



The
Arlington
Connection

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Andrew Hudspeth, a Yorktown High School student entering the Navy after graduation, enters Constitution Hall in D.C. on June 23.

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PHOTO BY VERNON MILES/THE CONNECTION

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GRADUATION 2016

The More Things Change at H-B Woodlawn ...

A new principal at H-B embraces an old school tradition.

BY VERNON MILES
THE CONNECTION

H-B Woodlawn is a little different. At the June 23 graduation ceremony, there's not a cap and gown in sight. Students don't file into an auditorium and cross a stage to receive their diploma. Students, family, and friends all mingle together one last time as a class.

"Our graduations are a little different," said Principal Casey Robinson, a phrase students and teachers repeat often. "Our focus here is on the students."

The 2016 graduation marks the end of Robinson's first year as principal of H-B, though it's far from her first year at the school. Robinson graduated from H-B Woodlawn in the class of 1995.

"I was lucky to have found this community when I was young," said Robinson. "The things I loved about high school made me want to be a teacher."

Robinson taught 7th grade social studies at H-B for seven years and has been an assistant principal at the school for the last five years. She says her transition into the position felt smooth and natural, largely thanks to the succession planning done by her predecessor, Frank Haltiwanger. Both Haltiwanger and founder Ray Anderson attended the graduation and cheered on the students.

The greatest change Robinson says she's encountered is that when she was assistant principal and face a difficult decision, there was always someone else to go to for the final judgement. Now, Robinson says those decisions fall to her.

"It's a lot of moving parts, a lot of change happening," said Robinson, the most obvious of those changes being the complete relocation of the school in the fall of 2019 to a new building.



Michael Coughlin (left), an ESL teacher at H-B Woodlawn, with Erick Malta Molina (right).



Teri Doxide (left) holds up a gold-star gift for Niles Rogoff.

PHOTOS BY VERNON MILES/THE CONNECTION



Michael Mandel gives a rubber duck, and a series of other gag gifts and pranks, to Tyler Fournier, a student Mandel says constantly brought levity to the classroom.

For Haltiwanger, retirement has been bittersweet.

"I really miss all of this," Haltiwanger said, nodding into the room where the graduation was taking place. "It's very affirming seeing it all continue on."

At the graduation, students as individuals or small groups went up to the stage with a teacher, who told stories about the students to the rest of the class.

"Today is wonderful," said Bill Podolski, the chorus teacher. "We've raised most of these students since 6th grade. This is the capstone moment. It's a real celebration."

Podolski said that the class of 2016 was a

particularly musical class. The group took a trip to New Orleans, which Podolski said was the best trip he's ever been on with the school. Podolski said his students got to interact with local students from New Orleans and experience a new culture and musical scene.

"It's kind of surreal," said Luke Bultena, one of Podolski's students. Bultena is going to St. Olaf College to study music. "I'm not going to enjoy not going here, but all good things must come to an end."

Like his teacher, some of Bultena's most prominent memories from the school year were outside the classroom. The seniors took a trip into the woods and went canoeing. Paddling alone, Bultena accidentally tipped his canoe over and, in the process, lost his glasses, wallet, and phone. His friends teased him but helped him out through the rest of the trip.

"That's H-B Woodlawn right there," said Bultena. "Sometimes you tip your canoe, but they're all here to help you get back up."

Usually, these are stories about their growth and evolution. Teri Doxide, an instructional technology coordinator at H-B, recalled how when Niles Rogoff first began to attend the school he had strong supervillain potential.

"Four years ago, Niles was using his skills for mischief. I was quite concerned," said

Doxide, but Doxide says she began to see a change in him over the years. "We developed an understanding and he started using his skills to help students and teachers."

Doxide began to help students and teachers with technology issues, even teaching web development and coding classes. Doxide developed a program to help students arrange their schedules, won second place at the civic hackathon and first place in the Arlington County Tech Expo.

For Thomas Mallan, a drama teacher at H-B, the evening didn't just have an impact as a teacher but as a parent.

"It's always a really emotional event, because teachers know the kids profoundly," said Mallan. "I don't think you realize just how impressive these students are when you just hear a name, but when you hear the stories you hear who they are as they're in this hourglass, passing from childhood into adulthood."

Thomas Mallan's son, Santiago Mallan, was among the students graduating. Both Thomas and Santiago Mallan went to H-B Woodlawn four years ago. Now, Santiago Mallan will be attending the New School for drama.

"As endings go, it's perfect," said Thomas Mallan. "You're right there with your kid, sharing a moment. I've been teaching his drama class since [he was little], it will feel weird with him gone."

Washington-Lee Graduates Say They're Ready for the Future

Appreciative of what they learned.

BY MICHELLE BUTCHKO
AND KEMBLE MOUNTCASTLE
THE CONNECTION

Despite humidity and the looming chance of thunderstorms, members of Washington-Lee's graduating class received their diplomas at Constitution Hall in Washington, D.C. on the morning of June 23.

Three hundred and seventy-one students graduated; 78 received International Baccalaureate diplomas and there were 151



Jordan Carter



Gail Muggill



TR Sheehy

valedictorians.

When asked about her favorite high school memory, Gail Muggill replied, "The day I became swim team captain, it really meant a lot to me. I had known the coach for about nine years and had been on the team for the past four, so it was really special to me."

Muggill plans to attend the U.S. Air Force Academy and pursue a degree in Computer Science.

Muggill was among many other fellow graduates who plan to attend a military institution of higher learning. TR Sheehy '16 plans to attend the U.S. Naval Academy and pursue a degree in Naval architecture.

When asked if he was sad or happy to be SEE WASHINGTON-LEE, PAGE 4

PHOTOS BY KEMBLE MOUNTCASTLE/THE CONNECTION

GRADUATION 2016

Triumph Over Loss at Yorktown Graduation

Parents and students celebrate perseverance.

BY VERNON MILES
THE CONNECTION

The Green household is going to be a little quieter after graduation. On June 23, Viktor Green was one of the 440 graduates from Yorktown to walk across the stage at Constitution Hall in D.C. Viktor Green lives one block away from Yorktown High School, and so throughout the sports seasons the teams would come over to their house for lunches and snacks.

"Our house was the place to go," laughed Jerry Green, Viktor's father. "We always went through sandwich bread quickly."

Arlington has been home for Viktor Green since his parents adopted him from Russia when he was 7. Viktor Green will be attending Davis-Elkins College. His mother Barbara Porter says he leaves behind a lot of friends.

Stephanie Francis also was attending the graduation of her son, Nicholas Francis, who will be attending Mary Washington in the fall.

"I'm nervous, more than I expected," said Francis. "You know what's going to happen, but in other ways, you really don't. It's a wide open future."

One of the difficult themes for students at Yorktown's Graduation was dealing with loss and disappointment in big and small ways. Stephanie Francis said her son was a coxswain on the crew team, and that they lost a fair amount of matches in their final season, but that she was proud of the way he was able to keep his head up and maintain high spirits.

For many in the senior class, the struggles with loss were of a much heavier nature. Henry Burneson would have graduated with the Yorktown Class of 2016 had it not been for leukemia that took his life on Oct. 16, 2015 after a nine-month battle.

"Henry was an impeccable classmate,



Yorktown High School students in Constitution Hall for graduation on June 23.

teammate, and friend," said senior class president Caroline Larson. The whole auditorium paused for a moment of silence.

Alison Butler said her daughter, Amy Butler, struggled with the loss of her friend throughout the past year. Alison Butler said her daughter took the loss hard, and that she's proud that her daughter kept working hard and pushing through her grief. As a mother, Alison Butler said she's particularly proud of Amy Butler's one-person senior show.

"She spoke in front of a crowd and did very well," said Alison Butler. "I never would have expected that. I'm so proud."

For Charlotte Crockett, the loss was that of her father, who died of Parkinson's Disease and dementia during her senior year.

"He always wanted to know what I learned in school," said Crockett. "If I could tell him what I learned from his passing, I would tell him that death makes you realize the truly important things ... I will always remember the friends who became family, who supported me endlessly through the hardest time of my life."

