

When it comes to Aging-in-Place, Focus on the **Bathroom**



One extremely important room in the home when it comes to accessibility is the bathroom. Here are some things to consider incorporating into your bathroom as you age-in-place, or as we like to call it, living-inplace:

- Wall support and provision for adjustable and/or varied height counters and removable base cabinets
- At least one wheelchair maneuverable bath on main level with 60-inch turning radius or acceptable t-turn space and 36-inch by 36-inch or 30-inch by 48-inch clear space
- Bracing in walls around tub, shower, shower seat, and toilet for installation of grab bars to support 250-300 pounds
- · Curbless shower, minimum of 36-inches wide, with fold-down seat
- Lower bathtub for easier access
- Adjustable/handheld showerheads with 6-foot hose
- Tub/shower controls offset from
- · Toilet two and a half inches higher than standard toilet (17-19 inches) or height-adjustable
- Wall-hung sink with knee space and panel to protect user from
- Slip-resistant flooring in bathroom



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist.
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Glickman Design Build
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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. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/AUG. 17

Financial Seminar. 6 p.m. at Central Library, 1015 N. Quincy St. Attorney D. Margeaux Thomas and financial planner Kensley Dougan, present Taking Back Your Credit & Financial Stability. This seminar will provide attendees with knowledge on how to regain control of their financial future. The seminar is free and refreshments will be served. Visit the Facebook event page for more information, tickets and for event updates, www.facebook.com/events/ 493838000819663.

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. Pamm 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.

FRIDAY-SUNDAY/AUG. 19-21

Volunteers Needed. The 7 Wards in Arlington County are again sponsoring a FamilySearch booth at the Arlington County Fair and looking for volunteers of all skill levels. Visit goo.gl/forms/ qhClmKbYsg86v9ro1 for available volunteer shifts. After completing survey, email availability to Jay Liddle layjent@gmail.com.

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



Exploring Vernal Ponds

The Campbell family participates in a class in vernal ponds at Potomac Overlook Regional Park on Sunday afternoon. Park Naturalist Emily Rarity has handed out small nets to Chris, Colin and Leo for scooping tadpoles out of the murky water.



Eight-year-old Christopher and his seven-year-old brother, Colin, search for green frogs in the vernal pond at Potomac Overlook Regional Park. They have trapped two small frogs and put them in a small tank but will return them to their natural habitat before leaving the park. Christopher explains a vernal pond is a small natural small pool of water that disappears over time.

provide various examples and answer questions. Contact president@ civfed.org or 571-263-6198. Register at http://conta.cc/2azlkIC.

SATURDAY/AUG. 27

Police Host Summer Block Party. 9 a.m.-4 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. The Arlington County Police Department invites residents to join them during the second annual Summer Block Party. Get to know neighbors and police officers while enjoying interactive stations, safety demonstrations, entertainment, food and more. Free. Visit

THURSDAY/SEPT. 1

Application Deadline. The Arlington County Police Department is now accepting applications for the fall Citizen's Police Academy, beginning

newsroom.arlingtonva.us/release/

police-to-host-summer-block-party/.

Thursday, Sept. 15. The academy will consist of 12 sessions that meet on Thursdays,6:30-9:30 p.m. at police headquarters, 1425 North Courthouse Road. Individuals who apply will be subject to a background check. Call 703-228-4247 or email ACPDTraining@arlingtonva.us.

MONDAY/SEPT. 5

Conference Registration Deadline.

Thursday, Sept. 29-Saturday, Oct. 1, 17th Annual Virginia Statewide Neighborhood Conference at Sheraton Hotel-Pentagon City, 900 S. Orme St. The conference will bring together hundreds of participants from across the state to learn and share information on creating diverse, sustainable neighborhoods. \$75 (including workshops, meals, networking event, welcome reception and related activities, including a Youth Café encouraging 13-to-18-yearolds to engage in civic activities in their communities. Visit

www.vsnc.org/ to register.

SEPT. 10-21

2016 Northern Virginia Senior **Olympics.** Registration forms will

be available at community and senior centers, senior residences and event venues. The registration fee is \$12, which covers multiple events. 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.

Volunteers Needed. The Northern Virginia Senior Olympics has more than 50 events scheduled at 20 venues, including track and field, swimming and diving, Spelling Bee and Sudoku, and needs volunteers (16 or older) to support the games. Volunteers register at rsvp@volunteerfairfax.org. All events are free and open to the public.

