



# The Arlington Connection

Gwilliam Gammack and his father David stop in at the FreshBikes Bike Shop pit stop at Bike to Work Day May 20. David Gammack says they bike every day, dropping Gwilliam off at Glebe Elementary and then he heads to work at Marymount. They don't own a car. How long does it take? "Well, it depends on what mood Gwilliam is in that day." Greg Anderson (right) bikes from Falls Church every day, but "I don't wear this hat every day." This pit stop will probably have 500 bikers, one of the top stops out of 83 in the region.

## Bike to Work Day

SUMMER FUN, FOOD & ENTERTAINMENT

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## Restoring Four Mile Run

Arlington assesses costs, challenges, and benefits of transforming Four Mile Run.

BY VERNON MILES  
GAZETTE PACKET

**E**cologically, Four Mile Run is a problem for Arlington. Through out the '60s and '70s, Four Mile Run along the City of Alexandria's northern border with Arlington was flooding. Former U.S. Rep. James Moran remembers seeing the damage as the waters swept through Arlandria, pushing people out of their homes and destroying what was left. The city turned to the U.S. Army Corp of Engineers, who dredged the creek and poured in a concrete foundation. In a way, the city was saved, but this also created a new problem. The concrete works destroyed many of the natural habitats that were formed along the stream, and the creek was transformed into a lifeless gully.

Alexandria recently celebrated the re-opening of its newly restored Four Mile Run, and in Arlington plans currently await County Board approval before the northern shore of Four Mile Run is transformed.

In 2006, Arlington and Alexandria approved a joint Restoration Master Plan to maintain the flood mitigation measures but also to restore many of the natural habitats along the stream that had been lost. On Saturday, May 14, Moran joined other political and citizen leaders in celebrating the completion of part of Alexandria's Four Mile Run restoration project. The total cost of the Four Mile Run restoration in Area Six, the wetlands area just east of Mount Vernon Avenue, was \$1.8 million. Total project costs for the Four Mile Run restoration are divided between government agencies, contributions from Fairfax, Alexandria, and Arlington, as well as federal earmarks secured by Moran before he left office.



Area Six, site of the current Alexandria improvements and future Arlington shore restoration.

"The construction bid for the Arlington project is \$2.9 million," said Aileen Winquist, watershed outreach program manager for Arlington. "With a contingency of 20 percent, the total requested authorization that the County Board will consider in June is \$3,500,040. Funds for construction of the Four Mile Run Tidal Restoration Project are identified in the Stormwater Program Capital Improvement Fund, funded by the Stormwater Fund. The programmatic cost estimate in the proposed FY17-26 CIP is \$4 million."

Arlington could also be relying on several grant programs to help fund the project.

"Arlington has State and Tribal Assistance Grants (STAG) that, at this time, are approved by Virginia DEQ and EPA to be available on a reimbursable basis following project completion," said Winquist. "The STAG funds available for construction will offset 55 percent of the total project costs up to a maximum reimbursement of \$1.74 million. These funds will reduce the total project cost charged to the Stormwater Fund by up to \$1.73 million, depending on

the final cost of the project."

It's an expensive project, but one that looks to have a transformative effect on Arlington's southern border. Arlington's Master Plan describes Four Mile Run as an untapped and forgotten resource. While Four Mile Run forms the border between Alexandria and Arlington, the full nine miles of the stream runs primarily through Arlington County.

Winquist said a large part of the program

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## Foster Parents Celebrated at Gala Dinner

Foster parents were hesitant at first, now committed.

BY EDEN BROWN  
THE CONNECTION

**O**ne of the attendees asked an honoree at the May 16 gala dinner for foster parents how long she and her husband had been foster parents. "Oh, since Saturday at 10 a.m.," replied Shelly Porter. She and her husband Rob smiled at each other with a look of mutual amazement: "We had just finished the certification course ... and then the phone rang, and they had a first grade boy who needed a placement." The Porters don't have children so they are relieved their

first child was an easy one.

Shira and Ben Simon said they had come to the dinner to support the Burkas, Arlington's Foster Parents of the Year, who were receiving their award. They said they had been fostering children for six years. The training Arlington County gave them was invaluable. For instance, Arlington's Foster Care team taught them how to talk about loss. "I'd never had any loss in my life," Simon said. "It really helped when I had to talk to kids who had lost a parent." He and his wife take breaks from fostering when they have to so they will stay energized, and they recommended

that to the newer foster parents at the table.

The Simons described their journey to becoming foster parents: Shira was interested in going to the information session. He went with her and on the way home she was interested in taking the training. He said, "You've got to be crazy." They did the training, and when it was over, he said: "We have to do this."

Arlington's Department of Human Services told the assembled crowd, which included County Board member Katie Cristol, that they were happy to see a 62 percent increase in people taking the

training. "We are honoring you here tonight because you share your families, you answer the phone when we call even when it's not convenient, and you even adopt kids when no one else is able."

Cristol issued a proclamation that noted there are 4,700 children in foster care in the Commonwealth. She praised the community-based organization which makes it possible for Arlington's foster children to get a chance to live in a family and be safe, and proclaimed May Foster Care Month in Arlington County.

Christi Donoso and Zack Best, a speech therapist and lawyer re-

SEE FOSTER PARENTS, PAGE 4



**Ben and Shira Simon of Arlington are pleased with how smoothly things have gone with their infant placement. Fortunately, they had parental leave they could draw on to take care of him the first few months.**



# Foster Parents Hesitant at First, Now Committed

FROM PAGE 3

spectively, were also on their first placement. They had put down the ages 0-6 years as their preference, feeling the toddler range was more their speed as first-time parents. Their phone call came not long after and they were asked to come to the hospital to pick up a newborn boy ... they knew nothing about taking care of a baby and had no equipment, but agreed, with a quick stop at Target to pick up all the newborn layette. They have had their foster son for three months, said he is sleeping nicely at night now, and declined to provide any further informa-



PHOTO BY EDEN BROWN/

**Charade Barbour became a foster mom last November. She got a placement right away of 18-year-old twins, one of whom attended the dinner with her. Barbour also has an infant she gave birth to a year ago.**

tion as they hope to reunite him with his birth mother some day and want to protect her privacy.

The Burkas commented upon receiving their award that they were proud to be counted in a group like the one assembled in the Hilton last Monday. These are people who are willing to stay up all night with a placement whose parent was addicted: one has to wean the child off drugs that first night. They were thankful for the strong support network that made it possible for them to continue fostering, including their birth children, and their immediate families, who some-

## Becoming a Foster Parent in Arlington County

The Department of Human Services provides support and arranges day care as needed. Working couples can foster. Single parents can foster.

Foster care is a temporary living arrangement providing care and parenting for children who can no longer live in their homes because of abuse, neglect or other severe family problems. Social workers help families resolve problems so that their children can return home without further incidence of abuse or neglect.

- ❖ Children may need foster families for a few days, months or years.

- ❖ There's a special need of foster families for African American, Hispanic and children of other cultural backgrounds.

- ❖ There is also a need of families for teenagers, sibling groups and children with special needs.

times had to step in, like Burka's father, who once had to drop what he was doing and drive to Arlington to take care of the children and get them off to school. Burka praised the Arlington County Foster Care program, which they said is what keeps them coming back.

All the couples at the dinner noted that the county helps to arrange day care for

### Foster Parent Qualifications

- ❖ Able to accept a child who needs a lot of patience, understanding and love
- ❖ Over the age of 21
- ❖ Married or single
- ❖ With or without biological children
- ❖ Employed inside or outside the home
- ❖ Living in a house or apartment in Arlington County or the surrounding Virginia area Children in Foster Care
- ❖ Are of all ages and races
- ❖ Come from all kinds of family backgrounds
- ❖ Are experiencing the pain of separating from their families.

Contact Arlington County Foster Care and Adoption at 703-228-1550 or email [openheartsopenhomes@arlingtonva.us](mailto:openheartsopenhomes@arlingtonva.us).

children so that the whole burden is not cast on parents. Many of the couples were dual working couples who early on in the process became believers in day care.

The next information session for interested potential foster parents is on Wednesday, June 1, from 6:30-8:30 p.m.

See: <https://family.arlingtonva.us/foster-care>.

## BULLETIN BOARD

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.

### COMMUNITY FEEDBACK

#### County Auditor Wants to Hear from Community.

County Auditor Jessica A. Tucker is calling on residents with specific concerns to use the newly created online Audit Suggestion Form for potential reviews of county programs and services — or to suggest improvements in county efficiency, transparency and accountability. Visit [countyboard.arlingtonva.us/county-auditor](http://countyboard.arlingtonva.us/county-auditor).

### COURSES FOR SENIORS

#### SeniorTech Computer Training.

JCA SeniorTech offers computer classes for 50+ in Crystal City. Visit [www.AccessJCa.org/](http://www.AccessJCa.org/) SeniorTech or call 240-395-0916 for more information and to register.

### SEPT. 10-21

#### 2016 Northern Virginia Senior Olympics.

Online registration will open July 5. Registration forms will be mailed to previous participants in late June and will be available at community and senior centers, senior residences and event venues. The registration fee of \$12, which covers multiple events, remains the same. Three events have an added fee, ten pin bowling, golf and orienteering. Deadline for registering is Aug. 27 (by mail), Sept. 3 (online). Call 703-830-5604 or email [nvso1982@gmail.com](mailto:nvso1982@gmail.com) for more. To volunteer, call 703-403-5360.

### DONATIONS WANTED

#### The Arlington Food Assistance Center's Plot

Against Hunger program is again seeking local vegetable gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry. AFAC can provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Seeds available now at AFAC, 2708 S. Nelson Street, during regular business hours: Monday-Friday, 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Visit [www.afac.org/plot-against-hunger/](http://www.afac.org/plot-against-hunger/) or contact Puwen at [Puwen.Lee@afac.org](mailto:Puwen.Lee@afac.org) or 703-845-8486.

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# Restoring Four Mile Run

FROM PAGE 3

will be removing the stone riprap along the shoreline and creating a living shoreline comprised of native plants. Winquist said much of the broken up stone coastline may be reused as part of the living shoreline concept.

The living shoreline plan adds two major ecological benefits: restoration of native species to the area and pollution control. Winquist said the sediment along the shores more efficiently controls the flow of pollutants than the current stone embankment. However, the goal of the project is not to decrease flood protections that initially made the riprap necessary.

"[The Living Shoreline] will maintain flood control at existing levels," said Winquist. "It won't reduce floodplain capacity."

But while the new plans maintain current flood controls standards, the standards have lowered over time. In 2004, a study showed that extreme flooding (the 100-year event, as water management experts term it) was 29 percent less likely than similar flooding in 1972. According to the Four Mile Run Restoration Master Plan, this gives the project more leeway with re-installing natural ecological and aesthetic elements to the project without decreasing flood protection.