Amy Thompson and her husband, cartoonist Richard Thompson, watched her older daughter walk past her in the aisle in the cap and gown three years ago. This year, Amy Thompson says she expects her favorite part will again be watching her daughter Charlotte Thompson walk past her. Charlotte Thompson will be attending the Virginia Commonwealth University in the fall.

"It's such a relief," said Amy Thompson.

Many of the families watch-

ing the graduations extended beyond parents and siblings. Elsie Neighbors was there to see her great granddaughter Brianna Banks graduate from the same school where she'd worked as a custodian for 31 years.

"I've been here for 29 graduations," said Neighbors, "and now I'm here for my great granddaughter's. It feels good."

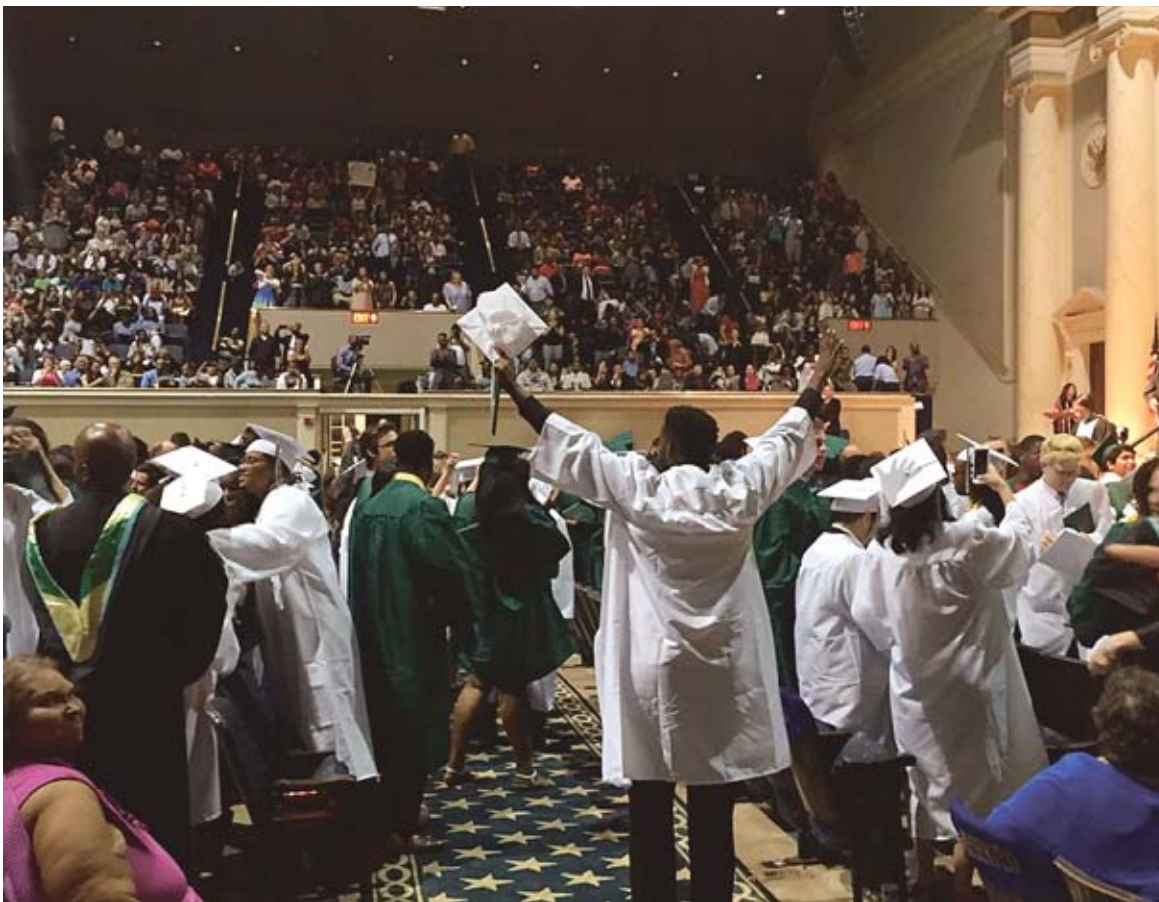


Yorktown Band on duty, with graduates in blue and under the eye of Band Director Brian Bersh.



Yorktown High School students in Constitution Hall

GRADUATION 2016



Students cheer after graduation ceremony



PHOTOS BY VERNON MILES/THE CONNECTION

Qumari Martin passes his mother, Rochelle Martin

Hard Work and Proud Parents

Wakefield High School graduation defined by student dedication and focus.

BY VERNON MILES
THE CONNECTION

Doug Johnson struggled to explain what it feels like to be a father watching his daughter graduate. “I can’t put it into words, I really can’t,” said Johnson. “She motivates me. She gives me such joy.”

His daughter, Anise Johnson, dedicated herself to cheerleading and her academics at Wakefield, and her father said he was impressed at how focused she was on her goals, even at the cost of a little of her social life. Doug Johnson said it paid off though, with her daughter securing an academic scholarship to Hampton University to study biology.

The recurring theme among the parents at the Wakefield High School Graduation on June 23 at Constitution Hall is that the

students know the value of hard work. Mireya Sanchez said her son, Christian Berrios, threw himself into everything he did.

“He always gave it his all,” said Sanchez. “He works very hard. ROTC was his favorite, he loved the discipline, wearing the uniform, being active.”

“I’m very proud, and feeling very nostalgic,” said Bill Mefford of his son, Eli Mefford. “I remember taking him into first grade. In high school he got really serious, he really threw himself into studying. He and his teacher co-founded the history honors society and he got a citizenship award for it.”

Bill Mefford said that’s what he appreciated the most about Wakefield, that the teachers saw the passion of the students and nurtured it. After a trip to Germany with his grandparents, Eli Mefford will be attending Virginia Tech to study agribusiness.

Each of the parents spoke about their child’s senior project, a Wakefield initiative that requires students to go into the community and devote approximately 150 hours of research and field experience in a project, culminating in a 15-25 minute oral presentation.

For Qumari Martin, the project tied back into his family. Qumari’s father is a DJ, and for his senior project, Qumari shadowed his dad at work, was mentored by other experienced DJ’s in the D.C. area, and got special permission to work at weddings and clubs in the area.

“It’s amazing, he’s our last kid to graduate,” said Rochelle Martin, saying that her son is going to work at an internship with an intelligence agency and is working on getting a clearance, with eventual hopes to work in technology. As the students filed past, his parents cheered and Qumari Martin looked over at his mom.

“Who taught you how to use that?” Qumari joked as she snapped pictures of her son.

Just above the Martins, a whole booth of

seating was full of family coming out to support Jaleel Stevens. His parents, cousins, aunt and sister all crowded together to try to get a glimpse of him as he entered the hall.

Olivia Stevens, his mother, said her son had a good experience at Wakefield High School that prepared him for college at Morgan State, where he will be pursuing business. Olivia Stevens said he was inspired into the career by some of his classes at Wakefield.

Even among the friends who came out to support the graduates, some of the fondest memories centered around hard work. Ana Sofia uro-De Leon and Saleha Hoffman, friends from another class at Wakefield who came out to support a group of their friends who were graduating. Leon said that some days before a history test, all of them would crowd together in the library and cram, studying together as a group.

“It’s going to be hard not to see them every day,” said Leon.

“It’s bittersweet,” said Hoffman. “I’m so proud, but I’m sad to see them go.”

— Saleha Hoffman

Washington-Lee Graduates Say They’re Ready for the Future

FROM PAGE 2

graduating Sheehy replied, “I’m sad but really excited, I feel like I’ve gotten everything out of W-L that they could give me and I’m excited to bring that to the next four years of my life.”

Jordan Carter ‘16 discussed his favorite high school memory saying, “our senior experience the last few weeks of school. We

“Be the reason someone smiles You will not be remembered based on the people you knock down, but by those who you lift up.”

— Matt Pryzdial, W-L mathematics teacher and cross country coach

had the opportunity to have internships and it was really cool.”

