



The Arlington Connection

WELLBEING

PAGE 9

Five-year-old Knox Brittain and his 11-year-old brother Parker Virostko plus new puppy Ollie team up with their 11-year-old neighbor Cullen Clark to sell "real lemonade" on 24th Road on Sunday afternoon. Parker comments that people don't believe it is really just made with lemons, sugar and water. "It's pretty good — only 50 cents." Next door neighbor David Palmer stops by on his crutches to try a cup.

Thirst Quenching

End of Summer
Safetracking

NEWS, PAGE 3

Groundbreaking for
I-66 Tolling Project

NEWS, PAGE 2

Staying Fit and
Healthy on Vacation

WELLBEING, PAGE 9

Lemonade: 50¢
Gatorade: \$1
Buy 2 Gatorade
Get 1 Lemonade
Free!

By: Parker Virostko



LEED Gold Certification

Verde Point, a mixed-use property development in northern Arlington, is awarded Leadership in Energy and Environmental Design (LEED) Gold certification. LEED certification is a flexible standard used by the U.S. Green Building Council that denotes resource flexibility.



View from the rooftop of Verde Point.



PHOTOS BY VERNON MILES / THE CONNECTION

Mahesh Ramanujam (left), chief operating officer for the U.S. Green Building Council, with John Ziegenhein (middle), managing director of Corporate and Development Finance for McAffery Interests, and Peter Bergmann (right), president of Bergmann's Inc.

Groundbreaking for Transform I-66 Tolling Project

Garvey pitches parks overhead.

After 30 years of talking and planning, work is finally starting on the Transform I-66 project. Eight toll gantries will be installed along I-66 inside the beltway with tolling operations expected to begin in summer 2017. The I-66 plans also include an additional eastbound lane between the Dulles Connector Road and Ballston. On Aug. 1, at the parking deck for Washington-Lee High School built over the highway, Gov. Terry McAuliffe spoke to local elected officials and government staff about the new I-66 project.

"This is the most congested road in the United States," said McAuliffe. This has to be our top priority. The gridlock and bottlenecks have gone on for too long. It was time for action."

According to McAuliffe, the revenues col-

lected from the tolling will directly fund local rideshare and public transit alternatives.

Virginia Secretary of Transportation Aubrey Layne said drivers should expect periodic lane and ramp closures while the gantries are installed. However, Layne said gantry installations and associated lane closures will take place overnight, when traffic is lightest. Layne also said that local governments will have to decide on what soundproofing measures are required for local residents as a result of the increased traffic.

"There is money in this project to fund [mitigation measures]," said Layne.

Dennis Leach, deputy director of Transportation, said that funding for sound mitigation will have to come from the state.

"We do not have any plans to fund elements related to this road with local funding," said Leach.

County Board Chair Libby Garvey has a more ambitious vision for the future I-66.

Garvey never been fond of the highway. In February, Garvey referred to I-66 as a gash through heart of the county. But pulling McAuliffe aside after the ceremony, she pitched her idea of a highway concealed with parks overhead. It's ambitious and potentially costly, but Garvey said it's not without precedent.

"Where we're standing is over I-66," said Garvey. "Imagine this, but with parks and trees. This at least has us talking to the state about it."

In the more immediate future, Garvey noted that the sound walls protecting neighborhoods from the ambient noises of I-66 have deteriorated with time and need repair.

— VERNON MILES

Gov. Terry McAuliffe (left) and County Board Chair Libby Garvey discuss potential parks built over I-66.



PHOTO BY VERNON MILES / THE CONNECTION

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Off the Rails

The end of Summer Safetracking for Arlington.

BY VERNON MILES
THE CONNECTION

Surge 5 ended with a bang. On Friday, July 29, a Metro train derailed near the East Falls Church Metro Station. Two passengers sustained minor injuries and a third was sent to the hospital for a non-life threatening head wound. The Arlington portions of the Orange and Silver lines had already been single tracking as part of Surge 5, but the derailment closed the lines between Ballston and McLean on the Silver Line and West Falls Church on the Orange Line until Monday, when Surge 5 was scheduled to have finished.

"Friday was a complete disaster for the region," said Gov. Terry McAuliffe on Aug. 1 at a groundbreaking ceremony for I-66 improvements. "How does that even happen?"

In a press release, the Washington Metropolitan Area Transit Authority (WMATA) said a "wide gauge" caused the derailment, a situation where the tracks are too far apart and the wheels lose contact with the rails.

"Friday was tough," said Arlington Deputy Director of Transportation Dennis Leach. "We're lucky we're in the middle of the summer and weekend ridership is low ... It was a hardship for our riders. It limits our travel options. If you have to have a derailment though, having it over a weekend is better than middle of the week."

"We had to take the shuttle buses, but they were pretty well organized."

— Lena Chang, who takes the Yellow Line to L'Enfant Plaza

It was a dramatic end to a surge that had otherwise been without incident. Surge 5 was the latest in a series of single-tracking and shutdowns to Metro lines over the summer while WMATA makes repairs to the metro infrastructure. All five surges so far have taken place around Arlington and Alexandria, forcing local governments to make changes to the local transportation networks. In Arlington and Alexandria, those changes have been added bikeshare stations and increased bus line services.

"All those things worked out pretty well," said Leach, "weekend derailment aside."

Leach said that there was very little Arlington could do on short notice to ease the effects of the derailment. The county could plan ahead for the surges, but Leach said after the de-



Commuters push their way through a crowd to depart train.



West-bound Orange Line train.

railment the county could only react.

During Surge 5, Arlington offered added bus capacity on routes parallel to the Orange and Silver lines as well as new service hours for the bus between Crystal City and the Rosslyn Courthouse. The final data on how successful those plans were hasn't been released yet; Leach says that report will be prepared before the end of the week, but data from previous surges indicate an increased use of buses and other forms of transportation.

Surge 4 was a complete Blue and Yellow Line segment shutdown between National Airport and Pentagon City with no Metrorail service at Crystal City. ART 43, a bus line that runs parallel to the blue line, doubled its ridership from 620 passengers during weekdays in May to 1,240 riders during Surge 4. During Surge 1, where Orange and Silver Line trains were single tracking between East Falls Church and Ballston, Metrobus routes saw 14-45 percent increase in ridership, while the ART 55 route along Lee Highway saw a more modest 2-13 percent increase.