The final result of the living shoreline is visible just across the water in Alexandria. The Alexandria side features a tidal basin and a densely foliated park. Dana Wedeles, Alexandria park planner, said the new park has a variety of wildlife, from turtles to foxes and deer. While walking along the trail, Wedeles pointed off to the side where several animal tracks were visible in the mud.



PHOTO BY VERNON MILES/THE CONNECTION

## Turtles and ducks in the goose-free zone of the restored Four Mile Run.

The project still has a few challenges. The restored wetlands area is regularly sprayed for invasive species, but just upstream the coast is littered with invasive plants. Garbage also floats down the creek and onto the shore from upstream, but Wedeles said there's not much can be done about that. In the Arlington Master Plan, additional noted challenges include working around the existing sewer and power lines near Four Mile Run.

While the Alexandria side has a trail through the park for visitors, it currently lacks connectivity to the rest of the city or to the Mount Vernon trail. On the Arling-

ton side, however, the Four Mile Run paved bike trail runs along the shore and connects with the Mount Vernon and Washington & Old Dominion trails. Winquist said the trail will have to be detoured through Alexandria during the construction of the project, but said that once the project is finished the trail will be rebuilt and upgraded to current trail standards.

The Four Mile Run restoration plan goes before the Arlington County Board at its June 18 meeting. Winquist said, if the project is approved, construction is expected to begin in August or early September with approximately one year for construction.



# BULLETIN BOARD

FROM PAGE 4

## THROUGH JUNE 6

**Click It or Ticket.** The Arlington County Police Department is reminding motorists to Click It or Ticket. As part of the national seat belt enforcement campaign, law enforcement agencies around the country will be stepping up enforcement ahead of one of the busiest travel weekends of the year. For more information on the Click It or Ticket mobilization, visit [www.nhtsa.gov/CIOT](http://www.nhtsa.gov/CIOT).

## WEDNESDAY/MAY 25

**"The Future of Energy."** 6:30 p.m. at Arlington Cinema and Drafthouse, 2903 Columbia Pike. Join ACE for a screening of the film "The Future of Energy." This film will be followed by an in-depth discussion of energy issues and the future of renewables in Virginia led by Ivy Main, a volunteer with the Virginia Chapter of the Sierra Club and blogger at "Power for the People, VA." \$5 for students and \$10 for general admission. Visit [arlingtondrafthouse.com](http://arlingtondrafthouse.com) for tickets.

## SATURDAY/MAY 28

**Temporary Road Closures.** 10-11:30 a.m. on eastbound I-66. Traffic will be impacted by temporary closures to allow veterans of the Vietnam War to travel to the Arlington National Cemetery. Route 110 southbound and Washington Blvd. (Route 27) near Columbia Pike will also incur temporary traffic disruptions. In addition, between 12:30-1:30 p.m., traffic in the Crystal City area may experience delays as another veterans' group is escorted through the area. Contact Sergeant Leonard Hurd at 703-228-4146 for more.

## MONDAY/MAY 30

**Holiday Closing: Memorial Day.** Arlington County Government offices, courts, libraries and facilities. Trash and recycling collection will take place as usual. Metered parking will not be enforced. Visit [topics.arlingtonva.us/holiday-schedule/](http://topics.arlingtonva.us/holiday-schedule/) for more.

**Application Deadline.** Leadership Center for Excellence and Leadership Arlington is seeking young leaders with an

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PHOTO BY SHIRLEY RUHE/ THE CONNECTION

## Balancing Commuter Options

**Bike to Work Day on May 20 celebrated commuting as a clean, fun and healthy way to get to work. There were seven Arlington pit stops including this FreshBikes Bike Shop stop at Ballston. Booths lined the parking lot with free Bike to Work-T shirts, energy bars and multi-colored drinks, bike maps and a unicyclist for entertainment.**



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# Remembering on Memorial Day 2016

## Observe a moment of silence.

On Memorial Day, we remember all of those who have died in military service, more than 400,000 in World War II, more than 30,000 in Korea, more than 50,000 in Vietnam.

As many as 620,000 soldiers died in the line of duty in the Civil War, stunningly about 2 percent of the population at that time. To compare, while more than 2.5 million soldiers have served in Iraq and Afghanistan, that number is still less than one percent of the U.S. population.

Since Sept. 11, 2001, more than 6,880 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

On Memorial Day, there are many ways to remember the fallen, including a visit to Arlington National Cemetery, or many other local commemorations. But at a minimum, wherever you are, you can observe a moment of silence at 12:01 p.m. along with Iraq and Afghanistan Veterans of America (IAVA), or you can set your own moment at some point during the day.

More than 52,000 U.S. military service members have been wounded in action, although that number is likely to be revised upward. In 2013, the military confirmed traumatic brain injury in more than 220,000 of the more than 2.5 million troops who have served in Iraq and Afghanistan. The long-term consequences of many of these injuries, including mental health consequences, are unknown, but they will require a national commitment to excellence in health care and services for both active duty military personnel and veterans. Virginia's U.S. Senators Mark Warner and Tim Kaine continue to advocate for better service from the Veterans Administration.

Since Memorial Day 2014, the Department of Defense announced the death of one service member from Virginia, Marcus D. Prince, 22, of Norfolk, Virginia, who died April 26 in Juffir, Bahrain.

Between Memorial Day 2014 and 2015, two military service members from Virginia. Sgt. Charles C. Strong, 28, of Suffolk, died Sept. 15, 2014 in Herat Province, Afghanistan while conducting combat operations. Sgt. David H. Stewart, 34, of Stafford, was one of three Marines who died June 20, 2014 while conducting combat operations in Helmand province, Afghanistan.

**EVERY YEAR** before Memorial Day, this newspaper names the local men and women who have died in military service since Sept. 11, 2001.

Army Sgt. Lyle D. Turnbull, 31, of Norfolk, died Oct. 18, 2013 in Kuwait, from a medical emergency. Capt. Brandon L. Cyr, 28, of Woodbridge, was one of four airmen who died April 27, 2013, near Kandahar Airfield, Afghanistan, in the crash of an MC-12 aircraft.

1st Lt. Robert J. Hess, 26, of the Kings Park West neighborhood of Fairfax, was killed by enemy fire on April 23, 2013, Afghanistan. Hess was known as "RJ" and graduated from Robinson Secondary School in 2005, where he played football, lacrosse and was the captain of the swim team. He was a U.S. Army Blackhawk helicopter pilot who deployed to Afghanistan on April 11, 2013. His family remembers his sense of humor and his natural leadership ability.

Master Sgt. George A. Banner Jr., 37, of Orange, died Aug. 20, 2013, of injuries sustained when enemy forces attacked his unit with small arms fire in Wardak Province, Afghanistan.

Spc. Caryn E. Nouv, 29, of Newport News, was one of two soldiers who died July 27, 2013 in Ghazni Province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device and small arms fire.

Lance Cpl. Niall W. Coti-Sears, 23, of Arlington, died June 23, 2012, while conducting combat operations in Helmand province, Afghanistan. Coti-Sears loved music, played the guitar, composed songs and entertained family and friends at holiday gatherings. Niall was very close to his grandfather, William Coti, who was a Marine. "He was always my protege," William Coti told the Arlington Connection. "He always wanted to be a Marine and he followed my example. It weighs heavily on me that this had to happen."

### EDITORIAL

Chief Warrant Officer Five John C. Pratt, 51, of Springfield, died May 28, 2012 in Kabul, Afghanistan, when his helicopter crashed.

Staff Sgt. Jessica M. Wing, 42, of Alexandria, died Aug. 27, 2012 in Kuwait City, Kuwait.

In February 2012, Brig. Gen. Terence J. Hildner, 49, of Fairfax, was the highest ranking military officer to die in the war. Hildner died Feb. 3, 2012 in Kabul province, Afghanistan.

Sgt. Aaron X. Wittman, 28, of Chester, Virginia, died Jan. 10, 2013 from small arms fire. Sgt. David J. Chambers, 25, of Hampton, Virginia, died Jan. 16, 2013 from a roadside bomb. Sgt. Robert J. Billings, 30, of Clarksville, Virginia, died Oct. 13, 2012 when enemy forces attacked with an improvised explosive device. Staff Sgt. Jonathan P. Schmidt, 28, of Petersburg, Va., died Sept. 1, 2012 from enemy small arms fire. 1st Lt. Stephen C. Prasnicky, 24, of Lexington, Virginia, died June 27, 2012, from a roadside bomb.

Aaron Carson Vaughn, 30, was one of 30 American service members and 22 Navy SEALs killed Aug. 6, 2011 when their Chinook helicopter was shot down in Afghanistan. Vaughn's family has ties to McLean and Burke. He is survived by his wife, Kimberly, and their two children.

Spc. Douglas Jay Green, 23 of Sterling, died Aug. 28, 2011. when insurgents attacked his unit using a roadside bomb in Afghanistan. Green enlisted in 2007, after attending Potomac Falls High School.

Pfc. Benjamin J. Park, 25, of Fairfax Station, died June 18, 2010 at Zhari district, Kandahar, Afghanistan, of injuries sustained when insurgents attacked his unit with an improvised explosive device.

May 12, 2010, Donald J. Lamar II, 23 of Fredericksburg, was killed in Afghanistan. Christopher D. Worrell, 35 of Virginia Beach, was killed in Iraq on April 22, 2010. Steven J. Bishop, 29 of Christianburg, was killed March 13, 2010 in Iraq. Kielin T. Dunn, 19 of Chesapeake, was killed Feb. 18, 2010 in Afghanistan. Brandon T. Islip, 23 of Richmond, was killed Nov. 29, 2009, in Afghanistan. Stephan L. Mace, 21 of Lovettsville, died Oct. 3, 2009 in Afghanistan.

Bill Cahir, 40 of Alexandria, died Aug. 13, 2009 of a gunshot wound while conducting combat operations in the Helmand Province of Afghanistan. After Sept. 11, 2001, Cahir decided to leave his career as a journalist and join the Marine Corps. His application to become a Marine was denied because of his age, but he successfully lobbied members of Congress to get a special exemption.

Lance Cpl. Daniel Ryan Bennett, 23 of Clifton died Jan. 11, 2009, in Helmand Province, Afghanistan. 2nd Lt. Sean P. O'Connor of Burke died Oct. 19, 2008 while stationed at Hunter Army Air Field, Savannah, Georgia. O'Connor was an athlete in soccer, baseball and football who attended Fairfax County Public Schools and was a 1999 graduate of Bishop Denis J. O'Connell High School in Arlington.

Pfc. David Sharrett II, 27 of Oakton, died Jan. 16, 2008 in Iraq. On Oct. 24, 2008, his father, David H. Sharrett, was on hand as the Oakton Post Office on White Granite Drive was renamed to honor his son. But the senior Sharrett has battled to learn the truth about his son's death, that he was killed by his lieutenant in a "friendly fire" incident. In April, 2012, Sharrett Sr. obtained documents confirming some of the details of his son's death and a subsequent cover-up.

