food samplings, start at \$10. Visit www.pentagonrow.com.

Outdoor Movie. 8:45 p.m. at Arlington Public Library, 816 S Walter Reed Drive. Watch "The Great Gatsby" (2013), rated PG-13. Free. Visit www.library.arlingtonva.us.

FRIDAY/AUG. 14

The United States Air Force Band-Concert Band & Singing Sergeants. 8 p.m. at The Air Force Memorial, 1 Air Force Memorial Dr. Attend a wreath-laying ceremony at

7:45 followed by a concert, "Honoring the Greatest Generation." Admission is free. Visit www.usafband.af.mil.

Wytold Lebing Quartet. 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. Wytold has played original pieces alongside the National Symphony Orchestra. Free. Visit www.arlingtonarts.org.

Musical Performance. 9 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Fellowcraft with Freeform Radio and Fortuna perform. \$12. Visit www.iotaclubandcafe.com or call 703-522-8340.

SATURDAY-SUNDAY/AUG. 15-16

Shirlie's Pop-Up Sidewalk Sale. All day at the Village at Shirlington, 428-Campbell Ave. Select shops will offer special discounts. Free to attend. Visit www.villageatshirlington.com for more.

SATURDAY/AUG. 15

Caked Out Skateboard and Music Fest. 11 a.m.-5 p.m. at Powhatan Springs Skateboard Park, 6020 Wilson Blvd. Find skate contests, music, food, and shopping. Admission is \$5 for all days "open skate," and \$10 for skate contests and emcee/band battle. Visit www.solstik.com for more.

The Stewart Sisters. 6-8 p.m. at Westover Beer Garden & Haus, 5863 Washington Blvd. The Stewart Sisters is composed of a pair of sisters-in-law. Free. Call 703-536-5040.

Flashband '70s Showcase. 7:30 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. \$10. Visit www.iotaclubandcafe.com.

Rico Amero. 8 p.m. at Lubber Run Amphitheater, 200 N Columbus St. Amero features his family and other talented musicians for his soulful music. Free. Visit www.arlingtonarts.org.

SUNDAY/AUG. 16

Live Music. 9 p.m. at Galaxy Hut, 2711 Wilson Blvd. Local band DKvDK performs. Tickets are \$5. Visit www.galaxyhut.com.

MONDAY/AUG. 17

Run With A Ranger. 11 a.m.-12 p.m. at Bluemont Park, 601 N Manchester St. Patrons age 12 and older may participate in a 3-4 mile run with a park ranger along County trails. No registration required. Call 703-525-0168 or email bdurman@arlingtonva.us for more.

"Summer Hummer IV: Foreplay." 7:30 and 9:30 p.m. at Signature Theatre, 4200 Campbell Ave. Attend a strip-tease fundraising performance with the Washington, D.C. Theatre Community. \$35-100. Visit SigTheatre.org or call 703-820-9771.

The Bachelor Boys. 8 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. The Bachelor Boys party band performs a medley of era music, funk, old-school, jazz, and more. Free. Call 703-522-8340.

WEDNESDAY/AUG. 19

Open Mic Night. 8 p.m. Sign up to perform from 7:30-10 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Guests are welcome to perform poetry or music. Visit www.iotaclubandcafe.com or call 703-522-2354.

THURSDAY/AUG. 20

Revenge of Alpine. 5 p.m. at Fire Works Pizza, 2350 Clarendon Blvd. Alpine Beer Company and Green Flash Brewing Company team up for a special happy house. Admission is free, Visit www.fireworkspizza.com.

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Wakefield Football Enters 2015 as 'The Hunted'

Warriors hosted first playoff game last season.

BY JON ROETMAN
THE CONNECTION

The Wakefield football team's 2014 season is a tough act to follow.

The Warriors experienced their first winning season since 1983, and their 7-3 regular-season record was the school's best since 1972. Wakefield hosted a playoff game for the first time in program history and defeated Potomac Falls 25-18 before falling to Tuscarora in the 5A North region quarterfinals.

Eight months later, many of the athletes who helped Wakefield produce one of the best seasons in school history are back for the 2015 campaign. Ask some of the Warriors about their expectations for the coming season and they seem focused on continued success.

"We're going to aim high — aim as high as we can," rising senior linebacker Kevin Greenwell said. "Expectations are set way higher than last year."

"We're going to approach it the same way we approached it last season," rising senior running back Kareem Hall said, "we're not going to let any team sleep on us, we're not going to sleep on any team."

Rising senior running back Leon Young said he wants to "raise eyebrows" in the fall and "make it a show."



Wakefield rising senior linemen Anthony Tham, left, and Ryan Jones go through a drill during practice on Monday.

Third-year head coach Wayne Hogwood, however, isn't so sure the Warriors know what's coming when they open the season in September.