"Flourishing After 55"

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

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

Senior trips: Rehoboth Beach, Del. Tuesday, Aug. 23, \$38; Washington Nationals vs Baltimore Orioles, Wednesday, Aug. 24, \$41; Dover Downs Hotel & Casino, Del., Thurs., Aug. 25, \$9; Evening Parade at the Marine Barracks, D.C., Friday, Aug. 26, \$5. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

The Blues Kats, Monday, Aug. 22, 10:30 a.m. - 12:30 p.m., Lee. Free. Details, 703-228-0555

Ice cream social, musical entertainment, Monday, Aug. 22, 1 p.m., Culpepper Garden. Free. Register early, 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.

Table tennis, Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369

Free legal assistance for eligible seniors, Tuesday, August 23, Walter Reed. Call for appointment, 703-

Volleyball, Tuesdays, 1:30 p.m.,

Langston-Brown. Free. Register, 703-

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., -12 228-0955.

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

Recycling at home, Thursday, Aug. 25, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Lee Woodcarvers share wood-

carving 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. 26, - 3 p.m., Arlington Mill. Free. Register .703-228-7369.

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

Fast-paced walking group, Fri-Register, 703-228-5722.

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

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

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News

Arlington County Fair Returns for 40th Anniversary

Fair to have 1970s theme.

rlington may be part of the D.C. urban environment, but on Aug. 17 it gets back in touch with its rural roots with the Arlington County Fair. Celebrating its 40th anniversary this year, the County Fair runs from Aug. 17-21 at the Thomas Jefferson Community Center. Ribbon cutting for the ceremony begins at 5 p.m. The fair will also host a parade on Saturday, Aug. 20 at 10 a.m.

"This will be our 40th year," said Rene Gornall, Arlington County Fair board chair. "It's an urban county fair, which is different from what people might be used to in a rural area, but we still have tons of rides, lots of amazing food, funnel cake and things."

The fair will also feature livestock, like racing pigs and a pony ride, as well as live performances by local artists. The fair is 1970s themed as a throwback to 1976, the year of the first fair. Since then the fair has grown to one of the largest county fairs on the East Coast. Admission to the fair is free.

The Arlington County Fair is a non-profit organization that is volunteer run with sup-

port from local groups.

"The planning process starts the day after the previous fair," said Gornall. "There are no paid positions; most of us just do this in our free time. Our stage performers are donating their time. It's kind of amazing what about a dozen people can do in their free time."

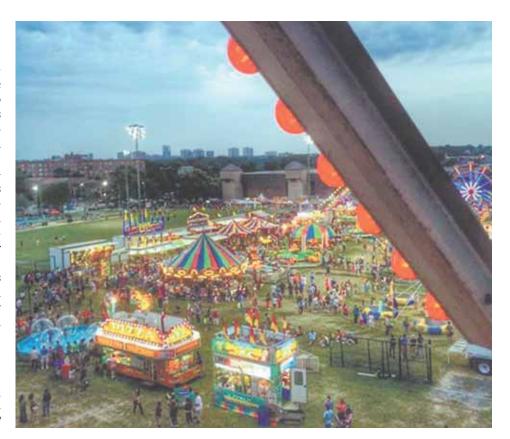
Gornall said the local heat wave is supposed to be broken by the time the fair kicks off, but just in case, the fair has indoor activities, like theater and musical acts as well as competitions for best knitting, best photography, and best sculpture all in an air conditioned environment.

"There will also be rides, some new ones and some coming back, as well as carnival type games," said Cornall. "And hey, how many chances do you have to get funnel cake?"

— VERNON MILES

Photo by Dennis Barcroft, Contributed by Arlington County Fair

The Arlington County Fair



Inside the Office Space New development at the Artisphere.

By Vernon Miles
The Connection

he Artisphere is gone. In its place near the Rosslyn Metro, workplace developer Regus will lease the space from owner Monday Properties to develop 45,000 square feet of new office space. The

"With its diverse services and prime location, 1101 Wilson Blvd is one of Rosslyn's most unique buildings."

— Tim Helmig, President and Chief Operating Officer, Monday Properties

development called SPACES and features an open space design. But with Rosslyn currently sitting at a 27.7 percent office vacancy rate, the highest in Arlington, what does it need with more office space?

"It's geared towards a different type of office user than a traditional office space," said

Alex Iams, assistant director of the Arlington Economic Development Partnership. "This is for individuals who may work for a company, or a small segment of a company, utilizing it as



The Artisphere in Rosslyn

a flexible work space. It may be a small segment of a company. It's all about flexibility. It's a different product for a different office environment."

Iams pointed to tech startups like 1776 in Crystal City as an example of a new kind of industry requiring a new kind of office space. The 27,000-square-foot workspace occupied by 1776 was renovated to be more suitable to a budding start-up's needs when it was previously owned by the Disruption Corporation. According to Iams, the new offices are co-working spaces, office space shared by employees at different compa-

nies: essentially corporate roommates. Iams says this trend has become commonplace in New York City, Chicago, and Boston.