Army 1st Lt. Thomas J. Brown, 26, a George Mason University graduate and Burke resident, died on Sept. 23, 2008, while serving in Iraq, from small arms fire.

Sgt. Scott Kirkpatrick, 26, died on Aug. 11, 2007, in Arab Jabour, Iraq. Kirkpatrick, who graduated from

Park View High School in Sterling, and also considered Herndon and Reston as his hometowns, was a champion slam poet.

Ami Neiberger-Miller lost her brother, U.S. Army Spc. Christopher Neiberger, in August 2007 when he was killed by a roadside bomb in Iraq. He was 22.

Staff Sgt. Jesse G. Clowers Jr., 27, of Herndon, died when an improvised bomb exploded near his vehicle in Afghanistan on Aug. 12, 2007. Jonathan D. Winterbottom, 21, of Falls Church, died in Iraq on May 23, 2007, when an IED exploded near his vehicle.

Nicholas Rapavi, 22, of Springfield, died Nov. 24, 2006, during combat in Anbar province in Iraq. Army Cpl. Andy D. Anderson, 24, was killed by enemy fire in Ar Ramadi, Iraq on Tuesday, June 6, 2006.

Spc. Robert Drawl Jr., 21, a 2003 graduate of T.C. Williams High School, was killed by a bomb in Kunar, Afghanistan, on Aug. 19, 2006.

U.S. Army Specialist Felipe J. Garcia Villareal, 26 of Burke, was injured in Iraq and flown to Washington Hospital Center, where he died Feb. 12, 2006. He was a graduate of Herndon High School.

Capt. Shane R. M. Mahaffee, 36, a 1987 graduate of Mount Vernon High School, died May 15, 2006. He was a lawyer, married, with two children.

U.S. Marine Lance Cpl. Nicholas Kirven, 21, was killed in Afghanistan in 2005 during a firefight in a cave with insurgents. He enlisted while still in high school after Sept. 11, 2001.

Fairfax Station resident Pfc. Dillon Jutras, 20, was killed in combat operations in Al Anbar Province of Iraq on Oct. 29, 2005.

Maj. William F. Hecker III, a 1987 graduate of McLean High School, was killed in action in Iraq, Jan. 5, 2005. Staff Sgt. Ayman Taha, 31, of Vienna, was killed Dec. 30, 2005, when an enemy munitions cache he was prepping for demolition exploded. Army Capt. Chris Petty of Vienna was killed Jan. 5, 2006.

Staff Sgt. George T. Alexander Jr., the 2,000th soldier to be killed in Iraq, was literally born into the Army here in Northern Virginia, at DeWitt Army Hospital at Fort Belvoir. Alexander died at Brooke Army Medical Center in San Antonio, Texas, Oct. 22, 2005, of injuries sustained in Iraq five days earlier.

Lt. Col. Thomas A. Wren, 44, of Lorton, died in Tallil, Iraq on Nov. 5, 2005. Marine Capt. Michael Martino, 32 of the City of Fairfax, died Nov. 2, 2005, when his helicopter was brought down in Iraq.

1st Lt. Laura M. Walker of Oakton was killed on Aug. 18, 2005, in Kandahar, Afghanistan. CW4 Matthew S. Lourey of Lorton died from injuries sustained on May 26, 2005 in Buhriz, Iraq. Operations Officer Helge Boes of Fairfax was killed on Feb. 5, 2003, while participating in counterterrorism efforts in eastern Afghanistan.

Among other local lives lost: Lance Cpl. Tavon Lee Hubbard, 24, of Reston; 1st Lt. Alexander Wetherbee, 27, of McLean; 1st Lt. Jeff Kaylor, 25, of Clifton; Coast Guard Petty Officer Nathan B. Bruckenthal, 24, of Herndon; Army Chief Warrant Officer Sharon T. Swartworth, 43, of Mount Vernon; Command Sgt. Maj. James D. Blankenbecler, 40, of Mount Vernon; Capt. James F. Adamowski, 29, of Springfield; Sgt. DeForest L. Talbert, 22, of Alexandria; Marine Cpl. Binh N. Le, 20, of Alexandria; Staff Sgt. Russell Verdugo, 34, of Alexandria. Army Capt. Mark N. Stubenhofer, 30, from Springfield; Marine Gunnery Sgt. Javier Obleas-Prado Pena, 36, from Falls Church; Marine Sgt. Krisna Nachampassak, 27, from Burke; Army Staff Sgt. Nathaniel J. Nyren, 31, from Reston; Marine Lance Cpl. Tenzin Dengkhim, 19, from Falls Church, Navy Chief Joel Egan Baldwin, 37, from Arlington; Maj. Joseph McCloud, of Alexandria, and Major Gloria D. Davis, 47 of Lorton.

Capt. Jesse A. Ozbat, 28 of Prince George, Virginia, died on May 20, 2012 in Afghanistan from a roadside bomb. Constructionman Trevor J. Stanley, 22, of Virginia Beach, died April 7, 2012 while deployed to Camp Lemonnier, Djibouti. Pfc. Michael W. Pyron, 30, of Hopewell, Va., died Jan. 10, 2012 in Afghanistan. Maj. Samuel M. Griffith, 36, of Virginia Beach, died Dec. 14, 2011 in Afghanistan. Staff Sgt. James Ronald Leep Jr., 44 of Richmond, died Oct. 17, 2011 at Forward Operating Base Kalsu in Iraq. Spc. Levi Efrain Nuncio, 24 of Harrisonburg, died June 22, 2011 in Afghanistan. Capt. Michael Wray Newton, 30 of Newport News, died June 11, 2011 in Afghanistan. Capt. Charles A. Ransom, 31, of Midlothian was one of eight airmen who died April 27, 2011, at the Kabul International Airport, Afghanistan, from gunfire. Sgt. Sean T. Callahan, 23, of Warrenton died April 23, 2011 in combat in Afghanistan. Sgt. 1st Class Anthony Venetz Jr.,

SEE ON MEMORIAL DAY, PAGE 7

The  
Arlington  
Connection

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# On Memorial Day

FROM PAGE 6

30, of Prince William died Jan. 28, 2011 in Afghanistan, after being been seriously wounded months before. Spc. Sean R. Cutsforth, 22, of Radford, died Dec. 15, 2010 in Afghanistan. Spc. William K. Middleton, 26, of Norfolk died Nov. 22, 2010 in Afghanistan. Staff Sgt. Christopher F. Cabacoy, 30, of Virginia

Beach died July 5, 2010, in Afghanistan.

If you know of someone who should be included in this list, or if you would like to share how you are honoring the memory of a family member or friend lost, or about the progress of someone injured, please let us know.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for May 29-June 4.

**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:** Wolf Trap, U.S. Marine Band, fireworks, Sunday, May 29, \$6; Library of Congress tour, Tuesday, May 31, \$6; Tangier Island Cruise and lunch, Thursday, June 2, \$104; 43<sup>rd</sup> Annual Quilt Show, Chantilly, Friday, June 3, \$8 plus \$10 admittance fee; Manassas Heritage Railway Festival, intergenerational, Saturday, June 4, \$9. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

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

**Ice skating,** Mondays, 8:10 a.m. – 9:20 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4771.

**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.

**Northern Virginia Senior Olympics presentation,** Tuesday, May 31, 11 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 Trekkers,** Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

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

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

**Reinventing retirement workshop,** Wednesday, June 1, 5:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

**Creating a safer home,** Thursday, June 2, 1 p.m., Arlington Mill. Free. Register, 703-228-7369.

**Armchair travel to National Parks,** Thursday, June 2, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**Lee Woodcarvers share woodcarving tips,** Thursdays, 1 p.m. Free. Details, 703-228-0555.

**Scrabble games,** Thursdays, 1 p.m., Culpepper Garden. Free. Details, 703-228-4403.

**Readings of great plays,** Friday, June 3, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Chronic pain management,** Friday, June 3, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**Phillips Lifeline discussion,** Friday, June 3, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**What's new in Medicare,** Friday, June 3, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

**Lee Walkers,** Lee Senior Center, Fridays, 9:30 a.m., \$4. Register, 703-228-0555.

**Fast-paced walking group,** Fridays, 8 a.m., Aurora Hills. Free. Register, 703-228-5722.

**Mah Jongg,** Saturdays, 12 - 3:45 p.m., Walter Reed. Free. Register, 703-228-0955.

**Weight room,** seniors only, Saturdays, 7 - 10 a.m., Madison Comm. Center, 3829 N. Stafford St., \$60/15 sessions, register, 703-228-4771.



PHOTOS BY EDEN BROWN/THE CONNECTION

Neighbors welcome a chance to do some local shopping.

## Marymount Farmers Market Opens

The Marymount Farmers Market opened despite a steady rain on Saturday, May 21. The market will be open from 9 a.m.-1 p.m. on Saturdays.

Pies sold out, cheeses sold out, vegetables were doing a brisk business, and families gathered around the donut truck.

It turned out to be a great place to run into old friends from the neighborhood, as the refrain of "I haven't seen you in so long!" was heard several times.

See [www.marymountfarmersmarket.org](http://www.marymountfarmersmarket.org).

— EDEN BROWN



**John Little at his cheese stand:** Several of these cheeses sold out and residents tasting them were impressed with the quality of the Tow Path Camembert and Stone Barn Valencay, and Goat's milk fudge. The cheeses are antibiotic and preservative free.



**Dalton Clower at his vegetable stand:** He drives to Arlington from Romney, W.Va. — about two and a half hours. While not organic, Clower says he employs the IPM system — Integrated Pest Management — which starts with the lowest dose of pesticide and only raises the level when absolutely needed.

**The Spriggs Delight Goat farm is run by John Little and his family in Sharpsburg, Md. His grandmother started the business of making and selling goat cheeses.**



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### SUNDAY LITURGY SCHEDULE:

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Sunday: 7:30, 9:00, and 11:00 AM  
1:30 PM Spanish Liturgy

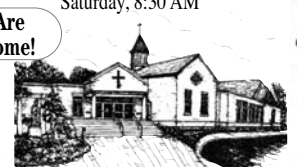
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# SUMMER FUN & ENTERTAINMENT

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

**Sci-Fi Book Club.** Third Wednesday of each month, 7-8:30 p.m. at Java Shack, 2507 N. Franklin Road. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).

**Gallery Underground: “Road Trip.”** Through May 28, gallery hours at 2100 Crystal Drive. During May, Gallery Underground features a national juried competition, “Road Trip.” The theme of this all-media show personalizes many aspects of taking a road trip: scenes from the road, people met along the way, all modes of transportation, and journeys both real and imagined. Free. Visit [www.galleryunderground.org](http://www.galleryunderground.org) for more.

**Play: “Collected Stories.”** Through May 29, 8-10 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. This comedy/ drama explores the complex relationship between a writing professor and her protegee. Tickets are \$25, \$20 for seniors and students. Visit [www.petersalley.com](http://www.petersalley.com) for more.

