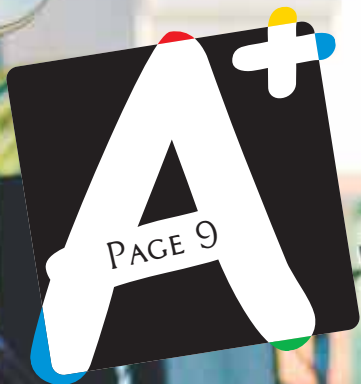




The Arlington Connection

The Buzz Hounds perform at Mount Olivet United Methodist Church, 1500 N. Glebe Road, during a free outdoor concert on Sunday, July 16.



Weekend of Music

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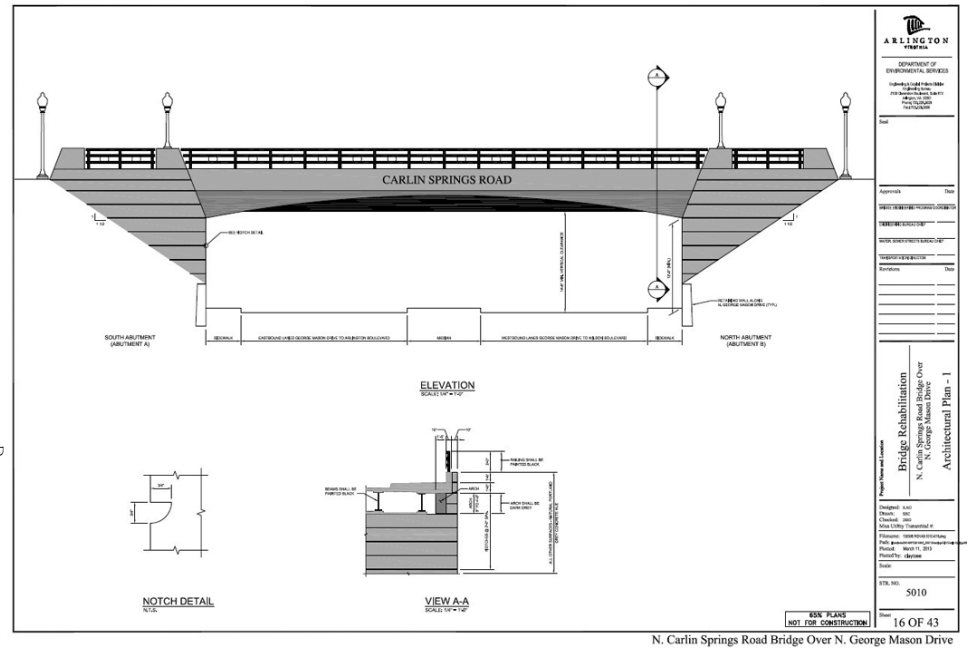
PHOTO BY IAN HERBST/THE CONNECTION

JULY 19-25, 2017

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



Carlin Springs Road Bridge.



Designs for the new Carlin Springs Road Bridge.

Board Approves Carlin Springs Road Bridge Replacement

Carlin Springs Road Bridge is still structurally sound, but the 55-year-old bridge is starting to show its age. Deep cracks run across the surface of the street and along the narrow sidewalks. At the July 15 County Board meeting, the board voted unanimously to approve a \$6.97 million contract

to replace the bridge.

The new bridge will have four lanes, the same as the existing one, but with wider sidewalks and new bike lanes added on North Carlin Springs Road. The new bridge will also have improved railing and lighting.

While work is underway to replace the

bridge, the adjacent sanitary sewer on North Carlin Springs Road will be replaced. The current 18-inch diameter pipe will be re-

placed with a 30-inch pipe.

Construction on the project is expected to be finished by late 2018 or early 2019.

'Block Q' Skyscraper Approved

Crystal City is getting a new skyscraper. The 24-story tall "Block Q" will be a towering mixed-use development along Jefferson Davis Highway. The new building will include 302 new apartments built on top of two floors of retail.

The redevelopment was unanimously approved by the County Board at its July 15 meeting.

The building will include an underground parking structure. A traffic analysis conducted at the site by the applicant concluded that sufficient public transportation options exist at the site to support the number of new residents. As part of the agreement, developer Commonwealth Crystal Holdings I, Inc. contributed \$1.8 million to the affordable housing contribution fund, \$107,000 in utility undergrounding fund contributions, and \$75,000 in public art fund contributions.



An apartment tower is planned for the heart of Crystal City.

Seeking Pedestrian Link to Airport

The Crystal City Business Improvement District (BID), in collaboration with area stakeholders, issued a Request for Proposals to study the feasibility of a new direct pedestrian connection between Crystal City and Washington National Airport.