Carter plans to attend the University of Virginia and major in history.

The senior class speech was given by Adrian Matthews ‘16.

Matthews addressed her fellow classmates telling them to make their lives count because you never want to take anything for granted.

Washington-Lee mathematics teacher and cross country coach Matt Pryzdial addressed the students as well: “Be the reason someone smiles You will not be remembered based on the people you knock down, but by those who you lift up.”

Clarendon Brewery To Host Opera Performer

Danielle Talamantes will mix classical opera with jazz at Sehkraft Brewing.

ALYSSA MILLER
THE CONNECTION

An unlikely combination of classical opera, jazz and beer is coming to Clarendon on Thursday when Danielle Talamantes, an opera singer who has performed at the Met, takes the stage for a free performance at Sehkraft Brewing.

Talamantes, who is originally from Vienna and has also lived in Arlington, will be performing songs from her new album, "Heaven and Earth: A Duke Ellington Songbook." Talamantes hopes the event will interest people because it's unique to the venue and the area.

"Opera tends to be really, really loud," Talamantes said. "So people at the bar might be like, 'What's going on?'"

Talamantes has been singing since she was little, exposed to music at a young age by her mother, a church musician. She sang



Danielle Talamantes and Henry Dehlinger.

PHOTOS BY BILL BRAMBLE
COURTESY OF
DANIELLE TALAMANTES

Album artwork for "Heaven and Earth: A Duke Ellington Songbook." Collaboration with Henry Dehlinger.



in choir in middle school, and studied at Virginia Tech and Westminster Choir College.

"It's been a slow and steady climb," said Talamantes, who performed at Carnegie Hall for the first time in 2007, and has performed at the Metropolitan Opera several times.

Although the idea of opera might be daunting to some, Talamantes and her accompanist and friend, Henry Dehlinger, believe the combination with jazz favorites will be appealing to many.

"We feel this is music that is far more approachable," than traditional opera,

Dehlinger, who collaborated with Talamantes on the new album and arranged much of the music, said.

Talamantes says the event will be different from anything traditional opera-goers have experienced.

It's "totally fun, and actually works out well with the genre of jazz," she said.

Kimberly and Brian Knott, longtime friends of Talamantes', agree. They came up with the idea for the event when Sehkraft opened. Brian Knott, who is a manager at the brewery, saw the venue and knew it

would be perfect for their friend's voice.

"It was amazing that we were able to put together the event," said Brian. "She wanted to get her CD out there in Arlington."

Kimberly Knott agreed, adding that the unique combination would make it fun for residents looking for a night out.

"We thought, you know, to have it in an open venue that people could come and have dinner and have drinks," Kimberly Knott said. "And really kind of make a fancy night of it."



PHOTO BY SHIRLEY RUHE

'Breaking the Box'

Del. Patrick Hope (D-47) answers questions about Virginia's solitary confinement of prisoners after the film "Breaking the Box" at Rock Spring UCC on June 23. Hope told the audience he doesn't want to lose sight of the progress that has been made in recent years in Virginia where solitary confinement has been reduced at Red Onion State Prison by 62 percent from 468 prisoners to 179. Still he said, "I am concerned about the 30 percent still in solitary confinement — who they are, their circumstances and what we can do." Hope urged the audience to let their legislators know about their concerns.

Shenkman Wins Cappie Award

The 17th Annual Cappies Gala honoring high school theater was held Sunday, June 12 at The Kennedy Center. Winning the top prizes for the Best Musical was Woodrow Wilson High School in the District for "Hair;" and winning Best Play was Duke Ellington School of the Arts in the District for "The Story."

Ariel Shenkman of Arlington's H-B Woodlawn Secondary Program won the Supporting Actress in a Play Award for "The Children's Hour."

This year's Masters of Ceremony were Judy Bowns, Janie Strauss and Ed Monk, who is retiring from Chantilly High School this year.

This year's show included 57 public and private high schools in Fairfax County, Arlington, Fauquier, Loudoun, Montgomery, and Prince William counties, and the Cities of Falls Church, Alexandria, and Washington, D.C. The Cappies season extended from late October to early May.

BULLETIN BOARD

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

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.

SOBER-RIDE FOR JULY 4TH

Free Cab Rides. Monday, July 4, 10 p.m. through



The Supporting Actress in a Play Award went to Ariel Shenkman, "The Children's Hour," H-B Woodlawn Secondary Program, Arlington.

PHOTO BY
STEVE HIBBARD

The Cappies program was launched in the summer of 1999 by Judy Bowns, the Theatre Arts resource teacher with FCPS, and the late Bill Strauss (director, Capitol Steps), in cooperation with area theater teachers, for the purpose of celebrating and bringing public acclaim to high school theater.

— STEVE HIBBARD

Tuesday, July 5, 4 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. Visit www.soberride.com.

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 SEE BULLETIN BOARD, PAGE 7



PHOTO BY SHIRLEY RUHE

Chief-for-the-Day

"Do you Nathnael Abrahams, solemnly swear?" Nathnael was being sworn in as 2016 Police Chief-for-the-Day at the Arlington County Justice Center Plaza on June 21 by Deputy Chief Andy Penn. Nathnael won a poster contest open to all fifth graders in Arlington County. His depicted a burglary in action, and his chosen core value was courage. Before the mid-day ceremony Nathaniel had already been picked up in a squad car at his home, seen a K9 demonstration and been at the scene of a mock crime. Nathnael is a fifth grader at Carlin Springs Elementary School and will attend Kenmore Middle School next year where he will continue to be a safety patrol.

Getting Home Safely on Independence Day

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

This is true for the young adults over 21 living with you, and unfortunately also for many teens who are under 21. More on that below.

For all revelers: Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

But in case those plans go awry, here is an alternative safety net.

EDITORIAL On the night of Monday, July 4, the Washington Regional Alcohol Program will offer free taxi rides home (up to \$30), beginning at 10 p.m. for six hours until 4 a.m. the morning of Tuesday, July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2015, more than 230 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

On July 4, historically, more than 40 percent

of traffic deaths in the U.S. are caused by drunk drivers; more than 20 percent of the drunk drivers involved in those deaths had blood alcohol concentrations of nearly twice the legal limit, said Kurt Erickson of WRAP.

SoberRide is only available for those over 21. For parents of young adults who may be living at home and parents of those under 21, this is time to talk. Ask about plans, ask spe-

cifically about getting home. Let your younger family members know that you would much rather pay for a cab or come get them yourself than run the risk of losing them.

This is a message important for the tail end of graduation season and good for the whole summer, which is the time of the highest risk for teen drivers.

Visit www.soberride.com for more.

Connection Families, Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about

pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to north@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising, email sales@connectionnewspapers.com or call 703-778-9431.

Continuing Together as One Arlington

The following is a statement issued last week from the Arlington County Board concerning immigration.

COMMENTARY Over the course of the past few months, residents and community advocates have made us aware of increased anxiety, fear and panic among our region's immigrant community. This unrest has been driven by a number of factors, including federal immigration enforcement actions currently being conducted around the country, as well as the more recent national debate sparked by the 2016 Presidential Election cycle and the U.S. Supreme Court's review of the Obama Administration's Executive Actions on immigration.

We are deeply concerned by these reports and therefore wanted to deliver this statement directly to our community.

Arlington County remains committed to making certain that all of our residents have the ability to engage as full members of our community.

With regards to law enforcement and public safety, we are concerned that fear of local law enforcement could undermine the relationships and community partnership upon which successful policing strategies depend. Let us be clear — all residents and visitors of Arlington County have the right to public safety protections. It is long-standing policy that Arlington County law enforcement has not and will not monitor, detain, interview, or investigate a person solely for the purpose of determining

their immigration status. Action by our law enforcement officers is based upon reasonable suspicion or probable cause of criminal activity, and we have a strong policy against racial profiling which prohibits our deputies and officers from taking action based solely on that individual's race, ethnicity or national origin. Importantly, a person's right to file a police report, participate in police-community activities, or otherwise benefit from police services is not contingent upon citizenship or immigration status. If you are in need of assistance from Arlington County law enforcement, they are here to serve you.

