



The Arlington Connection

WELLBEING
PAGE 2

Ian Huber grew up in Lyon Village and remembers he used to ride his scooter with streamers in the annual Fourth of July parade. "They called me last night and asked me to be Uncle Sam this year. They had the uniform all ready to go. Who could say no to that?"

4th of July Parade

NEWS, PAGE 3

Rights
Restored

NEWS, PAGE 3

Back to Business
In Ballston

NEWS, PAGE 4

Preventing Concussions
This Summer

WELLBEING, PAGE 2

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

PHOTO BY SHIRLEY RUHE/THE CONNECTION

JULY 6-12, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

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Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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WELLBEING

Preventing Concussions

Local physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL
THE CONNECTION

Summer has been dubbed trauma season by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury (TBI).

The National Institutes of Health define a concussion as a mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness, or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, repeated vomiting or nausea, confusion, and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Md. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improving public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, W.Va. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," said Lewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?"

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment, and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD, and other conditions.

On a more personal level, Lewis' 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with the

More

For more information on concussion prevention see www.cdc.gov/headsup/

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for July 11-16.

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

Senior trips: Pre-Bastille Day lunch, Café Renaissance, Vienna, Wednesday, July 13, \$53; Sight and Sound Theatre,

Lancaster, Pa., "Samson," Thursday, July 14, \$124 (includes lunch); tour Red Cross national headquarters, D.C., Friday, July 15, \$13; Cape May, N.J., Saturday, July 16, \$119 (includes meal). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

The Blue Kats rhythm and blues band, Monday, July 11, 10:30 a.m., Lee. Free. Register, 703-228-0555.

Classical music appreciation, Monday, July 11, 1 p.m., Langston-

school's athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every day.

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said. "I implement this with my own 16-year-old son." He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immediately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton."

Among the signs that one might have sustained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of Nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache too."

No two injuries are the same. "Each concussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of Sports Medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. "One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way. I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."



Dr. Michael Lewis

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JULY

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

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

AUGUST

8/3/2016.....Wellbeing

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

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Brown. Free. Register, 703-228-6300.

Informal painting classes begin Monday, July 11, 10 a.m.-noon, Lee, \$56/8 sessions. Register, 703-228-0555.

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

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

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Celebrating 4th of July

Camilo Franco, 2, and his brothers Nicolas, 4, and Carlos, 6, with mom, Ingrid, and dad, Carlos, line up for a quick family photo before finding a place in the Lyon Village 4th of July parade line on Monday. A final decision was made at 8:30 a.m. to move forward with the parade despite anticipated rain.

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION



Lyon Village residents stretch an American flag across the street at the beginning of the Fourth of July parade. Lynne Pilot (right) next to her husband, Larry, have been at most of the parades for the last 40 years since he was president of the Lyon Village Community Association. John and Kathy Morland at the far end of the flag recall the years when the parade route went right down the hill. John Morland says they had to change it. Kathy Morland recalls their kids raced down the hill. "It was a near death experience; they loved it."



Antique cars led the way at the Lyon Village 4th of July Parade and Picnic on Monday at 11 a.m. Tom Harrison drives his 1930 model A Ford as 12-year-old neighbor Henry Abyad rides in the bumper seat and neighbor Ambassador Risa Lino rides in the passenger seat. Harrison said, "I've been driving in the parade since the early '80s. We're pretty new."

Rights Restored

Ex-convicts meet with governor to discuss voting rights restoration.

BY VERNON MILES
THE CONNECTION

The right to vote is one of the most fundamental American freedoms, and one denied to many Virginians released from prison on felony charges. On June 29, Gov. Terry McAuliffe met in Alexandria's Northern Virginia Urban League with advocates for the restoration of ex-inmate's rights. On April 22, McAuliffe signed an executive order that restored voting rights to 206,000 ex-felons. Virginia is one of 10 states that does not automatically restore an ex-felons' voting rights after his release from prison. At the meeting, ex-convicts from Alexandria and Arlington spoke about the struggles of being released back into society and how the right to vote being taken away impacts their lives.

"Once I paid my debts, I had to wait five years after probation ended to get my voting rights back in 2006," said Deacon Willie Watts with the Wilson Boulevard Christian Church. "It took six years. I'm proud. I fought through it. Never give up."

For many ex-inmates, the right to vote is one felt most keenly when it's lost. Licia White said that before her voting rights were restored she'd never taken an interest in politics.

"We can only press forward," said White. "I'm excited and ready to vote. Thankful for the opportunity to have my voice heard. It plays a big part in the healing process. I just want to be a part of having a voice."

The governor and ex-convicts were joined by local civil rights and restoration leaders.

"This is a first step towards battling stigmas," said Elizabeth Jones Valderrama, executive director of Offender Aid and Restoration (OAR).

"We can only press forward. I'm excited and ready to vote."

— Licia White

SEE EX-CONVICTS, PAGE 4

Back to Business in Ballston

Nine new projects to provide retail, office and residential.

BY VERNON MILES
THE CONNECTION

As the Ballston Mall slowly begins to continue towards new life, all across Ballston new development plants are emerging. These nine new projects are underway, approved, or under review for development within the next five years. In total, the new projects would bring 480,000 square feet of new or redeveloped retail space, 2,000 new apartments, and 420,000 square feet of office space.

Recently, office space in Arlington has struggled with record high office vacancy rates following the mass exodus of defense contractors as part of base realignment.

“Office vacancy right now is much higher than ever,” said Tina Leone, CEO of the Ballston BID, in an email, “but Ballston has weathered the storm much better than other neighborhoods. We topped out at about 19.6 percent vacancy and are now around 18 percent. Our owners haven’t experienced as much pain as Crystal City or Rosslyn both topping out at nearly 30 percent.” Leone also noted that the office space usage at Marymount University will likely be temporary as programs at the school continue to grow.