**Nancy McIntyre: “The Rhythms of Time.”** Through June 5, gallery hours at The Art League, 105 N. Union St. Nancy McIntyre’s silkscreens and paintings focus on different scenes and subjects over varying periods of time, from five minutes to four decades. Free. Visit [www.theartleague.org](http://www.theartleague.org) for more.

**Kenmore Students Glass Art Exhibit.** Library hours at Arlington Central Library, 1015 N. Quincy St. Kenmore Middle School students will have stained glass art displayed. Free. Email [jeffbrookland@me.com](mailto:jeffbrookland@me.com).

**Spring SOLOS 2016.** Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center announces its Spring SOLOS 2016 artists. Following a call in early 2015, jurors Melissa Ho, Assistant Curator at the Hirshhorn Museum and Sculpture Garden in Washington, D.C., and Chicago-based artist, Jefferson Pinder, recommended 14 artists for inclusion in center’s 2015-16 cohort of SOLOS artists. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**Exhibit: “As You Spread, I am Erased.”** Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Hedieh Javanshir Ilchi explores the notion of “duality,” to comprehend her cultural identity as an Iranian-American immigrant and the complexities that emanate from such cultural experiences. Her paintings reflect an interest in the fusion of Western abstraction and Persian Art, with an emphasis on the ornamentations of “Tazhib,” or the art of illumination. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**Exhibit: “Emerging Artists of Vacation Lane.”** Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This exhibition features works by a group of six high school seniors: Agnes Cheng, Nathan Dobbins, Nana Gongadze, Salome Gongadze, Marie Johnson and Evan McLean, students in the AP art class at H-B Woodlawn Secondary Program. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**Exhibit: “Jeweled Traditions.”** Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Paper-cut scenes depict rituals

of local families as remembered and enacted by Melanie Kehoss’ summer campers at Arlington Arts Center during the summer of 2015. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**Accepting Submissions: SigWorks.** Through June 15. The SigWorks: Monday Night New Play Readings Series features rising playwrights. Signature Theatre is accepting submissions for full-length plays (no musicals). Visit [www.bitly/sigworksubmissions](http://www.bitly/sigworksubmissions) to submit: full scripts with a clear cast/character breakdown, synopsis, name, address, phone number and email address.

**Art Exhibit: “Color Chords.”** Through July 10 at NOVA The Verizon Gallery – Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. Artists Jeremy Flick, Matthew Grimes, Bill Hill, Andrew Hudson, and Barbara Januszkiewicz display art inspired by The Washington Color School. Free. Visit [colorchordsdc.wix.com/nova](http://colorchordsdc.wix.com/nova) for more.

**Twilight Tattoo.** Wednesdays through Aug. 3, 7 p.m. at Joint Base Myer-Henderson Hall Summerall Field, Sheridan Ave., Fort Myer. Twilight Tattoo is an hour-long, live-action military performance that blends the precision and discipline of the 3rd U.S. Infantry Regiment (The Old Guard) with the orchestral sounds and pop music from The U.S. Army Band “Pershing’s Own.” Free. Visit [www.twilight.mdw.army.mil](http://www.twilight.mdw.army.mil).

## WEDNESDAY/MAY 25

**Lawn Chair Talk.** 6-8 p.m. at the Tiffany Gallery at Arlington Arts Center, 3550 Wilson Blvd. Pairing one artist and one entrepreneur to discuss their personal journey and best practices, each will speak for a half hour followed by a Q&A with both speakers. Free, but registration required. Visit [www.arlingtonarts.org](http://www.arlingtonarts.org) for more.

## THURSDAY/MAY 26

**Line Dance Jamboree.** 1-3:30 p.m. at Lee Senior Center, 5722 Lee Highway. Line dance levels progress from beginner to improver/easy intermediate. Free. Call 703-228-0555 for more.

**Cheers for Children.** 4-7 p.m. at Siné Irish Pub & Restaurant, 1301 S. Joyce St. NPH transforms the lives of abandoned and disadvantaged children in Latin America and the Caribbean by supporting the homes, healthcare and educational programs of Nuestros Pequeños Hermanos (NPH, Spanish for “Our Little Brothers and Sisters”). Attend this event to help orphaned, abandoned and disadvantaged children. Find refreshments and a raffle. Free, but donations accepted. Visit [www.nphusa.org](http://www.nphusa.org) for more.

## SATURDAY/MAY 28

**Central Arlington History Tour.** 9 a.m. at Clarendon Metro Station, Wilson Blvd. Walk from 1 to 12 miles (1 to 8 hours) visiting parks and historic sites in Clarendon, Ballston, Glencarlyn and surrounding areas. Tour historic locations dating from colonial times to early 20th century. Tickets are \$2 for non-members. Call 703-243-0179 for more.

## SATURDAY-MONDAY/MAY 28-30

**American Parkour Beast Coast Jam.** All day at Gateway Park, 1300 Lee Highway. American Parkour’s annual gathering of top parkour athletes from all over the world returns to Gateway Park. Tickets are \$10-94. Visit [www.beastcoast.americanparkour.com](http://www.beastcoast.americanparkour.com)

for more.

## MONDAY/MAY 30

**National Memorial Day Observance.** 8 a.m. at Arlington National Cemetery. Wreath-Laying ceremony at the Tomb of the Unknowns, followed by an observance and a prelude by the United States Army Band “Pershing’s Own.” Free. Visit [www.arlingtoncemetery.mil](http://www.arlingtoncemetery.mil) for more.

## TUESDAY/MAY 31

**Pet Therapy.** 10:15 a.m. at Walter Reed Senior Center, 2909 S. 16th St. Meet Zoe, a Yorkshire Terrier therapy dog. She is allergy free, does not shed, and enjoys people. Zoe does over a dozen tricks (jumps through a hoop, zigzags through a line of orange cones, goes through a tunnel, and more). This is followed by those who want to hold her and give her a treat. Free. Email [casb@gwu.edu](mailto:casb@gwu.edu) for more.

## MAY 31-JULY 10

**“La Cage Aux Folles.”** Various times at Signature Theatre, 4200 Campbell Ave. Signature Theatre presents the story of the 20-year relationship between Albin, the lead drag performer of The Saint-Tropez Night Club on the French Riviera, and Georges, the club’s owner, facing a test when their son announces his engagement to the daughter of ultra-conservative political parents. Tickets start at \$40. Visit [www.sigtheatre.org](http://www.sigtheatre.org) for more.

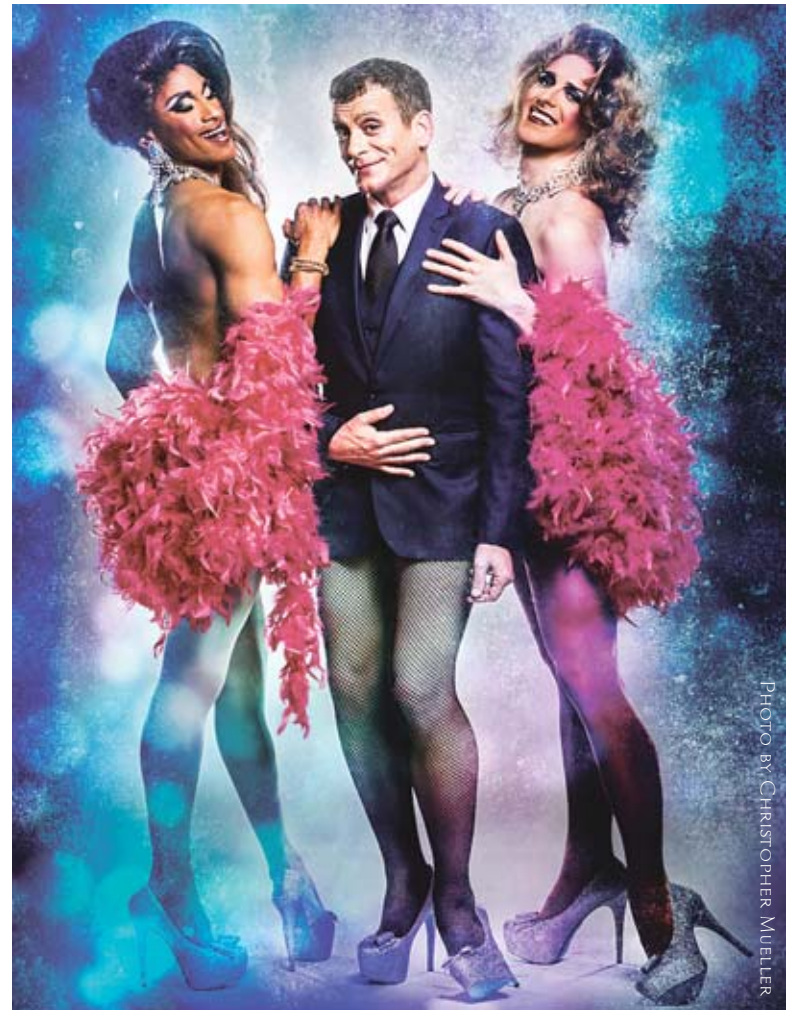
## WEDNESDAY/JUNE 1

**Northern Virginia Bird Club Walk.** 8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Join members of the Northern Virginia Bird Club for an informal walk through Long Branch and Glencarlyn Parks in search of resident and migratory birds. Experienced and beginning birders welcome. Bring binoculars and field guides if you have them. Free. Call 703-228-6535 for more.

**Summer Pruning of Shrubs and Perennials.** 1-3 p.m. at 2758 N. Wyoming St. Horticulture Agent Kirsten Buhls will demonstrate summer pruning techniques in the home landscape. Free. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Greater Washington DC Choral Excellence Awards.** 6:30 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. The Ovation Award for Outstanding Contributions to Choral Music will be presented to Stanley J. Thurston, Artistic Director of the Heritage Signature Chorale and of the Washington Performing Arts Men, Women, and Children of the Gospel Choirs. Dinner will be served. Tickets are \$125. Visit [www.choralis.org](http://www.choralis.org) for more.

**Opening Reception: “Color Chords: Vibrations of the Washington Color School.”** 6:30-8:30 p.m. at NOVA The Verizon Gallery – Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. Artists Jeremy Flick, Matthew Grimes, Bill Hill, Andrew Hudson, and Barbara Januszkiewicz display art inspired by The Washington Color School. Free. Visit [colorchordsdc.wix.com/nova](http://colorchordsdc.wix.com/nova) for



## ‘La Cage Aux Folles’ Opens at Signature May 31

“La Cage Aux Folles” details what happen when the 20-year relationship between Albin, the lead drag performer of The Saint-Tropez Night Club on the French Riviera, and Georges, the club’s owner, faces a test when their son announces his engagement to the daughter of ultra-conservative political parents. The production will star Bobby Smith as Albin and Brent Barrett as Georges. The show will run through July 10 at Signature Theatre, 4200 Campbell Ave. Tickets start at \$40. Visit [www.sigtheatre.org](http://www.sigtheatre.org) for more.

more.