Arlington also changed the curbside management of buses at the East Falls Church and Ballston Metro to create more curb and road spaces for buses. In Ballston, the changes took over street metered parking to expand the bus spaces. Leach says these changes were temporary. But other changes, like the expanded bike share station at Ballston, will remain.

"What we learned in surge one is that our ridership base is pretty resilient," said Leach. "If you get information out, people will use the alternative."

On Aug. 1, the first day back to normal service, many commuters said they did have to find alternative means of getting to work during a surge.

"I'd start on the Silver Line in Reston waiting 45 minutes for a train which, when it shows up, is full," said Nick LaBahn. "They you get into Rosslyn and we had to wait for two and a half hours. Eventually I just gave up and started working from home."

Working from home was one of the most common solutions for Arlington commuters. Dillon Simon said he planned his summer vacations to avoid the surges.

"Between vacation and telework, it was OK," said Simon. "The main delay was the Yellow Line closing in Alexandria."

Mike Navarro is an Alexandria resident who had just returned to the area from El Paso when the surges hit. Navarro said the worst part of the surges was seeing buses lined up to take people from one station or another, then seeing some of the buses unexpectedly pull away to change shifts or take a break. But overall, Navarro said he was impressed with the bus system.

"The buses were pretty good," said Navarro. "We had very courteous drivers and they knew their stuff. I think I would use the buses more after this."

"I thought the buses did a good job," said

SEE END OF SUMMER, PAGE 5

OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Has your organization been featured in the Connection News papers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

But it's more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector. According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online. The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information at

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

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities.

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

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via www.connectionnewspapers.com/contact/letter/ by Wednesday, Aug. 17.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Aug. 14-20.

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 trip: Annie's Paramount Steak & Seafood House, Grasonville, Md., Tuesday, Aug. 16, \$7 (transportation only). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Just Playin' Country, Monday, Aug. 15, 11:15 a.m. - 1:15 p.m., Lee. Free. Details, 703-228-0555.

Current events discussion, Monday, Aug. 15, 10 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Keeping lungs healthy, Monday, Aug. 15, 1 p.m., Culpepper Garden.

Free. Register, 703-228-4403.

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

Rubber Stamp workshop, Tuesday, Aug. 16, 11:30 a.m. - 3 p.m., Lee. Free. Details, 703-228-0555.

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

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

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

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

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

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

Ceramics workshop, tour butterfly garden, Wednesday, Aug. 17, 10:30 a.m., Lee. Register, 703-228-0555.

Digital security, Thursday, Aug. 18, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Dogs and their "tales," Thursday, Aug. 18, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

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

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

Ballroom Dance, Friday, Aug. 19, 1 p.m., Lee. Free. Register, 703-228-7369.

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

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



PHOTO CONTRIBUTED

Honored for Fundraising

Marymount University earned the Award of Excellence from the Foundation for Physical Therapy, which was given to schools that donated \$10,000 during its 2015-2016 Pittsburgh-Marquette Challenge. From left are MU's Michelle Bomyea, president of its Physical Therapy Class of 2017; Barbara Connolly of the Foundation for Physical Therapy; and Khadija Kane, president of MU's PT Class of 2018.

Correction

In "What's the Hurry? Where's the Fire," [Arlington Connection, July 13], the article misquoted Deputy Manager Jim Schwartz. His quote should have said: "... if every single address in Arlington needs a 4-6 minute response time, we would need a total of 14-15 fire stations" — not an additional 14-15 fire stations. Also ECC is the Emergency Communications Center.

The
Arlington
Connection

www.ConnectionNewspapers.com

@ArlConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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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.

FRIDAY/AUG. 12

Application Deadline. 5 p.m. The Giving Circle of HOPE seeks to create positive change in Northern Virginia through collective and engaged philanthropy. Since its inception in 2004, GCH has given nearly \$1 million to nonprofit organizations in Northern Virginia. Application instructions can be found at <http://wp.me/P7bMCU-Fx>. To learn more about submission guidelines and the screening process, go to www.givingcircleofhope.org/grants/collective-grants/.

THURSDAY/AUG. 18

Work Life Balance. 7-9 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Join the Arlington/Alexandria Chapter of Holistic Moms Network for their monthly meeting. Pam Fontana of More Green for Less Green will lead a conversation about harnessing the power of yes and no. Free. Email rajaenami@yahoo.com for more.

SATURDAY/AUG. 20

Application Deadline. The Virginia Master Naturalist program prepares volunteers to provide education, citizen science, and outreach to conserve and manage natural resources and public lands. Volunteers must commit to at least 40 hours of service annually to become certified. Arlington Regional Master Naturalists will be holding evening and weekend training this fall. Visit the Arlington Regional Master Naturalist website at armn.org/basic-training/.

TUESDAY/AUG. 23

Arlington County Civic Federation Bylaws Training. 7:30-9 p.m. at Arlington County Central Library, 1015 N Quincy St. Arlington County Civic Federation presents a free training on Bylaws. The Bylaws Committee Chair, Sarah Shortall, will provide various examples and answer

questions. Contact president@civfed.org or 571-263-6198. Register at <http://conta.cc/2azlkIC>.

SEPT. 10-21

2016 Northern Virginia Senior Olympics. Online registration opened 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.

SATURDAY/SEPT. 10

Volunteers Needed. 1-7 p.m. at Gateway Park, 1300 Lee Highway. The Rosslyn Jazz Fest planning is already in full swing for this major event that draws crowds from all over the region. The Rosslyn BID is looking for volunteers to help fill a variety of roles on the day of the event, including helping in the Kids' Zone and assisting in the beer and wine tent. Volunteer shifts are typically 1 1/2 to 2 hours. Volunteers receive complimentary food and soft drinks and a free Jazz Fest T-shirt for helping out. Visit www.rosslynva.org/2016-jazzfest-volunteers.

Campaign Kickoff. 4-5:30 p.m. at Bon Air Park 850 N Lexington St. Join U.S. Rep. Don Beyer for his 2016 campaign kickoff. RSVP here at bit.ly/2afZ6Jb.

MONDAY/SEPT. 12

Monday Night Football

Fundraiser. 7 p.m. at The Front Page - Arlington, 4201 Wilson Blvd. Watch the Redskins vs. the Steelers at the 20th Annual NOVA GOP PAC Monday Night Football Fundraiser. Tickets are \$20. Sign up and donate at www.campaigncontribution.com/contribution.asp?id=1556&jid= or mail a check to NOVA GOP PAC, 13680 Bent Tree Circle, #403, Centreville, VA 20121. Call 703-502-0161.