❖ Marymount University

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- ❖ Dedicated shuttle bus curbspace and bus shelter
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- ❖ Improved wayfinding signage

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❖ 3901 N. Fairfax

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- ❖ More than 184,000 total square feet
- ❖ 173,131 square feet of office space
- ❖ 3,200 square feet of retail space
- ❖ 13,000 square feet for a performing arts theater

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- ❖ High end fitness center and spa tenant

❖ Ballston Quarter

- ❖ Forest City
- ❖ Open-air retail concourses
- ❖ All-new street front façade design
- ❖ Remodeling/ upgrading of interior retail concourses
- ❖ Significant upgrading of retail mix to feature dining, entertainment, fitness, personal care and neighborhood support uses
- ❖ 365,000 square feet of retail on four levels
- ❖ Residential building on Northeast end of project
- ❖ 22 stories, 405 units and more than 51,000 square feet of ground floor retail

❖ 750 N. Glebe

- ❖ Saul Centers
- ❖ 483-unit apartment building
- ❖ 500,000 square feet
- ❖ 68,000 square feet of ground floor retail, including a grocery story
- ❖ More than 700 underground parking spaces

❖ 672 Flats

- ❖ The Penrose Group
- ❖ Six-stories
- ❖ 175-unit residential building
- ❖ 4,400 square feet of first floor retail along N. Glebe Road

Ex-convicts Discuss Voting Rights Restoration

FROM PAGE 3

OAR is an Arlington-based organization that works with offenders and individuals impacted by the criminal justice system. “Restoration brings recidivism rates down,” she said.

Kelvin Manurs is a local civil rights activist and an ex-convict. Manurs leads a 501c group in Arlington called Arm in Arm, which helps returning inmates and veterans work at adjusting back to civilian life. Manurs was both a veteran and an inmate and said the world can be a very intimidating place for both groups. For years, Manurs struggled with drug addictions, particularly to cocaine. However, even after Manurs beat his drug addiction after a 2006 arrest, he says he was still stuck in the drug lifestyle and continued dealing drugs until his arrest in 2009. Originally, Manurs started Arm in Arm while in prison as a way of con-

necting with other drug dealers who wanted to escape that lifestyle. But Manurs discovered that many of the issues he faced also impacted other prisoners: low self esteem, low self worth, and negative self images. The group now offers counseling and support services to help deal with those issues. Manurs said that stripping away the right to vote can make many of those already depressed ex-convicts feel like second class citizens. But for many of the younger members of their communities, Manurs says it’s more difficult to explain how big of an impact it is to lose that right.

“I tell young people, ‘what would it be like if someone took away your music? Or, for older people, what if they took away your flower bed?’” said Manurs.

For ex-convicts, the loss of voting rights is particularly painful around election seasons.

“Every time there’s a voting situation, you think about it,” said Robert McNeil, an ex-convict, “but now, we can move forward.”

McNeil described the day he heard the McAuliffe’s announcement on the radio.

“It made me pay attention because there was a possibility that I could vote,” said McNeil. “I’m 62 years old and I’ve never had the opportunity to vote. That day I stood a chance. I wanted to be a part of it. I went into the poll, they accepted me, gave me an application, and the whole process took six or seven minutes. I walk with a cane but I was ready to dance.”

McAuliffe currently faces a lawsuit from political opponents who allege that McAuliffe abused his executive privilege in his voting rights restoration.

“Every civil rights struggle is hard work,” said McAuliffe, “that doesn’t mean we don’t do it.”

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com.

THROUGH AUG. 5

Free Lunch. Noon-1 p.m. at Mount Zion Baptist Church, 3500 South 19th St. Mount Zion Baptist Church has

partnered with the Capital Area Food Bank to offer free lunch to children ages 5-18. Call 703-979-7411.

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 for more. To volunteer, call 703-403-5360.

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CRIME

The Arlington Police Department issues a daily crime report every weekday, except county holidays. The information in each report covers criminal incidents generally from the day before; reports published on Monday cover the preceding Friday, Saturday and Sunday. Some incidents may appear a day or two after the occurrence.

Addresses shown indicate blocks and not specific addresses. For more information on crime in an area, visit <http://www.raidsonline.com/?address=Arlington,VA>.

JULY 5 REPORTS

EXPOSURE, 160630023, 2900 block of S. Glebe Road. At approximately 9 a.m. on June 30, officers responded to the report of an exposure. When on scene it was discovered that while a female victim was walking on a marked trail, an unknown male subject exposed himself to her. The subject is described as a white male in his 20s, approximately 6'0" tall and weighed 180 lbs. He was wearing royal blue shorts and no shirt.

LARCENY FROM AUTO, 160702012, 1600 block of S. Barton Street. At approximately 8 a.m. on July 2, an officer responded to the listed address for the report of items stolen out of an unlocked vehicle. Another officer canvassed the area and discovered two other unlocked vehicles that had been entered but nothing was stolen. There is no suspect description.

DESTRUCTION OF PROPERTY, 160702013, 2400 block of N. Sycamore Street. At approximately 8:30 a.m. on July 2, an officer responded to the listed address for the report of a destruction of property to a vehicle. Numerous vehicles in the area had their tires slashed and were keyed. There is no suspect description.

TAMPERING WITH AUTO,

160702016, 1800 block of S. 9th Street. At approximately 8:45 a.m. on July 2, an officer responded to the listed address for the report of a tampering with auto. Upon arrival, it was determined that someone had entered an unlocked car and stole items of value. Officers canvassed the area and discovered three other unlocked vehicles that had been rummaged through but nothing was taken. There is no suspect description.

STOLEN VEHICLES

07/01/16, VA TX272270, 2007 Ford E-250, White, 2300 block of S. Kenmore Street

07/03/16, VA VDM7618, 2010 Mitsubishi, Silver, 3400 block of S. 7th Street

DESTRUCTION OF PROPERTY, 160701018, 2700 block of N. Wyoming Street

LARCENY FROM AUTO,

160701023, 1900 block of S. Bell Street

DESTRUCTION OF PROPERTY, 160701026, 4300 block of N. Old Dominion Drive

GRAND LARCENY, 160701033, 4100 block of S. Four Mile Run Drive

GRAND LARCENY, 160701039, 3200 block of S. Columbia Pike

ASSAULT & BATTERY, 160702001, 3300 block of N. Pershing Drive

CREDIT CARD FRAUD, 160702029, 1100 block of S. Hayes Street

GRAND LARCENY, 160702034, 2900 block of S. 23rd Street

FRAUD, 160702035, 1300 block of S. Thomas Street

LARCENY FROM AUTO, 160702039, 1300 block of N. Filmore Street

DESTRUCTION OF PROPERTY, 160702040, 2400 block of N. Underwood Street

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ENTERTAINMENT

Keaton, Chaplin Inspire Synetic's 'Twelfth Night'

This version of Shakespeare production set in the 1920s.