**Wednesdays in the Garden.** 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Topic for this session will be “Top 10 Vegetable Plant Diseases.” Free. Visit [library.arlingtonva.us](http://library.arlingtonva.us) for more.

## THURSDAY/JUNE 2

**Introduction to Citizen Science.** 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. Explore Bug Guide, eBird, Project Budburst, iNaturalist, and more to find out how your outdoor excursions can contribute to a much bigger scientific snapshot of the natural world. Free. Call 703-228-3403 for more.

## FRIDAY/JUNE 3

**Keeping Mini-Beasts.** 4:30-5:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Learn all about different animal’s lives while caring for them over a month. At each session, you’ll return last month’s critters and learn about and receive new ones. \$30 fee covers all three sessions, additional \$20 materials fee for first time participants paid on-site. Call 703-228-3403 for more.

**Rosslyn Cinema: “E.T. the Extraterrestrial.”** 5-11 p.m. at

Gateway Park, 1300 Lee Highway. Food will be available for purchase from Killer Tomato Pizza Food Truck and from 5 p.m. until the film starts, grab a glass of beer or wine at the Mobile Bar. Free. Visit [www.rosslynva.org](http://www.rosslynva.org) for more.

**Vintage Crystal: Wine in the Water.** 6-10 p.m. at Crystal City, 1750 Crystal Drive. Wine in the Water Park combines sips and sounds to create an outdoor event featuring wine varietals and live music in the neighborhood’s Crystal City Water Park. ArtJamz is offering a free painting session at Wine In the Water Park. Free. Visit [www.crystalcity.org](http://www.crystalcity.org).

**Summer Night Hikes.** 7:30-8:30 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. \$5 registration. Call 703-228-3403 for more.

## FRIDAY-SATURDAY/JUNE 3-5

**“Cul de Sac.”** 7:30 p.m. on Friday, 11 a.m. on Saturday, 3 p.m. on Saturday and Sunday at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Encore Stage & Studio present a play about 4-year-old Alice Otterloop and her brother, Petey, who learn about friendship and the importance of being yourself in this world premiere play adaptation of Richard Thompson’s comic strip, Cul de Sac. Tickets are \$15, \$10 for children, students, military, and seniors. Visit [www.encorestage.org](http://www.encorestage.org) for more.



# SUMMER FUN & ENTERTAINMENT

## SATURDAY/JUNE 4

**Native American Spirits Campfire.** 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. This program will be filled with activities which may include stories, special animal guests, games, songs, and s'mores. Tickets are \$5. Call 703-228-6535 for more.

**Outdoor Lab Anniversary Gala.** 7-10 p.m. at NRECA Conference Center, 4301 Wilson Blvd. The Outdoor Lab celebrates 50 years with cocktails, hors d'oeuvres and dancing and more. Tickets are \$50. Visit [www.outdoorlab.org](http://www.outdoorlab.org).

## SUNDAY/JUNE 5

**Bilingual Walk.** 11 a.m.-12:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Learn about the animals there and then hike in the park to explore local nature. Bring a drink and a snack. Free. Call 703-228-6535 for more.

**Cool Creek Critters.** 2-3 p.m. at Lubber Run amphitheatre, 200 N. Columbus St. Children 5-9 are invited to explore waterfalls and take a closer look at the critters that inhabit the creek. Free. Call 703-228-6535 for more.

**Champion Trees Bike Ride.** 2-4 p.m. at Bluemont Junction Park (at the Caboose), 744 N. Emerson St. Bring your own bike, water, snacks, and repair kit. Free. Call 703-228-6535.

**Magical Strings.** 3 p.m. at Wakefield High School, 1325 S. Dinwiddie St. The Washington Balalaika Society orchestra, which performs the music of Russia and Eastern Europe on traditional instruments, will present 'Magical Strings,' featuring Peter Omelchenko, a domra virtuoso with Moscow's Osipov Russian Folk orchestra. Tickets are \$20-25. Visit [www.balalaika.org](http://www.balalaika.org) for more.

**Book Talk: Tracy Barone.** 3-4 p.m. at One More Page Books, 2200 N. Westmoreland St. Tracy Barone discusses her debut novel, "Happy Family" about an independent woman who is forced to come to terms with the family who raised her, the one who gave her away and the one she desperately wants. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**Crescendo: "Romantic Russians."** 4 p.m. at Barcroft Community House, 800 S. Buchanan St. Movements by romantic Russian composers Tchaikovsky, Glazunov and Rimsky-Korsakov will be presented by Crescendo, the Youth Chamber Program of the Arlington Philharmonic. Free.

**"A Touch of Jazz."** 4 p.m. at St. Paul's Episcopal Church, 3439 Payne St., Falls Church. NoVA Lights Chorale presents a free performance of "A Touch of Jazz," a program featuring the jazz standards including "Night & Day," "Fascinating Rhythm," "Ain't Misbehavin'," "Mack the Knife" and more. Free. Visit [www.novalightschorale.jiggy.com](http://www.novalightschorale.jiggy.com).

## MONDAY/JUNE 6

**Lecture: Bee Keeping.** 6:30-7:30 p.m. at Aurora Hills Branch Library, 735 S. 18th St. Learn all about bee keeping with the Northern Virginia Beekeepers Association. Free. Call 703-228-5715 for more.

**Book Talk: Ron Fournier.** 7-8 p.m. at One More Page Books, 2200 N. Westmoreland St. One More Page will host Senior Political Columnist for National Journal Ron Fournier, who will discuss his memoir, "Love That Boy." Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## JUNE 6-JULY 9

**"Flights of Fancy."** Gallery hours at Lee Arts Center, 5722 Lee Highway. Featuring works inspired by either texture, color, and/or literal impressions from the Lee Arts Center's Butterfly Garden. Free Visit [www.leeartscenter.org](http://www.leeartscenter.org) for more.

## TUESDAY/JUNE 7

**"Enriching Lives" Breakfast.** 8-9 a.m. at Army Navy Country Club, 1700 Army Navy Drive. "Enriching Lives" is a one-hour complimentary breakfast and fast-paced program designed to raise funds and awareness in the community about Linden Resources' innovative workforce development programs which expand



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employment for veterans and people with disabilities. Free, but donations accepted. Visit [www.linden.org](http://www.linden.org) for more.

**Book Talk: David Swinson.** 7-8 p.m. at One More Page Books, 2200 N. Westmoreland St. David Swinson discusses and signs "The Second Girl," the first book in a new series featuring a retired police detective-turned-drug addict who is thrust back in the limelight. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

### WEDNESDAY/JUNE 8

**Book Talk: Sara Hammel.** 7-8 p.m. at One More Page Books, 2200 N. Westmoreland St. Sara Hammel shares from "The Underdogs," her debut children's novel featuring two 12-year-old girls who investigate the mysterious death of a teenage girl at an elite tennis club. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**Wednesdays in the Garden.** 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Topic for this session will be "Weeds, Mulches, Tillage." Free. Visit [library.arlingtonva.us](http://library.arlingtonva.us) for more.

### FRIDAY/JUNE 10

**Rosslyn Cinema: "Beethoven 2."** 5-11 p.m. at Gateway Park, 1300 Lee Highway. Food will be available for purchase from Chix N Stix Food Truck and from 5 p.m. until the film starts, grab a glass of beer or wine at the Mobile Bar. Free. Visit [www.rosslynva.org](http://www.rosslynva.org) for more.

**Vintage Crystal: Wine in the Water.** 6-10 p.m. at Crystal City, 1750 Crystal Drive. Wine in the Water Park combines sips and sounds to create an outdoor event featuring wine varietals and live music in the neighborhood's Crystal City Water Park. ArtJamz is offering a free painting session at Wine In the Water Park. Free. Visit [www.crystalcity.org](http://www.crystalcity.org).

### SATURDAY/JUNE 11

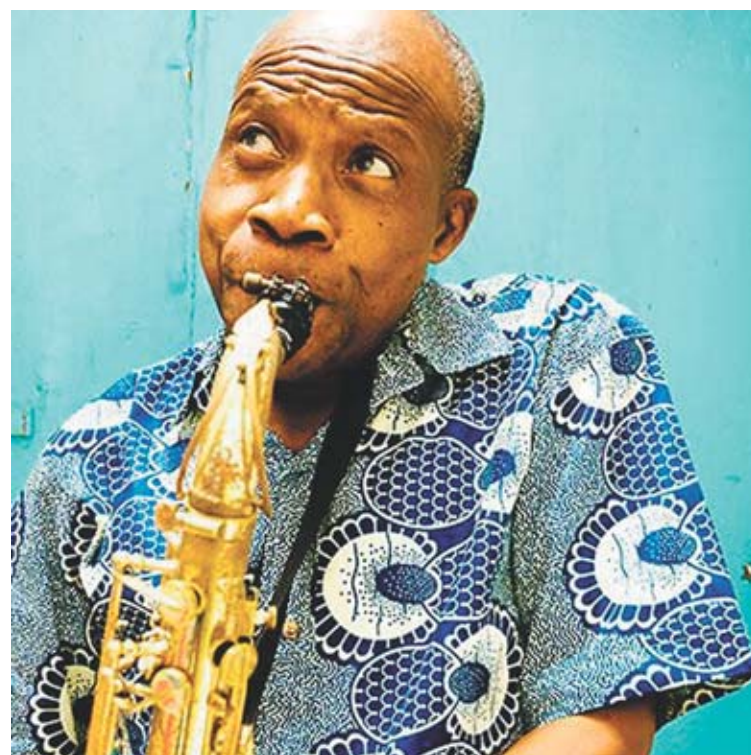
**Book Talk: Ruth Ann Aron.** 3-4 p.m. at One More Page Books, 2200 N. Westmoreland St. "Corrupted Justice" tells the true story of a Potomac, Maryland woman who in 1994 — at the request of the National Republican Senatorial Committee — became a candidate for the United States Senate. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

### SATURDAY-SUNDAY/JUNE 11-12

**Air Force Association Cycling Classic.** 11:30 a.m. Saturday and 7 a.m. Sunday at 2011 Crystal Drive. Participate in the challenge ride, children's race and more. Registration is \$40-45, free for the children's race. Visit [www.cyclingclassic.org](http://www.cyclingclassic.org) for more.

### SUNDAY/JUNE 12

**Sunday in the Organic Vegetable Garden.** 1-4 p.m. at Potomac Overlook Park, 2845 Marcey Road. VCE Master Gardeners who maintain the Organic Vegetable Demonstration Garden will be in the garden to answer questions about organic gardening, including controlling pests and diseases without the use of chemicals. Free. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).