Additionally, Arlington County has and will continue to provide important services and programs for our immigrant community as permitted by law. We will continue to work

LETTER TO THE EDITOR

Hurdles to Clean Energy

To the Editor:

Bella Jones [Letter, "Benefits of Clean Energy," June 22] is right that "a strong, growing clean energy sector could provide an abundance of high-paying jobs" in the Commonwealth ("Benefits of Clean Energy," June 21), and she is also right that "Virginia could be a leader in clean energy." Unfortunately, we are far from such leadership. While our neighbors West Virginia and North Carolina have seen

together with our community partners in our efforts to promote self-sufficiency and community belonging, creating a community where all Arlingtonians have the ability to reach their potential and thrive.

Arlington County has always been and will remain a community that welcomes and values all of its residents, treating them with human dignity and respect, regardless of immigration status. One of Arlington County's core principles, and indeed one of our greatest strengths, is our diversity. The broad range of views, cultures, backgrounds and experiences among our residents adds to the richness of our lives and the strength of our community.

We look forward to continuing together, as one Arlington, in the best traditions of our community and our nation.

strong investment in energy efficiency, renewable energy, and other advanced energy technologies, Virginia lags behind, missing opportunities for market growth, innovation and thousands of jobs. Our slow progress is not for lack of effort: Gov. McAuliffe has attempted to spark in Virginia the transition already underway in other states. However, he has been thwarted at every turn by a legislature determined to block sensible, forward-thinking energy policies. Looking around the country, it's clear Virginia risks missing out on jobs and

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OPINION

Join in Effort To Reduce Gun Violence

BY DON BEYER
U.S. REPRESENTATIVE (D-8)

I was moved and inspired last week by my colleagues — starting with the great civil rights icon Congressman John Lewis — who had the tenacity and creativity to launch a sit-in on the floor of the House of Representatives to demand a vote on solutions to gun violence.

COMMENTARY

In the shadow of the June 12 Orlando shootings, members of Congress gathered almost spontaneously on the House floor. When the Republicans shut off the cameras, members of Congress broke House rules to live-stream the events from their phones.

I was impressed when I heard Representative Jim Clyburn — also a powerful figure in the world of civil rights and of gun safety, not only because his district includes Charleston, the site of another horrific shooting —

LETTER

FROM PAGE 6

economic development if legislators continue to resist the transition to advanced energy.

Dylan Reed

Advanced Energy Economy
Washington, D.C.

MILITARY NOTES

Email announcements to arlington@connectionnewspapers.com. Photos are welcome.

Benjamin Paddock, a junior majoring in mathematics in the College of Science was chosen to be the Charlie Company First Sergeant in the Virginia Tech Corps of Cadets for fall semester 2015.

Anna Guerrero, from Arlington, is promoted to the rank of Sergeant. Guerrero serves with the New York Army National Guard, Intelligence and Sustainment Company, 42nd Infantry Division.

BULLETIN BOARD

FROM PAGE 5

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/ or contact Puwen at Puwen.Lee@afac.org or 703-845-8486.

FRIDAY/JULY 1

Blood Donations Needed. 12-4:30 p.m. at St. Charles Borromeo Catholic Church, 3304 Washington Blvd. Every two seconds, someone in the U.S. requires blood or platelets. Donors of all blood types are needed now. Schedule an appointment to give blood at redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).



months in the House, and I was

say that our sit-in was his proudest moment in 46 years of public service. It was my proudest moment in 18

there all night.

We simply must move forward on gun policy in America. We must find a way to stop the mass shootings, we must find a way to lower the suicide rate, we must find a way, as our Founding Fathers did, to be a thoughtful, structured, fair society. We must not sell guns to those under investigation

by the FBI for terrorism. We must have background checks and we must somehow limit the sale of weapons of war that are not needed by ordinary citizens.

I was heartened to see the op-ed by General Stan McChrystal urging veterans to add their voices to the chorus for sensible gun policy in America. I am heartened

by Republican Senator Susan Collins and some of her colleagues who are trying to find a compromise, a beginning, across party lines.

I urge you to add your voice in any way you can, and I thank those of you who have contacted my office to lend support. We will persevere.

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Six years ago, a group of senior living professionals dreamed of building and staffing a residence where they'd want their own parents to live. So they did, and now, they're bringing their dream to you.

The Kensington is a new assisted living and memory care community currently under construction in the city of Falls Church. It will be a tastefully elegant residence designed with deep understanding of seniors who need help throughout the day or who are coping with memory loss. A full spectrum of clinical support, delivered by best-in-class professionals

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We appreciate the opportunity to share our passion for seniors and commitment to excellence with you. **Please call us at 703-992-9868 to learn more, and visit our Information Center, which is now open at 1212 West Broad Street.**



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ENTERTAINMENT

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

ONGOING

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.



Eggplant Series by Deborah Taylor

‘Suite Inspirations’ Now Open at Gallery Underground

During July, Gallery Underground will feature “Suite Inspirations,” focusing on what it means to create art in a series. The exhibition explores what happens when an artist creates a body of work with a common thread. It could be aspects of the same theme, or simply different facets of the same image. A series exhibit allows the viewer a rare and deeper glimpse into what an artist’s work is all about. Free. Gallery hours are 10 a.m.-6 p.m. Monday-Friday and Saturday 10 a.m.-2 p.m. at 2100 Crystal Drive. Visit www.galleryunderground.org 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 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 for more.

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 for more.

Post-Graduate Residency Studio.

Through Nov. 17, gallery hours at The Torpedo Factory Art Center, 105 N. Union St. The Torpedo Factory Art Center welcomes four emerging artists to participate in the Post-Graduate Residency Program. Jihee Kang, Paulette Palacios, Anne Smith, and Danielle Smith, were juried by Paul Shortt, new media curator for Arlington Cultural Affairs. Artists can create and sell work, interact with the public, and network with other artists. The program will culminate in a group exhibition in the Torpedo

Factory’s contemporary exhibition space, the Target Gallery. Free. Visit www.torpedofactory.org for more.

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

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey’s “Bar A” Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/ Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit

registration.arlingtonva.us. Free, no registration required.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

FRIDAY/JULY 1

Rosslyn Cinema: “Coming to America.” 5-11 p.m. at Gateway Park, 1300 Lee Highway. Food will be available for purchase from Pepe 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.

Summer Night Hike. 7:30-8:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Experience trails under the moon and stars, learn a new constellation, or meet a different nocturnal critter each month. Tickets are \$5. Visit www.arlingtonva.us.

SATURDAY/JULY 2

Black Bears Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. This program will feature stories, special animal guests, games, songs, and s’mores. Admission is \$5. Call 703-228-3403.

SATURDAY-SUNDAY/JULY 2-3

BeCause Festival Announcement and Information Kick-off Weekend. 8 p.m. Saturday and 11 a.m. Sunday at Sehkraft Brewing, 925 N. Garfield St.; 5 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Roosevelt Dime is the founding artist of Festival BeCause, a locally driven and nationally focused festival of music, performances, screenings and lectures. Events at Sehkraft are free, tickets are \$20, \$15 for students for the Sunday 5 p.m. concert. Visit www.rooseveltdimemusic.com for more.

MONDAY/JULY 4

July 4th Celebration. 5-10 p.m. at Long Bridge Park, 475 Long Bridge Drive. Live music, food truck rally, sports and games for all ages, and great views of the Washington, D.C. fireworks display. Free. Visit parks.arlingtonva.us/july-4th for more.

Fireworks Party. 6-11 p.m. at The Women’s Memorial, at the Ceremonial Entrance to Arlington National Cemetery. Kidsave’s 4th of July Fireworks Party features a view of the fireworks, a picnic, and family activities. Enjoy dinner prepared by the chefs of Union Kitchen, a live and silent auction, a wine tasting bar, entertainment and more. The event benefits Kidsave, whose work gives families to older kids living in U.S. foster care and foreign orphanages. Tickets are \$150 for adults, \$75 for children. Visit www.kidsave.org/4th for more.