BY STEVE HIBBARD
THE CONNECTION

Synetic Theater is presenting "Twelfth Night" from July 13 to Aug. 7. After garnering 11 Helen Hayes Award nominations, Synetic's 2014 hit is back by popular demand. Set in the Roaring '20s and inspired by the silent comedy of Buster Keaton and Charlie Chaplin, "Twelfth Night" tells the tale of fraternal twins, Viola and Sebastian, separated in a strange new land. Having survived a shipwreck and believing her brother Sebastian has been lost, Viola falls hopelessly in love with Duke Orsino and disguises herself as a man to enter his services. This production will not have dialogue.

Director Paata Tsikurishvili said as with most Shakespeare plays, the characters are iconic and span a whole range of emotions. "It's also a very short and compact play — very cinematic and keeping with our style," he said. "And this is a play that has everything: it's deeply touching and uproariously funny, with great opportunities for physical comedy."

He said in choosing the setting of the 1920s, he wanted to explore the physical style of silent film and silent comedy to fuse the visual style of the '20s with his contemporary take on Shakespeare's story.

"I think this silent film style is appropriate for what we do, being a 'silent' or wordless show," he said. "What really inspired me was the work of (Charlie) Chaplin and (Buster) Keaton, the two kings of silent comedy."

He added: "Also, the '20s dances were completely and dynamically wild — the Charleston, the Foxtrot, swing dancing — they took us in a completely different direction from anything we've ever done before."

As far as challenges, he said: "As always, it's a challenge to do justice to Shakespeare's words without verbally speaking them, to convey everything that's being said in a non-traditional way and use another theatrical language, so to speak. Incorporating the multimedia aspects to this show was a challenge too, but especially given the play, it was tremendously fun."

Philip Fletcher plays the role of Duke Orsino, a part good ol' boy, part quintessential bachelor, but mostly a hubristic, hopeless romantic.

He said the biggest challenge for him was the comedy aspect of the show. "Physical comedic timing for me is like a moving target that demands practice and much refinement," he said. "There is always room for improvement where a fraction of a second too short and you undersold the joke, conversely, a second too long and you are hitting the audience over the head with the joke," he said.

As far as audience takeaways, he said: "We often blindly covet the unattainable, in love with the pursuit of love but not actually in love with the object of our desire. Sometimes love is right in front of you even though you might not be ready or able to acknowledge it."

Kathy Gordon plays the role of Olivia, who at first is mourning her brother to the point of obsession and so very bored of Orsino's constant proposals. She said everything changes when she meets Cesario, who is actually Viola in disguise, and Olivia falls head over heels in love with him (her). "Olivia is very impulsive and knows exactly what she wants and will do anything she can to get it," she said.

As far as challenges, she said she spent a lot of time watching black and white movies from the 1920s to get a feel of the movement and acting style as her movements and gestures have to reflect that, she said. "Also,

building up my physical stamina for this show has been a challenge," she said. "I am a very fit performer but doing a run on this particular show is very exhausting so I have to constantly remind myself to eat well before hand."

She said she hopes the audience comes out from watching this production feeling happy and light-hearted. "It is a wonderful show to perform in and I hope the audience sees that during the show," she said.

Irina Tsikurishvili plays the role of Viola, one of Shakespeare's greatest heroines. "Strong and vulnerable, tragic and comedic, she really runs the emotional and physical gamut," she said. "As funny as she is though, I think there's also a deep streak of melancholy in her, being in love and not able to reveal her identity and having lost her brother. Getting to do all this — to play such high tragedy and comedy — makes this a dream role."

She said since the play was set in the 1920s, Chaplin's style of comedy was the natural direction they took. "And applying that to Viola — a kind of lost, searching soul — and getting to essentially play The Little Tramp, this was a tremendous thrill," she said. "And the dances — the Cakewalk, the Lindy Hop, the Charleston — was also a very exciting new movement style to ex-



PHOTO BY KOKO LANHAM

Irina Kavsadze stars as Maria, Irina Tsikurishvili as Viola and Rand Snight as Ensemble in "Twelfth Night."

plore and perform. It was a lot of fun getting to put our own spin on them."

For audience takeaways, she said: "I hope people have fun, that they feel like they're watching a live-action, a silent comedy. I hope they feel like they've been transported back in time to a place that will be recognizable to them, but that they're now seeing in color ... Most of all, I hope everyone leaves the theater with a smile on their face, which I think they will, especially considering the finale that we have in store for them."

Synetic Theater in Crystal City is showing "Twelfth Night" July 13-Aug. 7. Showtimes are Wednesdays through Saturdays at 8 p.m.; Sunday matinees at 2 p.m. Tickets are \$20 to \$60. Synetic Theater is located at 1800 S Bell St, Arlington, in Crystal City. For more information, visit www.synetictheater.org.

CALENDAR

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

ONGOING

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.

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.

"Flights of Fancy." Through July 9, 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 for more.

"La Cage Aux Folles." Through July 10, 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 for more.

"The Good Devil (in Spite of Himself)." Various times at Gunston Theatre Two, 2700 S. Lang St. When a Commedia dell'Arte theater troupe in 17th-century France

is bedeviled by a royal decree forbidding them from speaking onstage, the rambunctious actors stage an ingenious revolt. Tickets are \$10-35. Visit www.wscavantbard.org for more.

Art Exhibit: "Suite Inspirations."

Through July 29, gallery hours at Gallery Underground, 2100 Crystal Drive. Gallery Underground features "Suite Inspirations," focusing on what it means to create art in a series. Free. Visit www.galleryunderground.org for more.

Art Exhibit: "Reconciliation."

Through July 31, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This multimedia exhibition explores alternative historical narratives that unfold non-sequentially during the excavation of an 18th century stone-lined privy in

the backyard of a former tenement building in the Lower East Side of Manhattan. Free. Visit www.arlingtonartcenter.org for more.

Art Exhibit: "Materialized Magic."

Through July 31, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. On the Lower Level, AAC's Jenkins Community Gallery will be transformed into an immersive three-dimensional fiber art installation, Materialized Magic: Mythical Creatures in a Yarn Artistry Habitat. Artists Stacy Cantrell and Erika Cleveland source the community for creation, assembly, installation, and de-installation. Free. Visit www.arlingtonartcenter.org 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.