"This year, for us as coaches, we know that people are going to come give us the 'A' game and that we're not going to be a sleeper on anybody's radar because we've proven ourselves over the last two seasons that we can at least be competitive, but I don't think [the players] know it yet," Hogwood said. "I think the success of last year came so fast that they just expect to be successful — which is part of it. We want that mentality and that attitude, but we've got to get the same work and we've got to learn that little small things that shot us in the foot a year ago or two years ago can be

detrimental to having the type of season that we think we should have this year."

For the Warriors, 2015 is uncharted territory.

"We've never been 'the hunted' at Wakefield," said Hogwood, a 2000 graduate of the South Arlington school and former quarterback who held the program's single-season passing yardage record for 12 years. "That makes it difficult."

On offense, Wakefield will need to fill the void at quarterback left by 2015 graduate Riley Wilson, who started for two seasons after transferring from Yorktown. The top candidate to replace Wilson is rising junior Tim Stroble. Rising sophomore Colton Poythress, who started on the freshman team during his eighth- and ninth-grade



Rising senior linebacker Kevin Greenwell is one of Wakefield's top defensive players.

years, is also competing for the job.

Helping ease the young quarterbacks' transition to the varsity level will be running back Young, who was a standout last season and is expected to have an even greater role this year.

"I think the offense at this point goes through Leon," Hogwood said. "... If he was on any team in the region, the coach would want to get him the ball 20 times a game or more."

Hall and rising senior receiver Chris Robertson also figure to be offensive threats.

The offensive line returns four starters: rising senior left tackle Julius Johnson, rising senior center Miles Kerby, rising senior right guard Ryan Jones and rising junior

SEE 'THE HUNTED,' PAGE 11

WGCC Swimmers Repeat as CCSDA Champs

For the second year in a row (and the sixth time in the league's 63-year history), the Washington Golf and Country Club Lightning swimmers won the Country Club Swimming and Diving Association championship meet. This victory capped off an undefeated season for the Lightning.

Unlike the other local swim leagues that wrap up with individual all-star meets, the CCSDA swim season culminates in a two-day "Champs" meet that is a team event. Each of the league's 15 teams sends two swimmers per event. All of the swimmers compete on day one and only the top 16 swimmers in each event return on day two to score points for their teams. Although WGCC only won seven individual events and one relay event, its depth proved too much for the competition. In almost every event, both Lightning swimmers finished in the top 8 — a feat unmatched by any other team.

The Lightning's only double winner was Kiera Johnson. She won the girls' 10&U back in a time of 17.40 — which set a new pool record at Lakewood. Johnson also won the girls' 10&U fly in a time of 16.40.

WGCC also had a handful of single win-



PHOTOS
CONTRIBUTED

Lightning swimmers celebrate winning the CCSDA championship.

ners. Izzy Bernasek won the girls' 8&U back in a time of 21.46. Amanda DiMeglio won the girls' 12&U IM in a time of 1:17.79. Charlotte Thomson won the girls' 12&U breast in a time of 38.68. Richard Gentry won the boys' 14&U breast in a time of 31.32 — new CCSDA Champs meet and Lakewood pool records. Finally, Zander Zidlicky won the boys' 18&U fly in a time of 27.51.

The following swimmers also earned

points for the Lightning: 8&U swimmers Caroline Klauder, Matthew Lepre, Andrew Maria, Mackie Repke, Maren Schwarz, Will Scribner, Matthew Shay, and Emme Yoder; 10&U swimmers Arav Bhargava, Luke Bernasek, Rowan Clancy, Sean Curran, Lily Darcey, Grace Loper, Grace Maria, Conner McCarthy, Liam Thomson, and Lucas Zidlicky; 12&U swimmers Rajan Bhargava,

SEE SWIMMERS, PAGE 11



WGCC's Amanda DiMeglio won the 12&U IM at the Champs.



Izzy Bernasek and Maren Schwarz celebrate their first and third backstroke finish at Champs.

WELLBEING

Teams in Training Getting in shape while raising money for charity.

BY MARILYN CAMPBELL
THE CONNECTION

Rain poured from a gray March sky. Drenched racers wound their way through Washington, D.C. before spilling across the finish line at R.F.K. Stadium, their running shoes heavy and soaking wet.

"We were freezing cold and shivering the entire time," said Ann Goettman of McLean. "We looked like we'd been through a car wash."

Goettman and others on her team of would not let the elements deter them from completing the 2015 D.C. Rock'n'Roll Half Marathon. They'd spent the last four months running, walking and lifting weights as part of a

Team in Training (TNT) fundraising effort to support the Alexandria, Virginia-based Leukemia & Lymphoma Society (LLS). Participants pledged to raise money for a charity in which they believe by training for and competing in marathons, triathlons, cycling and hiking. In turn, they get access professional fitness coaches who guide them as they set fitness goals, boost their endurance, lose weight, and get toned taut.