"Crystal City is the area's most accessible neighborhood — with Metro, VRE, connections to every major area highway, bike paths, and an airport you can literally walk to," said Angela Fox, Crystal City BID president/CEO. "A new pedestrian connection will bring the airport even closer, from a 15-minute walk to a 4-minute walk"

The concept of a new pedestrian connection combines with the investments of other transportation infrastructure projects al-

ready underway including a new commuter terminal at DCA, Gov. Terry McAuliffe's rail infrastructure upgrade known as the Atlantic Gateway Project, a proposed new entrance to the Crystal City Metro station along Crystal Drive, and the Virginia Railway Express Crystal City Station improvements. The published Request for Proposals seeks consultant teams to evaluate the feasibility of a pedestrian connection and will study alignments, real estate considerations (both private and public/federal), regulatory requirements, costs and financing mechanisms, as well as an assessment of a pathway to implementation.

Proposals are due Aug. 4. For more information and to review the full RFP, visit www.crystalcity.org/DCAStudy.

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Weekend of Music

The Buzz Hounds perform at Mount Olivet United Methodist Church, 1500 N. Glebe Road, on Sunday, July 16, during a free outdoor concert on Sunday, July 16.



PHOTOS BY IAN HERBST/THE CONNECTION

Chopsteeth Afrofunk Big Band took to the stage at Lubber Run, N. Columbus Street and 2nd Street N., on Saturday, July 15.

Battle for the Board Three way race for the County Board.

BY VERNON MILES
THE CONNECTION

This fall, the longest serving County Board member will resign. In his place, two independents and one Democrat are preparing to fight for the future of the county.

Erik Gutshall won the backing of the Arlington County Democrats in a highly contested caucus. In a county where 75.8 percent of voters supported Hillary Clinton in last year's election, the Democratic nomination is a strong lead in the County Board election. But it isn't a guarantee. The last time the Arlington Democrats had a caucus instead of a primary was in 2014 when Alan Howze was chosen as the candidate. Independent John Vihstadt beat Howze in a special election in April and then by 7,411 votes in the general election. Now, Gutshall faces two independent challengers in the November election: frequent candidate Audrey Clement and newcomer Charles McCullough.

The candidates don't differ vastly on policy issues, all three candidates cite Arlington's schools as the biggest priority and say the County Board needs to look for new ways to use Arlington's limited space. But the candidates are set apart by very different backgrounds and experience.

Gutshall is active in Arlington County, serving various roles in the Lyon Park Citizens Association including president, and on the board of directors for nonprofit Doorways for Women and Families. Gutshall also has the most experience working inside Arlington County government, serving on several task forces, boards and commissions including the Transportation Commission and currently as the chair of the Planning Commission. Gutshall also owns a small

business in Arlington which, he says, has given him insight over the years into how difficult the county's taxes and bureaucracy can be.

McCullough's experience is more limited, dealing primarily with education policy outside of Arlington County. McCullough's previous work included representing the Australian Embassy in Washington D.C. on education policy issues, working as attorney-advisor for D.C. public schools, working as a paraeducator in Montgomery County Public Schools, and serving on the National Board of Professional Teaching Standards. McCullough says rather than being a weakness, he sees his relative inexperience in Arlington County as a strength.

"I think voters are more excited to see experience in other communities," said McCullough. "It's about not just seeing things from the Arlington bubble. Experience here loads you down with preconceived notions."

McCullough's experience with Arlington government started with the South Arlington Working Group, a group formed to assist the School Board in the selection of a location for a new elementary school. McCullough said there he saw first hand how inefficient the county's processes could be. The South Arlington Working Group had supported the School Board's selection of land near Thomas Jefferson Middle School as the site of the next elementary school, but when the decision reached the County Board it was rejected for reconsideration until ultimately being approved a year later.

"There was an unfortunate feeling that the process was not inclusive enough, so



Democratic candidate Erik Gutshall.



Independent candidate Audrey Clement.



Independent candidate Charles McCullough.

PHOTO BY VERNON MILES

"In Vihstadt's race there were a lot of things that came together, a confluence of a whole host of factors that made that race different," said Gutshall. "I don't think any of those apply here. I'm a really strong candidate. I have the right understanding of the issues."

Gutshall noted that Vihstadt was a particularly strong candidate with decades of experience working in the community and build-

ing a strong base of support. The main issues of the Vihstadt election, Gutshall said, were the Columbia Pike streetcar and a sense of complacency.

"The elephant in the room was the streetcar," said Gutshall. "In many ways, that race ended up ultimately being a referendum on the streetcar. That kind of issue isn't here. The one issue on most voters' minds is schools. I feel very confident in that what I've advocated for last two and a half years, a long-term plan for schools and all community facilities, is what people want. It's not divisive the way streetcar was."