TUESDAY/JULY 5

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.

Erin Driscoll: “Arias and Attitude.” 8 p.m. at Signature Theatre, 4200 Campbell Ave. Helen Hayes Award Winner Erin Driscoll explores the evolution of opera in this eclectic evening of classical arias, musical theater and rock. Tickets are \$35. Visit www.sigtheatre.org for more.

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 for more.

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.

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 for more.

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 for more.

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 for more.

FRIDAY-SATURDAY/JULY 8-9 Meet Mata Amritanandamayi. 10

ENTERTAINMENT

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 “Amma” 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.co.

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.

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.

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. RSVP to dawndamschen@gmail.com by July 1.

Outdoor Concert. 6-8 p.m. at Mount Olivet United Methodist Church, 1500 N. Glebe Road. The Buzz Hounds perform. Food available from the Chix N Stix food truck. Free. Visit www.mountolivetumc.com/concert.

MONDAY/JULY 11

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

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



Number One Sons, a vendor from Arlington that makes barrel fermented foods (pickles, kimchi and other foods) combining regional ingredients is part of the local Marymount Farmers Market. Visit www.marymount.edu.

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-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

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.

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 mgarlalex@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 of the hula workshop 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.

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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SPECIAL THANKS TO THE CONNECTION NEWSPAPERS

Planning Memorable, Meaningful Family Vacations

Tips for turning summer trips into a lifetime of memories.

BY MARILYN CAMPBELL
THE CONNECTION

As summer gets underway, vacation-bound families are packing their bags and heading out of town. Vacations often fly by — months of planning and anticipating can be over in the blink of an eye. With a little advance planning and forethought, however, even a quick weekend trip or a visit to relatives can become meaningful and memorable.

To begin with, give all family members an opportunity to be part of the travel planning. “Let kids have some input into what the plan is,” said Linda Guly, professor of psychology at Marymount University in Arlington. “For instance, if you want to take them to the beach, let them choose something that they want to do at the beach, something that’s important to them. That creates a balance between each kid’s interests and the family’s interest.”

Allowing children to have a say in the plan sets the stage for a memorable vacation. “You can show them pictures in a guide book of age-appropriate activities that you would be willing to do as well,” said Karen Prince, LCSW, a Bethesda, Maryland-based psychotherapist. “It’s important to give kids

a voice because it’s their vacation, too.”

Indulging in some screen time on a family vacation is fine, said Guly, as long as there is a balance between screen time and family time, and screen limits are set before the vacation begins.

“Try to be positive about it instead of punitive,” she said.

“Negotiate screen time and make it reasonable. Always get the kids’ input to reduce family stress. You don’t want the family vacation to be dominated by these issues if you can negotiate them ahead of time.”

Don’t rule out allowing a child’s friends to join the family vacation. “I think what happens as kids get into adolescence they want to form an identity outside the immediate family,” said Guly. “Including a friend is a nice balance because the family unit gets respected and the family gets to know and spend time with the friend.”

From family group shots to picturesque scenery of mountain tops and oceans, documenting a trip with photographs will help preserve your favorite memories. This is made easier with the ubiquity of smart phones and tablets, and the entire family can participate.

“Encourage kids to take pictures of the event on their phone as opposed to just messing around with it,” said Guly. “Social media is very picture oriented. If kids have the job of taking the family pictures, that’s cool.”

“You can give [children] an inexpensive camera that you get for \$10 at CVS,” said

Prince. “That way they can capture memories as they go.”

Discuss expectations and hopes for the vacation so each family member can clarify his or her own interests and hear other family members’ ideas, and the family can set realistic plans that keep everyone’s needs in mind. “I’d recommend a wish list and perhaps agree everyone gets to have at least one wish fulfilled,” said Amy L. Best, Ph.D., professor and chair of the Department of Sociology and Anthropology at George Mason University.

Make a plan for mediating conflicts that are likely to arise in even the most easy-going families. “It’s easy to get bogged down in small conflicts that can cast a dark shadow,” said Best. “Doing some anticipatory work is a good idea.”

At the end of each day, take stock of how the vacation is going and make adjustments along the way as necessary, said Prince. “That way you don’t have the whole vacation go by and find out that the kids didn’t enjoy it,” she said. “There is often the expectation that a vacation is going to be nirvana the entire time and it doesn’t happen

that way. Things come up unexpectedly and you adjust.”

“Family vacations are an opportunity to teach kids how to be part of a team and how to cooperate,” said Prince.

“Be prepared for activities that you enjoy but they don’t,” said child psychologist Stacie Isenberg, Psy.D., “If you love viewing art but your kids don’t, bring drawing pads and books to keep them occupied while you admire

the artwork for just a little longer. Create challenges and games for them during less exciting outings, such as ‘I Spy’ or scavenger hunts.”

It’s a good idea to create some family vacation rituals, advises Best. “If it’s a place you return to frequently, try some new things, but do the round of traditions,” she said. “This will strengthen kids’ attachments to the place and create lasting positive memories.”

Remember to schedule time for rest and food breaks. “Even the best travelers need some time to replenish themselves,” said Isenberg.



PHOTO CONTRIBUTED
Allowing children to choose age-appropriate activities from a travel guidebook is one way to include them in the vacation planning process.

Continuing Education

Online classes offer flexible options.

BY MARILYN CAMPBELL
THE CONNECTION

Interested in learning to landscape your yard using sustainable practices? Want to practice Spanish before traveling to South America? Didn’t take philosophy seriously in college, and want to take a refresher course? Looking to get an advanced degree or certification to secure a job promotion?

Opportunities for continuing and professional education abound for the intellectually curious.

One trend in continuing education that local educators say is on the rise is online learning. A study by the Babson Survey Research Group shows the number of students enrolled in distance learning courses increased each year for the past 13 years.

Driven by advancements in technology, the explosion of online learning is making education — once available only to those with extra time and funds — accessible to anyone with a tablet or laptop computer.

“Our online courses have increased at about 20 percent a year for about three years,” said Stephen Nodine, Ph.D., associate vice president for E-Learning and director of Distance Education at George Mason University.

One of the reasons for the rapid growth of online courses is the flexibility that they offer working adults. “Students are able to schedule a course that they couldn’t work into their daily schedule,” said Nodine. “People who are looking to advance in their career or change careers can earn a graduate certificate and have a new credential without having to come to campus.”

The demand for courses that enhance professional marketability is another factor behind the popularity of online continuing education. “One example of how this works is in the [information technology] field,” said Jennifer Lerner, associate vice president for e-Learning at Northern Virginia Community College. “One program that is in demand is cyber security if someone needs an additional certificate to prepare them for the new kinds of IT roles, like Cyber Security.”

The flexibility that online courses offer does not mean that they are less challenging than courses taught at a university, said



Online and professional education courses, such as this landscape design class offered at The George Washington University’s Arlington campus are growing in popularity.

PHOTO BY WILLIAM ATKINS
COURTESY OF GWU

Lerner.

“Students need to be really organized and really self-motivated,” said Lerner. “Online courses aren’t for those who take an out-of-sight-out-of-mind approach to learning. Students need to just be committed with online courses as they would for an on campus class. “They shouldn’t be the last thing on your priority list that you expect to fit in without a time commitment.”

Jennifer Webb, senior associate director of Graduate Enrollment for New Student Graduate Admissions at Marymount University, said that while traditional online programs are best suited for students who have strong time management skills and adequate technology literacy, “many programs now have support and format opportunities which offer additional structure and engagement, and are, therefore, well suited for all types of learners.”

The reasons that some students choose

online courses vary, said Nodine. “There are some students who might be in Iowa and want to take a class that we offer and they can’t get to a university near them,” he said.

Universities strive to make their online classes accessible and relevant. For example, The University of Virginia’s School of Continuing and Professional Studies has academic centers in Falls Church. The George Washington University offers courses on campuses in Arlington, Alexandria and Ashburn, as well as more than 100 degree and certificate programs online.