Yoga for Non-Yogis. Thursdays through Aug. 25, 8-8:50 a.m. at Barcroft Sport & Fitness Center, 4200 S. Four Mile Run Drive. Free. Call 703-228-0701 for more.

Netherlands Carillon Concerts. Saturdays through Aug. 28, 6-7 p.m. at 1400 N. Meade St. Guest artists play patriotic music, jazz and pop on the Carillon's 50 bells. Free. Visit www.rosslynva.org for more.

Lubber Run Concert Series. Fridays-Sundays through Sept. 18 at Lubber Run Amphitheater, 200 N. Columbus

www.connectionnewspapers.com

ENTERTAINMENT

St. Free. Visit www.arlingtonarts.org for more.

Ball Sellers House. Saturdays, April-Oct., 1-4 p.m. at Ball Sellers House, 5620 3rd St., S. The Ball-Sellers House, the oldest building in Arlington County is open to the public for tours. The house was built around 1742 by John Ball and named the Ball-Sellers House to honor both the builder and the donor. Free. Visit www.arlingtonhistoricalsociety.org.

Exhibit: "Strange Landscapes." Through Oct. 2, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. "Strange Landscapes" approaches landscape as a historical legacy, a lens for exploring nature, and foundation for imagining alternative ways of being. Featuring painting, drawing, installation, video, sculpture, and performance, the exhibition highlights artists whose work draws on and challenges traditional artistic approaches to the natural and built environments. Free. Visit www.arlingtonartcenter.org.

WEDNESDAY/JULY 6

Sizzlin' Summer Nights: "The Showcase." 8 p.m. at Signature Theatre, 4200 Campbell Ave. Up-and-coming talent from D.C. area universities present for the first time on the Signature stage. Tickets are \$35. Visit www.sigtheatre.org.

THURSDAY/JULY 7

Robbie Schaefer: "Songs From a Small Light." 8 p.m. at Signature Theatre, 4200 Campbell Ave. Robbie Schaefer, songwriter and guitarist from the indie folk band, Eddie From Ohio, performs songs from A Small Light in a Dark Room, which is currently in development and marks his first foray into musical theater. Tickets are \$35. Visit www.sigtheatre.org for more.

THURSDAY-SUNDAY/JULY 7-10

Camp Heat. All day at Arlington County Fire Department, 2100 Clarendon Blvd. Arlington's Fire Department will host "Camp Heat," a four-day immersion for female students, ages 15-18, to consider becoming firefighters or emergency medical technicians after high school or college. Free. Visit fire.arlingtonva.us for more.

FRIDAY/JULY 8

Rosslyn Cinema: "Dirty Dancing" 5-11 p.m. at Gateway Park, 1300 Lee Highway. Food will be available for purchase from Union Dog 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 for more.

International Dance in the Park. 6-8 p.m. at Virginia Highlands Park, 1600 S. Hayes St. Learn dance moves from all over the globe. Free. Call 703-228-4773 for more.

Argentina Bicentennial Night. 6:30 p.m. at El Puerto Restaurant, 3007 Columbia Pike. Find food and drinks, music, and more. Tickets are \$10 in advance, \$20 at the door. Email info@festivalargentino.org for more.

Julia Fanning EP Release Party. 7 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Fanning celebrates her self-titled album release. Joined by Erin and the Wildfire & Luke James Shaffer. Tickets are \$12 plus a service fee. Visit www.juliafanningmusic.com.

Addi and Jacq: "Less Likely Places." 7 p.m. at Signature Theatre, 4200 Campbell Ave. Vocalist Addi McDaniel and harpist Jacqueline Kerrod fuse classical music with a pop sensibility. Tickets are \$35. Visit www.sigtheatre.org.

Ines Nassara: "A Case of Her." 9 p.m. at Signature Theatre, 4200

Campbell Ave. Ines Nassara (Crossing) and her band, Heroine, perform a cabaret-style concert inspired by the Joni Mitchell classic "A Case of You." Tickets are \$35. Visit www.sigtheatre.org.

FRIDAY-SATURDAY/JULY 8-9

Meet Mata Amritanandamayi. 10 a.m. and 7 p.m. at Crystal Gateway Marriott, 1700 Jefferson Davis Highway. Programs include inspirational music, meditation, spiritual discourse, and personal blessings with the spiritual leader known as "Ammma" or mother. Free. Visit www.embracingtheworld.org.

FRIDAY-SUNDAY/JULY 8-10

Jane Franklin Dance: "Wash Over You." 7:15 p.m. Friday, 5 p.m. Saturday, and 8:45 p.m. Sunday at Lang - Atlas Performing Arts Center, 1333 H St. NE, Washington, D.C. Arlington-based dance company Jane Franklin Dance participate in the 11th Annual Capital Fringe Festival. Music is by audio producer, violinist and composer David Schulman. Video by Jane Franklin references stop motion animation and supplies an intermittent backdrop. Tickets are \$17. Visit www.janefranklin.com.

SATURDAY/JULY 9

Summer Scavenger Hunt. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Search for signs of summer by collecting objects and looking for clues. Bring a camera or phone for pictures. Free. Call 703-228-6535.

Adapted Ice Skate Night. 6-8 p.m. at Kettler Capitals Iceplex, 627 N. Glebe Road. Individuals with disabilities are invited to bring their friends and family. \$1 per person covers skate rentals. Call 703-228-4738.

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

Sizzlin' Summer Bash. 7 p.m. and 9 p.m. at Signature Theatre, 4200 Campbell Ave. A cast of Signature favorites perform featuring pop and Broadway's hottest tunes. Tickets are \$35. Visit www.sigtheatre.org.

SUNDAY/JULY 10

Seashell Workshop: Limpet Shells. 1:30-2:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. These small mollusks are able to withstand crashing ocean waves and eat algae off rocks using nature's strongest material — their teeth. Learn about ocean invertebrates (animals without a backbone) and study their shells and the interesting animals that build them. Take home a shell or shell craft from each workshop. Tickets are \$10. Call 703-228-3403.

Seashell Workshop: Olive Sea Snail Shells. 2:30-3:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Children ages 7-12 are invited to learn how these olive-shaped, carnivorous sea snails keep their shells really shiny and how they are some of the fastest burrowing snails in the world. Tickets are \$10. Call 703-228-3403.