Orlando Julius

## Outdoor Concert Series Coming Soon to Lubber Run

The Lubber Run Amphitheatre Summer Concert Series will bring dozens of artists to perform Fridays, Saturdays, and Sundays from June 17-Sept. 18. Opening weekend will feature a cabaret evening by Arlington's Signature Theatre, Afro-Pop band Elikeh on Saturday, and Jazz vocalist Nicole Saphos on Sunday. All concerts are free. Visit [www.arlingtonarts.org](http://www.arlingtonarts.org) for more.

### Gulf Branch's 50th Anniversary Party.

1-4 p.m. at Gulf Branch Nature Center, 3608 Military Road. Free. Call 703-228-3403 for more.

**Outdoor Concert.** 6-8 p.m. at Mount Olivet United Methodist Church, 1500 N. Glebe Road. Arlington Jazz Collective and Yorktown Jazz Band from Washington-Lee and Yorktown High Schools perform. Free. Visit [www.mountoliveumc.com](http://www.mountoliveumc.com) for more.

### MONDAY/JUNE 13

**Documentary Screening.** 3-4:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Encore Learning will offer a showing of a film documentary called "Best of Enemies, the 1968 Buckley and Vidal Debates Revisited." Free. Call 703-228-2144 for more.

### WEDNESDAY/JUNE 15

**Wednesdays in the Garden.** 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Topic for this session will be "Insect Pests & Beneficials." Free. Visit [library.arlingtonva.us](http://library.arlingtonva.us) for more.

### FRIDAY/JUNE 17

**Rosslyn Cinema: "Eat, Pray, Love."** 5-11 p.m. at Gateway Park, 1300 Lee Highway. Food will be available for purchase from Bao Banh Boys and from 5 p.m. until the film starts, grab a glass of beer or wine at the Mobile Bar. Free. Visit [www.rosslynva.org](http://www.rosslynva.org) for more.

**Vintage Crystal: Wine in the Water.** 6-10 p.m. at Crystal City, 1750 Crystal Drive. Wine in the Water Park combines sips and sounds to create an outdoor event featuring

wine varietals and live music in the neighborhood's Crystal City Water Park. ArtJamz is offering a free painting session at Wine In the Water Park. Free. Visit [www.crystalcity.org](http://www.crystalcity.org).

### JUNE 17-SEPT. 18

**Lubber Run Concerts.** 8 p.m. Fridays and Saturdays, 6 p.m. Sundays at Lubber Run Amphitheatre, 200 N. Columbus St. International artists including Cissa PAz and Mbongo Star perform. Free. Visit [www.arlingtonarts.org](http://www.arlingtonarts.org) for more.

### SATURDAY/JUNE 18

**Columbia Pike Blues Fest.** 1-8:30 p.m. at the corner of Columbia Pike & S. Walter Reed Drive. Music, local food, arts and crafts vendors, community groups, local businesses and kids' activities. Free. Visit [www.columbia-pike.org/bluesfest](http://www.columbia-pike.org/bluesfest).

### SUNDAY/JUNE 19

**Crystal Car: Father's Day Car Festival.** 2-6 p.m. at 2121 Crystal Drive and 220 20th St. S. The day will feature a variety of exciting automobile categories including innovative electric vehicles, area sports car auto clubs, classic muscle cars, and a beer garden hosted by the Washington Wine Academy. Free. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

### WEDNESDAY/JUNE 22

**Wednesdays in the Garden.** 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Topic for this session will be "Solar Cooking." Free. Visit [library.arlingtonva.us](http://library.arlingtonva.us) for more.

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### JUNE

6/8/2016.....Father's Day Dining & Gifts

6/8/2016.....HomeLifeStyle

6/15/2016..A+ Graduations & Summer Learning

6/15/2016.....Father's Day Dining & Gifts

*Father's Day is June 19*

6/29/2016.....Connection Families

### JULY

7/6/2016.....Wellbeing

7/13/2016.....HomeLifeStyle

7/20/2016.....A+ Camps & Schools

7/27/2016.....Connection Families: Our Pets

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- Reston Connection
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- Vienna/Oakton Connection



# Philippine Oriental Market: Food Lover's Best Dream

## A profile of Chef Evelyn Bunoan.

BY ALEXANDRA GREELEY  
THE CONNECTION

Most people drive by the Philippine Oriental Market on Lee Highway in Arlington and don't recognize it as the go-to place for the local Filipino community. Why? Because its chef/owner, Evelyn Bunoan, is one of the most recognized members of the local community, winning awards for her cooking, writing for the local Manila Mail newspaper, and, of all things, being the regular party chef at the Philippine ambassador's residence.

But to the everyday patron who loves great food, even if it seems a bit exotic, a stop at the market (more like a restaurant, actually) is a food lover's best dream. Bunoan said she purchased the market just before Easter in April, 1978 and she has since then seen an explosion in her business.

Initially just a grocery store well stocked with Filipino goods and ingredients, the market gradually evolved into a mini restaurant and carryout. "I cooked Filipino foods," she said, even creating her take on regional recipes to appeal to a broad audi-

ence. She has over the years polished her cooking skills by attending the Le Cordon Bleu Culinary School in London so her dishes could really appeal to customers from different cultures. She now holds a degree as a Master French Chef, which obviously qualifies her to put out some top-tier foods.

She also had the business savvy when she opened the market to see that "food to go" would become popular with busy consumers who often eat on the run. These dishes became an instant hit, and she even got a write-up in the Best Bites column of the Washingtonian.

Now Bunoan, cooks her famous Filipino dishes — stews, noodles, pastries, rice, sweets, lentils — for the savvy who stop by at noon. Even before noon just at opening time, people begin to line up for their noon-day feast because the word is out: Philippine Oriental Market is open today!

Although Bunoan does change much of the menu daily, she maintains several standard dishes that are so popular she really could not delete them: Lechon (roast pork); Lumpia Shangai (spring rolls, Filipino style); Chicken Sisig (lemon pepper



Evelyn Bunoan

chicken); Chicken Inasal (spiced grilled chicken); Pinakbet (braised mixed vegetables with shrimp paste); Beef Calderetta (spiced beef stew); and Chop Suey (stir-fried mixed vegetables in a savory sauce).

She also has an array of unusual Filipino sweets for desserts, which she has changed slightly for better flavors. These include Leche Flan (labeled as Tastes Like No Other); Cassava Cake (made from yucca), Puto (steamed white rice cake), Halo-Halo (Filipino fruit in coconut milk with glutinous rice flour), and Bibingka (rice coconut cake). If patrons are not careful, they could end up buying everything available and having a sweets feast at home.

Besides cooking for the public and the ambassador, Bunoan and her husband, Oscar, have established a foundation called CHEW (Cancer Help Eat Well) Foundation, through which she cooks and offers healthful meals to cancer patients in need. Besides all that, what is so amazing about the market and its cook is this: Bunoan's main help is her husband and a staff member who helps clean up the tiny kitchen.

Market Information  
POM (Philippine Oriental Market & Deli)  
3610 Lee Highway  
Arlington, Virginia 22207  
703 528-0300

## Recipe

### Skewered Jumbo Shrimps (with Spicy Coconut Milk Sauce)

If you want something different for your next special occasion, try this Filipino hors d'oeuvre. It will be an elegant addition to your menu. This recipe is not at all difficult to prepare, especially if you cook the coconut milk sauce ahead of time. Also, it can complement other appetizers, like vegetables, fruits, cheese and nuts. Depending on the number of guests, you may also want to double the amount of shrimp, just to be on the safe side, and adjust the other ingredients accordingly.

1 1/2 cups coconut milk  
2 fresh red chili peppers, finely chopped  
Salt and white pepper, to taste  
Pinch turmeric powder  
25 pieces frozen extra-large or jumbo raw shrimp, thawed  
25 bamboo skewers  
1/2 cup bread crumbs, plain or seasoned with salt and herbs

In a small saucepan, bring coconut milk to a boil. Lower heat, add the hot peppers, and simmer uncovered until the coconut milk is reduced to 50%. Season with salt and a pinch of turmeric. The sauce should have the consistency of a heavy cream. Transfer the coconut milk sauce into a small serving bowl and set aside.

Thread each shrimp lengthwise on a bamboo skewer (first through the cut-side then bend through the tail section). Spread the breadcrumbs in a piece of foil and dust lightly the skewered shrimps. In a nonstick skillet with sprinkle of vegetable oil, pan-grill the shrimps in batches about 2 to 3 minutes each side or until cooked (do not overcook). Transfer to a serving platter and serve hot or chilled with the sauce.

# Arlington Arts Center Selects New Executive Director

Holly Koons McCullough has been named the new executive director of the Arlington Arts Center (AAC). She brings more than 20 years of curatorial and administrative experience in the visual arts to AAC.



TURNER  
PHOTOGRAPHY  
STUDIO

McCullough

Since 2014, McCullough has steered the Greater Reston Arts Center (GRACE) as executive director and curator. For two years prior to that, she served as that organization's curator. Un-

der her leadership GRACE has seen exhibitions by nationally-recognized artists including Renée Stout, Joyce J. Scott, Patrick Dougherty, and Shih Chieh Huang. In this role she also secured major corporate sponsors like Volkswagen for GRACE's annual Northern Virginia Fine Arts Festival.

Previous to her appointment at GRACE, McCullough was the director of collections and exhibitions at the Telfair Museum of Art in Savannah, Ga. She spent 15 years at Telfair where she spearheaded projects like Telfair's first internationally-traveling exhibition, Dutch Utopia.

McCullough holds a B.A. from the University of Georgia in English and art his-

tory, and an M.A. in art history from the University of Notre Dame.

Since August of 2015, Karyn Miller, AAC's director of exhibitions, has served as acting executive director. Upon McCullough's arrival later this month Miller will return to leading the curatorial vision and development of AAC's exhibitions program.

In the 10-month transition period, Miller, in concert with AAC staffers Samantha Marques-Mordkofsky and Carollei McMillin, and the board of directors, have maintained a full schedule of activities and programs including a dedicated artist-in-residence program, classes for children and adults, contemporary art exhibitions and public

events. They also launched a year-end giving campaign that exceeded its goal by 50 percent, and surpassed goals for foundation and government grants by 10 percent.

McCullough will join AAC on May 31, at the tail end of the Spring SOLOS exhibition, and kick off her tenure with the opening of Strange Landscapes, AAC's main summer exhibition, along with the beginning of AAC's nine-week summer art camps. There will be an opening reception and open studios on Saturday, June 25 from 6-9 p.m.

Gallery hours are Wednesday - Sunday, 12 - 5 p.m., or by appointment

Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

## PHOTO GALLERY!

### "Me and My Dad"

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

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Conor Shears, right, and the Yorktown boys' lacrosse team lost to Robinson in the region quarterfinals on May 19, ending the Patriots' season.