PHOTO BY MARTI MOORE/THE CONNECTION

At Children's Science Center Lab

Nearly 700 children and adults helped the Children's Science Center Lab celebrated its first birthday as a destination in the region for opportunities in science, technology, engineering and math education. Justin Sadowsky, 36, of Arlington, helps his toddler find a live version of the clown fish from the children's movie "Finding Nemo" Sunday, July 24, at the Children's Science Center Lab in Fair Oaks Mall. Palmer Sadowsky also celebrated his birthday and turned 2 years old. The Children's Science Center Lab is open every day in Fairfax from 10 a.m. to 6 p.m. on the Level 1 entrance at 11750 Fair Oaks Mall. Parking is between Lord & Taylor and Sears. Call 703-648-3130 or visit its website at www.childsci.org.

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End of Summer Safetracking

FROM PAGE 3

Lena Chang, who takes the Yellow Line to L'Enfant Plaza. "We had to take the shuttle buses, but they were pretty well organized. The commute was longer, it's usually about 30 minutes and during the surge it took an hour and 15 minutes, but they had people directing buses and the shuttles were ready to go."

Arlington County Board Chair Libby Garvey said her hope is, after the surges, more Metro riders will start to transition into bus riders.

"So far so good for safe tracking," said Garvey. "Our bus ridership has doubled, we've seen people are using alternative modes of transit. I totally suspect that people will switch over to buses after this."

The next surge to hit Arlington will be Surge 11, between Nov. 3 and 11 where the Orange and Sil-



PHOTO BY VERNON MILES/THE CONNECTION

Blue Line train arrives to a full platform at Rosslyn Station.

ver Lines will be continuously single tracking. For Arlingtonians using the Metro, Leach says Surge 11 should be virtually identical to Surge 5.

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ENTERTAINMENT

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ONGOING

NoVa Lights Chorale Rehearsals.

Mondays, 7-9 p.m. at St. Paul's Episcopal Church, 3439 Payne Street, Falls Church. NoVa Lights Chorale is welcoming new singers for their Oct. 30 performance of the Gabriel Faure "Requiem." Singers need to start on Aug. 22 and hopefully commit. Free. Advance registration required: www.novalightschorale.jigsy.com/sing or email novalightschorale@gmail.com.

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.

"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.

Call for Artists. Through Aug. 8, 5 p.m. Arlington County is accepting qualifications from artists or artist teams interested in a public art opportunity at Oakland Park, located in the Virginia Square neighborhood. The selected artist/team will design, fabricate and install a permanent work of art that will function as a shading element in the park that is being upgraded for enhanced user experience. Visit www.publicart.arlingtonva.us for an application and more.

"Twelfth Night." Through Aug. 9, 8 p.m. Wednesday-Saturday and 2 p.m. Sunday at Syntetic 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.syntetictheater.org for more.

Dance Instruction Classes.

Mondays through Aug. 22, 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.

Wednesdays in the Garden.

Wednesdays through Aug. 24, 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This series of indoor and outdoor programs, taught by Arlington Food Assistance Center volunteers and VCE Master Gardeners, is designed to teach gardening skills to a wide audience. Free. Visit library.arlingtonva.us for more.

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.

Gallery Underground: "Blue."

Through Aug. 26, gallery hours at 2100 Crystal Drive. During August, Gallery Underground presents "BLUE," an all-media juried show by

Arlington Artists Alliance members. Commonly named as the world's favorite color, blue is associated with serenity, calm and spirituality, but also "feeling blue." Free. Visit www.galleryunderground.org for more.

"Jelly's Last Jam."

Through Sept. 11, various times at Signature Theatre, 4200 Campbell Ave. Signature presents a musical about famed and notorious jazz entertainer Jelly Roll Morton. Tickets start at \$40. Visit www.sigtheatre.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.

Exhibit: "Remnants."

Through Oct. 8, on view 24 hours a day, seven days a week at 34zero9 Art Studios and Micro Gallery, 3409 Wilson Blvd. "Remnants" will feature new experimental work of J.T. Kirkland. Free. Visit www.34zero9.wix.com/34zero9artstudios.

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.

Friday Night Live.

8 p.m. at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.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.



'Remnants' on View 24/7 at 34zero7

34zero9 Art Studios will host a solo exhibition by artist J.T. Kirkland. J.T. Kirkland created paintings executed on shaped plywood panels. As a final step to the painting process the paintings were cut into unusual shapes to focus the viewer's attention on what's present and isn't. The gallery will host a reception with open studios, 6-9 p.m. on Aug. 13. The gallery is at 3409 Wilson Blvd. Admission is free. Visit www.34zero9.wix.com/34zero9artstudios.



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.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first

Wednesday. 4-5 p.m. Glencarlynn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Café, 2832 Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

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

FRIDAY/AUG. 5

Keeping Mini-Beasts: Daddy Long Legs. 4:30-5:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Get ready to (temporarily) own all sorts of mini-beasts and have a series of amazing pets. Learn about different animal's lives while caring for them over a month. Tickets are \$30, \$20 material fee. Call 703-228-3403 for more.

Gallery Underground Reception:

"Blue." 5-8 p.m. at 2100 Crystal Drive. During August, Gallery Underground presents "BLUE," an all-media juried show by Arlington Artists Alliance members. Commonly named as the world's favorite color, blue is associated with serenity, calm and spirituality, but also "feeling blue." Free. Visit www.galleryunderground.org for more.

Park Idol and Sing-A-Long. 6-8 p.m. at Lower Bluemont Park Picnic

Shelter, 601 N. Manchester St. Watch friends and neighbors perform at the first annual Park Idol. Free. Call 703-228-4773 for more.

SATURDAY/AUG. 6

Kennan Garvey Memorial Ride. 7 a.m.-4 p.m. starting at Phoenix Bikes, 4200 S. Four Mile Run Drive. This ride, dedicated in memory of Kennan Garvey, helps Phoenix Bikes raise money to build a new facility where they will be able to combine space for teaching and working on bikes with storage and work areas to make a community bicycle space. Registration \$25, free for youth. Visit www.bikereg.com/jgmr2016 for more.

Safe at Home Kickball

Tournament. 8 a.m. at Long Bridge Park, 475 Long Bridge Drive. The tournament raises funds to benefit Bridges to Independence, formerly the Arlington-Alexandria Coalition for the Homeless. Registration is \$825 per team with 10 players minimum and 15 players maximum. Visit www.bridges2.org for more.