“Online education remains an extremely high priority for both faculty and administration at GW,” said Geneva Henry, George Washington University’s dean of libraries and academic innovation. “Because of the success of our current online offerings, we will continue to grow our online courses as the demand from faculty and students is currently very high.”

SCHOOLS



PHOTO CONTRIBUTED

Lilliana Maldonado-Mendez (left), a Spanish teacher at Washington-Lee High School, and Claudia Delgadillo, a first grade teacher at Claremont Immersion School, were honored with the Victoria D. de Sanchez Northern Virginia Hispanic Teacher of the Year Award.

Two Named Hispanic Teachers of the Year

Claudia Delgadillo, a first grade teacher at Claremont Immersion School, and Lilliana Maldonado-Mendez, a Spanish teacher at Washington-Lee High School, were honored with the Victoria D. de Sanchez Hispanic Teacher of the Year Award from the Hispanic Youth Foundation of Northern Virginia. Each received a check for \$2,000 and a commemorative plaque at a reception at the home of Marymount University President Matthew D. Shank.

After immigrating from Bolivia as a teenager, Delgadillo spent a year in D.C. before moving to Arlington and attending local schools. She worked to put herself through Northern Virginia Community College and George Mason University, where she earned a bachelor's degree in English and Spanish. She also did graduate work there in multilingual/multicultural education and earned a master's degree in Spanish language and culture from the University of Salamanca in Spain.

"My own educational experience as an immigrant student has shaped my desire to advocate for the education of immigrant children," the Arlington resident said. "I feel inspired by my students because I know they do not take their education for granted."

In thanking the Hispanic Youth Foundation, Delgadillo said winning the award was an inspiration to continue along the path she is on, noting that Hispanic educators often have to work extra hard to prove they're as good as their peers.

Maldonado-Mendez was born and raised in Puerto Rico, where she graduated from the Catholic University of Puerto Rico with a bachelor's degree in business ad-

ministration. She married and moved to New York, where she earned a master's degree in foreign language education from Syracuse University. She has taught Spanish in a variety of capacities in Arlington Public Schools since 1995.

She was inspired to pursue her career by an aunt in Puerto Rico who was a teacher, principal and superintendent.

"When I retire, I want to look back with the satisfaction of having helped my students learn and appreciate the Spanish language and the variety of cultures it represents," the Sterling resident said. "But above all, I want my students to know that I cared for them and their well-being, and that I taught them with love."

Maldonado-Mendez said winning the award was an honor, yet humbling, because she knows so many other educators also deserve to be recognized.

The award is given by the Victoria D. de Sanchez Endowment at Marymount University in order to recognize and encourage teachers who have demonstrated exemplary results working with area Hispanic students. The endowment was established by the Hispanic Youth Foundation of Northern Virginia, which was created by a group of Hispanic business owners. This year's awards were presented by the granddaughter of their namesake, Victoria Sanchez, who earned her bachelor's and master's degrees in interior design from Marymount. Her grandmother, Victoria D. de Sanchez, was a leader in establishing schools, training teachers, and developing textbooks and curricula across Latin America. She also was active in the Reading is Fundamental and Head Start programs in the United States.

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WGCC Lightning Defeats Congressional

Ryan Baker sets new team record.

Over the past several years, the WGCC Lightning swim team has been one of the dominant teams in the Country Club Swimming and Diving Association (CCSDA) league. Last year, WGCC had an undefeated season and they defended their title of CCSDA Champs. The team hopes to win the third-straight CCSDA title — something the team has not done. This week, the Lightning took its first step in completing this feat by besting division rivals Congressional by 367-119.

Ryan Baker continued his record-breaking ways with his swim in the 18&U free. His time of 23.76 broke his own team record from last year. Baker leaves next week for the Olympic trials in Omaha, Neb. where he'll be competing in the 100 Meter Backstroke.

WGCC athletes who won all three of their individual events at this meet were: Olivia McManus (Girls 12&U IM, free, fly); Jack Carman (Boys 12&U IM, breast, fly); Jillian Johnson (Girls 18&U IM, 14&U back, fly); William Lepre (Boys 8&U free, back, fly); Ollie Bernasek (Boys 14&U free, back, fly); and Ryan Baker (Boys 18&U free, back, fly). Double winners

were: Richard Gentry (Boys 18&U IM, breast); Luke Bernasek (Boys 12&U free, back); Caroline Otteni (Girls 14&U free, breast); and Madeleine Steves (Girls 8&U back, breast). Single winners were: Emme Yoder (Girls 8&U free); Lucas Zidlicky (Boys 10&U free); Izzy Bernasek (Girls 10&U back); Pamela Grace von Seelen (Girls 12&U back); Nicholas Zochowski (Boys 8&U breast); Elice Lebedev (Girls 10&U breast); Conner McCarthy (Boys 10&U breast); Sydney Cate Thornett (Girls 12&U breast); Cate Barrett (Girls 18&U breast), and Kate Loper (Girls 8&U fly).

WGCC dominated in the relays and won every single relay event. Winning relay teams included: Girls Junior Medley Relay (Johnson, Thornett, Loper, and Caroline Klauder); Boys Junior Medley Relay (O. Bernasek, Carman, Arav Bhargava, and Zochowski); Girls Senior Medley Relay (Petie Nassetta, Otteni, McManus, and Maren Schwarz); Boys Senior Medley Relay (Baker, Rajan Bhargava, Henry Rehr, and Zidlicky); Girls Mixed-Age Free Relay (Yoder, Schwarz, Helen Otteni, C. Otteni, and Nassetta); and the Boys Mixed-Age Free Relay (Lepre, Zidlicky, L. Bernasek, O. Bernasek, and Baker).

The Lightning takes on their cross-town rival Army-Navy on Thursday June 30 in their next division dual meet.

Donaldson Run Thunderbolts Fall

In its opening meet of the NVSL Division II season, the Donaldson Run Thunderbolts fell to McLean's Hamlet Green Feet with a final score of 271.5 - 148.5.

Double individual race winner for Donaldson Run was: Audrey Engel (girls' 13-14 50 free and 50 fly).

The team's single winners were (in order of age and event): Scarlett Bennett (girls' 8&U 25 fly); Charlie Greenwood (boys' 9-10 50 back); Rachel Conley (girls' 9-10 25 fly); TJ Hutchison (boys' 11-12 50 back); Claire Sawyer (girls' 13-14 50 back);

Anna Trainum (girls' 13-14 50 breast); Andrew Walker (boys' 15-18 50 breast).

Winning relay teams included: Diya Redburn, Tosca Filippone, Ryan Clark, and Scarlett Bennett (girls' 8&U 100 free relay); Elizabeth Shiker, Eliza Gromada, Rachel Conley and Julia Sherinian (girls' 9-10 100 IM relay); Claire Sawyer, Anna Trainum, Audrey Engel, Rose Hayman (girls' 13-14 100 IM relay); Andrew Rehr, Andrew Walker, Huck Browne, Andrew Meighan (boys' 15-18 200 IM relay).

SCHOOL NOTES

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

The following Arlington residents were named to the dean's list at the College of William & Mary for the spring 2016 semester: **Lizzi Danielle Alarcon, Georgia Abigail Allin, Elena Claire Amparo, Amy Elizabeth Andrukonis, Margaret Morelle Atkinson, Ford Robert Avery, Sean Michael McCauley Balick, Bryan Valentine Burgess, Sinclair Britten Cabocel, Alexcia Maria Chambers, John Aidan Conroy, Elizabeth Honour Dannenfelter, Kathryn Joan Darling, Ethan Joshua Davis, Eamonn deLacy, Gillian Doby, Kelley Helen Doyle, Joanna Rachel Easby, Aaron Joshua Eilbott, Kathryn Mei Jing Eng, Catherine Ann Englund, Sarah Christine Fahrenkrug, Benjamin Halkowski, Danielle Angelita Harris, Aidan Cory Hennessey-Niland, Jasmine Noel Herndon, Ian Samuel Huber, Justin Jones, Laura Lodge Krieger, Isabel MacCallum Larroca, James David Leach, Hyun Lee, Carlyn LeGrant, Ashley Beatriz Lemus, Elijah Locke, Joseph Patrick Malanson, Maia Pauline Mandel, Joren Dean Manuel, John Winston McGrath, Lilian Merrill,**

Shiva Minovi, Quinn Thomas Montante, Vincenza Heim Montante, Amanda Elizabeth Munsch, Claire Elizabeth Murphy, Elena Catherine Parcell, Emily Jeanne Pearson-Beck, Brittany Claire Peck, Sarah Ross Perry, Nicholas Arthur Rudman, Maria Grace Schneider, Jillian Margaret Sequeira, Natalya Stanke, Morgan Brianne Timme, Alexandra Conte Vincent, Erin Rose Wall, Julia Hope Wicks, and Benisa Irene Yuzawa.