Yorktown goalie Mason Pollack will play at Tufts University.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## Yorktown Boys' Lax Ends Season in Region Quarterfinals

**Rams pull away from Patriots in second quarter.**

BY JON ROETMAN  
THE CONNECTION

**T**he Yorktown boys' lacrosse team was on the receiving end of multiple compliments following its 6A North region quarterfinal matchup with Robinson on May 19. Unfortunately for the Patriots, the praise came in the form of a parting gift.

The Rams, two-time defending state champions, jumped out to a five-goal first-half lead and defeated the Patriots 12-5 at Robinson Secondary School. Robinson secured a state tournament berth for the third consecutive season and advanced to the region semifinals, where the Rams faced Madison on Wednesday, after The Connection's deadline.

Yorktown ended the season with a 12-7 record. The Patriots finished runner-up in the Conference 6 tournament.

Thursday's meeting was the fifth between the two programs in the last three years, with Robinson winning four. Yorktown's lone victory over Robinson during that stretch came last season, when the Patriots knocked off the Rams 7-5 during spring break. Yorktown is the only public school program to beat Robinson at Coffey Stadium in the last three seasons. "Besides Chantilly, Yorktown plays us probably the best straight up," Robinson senior Austin Henry said. "Whenever we play them, our games seem to be good games. ... When they come, they come to play."

The Rams pulled away in the second quarter of Thursday's game, avoiding a second home loss to the Patriots in as many years.

"When it comes down to it, talent is always going to win out," Robinson head coach Matt Curran said. "You can have the best coaching in the world, but if you don't have talent, you're not going to [win]. [The

Patriots] have talent, especially [senior defenseman] Conor Shears and [senior] Mason Pollack in the cage. Those guys are amazing. When you have those guys, the rest of it just kind of [works]."

Robinson is a talented team, as well, and the Rams took care of business, earning a trip to the region final four. Henry, who will play for VMI, and freshman Declan Connolly each scored four goals for the Rams. Henry added an assist. "He's added so much to our offense," Henry said about the young standout Connolly. "I think without him, we wouldn't be scoring the goals we've scored."

Connolly received praise from his coach, as well.

"At this point — I think I've heard [Duke men's basketball coach] Mike Krzyzewski say this — at this point, you're no longer a freshman," Curran said. "This far into the season, he's started 17 games for us. He's [one of our top scorers]. He's a special talent, he really is. He did an amazing job, again, tonight."

Junior midfielder Nick Dillon scored two

goals and had two assists for Robinson. Danny Krug and Devin Townsend each had one goal, and Johnny Daniel, who will play at VMI, had three assists.

Sophomore midfielder Tyler Stowell led Yorktown with two goals. Senior midfielder Pearson Savarino, senior attackman C.J. Stowell and Shears each scored one goal.

Yorktown will lose multiple talented players to graduation. C.J. Stowell, a first-team all-conference selection, will play for St. Joseph's. Shears and Pollack were first-team all-state performers in 2015 and each garnered first-team all-conference accolades this year. Shears will play at Bucknell and Pollack will play at Tufts.

The Patriots will also graduate midfielders Matteus Jaramillo, Pearson Savarino, Stephen Glagola and Gordon Coates, among others.

Yorktown, led by head coach Greg Beer, played in two of the last three Conference 6 championship games. The Patriots' last conference/district title came in 2011, when they won the National District.

## Yorktown Boys Beat W-L, Langley to Win Conference Title

**T**he Yorktown boys' soccer team defeated two of the top programs in the area in a span of four days to take home the Conference 6 championship.

After securing a 6A North region tournament berth by beating Madison 1-0 in the first round of the conference tournament on May 12, the Patriots, seeded No. 4, knocked off top seed and previously unbeaten Washington-Lee 3-2 in the conference semifinals on May 16. Three days later, Yorktown beat defending state champion Langley 2-1 in the conference championship game.

"At YHS, we have a very good players, just needed a little bit of tactical work to make the players understand that all soccer teams must play as a team to have chance to succeed," first-year head coach Carlos Aranda wrote in an email. "I believe we are

[headed] in the right direction, playing better and getting stronger as a team. I believe these were key factors for our team to beat W-L and Langley, and we are looking forward for more.

"I believe we are playing smarter than the first few games in the season. The boys are starting to understand the way I want to play every game and it is paying off. From the regular season, we learned from our mistakes and we did work hard on these tactical/communication issues to fix it or make it better."

Yorktown's Billy Blake scored a goal and had two assists against W-L. Daniel DeButts and Wills Boggess each scored a goal for the Patriots, and Noah Peizer had an assist.

Against Langley, Mehran Roshanaei and Peizer each scored a goal, and Blake and Roshanaei each had an assist.

Yorktown faced Osbourn in the first round of the region tournament on Tuesday, after The Connection's deadline. The winner will face the winner of Herndon and West Potomac in the quarterfinals on Thursday.

### Yorktown Girls' Soccer Wins Conference Title

The Yorktown girls' soccer team upset previously undefeated Madison 2-1 on May 19 to take home the Conference 6 championship.

"Winning the conference felt like a reward to the team for the type of attractive soccer that we were trying to play throughout the regular season," head coach Mariano Alonso

wrote in an email. "We lost games for risking too much, for sticking to the idea of good soccer more as mandate than an option. The games we lost in the regular season, we lost them playing better soccer than the teams that beat us. That way, winning the conference helped to strengthen our conviction and ideals of succeeding by playing well."

Madison defeated Yorktown 1-0 on April 18 during the regular season. What was different against the Warhawks this time around?

"We scored when we were dominating, something that we failed to do in the first game," Alonso wrote. "We didn't react to the overly physical style of the opposite team and instead we responded by control-

SEE SOCCER, PAGE 13



# FAMILY

## A Mindful Family

Family mindfulness practices can bring calm to a hectic day.

BY MARILYN CAMPBELL  
THE CONNECTION

Every evening after dinner and bath time, Elizabeth Rees, a Mount Vernon mother of three, instructs her children to lie on the floor keeping as still as possible. With soft tones, she recites a phrase, slowly and purposefully. These moments of serenity allow her family to release the chaos of the day.

"It is such as still and lovely time," said Rees, associate rector of St. Aidan's Episcopal Church and cofounder of the Center for Spiritual Deepening, both in Mount Vernon. "My children long for the stillness and being present in the moment as much as I do. When we're in the thick of things and we're schlepping and on the run, there is a temptation to be disconnected. The mindfulness idea is being present in the moment and finding the joy in the moment." Such mindfulness meditation practices have been credited with improving focus, boosting happiness and reducing stress. A study by researchers at the University of Miami found that short mindfulness practices improved students' ability to focus; while research by the University of California, Davis Center for Mind and Brain found a meditation to be effective in reliving stress. "The name can make it sound like a huge unattainable concept, but essentially, mindfulness meditation is paying attention to what's happening in the present moment without judgment," said Sandra Carr, Ph.D., a family therapist and meditation teacher in Bethesda, Md.

"Meditation has been around for thousands of years, but for the last decade the practice has become more and more widely accepted as the overall benefits of meditation continue to be studied," said Jill Gattone, R.N., a registered nurse in Marymount University's Student Health Center who leads Mindfulness Meditation



Elizabeth Rees, pictured with her husband Holden Hoofnagle and children Sophia (12), Dylan (9) and Maya (6), leads her family in a daily mindfulness practice.

her day with a 10-minute meditation. "It can be as simple as finding a quiet spot, sitting in a comfortable position with your spine straight, focus on your breath, clear your mind and be aware of what is happening in the present moment."

Establishing a daily mindfulness practice offers an opportunity to build an arsenal of tools that can be used to find peace in the midst of frenzied schedules, says Sara VanderGoot, a meditation teacher and cofounder of Mind the Mat Pilates & Yoga in Arlington and Alexandria.

"Families with children can benefit from even a short meditation practice [like] two to five minutes of breath

sessions for students.

"Current literature reveals the potential for Mindfulness Meditation to not only help with focus and concentration, but may also positively effect brain structure, improve relationships, reduce stress and even increase immune function."

"We live in a world where we are constantly 'plugged in.' We look around and see students spending hours on their laptops and smartphones ... Facebook, Instagram and Netflix," said Gattone, R.N. "This way of life can leave us feeling exhausted and stressed. It is really important that we all take time to quiet our minds every day."

For families who want to begin a meditation practice, Gattone recommends a guided session "... where someone is leading you through the process. There are many apps that can guide you through a short 5 minute meditation, or there are classes that can be a good way to start as well," she said.

Starting with short, uncomplicated mindfulness sessions can make the initial process less intimidating. "Like physical exercise, you may find that it is best to start with a short 5 minute meditation and gradually increase," said Gattone, whose own practice consists of beginning and ending

and concentration daily, if that is all mom and dad can fit in," she said. "[It] creates the habit of being able to return to that space when difficult feelings arise [like] anger or frustration and find space between feelings and reactions." A daily practice makes it easier to remain calm in a chaotic situation, said Rees. "For me, when I find I'm in those hectic moments and just about to lose it and don't have the patience, that's where I most need to stop and take some deep breaths," she said. "Having the presence of mind to say 'I need to stop and breathe and not react right away' is a great life skill." VanderGoot recommends simple meditation techniques to use with children daily. "Mantra is a meditation tool where words are repeated to create change," she said. "Repeating a mantra daily with your child, such as 'I am happy, I am healthy' or 'I am happy, I am steady' each morning when the child wakes up ingrains that positive belief in the child's mind and in turn positively influences that child's behavior."

Creating positive beliefs about oneself creates a sense of self-awareness. "This is very useful and practical ... especially [for] those who live a hectic life, and it doesn't take much time," said VanderGoot.

## SPORTS

### Soccer

FROM PAGE 12

ling the ball on every inch of the field the entire game."

Yorktown's Meredith Beam and Emily Talotta each scored a goal in the conference championship game.

The victory improved Yorktown's record to 13-3-1. The Patriots won the tournament as the No. 3 seed, including a 1-0 victory over No. 2 seed Washington-Lee in the semifinals on May 16.

"This team is capable of playing an attractive style of soccer that is not common in high school soccer," Alonso wrote. "This team is capable of refraining from playing defensive soccer even when it's winning against a tough rival. This team is capable of relying on its cohesive playing style and not on one or two specific players. This team is capable of enjoying and honoring the game of soccer for what it is. Hopefully doing all those things will get us as far as possible in the regionals."

Yorktown faced Osbourn in the opening round of the 6A North region tournament on Tuesday, after The Connection's deadline. The winner will face the winner of Centreville and Lake Braddock.

**"...This team is capable of relying on its cohesive playing style and not on one or two specific players."**

...

**— Mariano Alonso,  
Yorktown Girls' Soccer  
head coach**

While Yorktown is playing well of late, including a six-game win streak entering regionals, Alonso was not happy with the results of the voting for the All-Conference 6 team.

"Even though we are the conference champions, categorically eliminating [No. 2] seed Washington-Lee in the semifinal and undefeated [No. 1] seed Madison in the final, we only have two players in the all-conference team," Alonso wrote. "That was disappointing to us. I believe this type of voting should be done more seriously or should not be done at all. It deceives the perception of students in regards to what is being rewarded: the players' skills and attitude or just lifeless statistics."