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

SUNDAY/AUG. 7

Urkupina Celebration. 10 a.m.-4 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. An annual celebration of Bolivian culture and dance. Free. Call 703-624-1564 for more.

Olympics Wine Dinner. 6-9 p.m. at Twisted Vines Bistro & Bottleshop, 2803 Columbia Pike. Drink wine from every continent including Antarctica with food pairings, and watch the Olympics. Tickets are \$70. Visit www.twisted-vines.com for more.

MONDAY/AUG. 8

Meet the Speaker: Carl Proper. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. What role does Organized Labor play in a democracy? Speaker Carl Proper details how Labor Unions have

ENTERTAINMENT

contributed to the health of the nation and how recent trends have created political unrest. Free. Call 703-228-2144 for more.

TUESDAY/AUG. 9

Ocean Storytime. 10:30-11:15 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Hear stories about animals from the sea. Free. Call 703-228-6535 for more.

WEDNESDAY/AUG. 10

Nature Art. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children 8-12 are invited to visit scenic spots in Glencarlyn Park, then sketch and sculpt what they see. Tickets are \$5. Call 703-228-6535.

FRIDAY/AUG. 12

Let's Go Play in the Woods. 6-8 p.m. at Westover Park, 1001 N. Kennebec St. Meet and learn about live animals, make a butterfly garden starter kit, play a butterfly migration game. Free. Call 703-228-4773 for more.

Summer Night Hike. 7:30-8:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Walk the trails under the moon and stars, learn a new constellation, or meet a different nocturnal critter each month. Tickets are \$5. Call 703-228-6535 for more.

SATURDAY/AUG. 13

Cool Creek Critters. 10-11:30 a.m. at Donaldson Run, 4628 26th Street N. Explore waterfalls, try to catch water striders, and take a closer look at some creek critters. Tickets are \$5. Call 703-228-3403 for more.

Opening Reception: "Remnants." 6-9 p.m. 34zero9 Art Studios and Micro Gallery, 3409 Wilson Blvd. "Remnants" will feature new experimental work of J.T. Kirkland. Free. Visit www.34zero9.wix.com/34zero9artstudios.

Super Snakes Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. Meet at the Gulf Branch fire ring for stories, special animal guests, games, songs and S'mores. (Tickets are \$5. Call 703-228-3403.

SUNDAY/AUG. 14

Sunday in the Organic Vegetable. 1-4 p.m. at 2845 Marcey Road. Get answers to questions about what is ailing tomato plants or eating zucchini in the garden, stop by the Organic Vegetable Garden to speak with a Master Gardener. Call 703-228-6414 or email mgarlalex@gmail.com.

Notable Nature. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Construct nature journals, hone writing and drawing skills, and talk about the season during a hike. Free. Call 703-228-6535 for more.

King Street Bluegrass. 6-8 p.m. at Mount Olivet United Methodist Church, 1500 N. Glebe Road. Frozen treats will be available for purchase from the Inside Scoop food truck. Free. Visit www.mountolivetumc.com/concert.

WEDNESDAY/AUG. 17

Citizen Science: Cricket Crawl Prep. 7:30- 8:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Learn to identify the crickets and katydid calls, how and why they sing, and more. Then help census Arlington's cricket and katydid populations. Free. Visit www.discoverlife.org/cricket/DC for more.

WEDNESDAY-SUNDAY/AUG. 17-21

Arlington County Fair. Times vary at Thomas Jefferson Community Center, 3501 Second St. South. Summer family event complete with carnival rides, musical entertainment, food and more. Admission is free. Visit www.arlingtoncountyfair.us.

SATURDAY/AUG. 20

Spectacular Spiders. 11 a.m.-12 p.m. at Gulf Branch Nature Center, 3608 Military Road. Learn all about arachnids and hike in search of spiders in the pond, forest and everywhere in between. Tickets are \$5. Call 703-228-3403.

Treasures in Tree Bark. 2-3 p.m. at Gulf Branch Nature Center, 3608 Military Road. What happens under the bark of a tree? Who lives under the bark after the tree has died? Hike to answer these questions. Tickets are \$5. Call 703-228-3403.

Full Moon Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. August's full moon is called the "Sturgeon Moon." What is a sturgeon? Why is the full moon named after it? Do other full moons have names? Find out the answers to these questions, and learn more facts and fiction about the full moon while enjoying a snack around the campfire. Tickets are \$5. Call 703-228-3403.

SUNDAY/AUG. 21

Down in the Pond. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 6-10 are invited to learn what lives at the bottom of a pond. Tickets are \$5. Call 703-228-6535.

MONDAY/AUG. 22

Summer Hummer V: Champions. 7:30 p.m. and 9:30 p.m. at Signature Theatre, 4200 Campbell Ave. theatreWashington and Signature Theatre present the 5th annual Summer Hummer, a burlesque-style fundraiser. Featuring a company of more than 60 singers, dancers and strippers, this year's Summer Hummer will feature an original opening number "Champions" by Stephen Gregory Smith and Matt Conner and much more. Tickets are \$35, VIP tickets are \$100. Visit www.sigtheatre.org for more.

MONDAY-FRIDAY/AUG. 22-26

Summer Spanish Academy. 9 a.m.-4 p.m. at Arlington Partnership for Affordable Housing-Arlington Mill, 901 S. Dinwiddie St. Students work in small groups and focus on language acquisition through arts and crafts, music, cultural activities, and games. Registration is \$300, \$250 for each additional child. Visit www.edu-futuro.org for more.

TUESDAY/AUG. 23

Birding the Delaware Bay. 7 a.m.-5 p.m. at Lubber Run Center, 300 N. Park Drive. Take an excursion to the eastern shore in search of migrating shorebirds along the Delaware Bay, as well as tidal and freshwater marshes. Tickets are \$45. Call 703-228-3403 for more.

FRIDAY/AUG. 26

Summer Farewell Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Stories, special animal guests, games, songs and S'mores. Tickets are \$5. Call 703-228-6535.

SATURDAY/AUG. 27

Central Arlington History Tour. 9

a.m. at Clarendon Metro Station. Walk 1-12 miles visiting parks and historic sites in Clarendon, Ballston, Glencarlyn and surrounding areas. Tour historic locations dating from colonial times to early 20th century. Tickets are free for Center Hiking Club Members, \$2 for non-members. Call 7030243-0179 for more.