Cobber Corn Feed. 5 p.m. at Virginia Highlands Park, 1600 S. Hayes St. The event is for all Concordia alumni, students, parents, friends and prospective students in the area. Cobber Corn Feeds have become an annual tradition throughout the country. Please bring a side dish to share. Email dawndamschen@gmail.com.

Outdoor Concert. 6-8 p.m. at Mount Olivet United Methodist Church, 1500 N. Glebe Road. The Buzz

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ENTERTAINMENT

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Saturday Vigil: 5:30 PM
Sunday: 7:30, 9:00, and 11:00 AM
1:30 PM Spanish Liturgy

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PARISH WEBSITE:
www.stannchurch.org

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Saturday, 8:30 AM

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Be sure to include your name, address and phone number, and identify
all people and pets in photos. Submission deadline is July 20.

Hounds perform. Food available from
the Chix N Stix food truck. Free. Visit
www.mountlivetumc.com/concert.

MONDAY/JULY 11

Classical Music Appreciation. 1-
2:30 p.m. at Langston-Brown
Community Center, 2121 N.
Culpepper St. Explore some of the
most popular and important pieces of
the repertoire with historical
background plus information to help
appreciate symphonies, sonatas,
chamber music, opera and other
forms of art music. Free. Call 703-
228-5210.

Meet the Speaker: David Keegan.
3-4:30 p.m. at Arlington Central
Library, 1015 N. Quincy St. Dr. David
Keegan will speak on "Looking at
Asia from Washington and Beijing:
Two Very Different Views." Free.
Call 703-228-2144.

JULY 11-AUG. 9

"Twelfth Night." 8 p.m. Wednesday-
Saturday and 2 p.m. Sunday at
Synetic Theater, 1800 S. Bell St. Set
in the roaring 20s, "Twelfth Night"
tells the tale of fraternal twins, Viola
and Sebastian, separated in a strange
new land. Tickets start at \$35, \$15
for students. Visit
www.synetictheater.org for more.

TUESDAY/JULY 12

Family Sing Along. 7-8 p.m. at
Aurora Hills Branch Library, 735 S.
18th St. Sing along with folk singer
Jim Klein. Free. Call 703-228-5715.

U.S. Marine Corps Sunset Parade.
7-8 p.m. at Iwo Jima Memorial, 1400
N. Meade St. Join the U.S. Marine
Drum and Bugle Corps, also known
as "The Commandant's Own" and the
Marine Corps Silent Drill Platoon for
a one hour performance on the
grounds of the Iwo Jima Memorial
Tuesday evenings. Free. Visit
www.barracks.marines.mil for more.

**Delores King Williams with
Howard Breitbart: "Movie
Madness."** 8 p.m. at Signature
Theatre, 4200 Campbell Ave. Delores
King Williams and Musical Director
Howard Breitbart perform music
from the movies and tell stories from
behind-the-scenes. Tickets are \$35.
Visit www.sigtheatre.org for more.

WEDNESDAY/JULY 13

**Urban Arias: "Keep Calm and Sing
On..."** 8 p.m. at Signature Theatre,
4200 Campbell Ave. Melissa Wimbish
portrays three women in an original
opera. Tickets are \$35. Visit
www.sigtheatre.org for more.

JULY 13, 16, 17

**Jane Franklin Dance: "Wash Over
You."** 8:30 p.m. Wednesday, 5:45

p.m. Saturday, and 8:45 p.m. Sunday
at Lang - Atlas Performing Arts
Center, 1333 H St. NE, Washington,
D.C. Arlington-based dance company
Jane Franklin Dance participate in
the 11th Annual capital Fringe
Festival. Music is by audio producer,
violinist and composer David
Schulman. Video by Jane Franklin
references stop motion animation
and supplies an intermittent
backdrop. Tickets are \$17. Visit
www.janefranklin.com for more.

THURSDAY/JULY 14

Book Talk: Libby Heily. 7-8 p.m. at
One More Page Books, 2200 N.
Westmoreland St. Libby Heily
discusses and signs her newest novel,
"Welcome to Sortilege Falls." Free.
Visit www.onemorepagebooks.com.

THURSDAY-FRIDAY/JULY 14-15

**"Fear No More - A Courageous
Cabaret."** 8 p.m. Thursday and 7
p.m. Friday at Signature Theatre,
4200 Campbell Ave. Will Gartshore
and Alyssa Wilmoth Keegan join
forces for a program of pop, rock and
musical theater standards. Tickets are
\$35. Visit www.sigtheatre.org.

FRIDAY/JULY 15

Visit The Animal Hospital. 2-3 p.m.
at Long Branch Nature Center, 625 S.
Carlin Springs Road. Children 8-12
are invited to visit rescued animals
and see how they are medically
treated. Admission is \$5. Call 703-
228-6535.

Wet & Sweat Field Day. 6-8 p.m. at
Drew Park, 3500 24th St. S. Find
water activities - water balloon
target launch, obstacle course water
relay, and more. Free. Call 703-228-
4773 for more.

Book Talk: Beatriz Williams. 7-8
p.m. at One More Page Books, 2200
N. Westmoreland St. Williams
discusses "A Certain Age." Free. Visit
www.onemorepagebooks.com.

The Marcy and Zina Show. 7 p.m.
and 9 p.m. at Signature Theatre,
4200 Campbell Ave. Romantic
comedy songwriters Marcy Heisler
and Zina Goldrich perform. Tickets
are \$35. Visit www.sigtheatre.org for
more.

FRIDAY-SUNDAY/JULY 15-24

**Encore Stage & Studio: "Mary
Poppins."** 7:30 p.m. Friday and
Saturday, 2 p.m. Saturday and
Sunday at Thomas Jefferson Theatre,
125 S. Old Glebe Road. This musical
is recommended for children age 6
and older. Visit
www.encorestageva.org for more.

SATURDAY/JULY 16

Rain Barrel Workshop. 10-11:30

a.m. at Fairlington Community
Center, 3308 S. Stafford St. Make a
rain barrel to collect rainwater for
use in your yard and garden. \$55 per
barrel; two barrels per household
limit. Visit arlingtonva.us for more.

SUNDAY/JULY 17

**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. The garden is located
beyond the Nature Center. No
registration necessary. Call 703-228-
6414 or email mgaralalex@gmail.com.