Jacob Scott Vernau and John Fitzgerald, of Arlington, graduated from Clemson University (Clemson, S.C.). Vernau received a Bachelor of Science in psychology. Fitzgerald received a Bachelor of Science in marketing.

Caroline McCune, of Arlington, has been named to the dean's list for the spring 2016 semester at the University of Vermont (Burlington, Vt.). McCune is a business administration major in the Grossman School of Business.

Alison Paige Schumacher, of Arlington, earned a master's degree in exercise science and physical education from McDaniel College (Westminster, Md.).

Nathan Hughes, of Arlington, was named to the dean's list at Worcester

Polytechnic Institute (Worcester, Mass.) for the spring 2016 semester. Hughes is a robotics engineering and computer science major.

Mary Huycke, of Arlington, will graduate from the University of Kansas this spring. Huycke will receive a Bachelor's degree in English and women and a minor in gender and sexuality studies.

Kelly Waymire, of Arlington, graduated from Ohio Christian University (Circleville, Ohio) with a Master of Business Administration.

Cory Adams, of Arlington, graduated from Hampden-Sydney College (Farmville, Va.) with a B.A. in foreign affairs.

Bayard B. Roberts, of Arlington, has been inducted into Phi Beta Kappa, a national honor society for liberal arts and sciences at St. Lawrence University. Roberts is a member of the class of 2016 majoring in mathematics.

Brooke Campbell, of Arlington, graduated from Coastal Carolina University (Conway, S.C.). Campbell graduated with a Bachelor of Science in marine science.

Ryan Williams, of Arlington,

SEE SCHOOL NOTES, PAGE 13

Yorktown Present Spring Athletic Awards

The following athletic awards were presented at Yorktown High School's Spring Athletic Awards Night on June 13:

BASEBALL

**Coaches Award
Most Valuable
Top Pitcher**

Russell Edwards
Parker Denny
Alec Glasser

SOCCER - BOYS

**Most Valuable
Most Valuable
Most Improved
Coaches Award**

Mehran Roshanaei
Hayden Kickbush
Billy Blake
Will McCreary

SOCCER - GIRLS

**Most Reliable
Coaches Award
Coaches Award**

Olivia Tripodi
Meredith Beam
Emily Talotta

SOFTBALL

**Most Valuable
Coaches Award
Coaches Award**

Maddie Silk
Bryanna Lansing
Caroline George

OUTDOOR TRACK - GIRLS

**Most Valuable
Most Outstanding Performance
Coaches Award**

Sophia Gary
Sophia Park
Sophie Banchoff

OUTDOOR TRACK - BOYS

**Most Valuable
Most Outstanding Performance
Coaches Award**

Ryan Lesmez
Taylor Beall
Zane Killgo

TENNIS-BOYS

**Most Valuable
Most Improved
Coaches Award**

Tate Arevalo
David Brennan
Sam Grossman

TENNIS-GIRLS

**Most Valuable
Most Improved
Coaches Award**

Valerie Marshall
Caroline Coleman
Charlotte Ruffing

LACROSSE - BOYS

**Offense MVP
Defense MVP
Defense MVP**

CJ Stowell
Conor Shears
Mason Pollack

LACROSSE - GIRLS

**Most Valuable
Most Valuable
Coaches Award**

Emma Thurman
Laura Crawford
Sissy Davis

CREW - GIRLS

**Most Valuable
Coaches Award
Coaches Award**

Taylor Bischof
Anne Schiffer
Isabel Rogers

CREW - BOYS

**Most Valuable
Most Improved
Coaches Award**

Thomas O'Shaughnessy
Jay Hesslink
Drew Hudspeth

SPORTSMANSHIP & EXCELLENCE AWARD

Tanner Wall
Sammie Cooper
Natalie Reich
David Misra
Gordon Coates
Zoe Lunn
Ellyse Anderson
Daniel deButts
Kate Grattan
Madeline Marshall
Aleks Blumberg

BASE
TEN-G
CRW-G
TEN-B
LAX-B
SOC-G
OT-F
SOC-B
LAX-G
SOFT
CRW-B

2015-2016 Male Athlete of the Year Daniel deButts
2015-2016 Female Athlete of the Year Suzanne Dolan

SCHOOLS

FROM PAGE 12

graduated from Emerson College in Boston with a bachelor's degree, earning it in post production.

Aleksander Blumberg, of Yorktown, and **Julia Billera, Daniel Belajic**, and **Karuna Sinha**, of Washington-Lee, earned Summa Cum Laude medals for Latin Exam Awards. The National Latin Exam is given to students in March and covers six levels of Latin.

Caroline Fatemi and **Maya Ewart**, of Yorktown High School, were recognized for their essays by The New York Times. Their essays were chosen from more than 6,300 essays.

Alys Harshbarger, of Arlington, received the Excellence in Biology Award from Bridgewater College. The award is presented to graduating seniors who place in the top 10 percent of their class in grade point average within the biology major. Harshbarger is a biology and applied chemistry double major.

Caroline Connors and **Arianna Hume**, of Arlington, both achieved the dean's list at Belmont University (Nashville, Tenn.) for the 2016 spring semester.

Gladys Castellon, of Arlington, has been awarded the Class of 1904 Scholarship Award from Lehigh University (Bethlehem, Pa.). Castellon was a recipient of the award at the Honors Convocation Ceremony in spring 2016.

Brent Murcia, a senior from Arlington, earned the Second Century Student Award from Carleton College (Northfield, Minn.) at their annual Honors Convocation.

Rachel Merriman-Goldring, of Arlington, has been selected by the Udall Foundation as a 2016 scholar to receive a \$7,000 scholarship. The environmental policy and government double major is studying ways to educate communities about the environment through use of graphic design, data visualization and public art projects.

Daniel Byrne, of Arlington, was commissioned by the U.S. Army at Mount St. Mary's University's 96th Commissioning Ceremony after graduating from the school's ROTC program.

Wibke Flight, of Arlington earned a Bachelor of Science in real EVA studies from Marylhurst University (Marylhurst, Ore.).

Marymount University honored three Arlington residents during English night. **Angelica Brewer** won The Evelyn Ludlow Award for the best research essay submitted in the English Senior Seminar course.

The Editorial and Review Board of *Magnificat*, the journal of undergraduate nonfiction writing published by the English Department, was also recognized, including **Peter Lengyel** and **Leora Lihach**.

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.

Emma S. Brown was named to the dean's list at Colby College (Waterville, Maine) for the 2016 spring semester. Brown, a member of the Class of 2016, attended St. Stephens & St. Agnes School and is the daughter of Thad Brown of Arlington and Kathryn Brown of Washington, D.C.

Arlington resident **Erin Fox** made the University of Dayton (Ohio) spring 2016 dean's list.

The following Arlington residents have graduated from James Madison University:

Michael Brown graduated Cum Laude with a degree in economics. **Kelsey Moffitt** graduated Cum Laude with a degree in industrial design. **Matthew Grieco** graduated Cum Laude with a degree in intelligence analysis. **Benjamin Klingelhofer** graduated Cum Laude with a degree in kinesiology. **Mara Berkland** graduated Magna Cum Laude with a degree in architectural design. **Devon Harkins** graduated Magna Cum Laude with a degree in communication studies. **Kelsey Barnes** graduated Magna Cum Laude with a degree in interdisciplinary liberal studies.