Bat Fest. 6:30-9 p.m. at Gulf Branch Nature Center, 3608 Military Road. Live bat shows are presented by the riveting Leslie Sturges, director of the Save Lucy Campaign established to protect and conserve bats in this region. Tickets are \$8. Call 703-228-3403.

MONDAY-FRIDAY/AUG. 29-SEPT. 2

Summer Spanish Academy. 9 a.m.-4 p.m. at Arlington Partnership for Affordable Housing-Arlington Mill, 901 S. Dinwiddie St. Students work in small groups and focus on language acquisition through arts and crafts, music, cultural activities, and games. Registration is \$300, \$250 for each additional child. Visit www.edu-futuro.org for more.

TUESDAY/AUG. 30

Adult Coloring Party. 7-8 p.m. at Aurora Hills Library, 735 18th St. S. Coloring pages and crayons will be supplied. Free. Visit arlingtonva.libcal.com/event/2632915.

SATURDAY/SEPT. 3

Moonlight Movie: "National Treasure." 8:30 p.m. at Memorial Ave. Ample paid parking is available to visitors, accessible from Memorial Avenue. Guests are encouraged to bring blankets and lawn chairs for seating. Free. Visit www.gwparkwaytrust.org for more.

SATURDAY/SEPT. 10

Rosslyn Jazz Fest. 1-7 p.m. at Gateway Park, 1300 Lee Highway. The lineup includes Akua Allrich, Vieux Farka Toure, Glen David Andrews Band, and Grupo Fantasma. Free. Visit www.rosslynva.org.

Moonlight Movie: "Flags of Our Fathers." 8:30 p.m. at Arlington National Cemetery. Ample paid parking is available to visitors, accessible from Memorial Avenue. Food is not permitted in Arlington National Cemetery. Guests are encouraged to bring blankets and lawn chairs for seating. Free. Visit www.gwparkwaytrust.org for more.

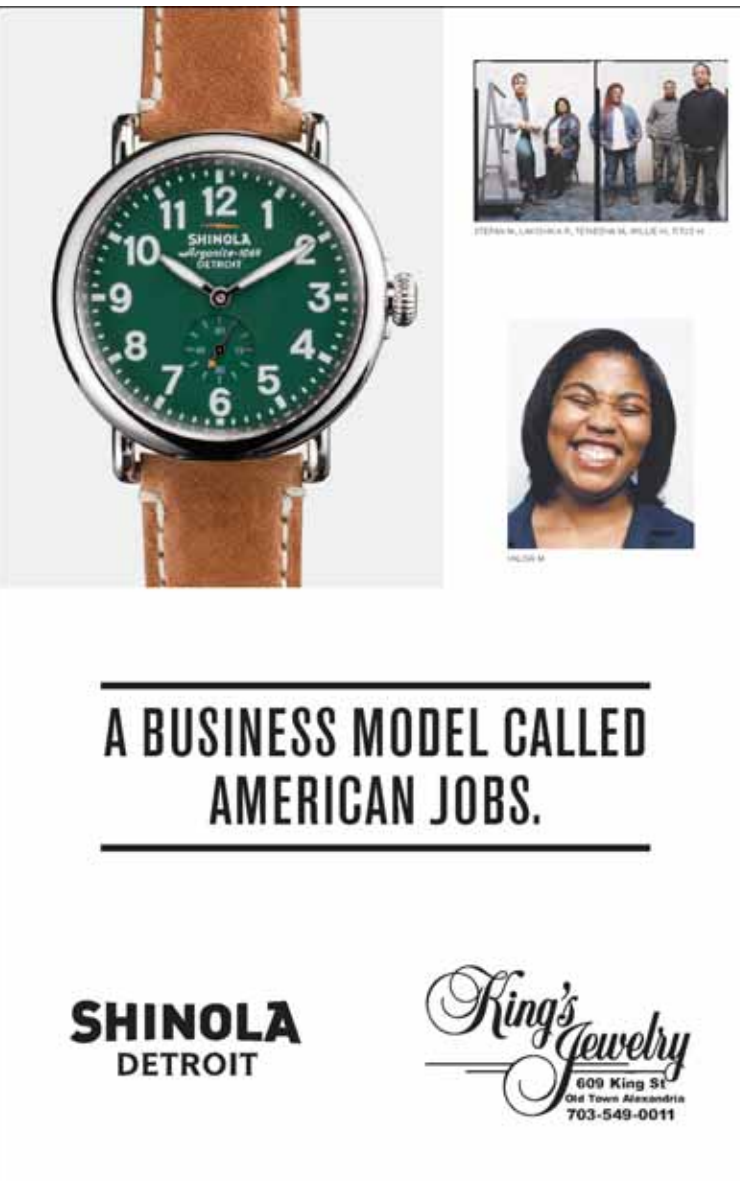
TUESDAY/SEPT. 13

Scholar's Cup. 3:30-7 p.m. at Upton Hill Regional Park, 6060 Wilson Blvd. Participate in the Chamber's Annual Scholarship Fund fundraising event. This family-friendly event includes a mini-golf tournament, dinner, and music. Registration is \$15-80. Visit www.arlingtonchamber.org for more.