Hollertown. 6 p.m. at Lubber Run
Amphitheater, 200 N. Columbus St.
Hollertown is a bluegrass and old-
time music band that has played in
and around Washington, D.C., for
nearly 10 years. Free. Visit
www.arlingtonarts.org.

SUNDAY-MONDAY/JULY 17-18

Hula and 'Ukulele Workshops. 6
p.m. and 6:30 p.m. on Sunday, 9
a.m., 9:30 a.m., and 5 p.m. on
Monday at Gunston Arts Center,
2700 S. Lang Street. Hula workshops,
both days, will be conducted by
Kumu Hula Keith Awai, from Laie,
Hawaii. Participants should have
knowledge of hula basics. 'Ukulele
workshops will include Introduction to
'Ukulele, Advanced Beginner
'Ukulele, Intermediate 'Ukulele and
'Ukulele Bass. A discount is offered
for registration for workshops on
both days. Saturday's workshops will
conclude with a free kanikapila
(music and dance) session. Tickets
are \$30-130. Visit
[www.halauoaulani.org/
workshops2016](http://www.halauoaulani.org/workshops2016).

MONDAYS/JULY 18-AUG. 22

Dance Instruction Classes. 6:30-
7:30 p.m. at Walter Reed Community
Center, 2909 S. 16th St. Instructor
Kat Kinnunen teaches foxtrot, waltz
and swing. Free. Call 703-228-0935
for more.

TUESDAY/JULY 19

**The Gay Men's Chorus of
Washington DC: The S* Show
(Sinatra, Sondheim and
Streisand).** 8 p.m. at Signature
Theatre, 4200 Campbell Ave.
Featuring songs and stories of the
singers' relationship with the music
of legends Frank Sinatra, Stephen
Sondheim and Barbra Streisand.
Tickets are \$35. Visit
www.sigtheatre.org for more.

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PEOPLE

NOVEC Lineman Saves Man in Cardiac Arrest

Arlington native was saved by CPR as a child.

A Northern Virginia Electric Cooperative lineman saved a man's life on June 17 in Springfield by using cardiac pulmonary resuscitation skills he learned at NOVEC.



Reckmeyer

Arlington native Nicholas Reckmeyer, a 35-year-old first class NOVEC line technician, saw a young woman on the ground near a car holding a 29-year-old man while Reckmeyer and his family were traveling in their van that Friday evening.

According to a release from NOVEC, Reckmeyer told his wife he was going to help since he had been trained by the NOVEC in first aid, CPR, and automated external defibrillator (AED) use.

"I rushed over and asked if anyone had called 911," he said. "They had not, so I pulled out my cellphone."

Reckmeyer felt and looked for a pulse and respiration on the bleeding 29-year-old man. He found none.

"I had the woman lay the man's head flat," Reckmeyer said. "I checked his airway and then began CPR chest compressions. After about a minute of CPR, he began gasping and the young woman started yelling that he was breathing. But I knew gasping was a sign of cardiac arrest because of my experience in the Gaff-n-Go Rodeo."

At the annual Gaff-n-Go Lineman's Rodeo, judges score journeyman and apprentice linemen from 14 electric utilities in six states on their speed, accuracy, and safety skills, including CPR.

"After three minutes of chest compressions, I was getting tired and worried that he was not going to make it," Reckmeyer said. "The older man took over while I checked the victim's vitals, but he still had nothing. Since I noticed the older man was not doing compressions properly, I continued the CPR. After another 30 compressions, the younger man started coughing and moaning. I checked his pulse. He had a faint heartbeat and I could see his chest rising and falling with his breathing. About this time the ambulance and paramedics were pulling up and came over to help. I

let them know they should get an AED on him just in case his heart stopped again. They did."

Reckmeyer gave the emergency medical service technicians information about the incident.

"As I was walking back to the van I saw the man sitting up on the stretcher in the ambulance," Reckmeyer said. "A paramedic and police officer stopped me and said the man was alive because of my quick action in a stressful situation."

Reckmeyer explained to his wife and children, who watched from the van, that "in any given situation if you can help someone in need, regardless of whether you know them or not, you should help."

Reckmeyer credits the bi-yearly CPR and AED training at NOVEC for saving a life. He said, "Although I am the one who performed CPR, I must give credit to all those people at NOVEC who helped me be prepared for the situation and the folks responsible for the Gaff-n-Go Rodeo for including

CPR as an event."

"We are thankful to the passerby who stopped to help and render aid to the man during this medical emergency," said PFC T. J. Wright, public information officer with the Fairfax County Police Public Affairs Bureau. "Having been trained in CPR and able to utilize the skill in attempt to save another man's life is commendable and he should be proud."

"We're proud of Nick and all our line technicians," NOVEC President and CEO Stan Feuerberg said. "These men often work in terrible weather conditions when power outages occur. They must be mentally sharp and physically tough to work around energized lines. And as Nick proved, they need to know exactly what to do when it really matters."

Reckmeyer almost drowned in a backyard swimming pool when he was two years old. A neighbor performed CPR on him and saved his life. Reckmeyer said, "Now it was my turn to use CPR to save a life."

SPORTS BRIEFS

WGCC Defeats Army-Navy Country Club

Washington Golf and Country Club (WGCC) continued its winning streak with a win over cross-town rival Army-Navy Country Club on Thursday, June 30 at Army-Navy.

Though Army-Navy swam fast, WGCC's large team and deep bench contributed to their winning score of 345 points vs. ANCC's 141 points.

WGCC athletes who won all three of their individual events this meet were: Olivia McManus (Girls 12&U IM, Backstroke, and Butterfly); Jillian Johnson (Girls 13& over IM, Backstroke, and Butterfly); William Lepre (Boys 8&U Free, Back, and Fly); Caroline Otteni (Girls 14&U Free, Breast, and Fly); Cate Barrett (Girls 18&U Free, Back, and Breast); and Ryan Baker (Boys 18&U Free, Breast, and Fly). Double Winners were: Richard Gentry (Boys 13&Over IM and Breaststroke); Sean Curran (Boys 10&U Free and Back); Angus Ricks (Boys 14&U Free and Breast); and Arav Barghava (Boys 10&U Breast and Fly). Single Winners were: Jack Carman (Boys 12&U IM);

Madeleine Steves (Girls 8&U Free); Avery Nassetta (Girls 12&U Free); Sabine Barbee (Girls 18&U Back); Caitlin O'Connor (Girls 8&U Breast); Nicholas Zochowski (Boys 8&U Breast); Sydney-Cate Thornett (Girls 12&U Breast); Rajan Barghava (Boys 12&U Breast); and Kate Loper (Girls 8&U Fly).