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape," said Jaclyn Toll, Deputy Executive Director of the Leukemia & Lymphoma Society.

"It brings you together with other like-



PHOTO COURTESY OF LYNNE O'BRIEN

The LOL team in training crosses the finish line at the Nike Women's Half Marathon in Washington, D.C. McLean residents (from left) Chris Fraley, Mary Ellen Overend, Barbara Overstreet, Dorothy McAuliffe (McLean and Richmond. First Lady of Virginia), Lynne O'Brien, Beth O'Shea, Lauren O'Brien (Denver Colo.), Kim Aubuchon and Terry Lineberger.

minded individuals, people who are into the combination of philanthropy and health and wellness."

A central figure on Goettman's team is Lynne O'Brien. In fact, the group came together in O'Brien's honor after she was diagnosed with leukemia three years ago. Daunted by the challenge, but motivated by the prospect of hope, she ran her first

half marathon in 2013.

"A huge benefit is that we were all getting in shape and were uniting around a cause," said O'Brien. "I lost weight and it was great for my stamina and overall health. I'm 53 and it's great to know that I can run a half marathon."

The coaching staff, says O'Brien, has an effective program that whips racers into

shape before each event. Lessons range from using proper form during a workout, stretching to prevent injury and hydration and nutrition to sustain the level energy necessary to complete race.

"They break it down into small parts, and on one day we'll fast run for shorter distance and the next day," she said. "They get pretty specific. They're telling you how to move your arms and hold your head and even how you should step."

The metamorphoses are often beyond the physical. "In terms of their outlook on exercise and their new found love of long distance exercise and endurance, the transformation unbelievable transformation," said Skye Donovan, Ph.D., department chair and associate professor of Physical Therapy at Marymount University in Arlington volunteers as coach for TNT.

One of the factors in the evolution of the mindset of the team members is camaraderie and the knowledge of a higher cause.

"New drugs are coming down the line," O'Brien said. "Doctors say it's an exciting time for them. Since I was diagnosed three years ago, five new drugs have come into the market."

Many train for and endure physical fetes that seemed unattainable at first thought. "I am not an athlete, I'm a busy, 53-year-old mom of five kids. I'm busy," said Beth O'Shea of McLean. "But the next thing you know I'm getting myself in shape, meeting new people and going on long walks."

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs fo Aug. 10-15.

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, Aug. 11, Atlantic City, N.J., \$10; Wednesday, Aug. 12, Riverside Dinner Theater, Fredericksburg, "The Wedding Singer," \$66; Thursday, Aug. 13, Rod 'n Reel, Chesapeake Beach, Va., \$76; Saturday,

Aug. 15, The Kennedy Center, "The Book of Mormon," matinee, \$143. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

The importance of the honeybee, Monday, Aug. 10, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Classical music appreciation, Monday, Aug. 10, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Pickleball games and instruc-

tion, 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.

Treatment options for high

blood pressure, Tuesday, Aug. 11, 11 a.m., Walter Reed. Free. Register, 703-228-0955.

Free legal assistance, Tuesday, Aug. 11, 9:30 a.m., Langston-Brown. By appointment, 703-778-6800.

Difference between senior living contracts, Tuesday, Aug. 11, 1 p.m., Lee. Free. Register, 703-228-0555.

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.

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to have done it.
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Back On Track



By KENNETH B. LOURIE

Having reread last week's column a time or two now, I've realized that I neglected to update you regular readers – especially those of you who read my most recent pre- and post-scan columns: "Abyssful" Ignorance and Scant Know For Sure Anymore – on the previous week's scan results. Once again, I have defied the odds – maybe statistics would be a better word? Nevertheless, my tumors remain stable, as do I, and I remain amazingly lucky as well. As to the reasons why I continue to "thrive," perhaps it's due to the marketing campaign of the HMO that is responsible for my care.

Certainly I'm living proof that all is not lost when lost is where you seem to be. Six and a half years ago at my diagnostic ground-zero: 2/27/09, my oncologist offered little hope. Though he was honest and direct in his presentation of the facts, statistics, treatment, etc., he was not particularly encouraging. To invoke a quote from Lt. Col. Henry Blake from a long-ago M*A*S*H episode: my oncologist didn't exactly "blow any sunshine up my skirt." It was quite the opposite, in fact. When we questioned him further about my chances of living beyond two years or even beyond five years (two time frames he cited), he did acquiesce and agree that sure, it's possible I could be the one (almost literally) that could survive beyond the rather grim prognosis of "13 months to two years" that I was given.