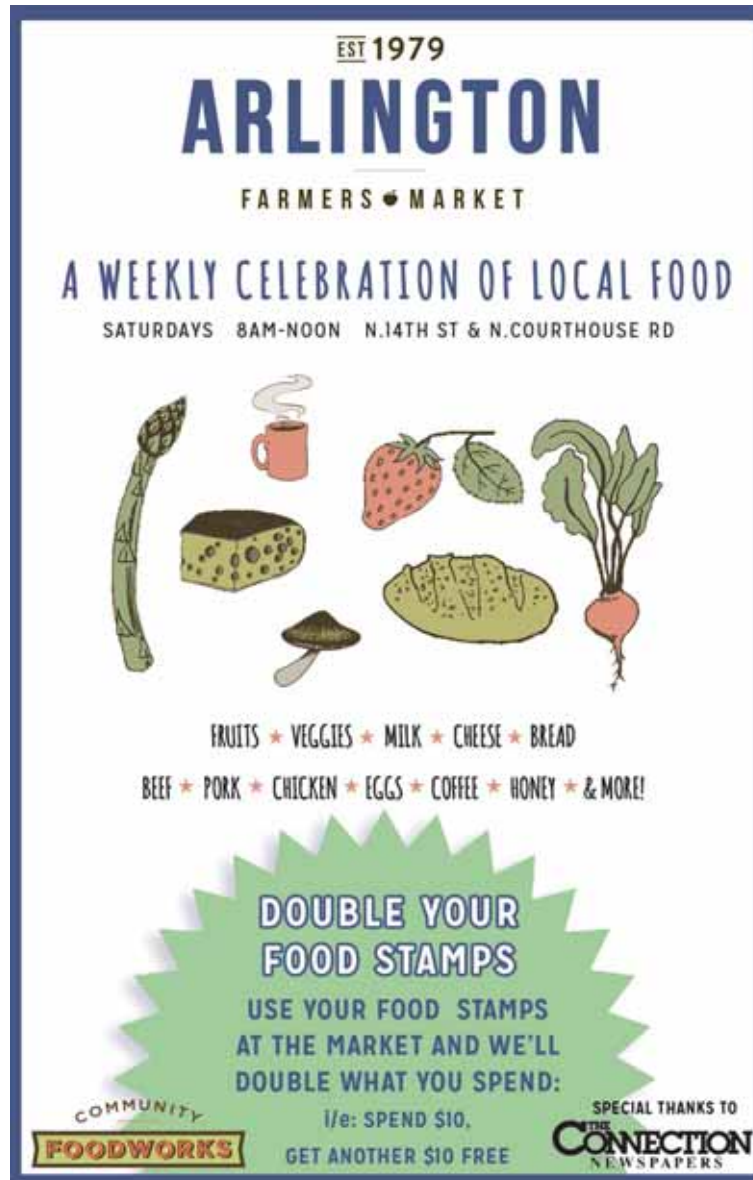
SATURDAY/SEPT. 17

DogFest Walk 'n Roll. 9:30 a.m.-1 p.m. at Pentagon Row, 1101 S. Joyce St. Grab a leash and be part of Canine Companions DogFest Walk 'n Roll. A community dog walk that supports the mission of Canine Companions for Independence. Free. Visit www.cci.org/dogfestwashingtondc.

Clarendon Day. 11 a.m.-6 p.m. along Wilson Boulevard, Clarendon Boulevard, Highland Street, and Washington Boulevard. Find five stages of music and entertainment, an area for children, exhibitors and sponsors from across the region, local restaurants with a range of food and beverage items, craft beer and local wines, and more. Free. Visit www.clarendon.org for more.



A large advertisement for Shinola Detroit. On the left is a close-up of a Shinola watch with a green dial and a brown leather strap. On the right is a smaller photo of a group of people standing together, with the caption "STEPHEN M. LAMONICA R., TERRY D. M. WILSON R., STEVE M. WILSON R." below it. Below the group photo is a portrait of a smiling woman with the caption "VALERIE M." below it. At the bottom, the text reads "A BUSINESS MODEL CALLED AMERICAN JOBS." followed by the Shinola Detroit logo and the King's Jewelry logo with the address "609 King St Old Town Alexandria 703-549-0011".



A large advertisement for the Arlington Farmers Market. At the top, it says "EST 1979 ARLINGTON FARMERS MARKET". Below that, it says "A WEEKLY CELEBRATION OF LOCAL FOOD" and "SATURDAYS 8AM-NOON N.14TH ST & N.COURTHOUSE RD". In the center is a collage of various fresh produce items including asparagus, a cup of coffee, a strawberry, a mushroom, a loaf of bread, and a radish. Below the collage, it lists "FRUITS * VEGGIES * MILK * CHEESE * BREAD" and "BEEF * PORK * CHICKEN * EGGS * COFFEE * HONEY * & MORE!". At the bottom, a green starburst graphic contains the text "DOUBLE YOUR FOOD STAMPS" and "USE YOUR FOOD STAMPS AT THE MARKET AND WE'LL DOUBLE WHAT YOU SPEND: I/e: SPEND \$10. GET ANOTHER \$10 FREE". To the right of the starburst is the text "SPECIAL THANKS TO THE CONNECTION NEWSPAPERS".

SPORTS

Third Time's a Charm

Three CCSDA Championships in a row for WGCC swim team.

The WGCC Lightning prevailed over robust competition on Tuesday, July 26 as they scored their third Country Club Swimming and Diving Association (CCSDA) Championship in a row.

The CCSDA Championships were held at Congressional Country Club in Maryland and yielded many personal, team, and pool records for WGCC. This year's championship was not surprising since WGCC has also achieved three years in a row of being undefeated in dual meets; three years in a row of winning Divisionals; and four years in a row of winning Divisional relays. WGCC swimmers broke many records at championships: Jillian Johnson set a new team record in the 18 and under IM; Charlotte Thomson set the new team record in the girls 14&U 50 M breaststroke; Lucas Zidlicky set a new team record in the boys 10&U 25m free; and Sabine Barbee (girls 8&U back), Ollie Bernasek (boys 14&U back), and Ryan Baker (Boys 18&U back) set new Congressional pool records.

Two WGCC Swimmers set both Congressional pool records and Championship meet records: Ryan Baker (Boys 18&U fly) and



Charlotte Thomson set a new team record (36.46) in the girls 14&U 50 M breaststroke.

Caroline Otteni (Girls 14&U fly). Several WGCC relay teams also broke Congressional pool records: the Girls 14&U Medley Relay team of Jillian Johnson, Sydney-Cate Thornett, Kate Loper, and Pearson Shay; the Girls 18&U Medley Relay team of Sophie Yoder, Cate Barrett, Caroline Otteni, Caroline Klauder; the Boys 18&U Medley Relay team of Ryan Baker, Angus Ricks, Rajan Bhargava, and Lucas Zidlicky; and the Girls 18&U Freestyle Relay team of Emme Yoder, Carolien Klauder, Avery Nassetta, Caroline Otteni, and Petie Nassetta.

Double Winners (swimmers who won both of their individual events) for the meet were: Ryan Baker (Boys 18&U back, fly) and Avery Nassetta (Girls 12&U IM and free). Single winners were: Emme Yoder (Girls 8&U free), Sabine Barbee (Girls 8&U back), Sean Curran (Boys 10&U back), Ollie Bernasek (Boys 14&U back), Caitlin O'Connor (Girls 8&U breast), Conner McCarthy (Boys 10&U breast), Sydney-Cate Thornett (Girls 12&U breast), Angus Ricks (Boys 14&U breast), Kate Loper (Girls 8&U fly), Caroline Otteni (Girls 14&U fly), and Sophie Yoder (Girls 12&U fly).