### Support Red Nose Day

Members of the Arlington Woman's Club showed off their Red Noses at their Shred Event last week in support of Red Nose Day, May 26, that helps underserved children with both school supplies and food, in the U.S. and overseas. Visit [RedNoseDay.org](http://RedNoseDay.org).



## In Effect/ To Affect



By KENNETH B. LOURIE

I've been trying to write this column/organize my thoughts/stay on this task for years but haven't been able to do so. It's nothing serious, really, other than the side effects – potentially, of many of the prescription drugs now available (perhaps characteristic of many of the prescription drugs ever since they've been prescribed). But given the frequency and variety of their advertising of late, I have been unable to ignore their message, both good and in some instances, shockingly bad/scary.

Granted, I watch way too much television where many of these ads regularly appear, so I may be a bit of a sitting duck. I won't name names, maybe just a few potential side effects though: ALS, cancer, heart attack, stroke, suicidal thoughts, depression, kidney and liver damage, high blood pressure/low blood pressure, blackouts, blood clots, shortness of breath, four-hour erections; and on and on and on. (I don't recall seeing too many commercials where lung cancer is a possible side effect. I suppose that's because lung cancer is not exactly a "side" effect, it's more of a main effect.) Nevertheless, being a stage IV, non-small cell lung cancer patient/survivor, I can't help but have noticed the ads on television for "OPDIVO." Obviously the subject matter interests me, but maybe I've just learned – instinctively almost, to pay stricter attention to such enticements. It might actually relate to me. Or maybe I've simply gotten better at listening to voice-overs and reading small print scrolling beneath the visuals while ignoring more the apparent healthy recipients living wonderfully enjoyable and uninhibited lives thanks to these medications.

Believe me, I understand that these prescription drugs are not "over the counter" so it's unlikely I'll happen on to them sitting on some pharmacy shelf next to the Advil and wonder, on my own, if they could help me. The only way, so far as a law-abiding citizen like myself would have/gain access to any of these prescriptions, would be through a conversation with, and prescription written by, my treating physician where many of the potential side effects and/or risk-rewards would be discussed. Still, trading one set of problems for another, which in turn possibly could lead to their own set of unintended but not totally unanticipated consequences seems a bit problematic – even to me, and all I have is lung cancer.

I don't know that I have a choice, though. There is treatment. There are consequences. There are alternatives. There is life and there is death, and always there is hope. But treatment-to-date, I've never felt as if I was trading one for the other. Oddly enough, I've always thought, I was making decisions to stay alive, not to make my life worse; attempting to sustain it, not diminish it. With some of the prescription advertising I see and hear on television now, I'm confused. Many of it sounds both encouraging and discouraging, and somewhere between cautiously optimistic and a cautionary tale, even as the advisory to "speak to your doctor before you start a..." voices over. Not that it sounds so great in the first place, but in the last place, I am often reminded of the old adage: "If it sounds too good..." Well, when you consider the potential side effects, it doesn't sound too good at all.

Certainly I realize that there are governing/regulating bodies like the F.D.A. that approve/regulate/mandate what is said/advertised/printed/labeled, etc., prescribed even, for our mutual protection. Still, it's difficult for me to ignore everything I see, hear and read, especially when left to my own devices. Devices which, had they been similarly regulated, would likely have come with their own set of warning labels.

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

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#### 21 Announcements

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Long-term use of baby/talcum powder is linked to ovarian cancer. If you or a loved one suffered from ovarian cancer after using Johnson's Baby Powder, Shower to Shower or other talcum powder, you may be entitled to substantial compensation. Call us at 1-800-THE-EAGLE now. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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## News



PHOTOS BY SHIRLEY RUHE/ THE CONNECTION  
**Rebecca Salzinger exhibits her cityscape; "It could be any city you want." Salzinger has participated in the Arlington Artists Alliance annual show for the last several years. She says she has been painting since she retired from teaching math in Fairfax County. "I am not in a gallery. I do my work at home and take a number of workshops and classes. I started painting as a young person." Currently Salzinger specializes in landscapes, abstract, flowers, and collages.**

## BULLETIN BOARD

FROM PAGE 5

interest in philanthropy and community engagement. Designed for rising high school juniors and seniors, the Youth Program is a two-week summer program that meets at different public, private and nonprofit locations throughout Arlington County. Visit [www.leadercenter.org](http://www.leadercenter.org) or call 703-528-2522 for more.

#### TUESDAY/MAY 31

**Placement Exams for ESL Classes.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 5-Sept. 23 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$200-\$285 for people who live or work in Arlington; \$350-\$470 for people who do not. Exams are free. Call 703-228-4200 or visit [www.apsva.us/reep](http://www.apsva.us/reep).

#### WEDNESDAY/JUNE 1

**Coffee and Conversation.** 10-11 a.m. at The Italian Store in Westover (private room in the back), 5837 Washington Blvd. Guest speaker Ray Meyers, Executive Director, Meals on Wheels of Northern Virginia. Meet members, volunteers, and learn about aging in place with Arlington Neighborhood Village. Free. Visit [www.arlnvill.org](http://www.arlnvill.org) or call 703-509-8057.

#### THURSDAY/JUNE 2

**Do More 24.** Online. Do More 24 is United Way of the National Capital Area's 24-hour online giving day. Visit [domore24.org](http://domore24.org) to donate to local organizations.

#### MONDAY/JUNE 6

**Placement Exams for ESL Classes.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the July 5-Sept. 23 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$200-\$285 for people who



## 'It's A Steal'

**Bryan Jernigan, coordinator for the Arlington Artists Alliance annual show, "It's A Steal," says all artwork sells for \$95 or less. The show opened with a reception May 20 and continued May 21-22 at St. Andrew's Episcopal Church on Lorcom Lane in Arlington. Jernigan adds this is the eighth year for the show and it has grown — breaking the sales records. He says 40 artists participated in all media including glass, pottery, painting and mixed media. He shows a 5x7 pastel of his own that is made for a ready made frame. Jernigan has been an artist since elementary school and currently teaches abstract art for the Art League of Alexandria.**

live or work in Arlington; \$350-\$470 for people who do not. Exams are free. Call 703-228-4200 or visit [www.apsva.us/reep](http://www.apsva.us/reep).

#### TUESDAY/JUNE 7

**Information Session.** 6-7 p.m. Leadership Center for Excellence is now accepting applications and holding information sessions for the Young Professionals Program Fall Class of 2016. Interested parties may RSVP for info sessions and apply for the program online at [leadercenter.org/young-professionals-program/](http://leadercenter.org/young-professionals-program/) with a rolling admission deadline until July 15.

#### WEDNESDAY/JUNE 8

**Coffee and Conversation.** 10-11 a.m. start at the Glencarlyn Library, 300 South Kensington St. A walk in the Glencarlyn Community Garden with Master Gardener Judy Funderburk. Meet members, volunteers, and learn about aging in place with Arlington Neighborhood Village. Free. Visit [www.arlnvill.org](http://www.arlnvill.org) or call 703-509-8057.

**Neighbors across Northern Virginia.** 7 p.m. at the Navy League Building in Arlington, 2300 Wilson Boulevard. Arlingtonians for a Clean Environment, Arlington Initiative to Rethink Energy, and VA SUN are sponsoring an information meeting to educate the community about solar and the co-op process. Sign up at [www.vasun.org/potomac/](http://www.vasun.org/potomac/)

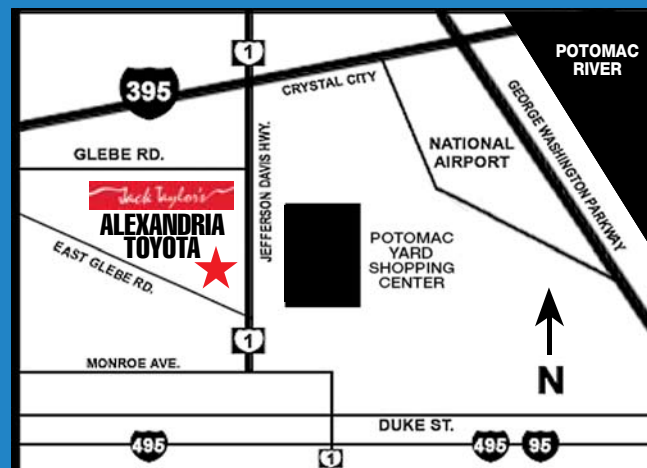
#### THURSDAY/JUNE 9

**Adult Career Pathways Open House.** 6:30 p.m. at McNeil Preschool Academy, 8543 Forest Place, Alexandria. Northern Virginia Community College's Adult Career Pathways program will partner with Hopkins House's Early Childhood Learning Institute for an open house. ACP and Hopkins House invite the community, those interested in working in early childhood development and people already working in the field who are looking to take the next step in their careers. The two programs also encourage those interested to bring their children to the open house for fun activities. RSVP at <http://goo.gl/forms/91ObsusUJN>, email Dual Generational Pathways at [dualgen@nvcc.edu](mailto:dualgen@nvcc.edu) or call 703-323-2181.



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Recommended Every 12 Months  
\$295<sup>95</sup>**

Full interior & exterior detailing, including trunk, shampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, tires, fender wells & door jams, hand wax exterior, buff & polish, wax or glaze application, tire & cap removal, dress tires, rubber molding & trim, clean dashboard, vents, console plus door panels, clean overhead liner, ashtrays & windows, and engine cleaning.

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NON-SYNTHETIC SYNTHETIC  
INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 5/31/16.

TOYOTA GENUINE SERVICE  
**VARIABLE DISCOUNT**

**\$5.00 OFF** with purchase of \$35.00 - \$49.99  
**\$10.00 OFF** with purchase of \$50.00 - \$99.99  
**\$15.00 OFF** with purchase of \$100.00 - \$199.99  
**\$20.00 OFF** with purchase of \$200.00 - \$499.99  
**\$50.00 OFF** with purchase of \$500.00 Or more

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TOYOTA GENUINE SERVICE  
**VENTILATION SERVICE  
\$49<sup>95</sup>**

INCLUDES: Clean condenser fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

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TOYOTA GENUINE SERVICE  
**COMPLIMENTARY  
MULTI-POINT  
INSPECTION**

INCLUDES: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

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EXTEND THE LIFE OF YOUR VEHICLE!  
**BG FLUID EXCHANGE SPECIAL**

**TRANSMISSION FLUSH \$189<sup>95</sup>**  
**POWER STEERING FLUSH \$139<sup>95</sup>**  
**BRAKE FLUSH \$139<sup>95</sup>**  
**FUEL INDUCTION FLUSH \$139<sup>95</sup>**  
**ENGINE PERFORMANCE SERVICE \$219<sup>95</sup>**

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

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