"In a way, the D.C. area is catching up with the demand on this," said Iams. "We're happy to have it."

Tim Helmig, president and chief operating officer of Monday Properties, said that the developers will be making changes to the architecture to make it more co-working friendly.

"Co-working is becoming increasingly popular with millennials and those who prefer a more flexible workspace," said Helmig in an email. "With its diverse services and prime location, 1101 Wilson Blvd is one of Rosslyn's most unique buildings. SPACES will use the former Artisphere as co-working office space, a part of [a] broader expanding sector within the office marketplace which Rosslyn is ideally suited for."

Mary-Claire Burick, president of the Rosslyn Business Improvement District, said the area needs to continue to develop new and up-to-date offices if it wants to remain competitive in the D.C. office bidding wars.

"Rosslyn and Arlington compete with communities across the D.C. area, and new investment maintains the commercial, residential and retail momentum that allows us to attract tenants," said Burick in an email. "In fact, the numbers show there is a 'flight to quality' in the D.C. metro region with newer, higher class office space seeing a significant increase in tenant signings and older buildings seeing a reduction in tenant occupancy. Rosslyn accounts for less

than one percent of Arlington's land area yet provides 23 percent of the county's annual commercial property revenue. It is important for our community to continue to invest in itself and align the neighborhood with market demand."

But with eight million square feet of vacant office space throughout the

county, questions remain about what to do with all the empty and outdated space.

"There are several ways to address it," said Iams. "[We can] work closely with development and leasing partners to get it filled with new types of users. Another way is adaptive reuse, conversion to resi"In a way, the D.C. area is catching up with the demand on this. We're happy to have it."

— Alex Iams, Assistant Director, Arlington Economic Development Partnership

dential space, whether that's traditional or luxury apartments, or micro units with a communal living

SEE FLEXIBLE, PAGE 5

OPINION

Spotting a Mississippi Kite

Rare nest found in Arlington.

BY DONALD M. SWEIG

loating from the east along 17th St. in north Arlington, the graceful Mississippi kite flew into one of the large oak trees on the northeast corner of 17th and Utah. with food for its now quite large chick.

Standing in the street nearly opposite the oak trees, several enthusiastic and animated birders were exclaiming "Here it comes, it's landing in the tree."

Various birders had been in the area for a week or more trying to figure out exactly where the kite nest was. Kites had been observed flying at several locations (19th and Upton, 18th and Utah, 18th and Taylor, 17th and Taylor, 17th Utah and elsewhere) for several weeks. Everyone knew that there must be a nest nearby, but no one had been able to find it.

For North Arlington, a nesting Mississippi kite is a very unusual and rare event. Although Mississippi kites were seen flying around this area of Arlington last summer, 2016 was the first year in which a kite nest with a chick in it was actually located.

Until 1995, nesting Mississippi kites were unknown in Northern Virginia. In that year an unprecedented nesting took place in Woodbridge in Prince William County. Since that time the number of nesting Mississippi kites in Prince William in Fairfax counties has increased slowly, but steadily. But this is the first pair to be confirmed as nesting in Arlington. So for birders and avian raptor enthusiasts, the nesting at 17th and Utah in Arlington is a big deal, even in the oppressive August

In the more southerly areas of the U. S., the Carolinas, Georgia, Louisiana, *etc.*, Mississippi



Adult Mississippi Kite soaring over 17th and Taylor in north Arlington on Aug.

kites (*Incinta mississippiensis*) are not an uncommon bird. They nest there in the thousands, and tens of thousands of kites are counted migrating through Mexico to South America each fall. But for Arlington, this is a rare, perhaps even unique event.

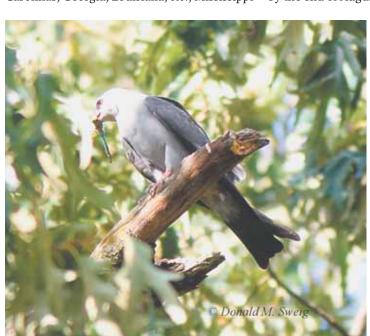
For folks looking from the ground, a flying Mississippi kite is a beautiful and graceful bird. It often soars, seeming to just float in the air, until it spots some prey, such as a cicada or dragonfly, and then the wings curve back into a sickle-shape and it can execute a spectacular, almost instantaneous dive. Nothing else looks or flies quite like a Mississippi kite.

The juvenile bird from the Arlington nest is just now learning to fly. It will soon be flying and learning to hunt with his parents, because by the end of August or early September it will

have to migrate with the thousands of other Mississippi kites to South America. So, the Arlington Mississippi kites will probably still be around for another couple of weeks or so.