Arlington Babe Ruth Baseball Hosts Jiapao Players from Beijing

Last week, Arlington Babe Ruth (ABR) Baseball hosted 18 Jiapao "Homerun" Baseball players from Beijing, China for a week of baseball training, sightseeing and a cultural exchange. Each day started with time on the diamond with former MLB player and manager, Jim Lefebvre, and his assistant Dan Cassidy. ABR coaches and former players also assisted.

"When the Jiapao director approached us with this idea, we were a little skeptical. By this time in July, following our Doc Bonaccorso Tournament, many baseball families finally take vacations. We took the idea to our membership and they enthusiastically jumped in," said ABR Commissioner, Phil Juliano.

Jiapao players stayed in ABR homes, sharing time away from the diamond at local swimming pools, the White House, area museums and Washington Nationals Stadium.

Jiapao director, Kang Kang, lived in the D.C. area for three years before returning to Beijing, taking a love of baseball with him. "My goal is to coach Chinese children

to enjoy sport for the fun of it, not as a competition," he said. To promote the idea of fun, and to cool down in the area heat wave, Juliano tossed water balloons to the youngest of the visitors in a modified game early in the week.

Lefebvre developed and coached the Chinese Olympic team for the 2008 games in Beijing. That cultural connection was strengthened last week when he began training the next generation of athletes. At the farewell gathering, Lefebvre said, "We are training more than baseball players. We are training citizens of the world."

ABR participants were: Jack and Maggie Coyne, Aiden and Isabel Delacourt, Michael and Tom Foti, Jimmy O. Greenwood, Ryan and Sam Lillis, Carey and Collin Lu, Ryan



Some ABR teammates juggled playing in the 10th Annual Doc Bonaccorso Tournament along with hosting visitors from Jiapao for the beginning of their visit and missed early training sessions. ABR welcomed their visitors from Beijing with a BBQ during the Doc Bonaccorso Tournament.

and Simon Powers, Cody and Wyatt Shoelson and Jacob Wolfsthal.

Former ABR players and assistant coaches were: Chris Brady, Andy Collins, Charlie Connolly, Josh and Nathan Jones, Tyler Spicer and Travis Thein.

ABR is a youth organization in Arlington

committed to giving every child, ages 4-12, the opportunity to learn to play and enjoy baseball. It is the longest-running youth baseball organization in the county, chartered in 1985.

For more information about ABR, see www.arlingtonbaberuth.com.

SCHOOL NOTES

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

Arlington resident **Jihyun Won** received a degree in arts and cultural management from New York City's Pratt Institute.

Shawna Batson, of Arlington, has been named to the Champlain College (Burlington, Vt.) dean's list for the spring 2016 semester.

Bayard B. Roberts and **Cait E.**

O'Connor, both of Arlington, have been named to the St. Lawrence University dean's list for the spring 2016 semester.

Roberts is a member of the class of 2016 and is majoring in mathematics. He attended St. Mark's School. O'Connor is a member of the class of 2019. She attended Yorktown High School.

Mina Na and **Wen Zeng** graduated from the University of Wisconsin-Milwaukee.

Na, graduated from the Peck School

of the Arts, with a Bachelor of Fine Arts. Zeng graduated with a Ph.D. from the School of Education.

Charles Simon, of Arlington, graduated from Colorado College (Colorado Springs, Co.) with a degree in Spanish and history. Simone is a graduate of H-B Woodlawn.

This summer, the following 24 APS students will attend the Governor's School for Academics, Mentorship, Visual and Performing Arts or the Foreign Language Academy.

❖ H-B Woodlawn: **Julianne Meany** for agriculture; and **James Staeben** for mathematics, science and technology.

❖ Wakefield: **Ariana Candido-Markowitz** for visual arts; **Tasnim Alam** for humanities; **Holden Anderson** for humanities; and **Matthew Coppolino** for Japanese.

❖ Washington-Lee: **Ezekiel Albro** for vocal/tenor; **Noah Hall** for instrumental/bassoon; **Charlotte Maskelony** for vocal/alto 1; **Skylar Brodowski** for agriculture; **Johanna Klein** for agriculture; **Benjamin**

Brooks for mathematics, science and technology; **Christian Clark** for mathematics, science and technology; **Jayaprakash Kambhampaty** for NASA/engineering; **Madeline Holladay** for Spanish; **Negar Kosar** for French; **Jade Riopelle** for Latin; and **Isabella Turilli** for French

❖ Yorktown: **Rachel Cleaveland** for mathematics, science and technology; **Elizabeth Woolford** for humanities; **Molly Apse** for Spanish; **Lauren Mead** for Spanish; **Elizabeth Noe** for Latin; and **Sophia Warnement** for Latin.



Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.

PHOTO
COURTESY OF
CHRISTIAN ELLIOT

Staying Fit and Healthy on Vacation

Advance planning is key to maintaining a healthy diet and fitness on the road.

BY MARILYN CAMPBELL
THE CONNECTION

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

"We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road," said Christian Elliot. "As long as you have gravity ... you can exercise."

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

"The biggest thing about eating healthy and exercising on vacation is planning ahead," said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington. "People plan their vacation in pretty good detail, but they fail to plan where and how they're going to work out."

Part of that planning includes bringing packable equipment and appropriate clothing for exercise. "Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Bocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. "Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

GETTING ACTIVE with family and friends is one way that Bocker made exercise enjoyable during a recent vacation. "I led a bodyweight circuit for my family every morning when I was on a beach vacation recently," she said. "We were staying on the beach and we would wake up each morning and do a workout."

Part of the appeal of bodyweight exercises is that

they can be done virtually anywhere and require no equipment. Bocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

"I do an upper body exercise, a lower body exercise, sit ups and some type of cardio," she said. "For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you're far more likely to do it."

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get creative with exercise.

"Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking," said Bocker.

In addition to planning to exercise while on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. "Stop by the grocery store and pick up healthier snacks," said Bocker. "Go-to foods for me are nuts or dried fruit. They're great when going through security."

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. "We have to manage their low blood sugar with quick energy hits," said Elliot. "Our kids love the grass-fed beef sticks or beef jerky."