WGCC sailed through the relays and won every single relay event. Winning relay teams included: Girls 14&U Medley Relay (Sophie Yoder, Otteni, Maren Schwarz and Emme Yoder); Boys 14&U Medley Relay (Henry Rehr, R. Bhargava, A. Bhargava, and Lepre); Girls 18&U Medley Relay (Johnson, Barrett, McManus, and Caroline Klauder); Boys 18&U Medley Relay (Baker, Ricks, Carman, and Conner McCarthy); Girls 18&U Free Relay (E. Yoder, Schwarz, Nassetta, and Otteni); and the Boys 18&U Free Relay (Lepre, McCarthy, R. Bhargava, and Ricks).

Next week the Lightning hope to dominate at the Country Club Swim and Dive Association Divisional Relays which will take place at WGCC on Thursday July 7.

Young Named Poet Laureate

Katherine E. Young has been selected the first Poet Laureate of Arlington County. She will be installed at a brief ceremony during the County Board recessed meeting at 3 p.m., Tuesday, July 19, at 2100 Clarendon Blvd.

During her two-year appointment, the 30-year county resident will serve as an advocate for poetry and the literary arts and will work to raise Arlingtonians' consciousness and appreciation of poetry in its written and spoken forms.

Young has won numerous awards as a poet and also as a literary translator. She has read her poetry at the Library of Congress and in venues throughout the United States and abroad. These include the Oxford (U.K.) Literary Festival, and at English and Scottish venues from Cheltenham to Edinburgh. Her reviews and criticism have appeared in Poet Lore and the Innisfree Poetry Journal. She also has taught K-12 students through the Pick-a-Poet program,



Katherine E. Young

a partnership between Arlington Cultural Affairs and the Arlington Public Schools (APS) Humanities Project, which places professional poets in APS classrooms. She holds a Master of Fine Arts degree in creative writing. The Poet Laureate will receive an honorarium of \$1,500 per year, provided through regular Cultural Affairs programming funds and the Friends of the Arlington Public Library.

Hume to Ireland, and Spires to Italy.

Brittany Campbell of Arlington, received a Master's degree in business administration from Marist College (Poughkeepsie, N.Y.).

Sophie A. Tsagronis of Arlington, was named to the Rhodes College Honor Roll for the 2016 spring semester. Tsagronis is a graduate of Old Saybrook High School.

Connor Fitzgerald of Arlington graduated from the University of San Diego. Fitzgerald earned a bachelor's degree in Spanish, graduating cum laude.

SEE SCHOOLS, PAGE 11

SCHOOL NOTES

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

Shalonda Waller, of Arlington, graduated with a Bachelor of Science degree in sociology/criminal justice from the Graduate and Professional Studies Program at Averett University.

Pauline Anne Cusmano, of Arlington, was named to the spring 2016 dean's list with honors at McDaniel College (Westminster, Md.).

Caroline Connors, Peter Atkins, Arianna Hume, and Abigail Spires, all of Alexandria, were sent abroad by Belmont for summer trips. Connors traveled to Cambodia, Atkins to Germany,

WWW.CONNECTIONNEWSPAPERS.COM

Thunderbolts Take on Sharks

In its second meet of the NVSL Division II season, the Donaldson Run Thunderbolts hosted the Hunter Mill Sharks. Despite back and forth leads, Donaldson Run fell short with a final score of 231 - 189.

Double individual race winners for Donaldson Run were: Charlie Greenwood (boys' 9-10 freestyle and butterfly); Emily Brooks (girls' 15-18 freestyle and back); and Andrew Walker (boys' 15-18 50 freestyle and 50 breast).

The team's single winners were (in order of age and event): Scarlett Bennett (girls' 8&U 25 freestyle); Sean Conley (boys' 13-14 freestyle); Audrey Engel (girls' 13-14 freestyle); Ryan Clark (girls 8&U Backstroke); Drew Harker (boys' 11-12 breast-

stroke); Anna Trainum (girls' 13-14 50 breast); Grace Motta (girls' 15-18 50 breast); Rachel Conley (girls' 9-10 butterfly); Ella Rigoli (girls' 11-12 butterfly); Emma Hutchison (girls' 15-18 butterfly).

Winning relay teams included: Damon Maher, Cole Montgomery, Jay Lineweaver and Joseph Gore (8&U 100 free relay); Diya Redburn, Anna Popowich, Ryan Clark, and Scarlett Bennett (girls' 8&U 100 free relay); TJ Hutchison, Drew Harker, Jack Tsuchitani, and Charlie Taylor (11-12 boys' 100 free relay); Claire Sawyer, Anna Trainum, Audrey Engel, Rose Hayman (girls' 13-14 100 IM relay); Emily Brooks, Grace Motta, Emma Hutchison and Sarah Conley (girls' 15-18 100 IM relay).

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- Employees
- Services
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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Stop The Presses!



By KENNETH B. LOURIE

And cancel the third shift. My constant (lifelong) craving for sugar seems to have subsided since my last chemotherapy infusion. Typically, for a week to 10 days after my Friday infusion, food doesn't appeal to me. Even chocolate (in particular) and sweets in general do not affect the eating challenges I experience during this near fortnight. Usually, the pattern, going on 18 months or so now, is after 10 days, give or take, my interest in food returns and it's Katie-bar-the-door as I ravage the house looking for food that I had neglected the previous 10 days. To say I'm hungry after a week of not eating is to disrespect the obvious. There's not a word that accurately characterizes how I'm feeling when the urge to splurge finally returns. Suffice it to say, it's not safe for food to be around me. And the food which is most often around me are from Kenny's four major food groups: cake, cookies, candy and ice cream.