If one wants to go to look for them, they may be seen flying anywhere in the general area where they have been seen before. But 17th and Taylor or Utah is the best place to go look. It is worth noting, that the juvenile will be brownstriped on both its wings and body, unlike its parents which are white and light gray underneath. The adults will also continue to feed the juvenile for some time, until it can learn to hunt for itself. So one might find it perched on a snag waiting to be fed.

If you're interested in such things, grab your binoculars and go have a look. It's a rare opportunity to see a truly beautiful bird.



Perched adult Mississippi kite, with a dragonfly in its beak to feed its nearby chick.



Juvenile Mississippi kite eating the songbird that the parent had just brought to it. Notice the red flesh in the birds beak, and the songbird's legs sticking out to the left. Although kites do take small birds as prey, it is an unusual occurrence. Mostly they eat insects such as dragonflies and cicadas.



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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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News

Flexible Work Space

"It is important for

our community to

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in itself and align

the neighborhood

— Mary-Claire Burick,

Improvement District

President, Rosslyn Business

with market

demand."

From Page 3

space. There are some instances where a building is demolished and rebuilt with mixed use."

According to Iams, there are a variety of factors

that can make building demolition the most economically feasible options. Iams said the age of the building and the floor to ceiling height are two of the biggest architectural issues that can't just be redeveloped.

As each year passes, the vacant buildings become less and less appealing to inves-

tors, making demolition more likely.

"It's a difficult market right now, especially for the quasi-antiquated products from the '60s," said Iams. "Those are the ones more com-

monly associated with demolition or conversion. Ones from the '80s and '90s are going through refreshes. That means more amenities and more lobbies. Whether that's a recreational facility or re-

tail or just other benefits, you see that kind of thing happening."

Ultimately,
Iams said the
change coming to the
Artisphere is
emblematic
of a Rosslyn
trying to
keep its office space
competitive.
"It fits into

a broader narrative about changes to a physical environment and a market," said Iams. "It's part of a progression away from the federal govern-

ment as the main user and towards

a diversification of users."

In the Garden

Judy Salveson stands ready to answer questions at the monthly Sunday Afternoon in the Garden question-and-answer session at Potomac Overlook Regional Park. Salveson is a Master Gardener with Virginia Cooperative Extension. Salveson has picked yellow pole beans that will be given to Arlington Food Assistance Center. These cherry tomato plants have grown taller than Salveson.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

As Judy Salveson walks around the Master Gardens at Potomac Regional Overlook Park in the afternoon heat on Sunday, Aug. 14, she points out this new, hearty variety of pepper is growing well. But she adds that the cucumbers haven't produced this year. "The okra is happy but everything else not so much."



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ENTERTAINMENT



celebrating its 26th year in Gateway Park.

Grupo Fantasma

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

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 eams 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 Synetic Theater, 1800 S. Bell St. Set in the roaring 20s, "Twelfth Night" tells the tale of fraternal twins, Viola and SebastianA, separated in a strange new land. Tickets start at \$35, \$15 for students. Visit www.synetictheater.org for

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

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. **Art Exhibit: "Blue."** Through Aug.

26, gallery hours at Gallery Underground, 2100 Crystal Drive. Resident artists explores the many connotations of the color blue. Free. Visit www.galleryunderground.org

"Jelly's Last Jam." Through Sept. 11. various times at Signature Theatre, 4200 Campbell Ave. Signature presents a musical about famed and notorious iazz 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.

Lineup Announced

For the 26th year, Rosslyn Jazz Festival returns to Gateway

Park (1300 Lee Highway) with food, drinks, and music. This year's lineup includes Akua Allrich, Vieux Farka Touré, Glen

David Andrews Band, and Grupo Fantasma. Admission to the

festival is free. Visit www.rosslynva.org for more.

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

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

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.

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 roundup 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-

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-

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

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-caneat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

FRIDAY/AUG. 19

Family Game Night in the Park. 6-8 p.m. at High View Park, 1938 N. Dinwiddie St. Play giant versions of your favorite board games, fun family relays and activities, create summer crafts and more. Free. Visit parks.arlingtonva.us for more.

FRIDAY-SATURDAY/AUG. 19-20

Anthony Atamanuik: "Trump

Dump." 7:30 p.m. and 10 p.m. Friday, 7 p.m. and 10 p.m. Saturday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Trump is President and he's giving a luxurious speech from the East Room of the . White House. Join him and his paid audience as he updates America on the Hunt for Rosie O'Donnell, the construction of the first ever transcontinental hair oil pipeline and his plan for bronzing illegal for actual ships anchors. Tickets are \$20. Visit www.arlingtondrafthouse.com.