"You can't deprive yourself and say 'I'm not going to have ice cream at all,'" said Janet Zalman, founder of the Zalman Nutrition Group. "You can say, 'I'm going to have ice cream one or two times, but I'm not going to eat the supersize, I'll have a kiddie size.'"

It's also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. "Research your options," said Bocker, "Like anything else you do, you have to plan and research it so that you can be an informed consumer."

Finally, if you decide to splurge on a favorite food, make it count. "When you go off the rails and eat high calories food, make sure it's fabulous," Zalman. "Most people cheat out of convenience, but if you're going to cheat, cheat high."

"Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

— Catie Bocker,
Marymount University

Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD



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.

Dr. Sowerwine has specialized training and experience to find out what causes your allergies, prevent and treat symptoms, and help keep them under control.

Allergy Patch Testing • Asthma • Hives • Allergy Eczema
Food & Environmental Allergy Testing • Sinusitis
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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

AUGUST

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

9/21/2016.....A+ Camps & Schools Back to School, Open Houses

9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER

10/5/2016.....Wellbeing Senior Living Pullout

10/12/2016.....HomeLifeStyle

10/19/2016.....A+ Camps & Schools

10/26/2016.....Connection Families

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

"Love That Dirty Water"



By KENNETH B. LOURIE

"Oh, Boston you're my home." At least it was again for four days this past week: Sunday a.m. through Wednesday p.m. First I saw my best friend, Cary, and his family for two and a half days; then, for a day and another half, with a Washington, D.C. friend, Jim, I attended two Boston Red Sox games at Fenway Park ("Baseball's most beloved ballpark"): Tuesday evening and Wednesday afternoon.

I not only grew up in Boston (Newton Centre, actually) I was raised there as well. I had loving and supportive parents who, to this day, even in their absence (both having succumbed to old age a few years back) impact my life. I quote them often, refer to their parental advisories, tell their stories and even, grudgingly, repeat my father's jokes (I'll spare you any examples). When my father retired at age 70, my parents moved to Florida so I had fewer reasons to return home; though periodically I did so (high school reunions, Bar Mitzvahs, etc.). Previous to this visit however, I had not been back in nearly six years; in late October 2010 when Cary and I went to see the Boston Celtics play the Miami Heat in LeBron James' first regular season game after "The Decision."

Being back home now (yes, home to me is where I was born, bred and buttered; my life through high school) was extremely emotional. When I first met Cary and his wife, Mindy, at the airport, I started crying. I don't know if it was the lung cancer/my heightened sense of mortality or just my age, but the tears flowed.

As you might imagine, we drove by all the familiar places: schools, temple, the house where I lived, the old neighborhood, downtown Boston, the Charles River (to which this title refers) and the suburbs. For food, we ate Chinese and Italian for dinner, meatball and cheese subs and pizza for lunch (all perfect for me) and fresh muffins and bagels for breakfast. We reminisced and laughed, appearing not to miss a beat from any previous visits and/or any of the hundreds of phone calls we've shared over the years. Overall, I was nurtured and loved and made to feel significant and appreciated. Wonderful doesn't begin to describe the way I felt and the manner in which I was treated. To quote a former checker at my local Safeway: it was "superfantastic."

Tuesday afternoon/evening it was on to Fenway Park, home of the Boston Red Sox since 1912, for the first of our two games. We had box seats up the right field line, within 20 rows or so of the right field foul pole, better known as the "Pesky Pole," named after the legendary Red Sox shortstop. Johnny Pesky, he of the alleged "held-ball" in the 1946 World Series, among other memories. (A few years back, the left field foul pole was officially named the "Fisk Pole" after former Boston Red Sox catcher, and now Hall of Famer, Carlton Fisk: most remembered by Red Sox Nation for his 12th inning, arm-waving, foul-pole hitting, game-winning home run in game six of the 1975 World Series against the Cincinnati Reds, aka "The Big Red Machine.")

I attended many games at Fenway Park (not that one unfortunately, but I know exactly where I was when "Pudge" hit his series-tying shot), mostly with my father so the memories came gushing back as I walked along Yawkey Way: the vendor/location where my father always stopped for a sausage and onion sandwich, the old ticket booths at Gate A, the "Fenway franks" he'd smother with condiments, the peanut/popcorn/ice cream concessions he'd buy for me, the ticket window he'd go to inside the stadium to try and upgrade our seats, the adjacent bathroom with the old-fashioned amenities, his preference to sit on the first-base side in order to see the action in the left-field corner at the base of the "Green Monster," and too many more to recount. I would guess you get the gist of it by now.

It was four days I'll never forget and a lifetime I'll always remember – and cherish. Thanks to my wife, Dina for encouraging me to take the trip and to Cary and Mindy for hosting me. If I had it to do over again, I wouldn't change a thing. Well, one thing, actually. The Red Sox lost both games, so I never got to hear "Love That Dirty Water," the traditional song/anthem played at the stadium to celebrate a win.

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

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21 Announcements

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21 Announcements

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Roca 1, LLC trading as Ambar, 2901 Wilson Blvd, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR a Wine and Beer On Premises, Mixed Beverage Restaurant (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages, Ivan Iricanin, Member

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Continental Investors Limited Partnership trading as Continental Beer Garden, 1901 N. Fort Myer Dr., Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR a Wine and Beer On Premises, Mixed Beverage Restaurant (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages, Curtis E. Large, President, Continental Corporation, General Partner of Continental Investors Limited Partnership

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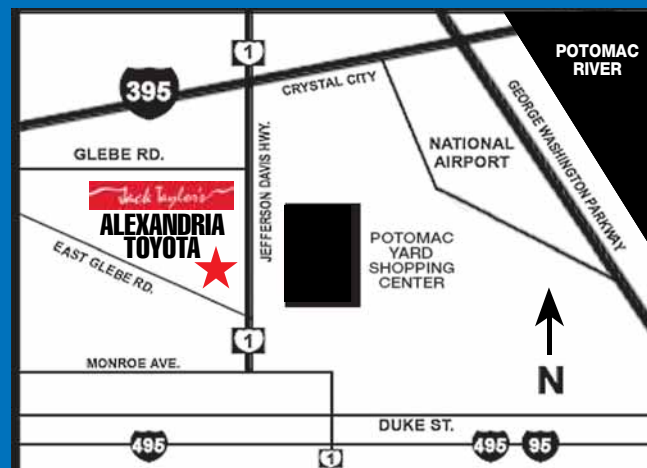
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