But not this time. Actually, let me be honest: not nearly as much as usual and way below what anyone who knows me would consider normal for me. As of Saturday, two-plus weeks out from my last infusion, in the house I have zero cookies, zero candy, zero cake and some ice cream – from approximately three weeks ago, which remains frozen and untouched in my freezer, which in and of itself is a miracle. In fact, ice cream has probably never been in my freezer longer than a week – cumulatively, in my entire life. Yet, when I open the freezer door now, to check inventory, there sits two Ben & Jerry's pints, one Breyer's quart and a half and two boxes of Dove Bars (six bars total), missing only two bars since its purchase. This kind of availability is foreign to me and speaks to the depth of my distaste and disinterest in all things sweet/chocolate. No doubt, if you believe many of the professional opinions, cancer patients need to reduce their sugar intake. Could it be that after seven-plus years of treatment, my brain has finally gotten the message and taken over – or been affected/instructed somehow, and told my receptors to stop being receptive to sugar?

If so, alert the authorities because there's going to be a bump in the unemployment rate next month. M&M Mars, Nabisco, Entenmann's, Hostess Brands, Tastycake, Little Debbie and NECCO (New England Confectionary Company) among a few other miscellaneous selections will be cutting staff. And if my lack of sugar craving continues, the drop will be precipitous. As Muhammad Ali said back in the day (about his boxing prowess): "It ain't bragging if it's true." Well, I ain't bragging, either.

Now don't get me wrong, when in the supermarket, I'm still making my usual rounds through all my familiar aisles and taking note as I walk. But for some inexplicable reason, this particular post post-chemo week, I don't have – to quote a singing Tom Cruise and Val Kilmer from their 1986 movie "Top Gun," "that loving feeling." It seems/feels as if I've actually lost it. And though not consuming mass quantities of sugar would certainly be bad for the cancer cells – who do crave it (and good for my overall health), it definitely doesn't help the snack food/dessert industry. But I suppose I can't really worry about that. I have bigger problems: stage IV, non-small cell lung cancer. I don't anticipate that my current aversion to sugar will last, but in an odd way I'm enjoying my new-found freedom. Every minute of my life is now not spent thinking about eating and/or avoiding chocolate. To invoke a Moe Howard (of The Three Stooges) line from a classic two-reeler: "What an experience!" (Although, he was talking about changing his socks.) So too has this been an experience. One I hope which doesn't continue for much longer.

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

SCHOOLS

FROM PAGE 9

Jessica Metter, class of West Potomac 2015, made the dean's list at University of Missouri.

Kaitlyn Sabol of Arlington was named to the spring 2016 dean's list at Stephen F. Austin State University in Nacogdoches, Texas.

Camille Xue, a senior at Yorktown High School of Arlington earned the National Merit Franklin W. Olin College of Engineer Scholarship.

Liliana Ramirez Saravia, of Arlington, earned a bachelor of arts degree in political science from Duke University (Durham, N.C.). Ramirez Saravia was also named to the dean's list for the spring 2016 semester.

Haley Mullen, of Arlington, has been named to the dean's list at Bucknell University (Lewisburg, Pa.) for the spring 2016 semester.

Caroline Ruffing, of Arlington, was named to the dean's list at Lehigh University (Bethlehem, Pa.) for the spring 2016 semester.

Justin Bland, of Arlington, graduated with a bachelor's degree from John Carroll University (University Heights, Ohio).

Joseph M. Breslin, of Arlington, earned a bachelor of science degree in neuroscience from The University of Scranton (Scranton, Pa.).

Lindsay Mosher, of Arlington, a master's student in the Global Field Program from Miami University's (Oxford, Ohio) Project "Dragonfly," will travel to Borneo to study primates and develop new ways to engage communities in primate conservation. Mosher is an ocean health index coordinator at Conservation International.

Sandra McCartin, of Arlington, has been named to Marquette University's (Milwaukee, Wis.) spring 2016 dean's list. She is pursuing a bachelor of science in accounting.

Jaden Anderson of Oakridge Elementary School, **Olivia Morgan** of Nottingham Elementary School, **Matthew Smith** of Campbell Elementary School and **Rebecca Waylus** of Claremont Immersion Elementary, all of Arlington, were named as 2016 Outstanding AAA School Safety Patrols.

Angela Dickey and **Sarah Dorrian**, both of Arlington, have graduated from Eastern Mennonite University (Harrisonburg, Va.). Dickey received a graduate certificate in conflict transformation, and Dorrian received an associate of arts degree in general studies.

Pauline Cusmano and **Noah William Rennie**, both of Arlington, have graduated from McDaniel College (Westminster, Md.). Cusmano received a bachelor of arts in art, and Rennie received a bachelor of arts in physics.

Erin Sensibaugh, of Arlington, has earned master's degree in curriculum and instruction from The University of Scranton (Scranton, Pa.).

Thieny Doan, of Arlington, earned a bachelor of arts from Mary Baldwin College (Staunton, Va.).

Kavi Dotson, of Arlington, graduated with a Master of Engineering degree in mechanical engineering from Lehigh University (Bethlehem, Pa.).

Garrett Gustafson, of Arlington, a senior accounting major at Grove City College in Pennsylvania, has been named to the dean's list for the spring 2016 semester.

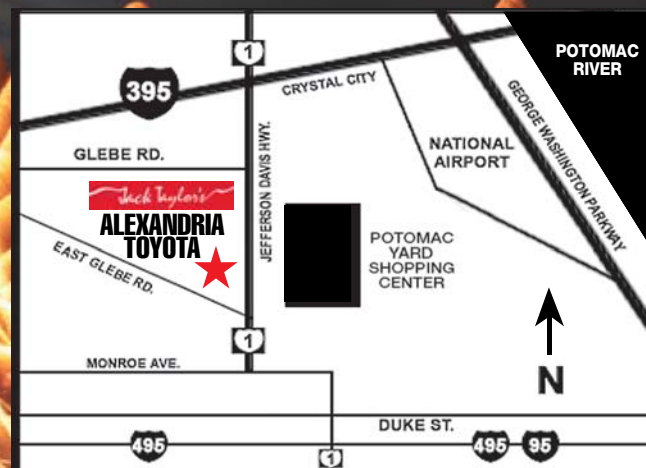
Brigid Ueland, of Arlington, was named to the Benedictine College (Atchison, Ks.) dean's list for the 2016 spring semester.

Claire Mattox, of Arlington, graduated with a Master's degree from the University of Saint Mary (Leavenworth, Ks.). Mattox graduated with a degree in Master of Business Administration.

Brooh Hailu, of Arlington, was recognized on Bridgewater College's (Bridgewater, Va.) dean's list for the 2016 spring semester. Hailu is a senior majoring in global studies.

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