SATURDAY/AUG. 20

Spectacular Spiders, 11 a.m.-12 p.m. at Gulf Branch Nature Center, 3608

Entertainment

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.

The Arlingtones. 1 p.m. at Thomas Jefferson Community Center, 3501 S. 2nd St. The Arlingtones is an A Capella, close harmony chorus. Free. Call 239-940-5876 for more. Treasures in Tree Bark. 2-3 p.m. at

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.

"Bands for Bikes" Benefit Concert. 4-8 p.m. at 1440 Chain Bridge Road, McLean. Wheels to Africa is a youthled all volunteer 501c(3) that collects used bikes for needy children. The organization was founded by a 10year-old Arlington boy named Winston Duncan, after he visited Africa on a mission trip with his mother. During the visit, Winston was struck by the distances children had to walk for basic needs like food and water. He decided to take action, and, since then, Wheels to Africa has donated over 5,000 bikes to children in some of the most remote villages of Africa. Free. Visit www.wheels-toafrica.org for more information on how to help and the concert.

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 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

Summer Farewell Campfire. 7-8 www.ConnectionNewspapers.com

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 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.

Chicago City Limits. 7 p.m. and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Chicago City Limits, an improv theater company, is heading to the epicenter of it all, Washington, D.C., to take on the faces, places and events surrounding this year's chaos. Join CCL on a journey through CamPAIN 2016 – an interactive look at what the Don has Done, the Thrillery of Hillary, and Feeling the Berned Out. Tickets are \$20. Visit www.arlingtondrafthouse.com.

MONDAY/AUG. 29

Meet the Author: Lesley Lee

Francis. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. In her lecture Francis, a granddaughter of the poet Robert Frost, will share with her reflections on her grandfather's poems and philosophy. She will present a firsthand account of a family that was enlightened by the perspectives of his poems. Free. Call 703-228-2144.

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.

FRIDAY/SEPT. 2

Making Your Own Walking Stick.

7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. (Pick out a stick, make a grip for it, and personalize it with your initials or other decorative touches. Tickets are \$10. Call Call 703-228-3403.

FRIDAY-SATURDAY/SEPT. 2-3

SNL's Darrell Hammond. 7:30 p.m. and 10:30 p.m. Friday, 7 p.m. and 10 a.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. American stand-up comedian and Saturday Night Live regular Darrell Hammond will perform. Tickets are \$32. Visit www.arlingtondrafthouse.com

SATURDAY/SEPT. 3

Groovy Nate. 11:30 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Kid's entertainer Groovy Nate performs. Free. Visit www.groovynate.com for more

Senior's Concert. 2 p.m. at Arlington Women's Club, 700 S. Buchanan St. Baritone Jose Sacin will be joined by tenor Tony Torchia, soprano Jocelyn Hunt and mezzo-soprano Elise Jenkins. They'll sing Broadway hits, spirituals, some familiar opera arias and passages from Scott Joplin's opera "Treemonisha." Tickets are \$5, \$3 for seniors. Call 703-536-7557 for

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.

WEDNESDAY/SEPT. 7

Northern Virginia Bird Club Walk.

8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Parks in search of resident and migratory birds. Experienced and beginning birders welcome. Free. Call 703-228-6535

The Arlington Children's Chorus Informational Parents Meeting. 7-9 p.m. at the Arlington Central Library Auditorium, 1015 N. Quincy St. The Arlington Children's Chorus is open to all children in the Washington D.C. metropolitan area with unchanged voices in grades 2-12. Learn more at this event. Free.

www.arlingtonchildrenschorus.org.

THURSDAY/SEPT. 8

The Arlington Children's Chorus Fall Auditions. Glebe Elementary, 1770 N. Glebe Road. Children grades 2-12 with unchanged voices are invited to audition for the 2016-2017 season. Free. Visit www.arlingtonchildrenschorus.org.

FRIDAY/SEPT. 9

Keeping Mini-Beasts. 4:30-5:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. (Get ready to (temporarily) own all sorts of minibeasts and have a series of amazing, unique pets. Learn about different animals' lives while caring for them for a month. At each session you'll return last month's critters, and learn about and receive new ones. Fee is \$30: additional \$20 materials fee for first time participants paid on-site. Call 703-228-3403.

SEPT. 9-OCT. 2

"Dinner With Friends." 8 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. "Dinner with Friends" examines the lives of two couples and the repercussions of divorce on their friendships. Tickets are \$25-30. Visit www.petersalley.com 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 for more.

Scurrying Squirrels Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. (This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs, and s'mores. Tickets are \$5 per person; \$20 per family. Call 703-228-3403.