Elizabeth Caltagirone, of Arlington, has been named to its dean's list for spring 2016 at The University of Hartford (West Hartford, Conn.).

Alex Nibert, of Arlington, earned a bachelor's degree in broadcasting and journalism with a business administration minor from Bluffton University (Bluffton, Ohio).

Nibert was the recipient of the Distinguished Scholar in Broadcasting and Journalism Award.

Daniel Lyew, the son of Naomi Lyew of Arlington, has been named to the dean's list of Macalester College (St. Paul, Minn.) for the spring semester of the 2015-2016 school year. A graduate of International High School, Lyew was a junior at Macalester last spring.

Tristan R. Oaks has accepted an appointment to the U.S. Coast Guard Academy and will participate in Report-In Day (R-Day). Oaks is the son of Petra Segieth-Oaks and David M. Oaks of Arlington, and grandson of Donald E. Oaks of Sacramento, Calif. He is a 2016 graduate of Thomas Jefferson High School for Science and Technology.

William Young, of Arlington, has earned a Bachelor of Science in business administration from the Georgia Institute of Technology in Atlanta.

Natalie Jansen, Katherine Kocher, and **Caroline Smith** were awarded dean's list academic honors for the spring 2016 semester at St. Mary's College of Maryland.

Kristin Cole Herbert, of Arlington, was named to the dean's list at Anderson University (Anderson, S.C.) for the spring.

Daniel Byrne, of Arlington, was commissioned on May 13 by the U.S. Army at Mount St. Mary's University after graduating from the school's ROTC program.

Faisal Jarman of Arlington presented his capstone design project of a home companion robot at Wilkes University on April 30.

Katie Metro of Arlington was named to the spring 2016 dean's list at Berry College (Rome, Ga.).

Joseph Crawford of Arlington was celebrated for his achievement of Chi Alpha Sigma at the annual Honors Convocation at Wittenberg University (Springfield, Ohio).

Kimberly Garcia, of Arlington, graduated with a Bachelor of Science in Public Health, cum laude, from Kent State University (Kent, Ohio).



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June 27, 2016



By KENNETH B. LOURIE

Not that this date, in and of itself, is particularly remarkable, but it is yet another monthly anniversary/reminder of the original February 27, 2009 date when I initially met with my oncologist who delivered the devastating news with which all of you regular readers are well-acquainted: stage IV, non-small cell lung cancer (NSCLC); inoperable, incurable, with a "13-month to two-year" prognosis. Yet here I sit and write still another "cancer column," as I call them, seven years and four months later. And who's to say – or know for that matter, if I am getting closer to the end or further from the beginning. As often as I take note of these anniversaries, as much as possible anyway, I try not to focus/obsess on my underlying reality, because living with cancer is bad enough; believing all the bad news associated with that reality is even worse.

My strategy, to the extent one would characterize what I do as a strategy, is to compartmentalize, not stress over things I can't control, live as "normal" – for me, anyway – a life as possible (no bucket list for me), embrace humor and positivity wherever/whenever, follow doctor's orders/be a "compliant" patient (do what I'm told, take the prescribed medications, show up for regular lab work, infusions, diagnostic scans and especially for all face-to-face appointments with my oncologist) and simultaneously remain open to non-Western anti-cancer alternatives – of which there are many; all the while attempting to jump-start/strengthen my body's own natural fighters: my immune system. (This is what Immunotherapy is all about.)

I can still remember my brother Richard's sentiment concerning my diagnosis/prognosis/treatment: try to stay alive until the next new protocol comes along/gets approved. And so I have. Science and medicine is hardly arithmetic. It's not static. It's dynamic. There are changes, revelations, discoveries, all the time. A prognosis which was certainly relevant at the time it was given can't possibly allow for/anticipate the inevitable progress to be gained from research, clinical trials, miscellaneous studies and patient success stories that filter through the medical pipeline. What's true and reasonable today is not necessarily as meaningful tomorrow. I have lived looking forward, never backward, embracing that hoped-for reality. It doesn't matter – to me, what's already happened. What matters to me is the future and the changes/new ideas (genetic testing and DNA profiling as an example) ever present. As Steve Miller wrote and sang in the title track from his 1969 "Brave New World" release: "We're driving fast from a dream of the past to the brave new world where nothing will last that comes from the past." I've loved this song for over 45 years. Now I know why.

So I look forward to tomorrow. I don't look back to yesterday. Nor do I believe science and medicine is looking backward, either. It's all about what happens next. And as I acknowledge June 27, 2016, I likewise prepare to acknowledge July 27, 2016 and beyond. Life is short enough on its own. It doesn't need any help from us. And I'm certainly not about to make any of these matters worse. Just because it started off bad doesn't mean it has to end up bad.

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

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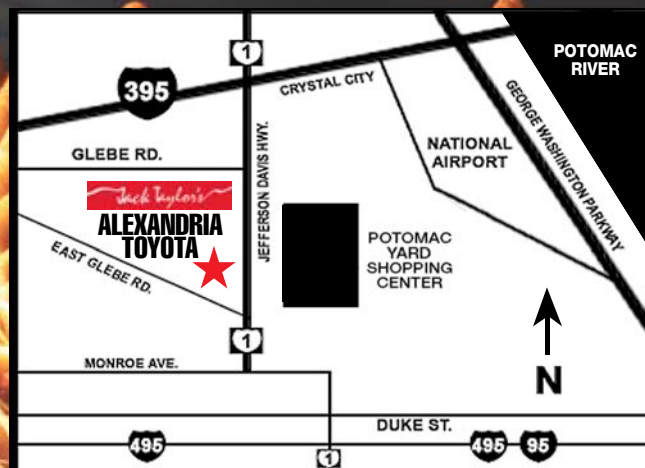
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INCLUDES: Install Genuine Toyota
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INCLUDES BATTERY INSTALLATION
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check all battery cables & connections.
Does not apply to hybrid batteries.

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TOYOTA GENUINE SERVICE SUMMER MAINTENANCE SPECIAL **\$59⁹⁵**

INCLUDES: Genuine Toyota oil filter, up to
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wipers, tire rotation, check tire condition,
check battery (with print-out), inspect and
adjust all fluid levels, inspect air Alexandria
Toyota's 27 pt. inspection & cabin air filters.

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\$29⁹⁵ NON-SYNTHETIC
\$49⁹⁵ SYNTHETIC

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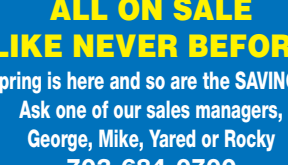
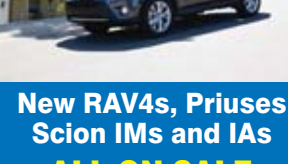
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exterior door jams, and dress tires.

QUALITY HAND-WASH VACUUM & WAX Recommended Every 6 Months

\$139⁹⁵

Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wax
or glaze, vacuum carpets, upholstery & trunk, clean interior vinyl & leather,
clean dash board, vents, console, door panels & windows, and dress tires.

PREMIUM FULL DETAIL Recommended Every 12 Months

\$295⁹⁵

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, tar & sap
removal, dress tires, rubber molding & trim, clean dashboard, vents, console plus
door panels, clean overhead liner, seatbelts & windows, and engine cleaning.

All details by appointment only.

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TOYOTA GENUINE SERVICE LUBE, OIL & FILTER SERVICE SPECIAL

\$29⁹⁵ NON-SYNTHETIC
\$49⁹⁵ 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.

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TOYOTA GENUINE SERVICE VENTILATION SERVICE

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TOYOTA GENUINE SERVICE 4 WHEEL ALIGNMENT

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INCLUDES: Inspect suspension, ball joints,
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Synthetic \$10 More

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rotate tires, inspect wear and adjust pressure,
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engine air filter, reset maintenance reminder light
(if applicable) and multi-point vehicle inspection.

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