Not that I doubted him, but when you're a lifelong non-smoker, asymptomatic with no immediate family history of cancer; being told at age 54 and half that you have late-stage lung cancer and have maybe two years to live, is not simply a hard pill to swallow, it's an impossible pill to swallow and yet swallowing now becomes the least of your problems, especially considering that heavy-duty chemotherapy was scheduled to begin in six days. That's when you realize you're not in Kansas anymore, and when your hair falls out a few weeks later and you start to look ashen gray in the face and hollow in the eyes – and feel even worse than you look, it's easy to start believing the extremely discouraging news given to you by your oncologist.

But somehow you must – not believe, because believing can be very disheartening. And "disheartening" leads to and creates negativity, and negativity is almost as harmful as the chemotherapy itself. Cancer may have a mind of its own (figuratively speaking), but so do you, and using it to "laugh, think and cry" as Jim Valvano encouraged ("a full day" as he called it) in his ESPY speech in 1993 while accepting the first-ever Arthur Ashe Courage and Humanitarian Award, is perhaps what makes one stronger – or possibly strong enough, emotionally. And given the ravaging effects of chemotherapy, you're going to need that emotional strength to compensate for the physical weakness you're likely to experience during your treatment. Cancer is difficult enough on its own; you don't need to make it any worse.

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

SPORTS

'The Hunted'

FROM PAGE 8

right tackle Ian Harris.

On defense, the Warriors' 3-4 scheme is anchored by rising senior nose guard Anthony Tham, who is also a kick-blocking force on special teams. Greenwell is a tackling machine at inside linebacker. Rising senior defensive end Maurice Gaskins, and outside linebacker Robertson are also defensive playmakers.

Three of Wakefield's first four games are on the road. After opening at Broad Run on Sept. 4, the Warriors will travel to face Yorktown on Sept. 11. Wakefield will host Washington-Lee on Sept. 18 before traveling to face Falls Church on Sept. 25. The Warriors then have four of their final six regular season games at home, starting with Mount Vernon on Oct. 2.

"I think anything under seven wins, we messed it up," Hogwood said of Wakefield's expectations. "... If we come out and do what we're supposed to do and our players play at a top level and we coach at a top level, I think seven wins or higher is the expectation we should have in our conference (13) every year."

How the Warriors handle being "the hunted" will likely impact Wakefield's level of success in 2015.

"I want them to be a little bit arrogant, to think that anybody that comes to play us is going to get a great game and that we can beat anybody who we step on the field with," Hogwood said. "But at the same time, you can't just show up to win. We've got to put the work ethic behind those things to make all that come to fruition."

"... I just hope that eight wins last year and a playoff win didn't fill up their belly."

Swimmers

FROM PAGE 8

Jack Carman, Cab Fooshe, Paddy McCarthy, Peter Moore, Avery Nassetta, Helen Otteni, Tucker Wall, and Sophie Yoder; 14&U swimmers Cate Barrett, Ollie Bernasek, Jillian Johnson, Lindsay Lukehart, Charlie Moore, Petie Nassetta, Caroline Otteni, Angus Ricks, and Thomas Outlaw; and 18&U swimmers George Cranwell, David DiMeglio, Griffin Morche, Connor Morche, Kirby Nassetta, Caitlyn O'Berry, Faith Palmer, and GG Richmond.

The girls' junior medley relay team of Jillian Johnson, Charlotte Thomson, Kiera Johnson, and Emme Yoder won their relay in a time of 1:08.60 — a Lakewood pool record.

WGCC won with a total of 1421 points; Kenwood finished second with 1127.5 points; and Arlington's other CCSDA team — Army Navy — finished third with 1033 points. The WGCC swim team has never won three championships in a row; they look forward to the 2016 swim season with that goal in mind.

Also, WGCC's Ryan Baker qualified for the Olympic trials in the 100-meter backstroke at the National Club Swimming Association Champs.

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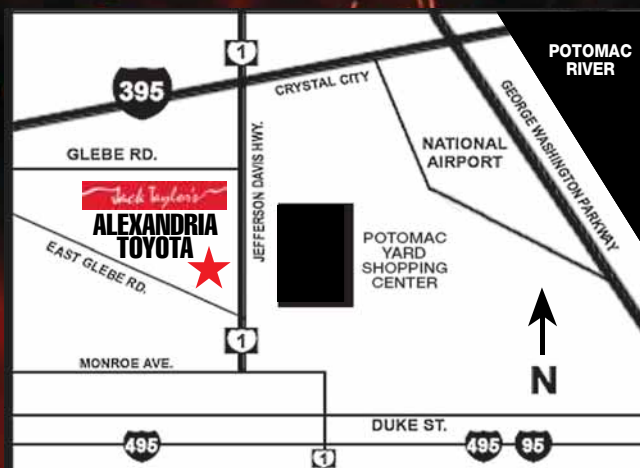
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