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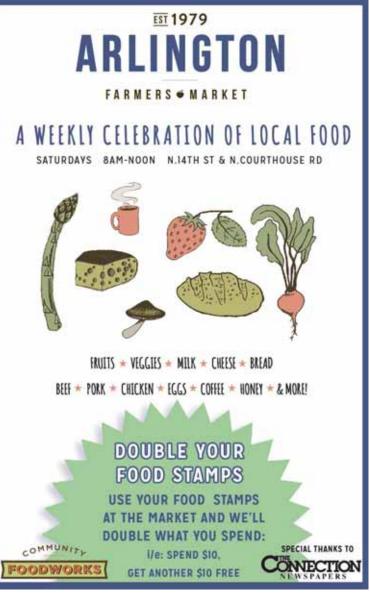
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Create a Back-to-School Game Plan

Educators tell how to make the transition less jarring.

> BY MARILYN CAMPBELL THE CONNECTION

s a single mother of a fifth grade student, Christine Schull is already making back-to-school preparations. Her plans include more than purchasing notebooks, pencils and new shoes. She knows that she and her daughter will have to shift their schedules and prepare to get back into a scholastic mindset.

"She gets up early every day ... but because it is summer, she wants to go to bed late ... about two or three weeks out. I will be much more firm about her bed time," said Schull, assistant dean and professor of Early Childhood Education at Northern Virginia Community College in Alexandria. "Also, to start getting her academic muscles flexing, I usually supplement with some

academic enrichment. I am hiring someone to work with her once a week just to give her a taste of what she will experience in fifth grade."

Whether a child's summer is packed with camps and vacations or filled with lazy days and complaints about being bored, students often find the back-to-school transition to be challenging. From the prospect of reuniting with friends to getting reacquainted with homework, it is not uncommon for children to experience mixed emotions about jumping

back into a busy fall schedule.

"Going back to school is really more than just a one-day event," said Dr. Lisa Turissini,



Science teacher Sarah Boor works with students at Norwood School. Educators say now is the time to prepare children for a return to school.

Ed.D. assistant professor and chair of the Department of Education at Marymount University. "This type of transition is about

> the forming of a new habit. Brain researchers agree that the forming of a new habit also includes the breaking of an old one."

Having a conversation with children and assessing their feelings about returning to school is a good place to start, recommends Licensed Clinical Psychologist Jerome Short, Ph.D., associate professor of Psychology at George Mason University.

"Children have a variety of ways of thinking, feeling, and acting toward the upcoming

transition back to school,' he said. "Some children are optimistic and excited about school and are already preparing for the first day. Others may be anxious or avoid thinking about a new school year, and may need more support, structure, and encouragement from parents to prepare themselves."

He encourages parents to listen to their children's concerns and expectations and empathize with their feelings. "Summarize what they tell you, and tailor your approach to their needs with their input," added Short.

It's not just children who may experience school anxiety. Some parents may be worried about their children starting a new school, changing schools, facing more rigorous academics or dealing with difficult social situations. "Fear of the unknown can cause anxiety," said Turissini. "Working with your children to build resilience and manage their emotions can be beneficial for the whole family. Children are extremely capable of dealing with change, and parents can help them by creating an environment at home that encourages them to share their feelings about returning to school."

Reconnecting or connecting with other parents and students for support can help with the transition. "Others may help motivate, empathize, or make school preparations fun," said Short. "There are opportunities to increase children's communication abilities and social skills if they spend time together on school tasks."

Planning ahead and establishing a regimented sleep schedule in August can help parents get their children acclimated to the early wake up times for the upcoming school year. "If you want your child to have a less painful transition back to a new school year, now is the time to take proactive measures to change your child's bedtime routine," said Turissini.

"...[It] gives their biological clock time to adjust so the transition is not so abrupt," she said. "A regular bedtime and wake up time will build the needed structure into a child's schedule, and this new habit will help [a child] to embrace the new routine that the school year brings."

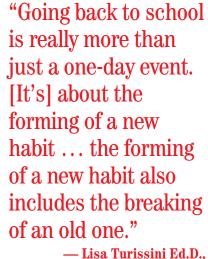
"Don't do it all at once, do it gradually, said Mark R. Ginsberg, Ph.D., dean of the College of Education and Human Development at George Mason University. "Start with [moving your children's bed time] one-half hour earlier, then 15 minutes earlier."

Other recommended time adjustments include reestablishing routines that might have been lost during the summer. "If your summer has been schedule-free, get back to some of your old routines now. Start those regular family meal times or game nights," said Turissini.

In addition to rearranging sleep schedules, now is the time to tackle back-toschool shopping and schedule doctor visits. "Take a day to get those school clothes, school supplies, and backpacks purchased," said Turissini. "Make sure your child's physical exam is up to date. You know the school medical forms will be forthcoming."

Completing summer reading lists and other summer assignments can also get students ready to learn. "We want students to return to school learning ready, which means children should be reading for pleasure ... for about 30 minutes a day," said Karen O'Neill, head of Lower School at Norwood School. "Sustained reading is a skill that requires practice at home."

SEE HOW TO, PAGE 9





— Lisa Turissini Ed.D., **Marymount University**







How To Make the Transition Less Jarring

From Page 8

Parents can reinforce a child's interest in books by reading to their child or reading their own book while their children read. "Don't turn on the television in another room while your child reads," said Ginsberg. "Have a family reading hour. Modeling the behavior is powerful for the child." He suggests setting challenging and achievable goals and being mindful of those that could prove unrealistic. "Start with 20 minutes of

reading and then increase it from there," he said.

"At least one week before the first day of school, create the morning routine that will allow your child to arrive at school with time to organize belongings, chat with friends, and create a mindset for learning," said O'Neill.

Invite children's participation when creating a back-to-school plan. "From my own experience as a parent and educator, it's best

to engage them in a conversation, rather than telling them what to do," said Ginsberg. "Rather than being directive, be collaborative with the child. Ask them what it is that they think they need to do to get themselves ready."

Going from a carefree summer to a structured school year packed with activities can be jarring for some students. To ease the blow, Turissini suggests having candid conversations about the upcoming school

schedule and ways in which the family can establish balance.

"Create a family calendar of school, extracurricular, and family activities," she said. "Allow for some downtime on the calendar for each child so they can choose to do whatever it is they would like. Kids don't inherently know how to add balance to their lives, so as a parent, it is important to look for the opportunities to model balance at home, work, school, and personal pursuits."





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Enforced by Federal law all states must have a transparent website that clearly shows all contractors licenses. If they've ever paid taxes in VA, they're in there. Easily validate your contractor by going to http://www.dpor.virginia.gov/LicenseLookup/

Contractors are validated through their Class License and Specialty Licenses. Class C contractors can only perform jobs of a monetary value up to \$10,000.00 and ONLY \$150,000 yr. Class B contractors up to \$120,000.00, and no more than \$750,000 per yr. Class A there is no monetary limit.

For Bathroom or Kitchen remodels a number of different Specialty Licenses are required. BLD License covers framing, drywall, tile work. PLB covers all plumbing such as the replacement of shower and kitchen faucets. ELE covers electrical work such as the replacement of lighting. HVA covers the replacement of ventilation fans and range hoods.

How do I submit a complaint about my Unlicensed Contractor?

Due to code limitations in the Virginia Uniform Statewide Building Code, complaints regarding construction activity more than two years old cannot be accepted.

- If a person identifies him/herself as a licensed contractor and it is discovered the person is not licensed, it is a violation of State and County Code. Complaints/violations may be reported using the online complaint form; or
- Call the Department of Code Compliance at 703-324-1300, TTY 711, to start the complaint process and an investigator from the Code Enforcement Branch will contact you; or
- Call the Virginia State Department of Professional and Occupational Regulation at 804-367-8500, TTY 711.

What are the risks of Unlicensed Contractors?

In most circumstances, unlicensed contractors offer lower quotes because they do not pay a licensing fee, or obtain a bond to protect their work, and in many cases, don't purchase liability or workers compensation insurance. Without these

expenses, the unlicensed contractor can offer a lower rate.

Many things can go wrong on a construction site, from injuries to shoddy workmanship to destruction of power, sewer or water lines. Ultimately, all issues are the responsibility of the general contractor. The general contractor and their insurance carriers are the primary payers in the event something goes awry on the job.

What most people don't know is that if you don't hire a licensed and insured contractor to handle your project, **you're the general contractor!** If your unlicensed contractor breaks a sewer line, **you're responsible.** If a worker gets hurt and can't work for two years, and there's no workers compensation coverage in place, **you are on the hook** for that workers' medical bills and lost wages.

The implications of using an unlicensed contractor go beyond the risks associated with the property worked on and injury to the workers. A homeowner or association that hires an unlicensed contractor can also be liable for the negligence of the contractor.

A neighboring property, a passerby or other property that is negligently damaged by the contractor can lead to liability to the person that hired the contractor. As the contractor's employer the hiring party is responsible for the contractor's actions during the course of that employment.

When a general contractor takes on a job they have overall responsibility for legal compliance, safety, quality of workmanship and just about everything else that happens on the job site. What's more, your homeowners insurance or landlord liability insurance isn't going to cover you for these events.

All policies exempt damage caused by the use of illegal or unlicensed contractors. Fire and water damage can be... expensive. If an unlicensed contractor improperly installs an appliance, such as a water heater that leaks and in rare instances explodes, your insurance will not cover it. If an unlicensed contractor installs an appliance, such as a dishwasher, and so on, the product warranty will be voided.

If you knowingly enter into a contract with an unlicensed contractor, you are not allowed to use the fact that the contractor is unlicensed as a defense for non-payment. Note that an unlicensed contractor can still file suit for fraud and deceit.

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Those who are caught contracting without a license likely will have to appear before a District Court Judge and DPOR investigator to answer to misdemeanor charges that can carry a potential sentence of up to six months in jail and/or a \$5,000 fine, as well as an administrative fine of \$200 to \$15,000

If illegal contracting continues, the penalties become more severe. A second offense results in a mandatory 90-day jail sentence and a fine of 20 percent of the contract price or \$5,000. https://vacode.org/54.1-1115/

Felony charges are filed against anyone who illegally uses another person's contractor license or who tries to mislead consumers into believing that he or she is a licensed contractor. Anyone who contracts for work in a state or federal natural disaster area without an active state contractor license also could face felony charges. If convicted of a felony, a person may have to serve time in state prison.

Furthermore, your state contractor board will not "typically" help you to make a warranty claim "Contractor Recovery Fund" against an unlicensed contractor. So if you are trying to recover at all, you will need to go to civil court. Even if you win in civil court, without a bond, there's a good chance the unlicensed contractor will not be able to pay your damages.

Recently, Fairfax County has been using sites like Zillow and Realtor.com to see if improvements have been done when selling ones home! AGAIN, the days of hiring an unlicensed "Friend", or "Neighbor" to work for monetary purposes is strictly prohibited and is easily verified through http://www.dpor.virginia.gov/LicenseLookup/.

All in all, it's not worth it! Always protect yourself by hiring a licensed contractor for your remodeling project.

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21 Announcements

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Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publish-ing date of the first of two required newspaper legal notices. Objections should be registered at

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21 Announcements

21 Announcements

21 Announcements

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News



Youth Leadership

The Leadership Arlington Youth Program Class of 2016, comprised of 30 youth leaders who are rising high school juniors and seniors, graduated on Thursday, Aug. 11, at a ceremony held in Marymount University's Reinsch Library Auditorium. During the first two weeks of August, the Youth Program met at different business, nonprofit and government locations throughoutthe county, providing participants with the handson opportunity to be exposed to diverse organizations and meet with leaders from our community. Members of the Class of 2016 included: Sophia Anderson, H-B Woodlawn; Josette Barrans, Yorktown High School; Amanda Bloom, Wakefield High School; Lydia Boles, H-B Woodlawn High School; Reagan Briere, Yorktown High School; Karol Calvimontes, Bishop O'Connell; Simer Choudhary, Washington-Lee High School; Erin Claeys, H-B Woodlawn; Mary Corina, H-B Woodlawn; Olivia Cox, Yorktown High School; Anna DeFalco, Yorktown High School; Cate Farmer, Yorktown High School; Mathew Gonzalez, Yorktown High School; Kaiya Gordon, H-B Woodlawn; Mary Helsper, Yorktown High School; Tiffany Hidalgo, Wakefield High School; Bryn Kabiri, H-B Woodlawn; Prashanth Kallat, Thomas Jefferson High School for Science and Technology; Nick Kampeas, H-B Woodlawn; Tyler LaPointe, Wakefield High School; Nino Lovo-Ochoa, Wakefield High School; Claire Morris, Yorktown High School; Jeremiah Parker, Wakefield High School; Zach Reynolds, Washington-Lee High School; Kathryne Schauf, Bishop O'Connell; Tina Schneider, H-B Woodlawn; Will Senkus, H-B Woodlawn; Claire Shea, Yorktown High School; Rebecca Smith, Washington-Lee High School; and Haben Yohannes, Washington-Lee High School.



Springtime Garden Party

Culpepper Garden celebrated its 41st anniversary on June 4 with its Annual Springtime Garden Party on the grounds of Culpepper Garden at 4435 N. Pershing Drive. From left are County Board Member John Vihstadt; Culpepper Board Chair Susan Philp; County Board Chair Libby Garvey; Event Co-Chair Brad Smith; Event Co-Chair Diane Smith; Virginia State Senator Barbara Favola; and Event Emcee Doreen Gentzler. Susan Philp announced plans to renovate Culpepper Garden's original 204 units that were built over 40 years ago. Beginning early next year, renovation will be done in stages so that residents will not be displaced. Renovations will include repairs to the exterior of the building, upgrading the heating and cooling systems to increase energy efficiency and updating apartments to improve accessibility. See www.culpeppergarden.org.

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