But the County Board is still heavily Democratic, with Democrats occupying four of the five seats on the board. Both independents hope to establish themselves as alternatives to the Democratic status quo.

"This is truly solid Democrat constituency," said Clement. "But Democrats here are complacent. They don't see a need to change fiscal policy."

"I hope what people see is that I'm addressing things in a different way than what came about from the Democratic caucus," said McCullough. "I'm purposefully reaching outside of party. Even a lot of Demo-

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SEE BATTLE, PAGE 11

OPINION

Help Prepare Children in Need for School

Many opportunities to contribute; tax-free back-to-school shopping is Aug. 5-7 across Virginia.

We live in an area where many, if not most, families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

EDITORIAL

In our affluent area, there are many poor families, families who are barely making it, families who are not able to indulge their children in a shopping spree before school begins, families who are already having trouble making up for the meals their children would be getting at school.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. In some schools, volunteers pack snacks for the students to take home on weekends. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent

of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

The Virginia sales tax holiday for school supplies and clothing (and preparedness and en-

ergy savers) is Aug. 4-6. This is a little extra savings that could be paid forward to students in need.

The three-day sales tax holiday starts the first Friday in August at 12:01 a.m. and ends the following Sunday at 11:59 p.m. During the sales tax holiday, you can buy qualifying school supplies, clothing, footwear; hurricane and emergency preparedness items; Energy Star and WaterSense products without paying sales tax.

Each eligible individual school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. For other details see www.tax.virginia.gov/virginia-sales-tax-holiday.

Where To Give in Arlington

❖ **Arlington Partnership for Affordable Housing** is collecting backpacks and supplies for more than 550 children living in APAH apartments.

APAH is looking for volunteers willing to donate a backpack or two for the students who live in one of APAH's 15 apartment buildings. For these families, the cost of these supplies can be burdensome.

For more information or to see the list of backpack and supply needs, please email Julie Booth, volunteer program manager, at

jbooth@apah.org.

Drop off backpacks one of three days and locations:

❖ Friday, Aug. 4, 10 a.m.-12 p.m., The Springs, 4318 N Carlin Springs Road, 22203;

❖ Tuesday, Aug. 8, 10 a.m.-4 p.m., The Springs, 4318 N Carlin Springs Road, 22203; or

❖ Wednesday, Aug. 9, 5 p.m.-8 p.m., Arlington Mill Residences, 901 S Dinwiddie St.

<http://apah.org/fill-a-backpack-for-an-aps-student/>

Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit www.afac.org/plot-against-hunger/pah-events/.

WEDNESDAY/JULY 26

Gardening Talks & Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit www.afac.org/.

THURSDAY/JULY 27

Informational Meeting: Bus Parking. 7-8:30 p.m. at County Board Room, 2100 Clarendon Blvd., 3rd Floor. Join JFAC members and County and Arlington Public Schools staff for an informational briefing on bus parking in Arlington. Visit commissions.arlingtonva.us/jfac/ for more.

DEADLINE AUG. 4

Leadership Center for Excellence is now accepting applications and holding an information session for the Young Professionals Program Fall Class of 2017, a program that aims to develop leaders in various sectors across the D.C. Metropolitan area over a four-month period. The application may be found online at www.leadercenter.org with a rolling admission deadline until Aug. 4, 2017. An information session will be held on Tuesday, June 27 from 6-7:30 p.m. Interested parties may RSVP for info sessions and apply for the program online at leadercenter.org/ypp-information-session/.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT SEE BULLETIN BOARD, PAGE 11

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/JULY 19

New Lubber Run Center Design - Public Meeting #4. 7-9 p.m. at Barrett Elementary School, 4401 N. Henderson Roa. Review design changes to the building based on community feedback about the four design schemes presented

in March (that informed the near final design concept presented in May) and give feedback on a park design concept including the playground, outdoor courts, garden areas, tree planting and landscaping plans based on input from the May community work session and on-line survey. Sign up at projects.arlingtonva.us/types/parks/lubber-run-community-center-project/ to receive project updates.

Gardening Talks & Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master



PHOTO BY FALLON FORBUSH/THE CONNECTION

Fourth of July

Gabriella Dean, 5, of Arlington plays on the jungle gym while her mom stands in line for ice cream at McLean's 2017 Independence Day Celebration.

The
Arlington
Connection

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Realignment Underway

Construction of the Long Bridge Drive Roadway Realignment project is expected to begin the week of July 24. This project follows the recently completed utility undergrounding work along Long Bridge Drive near the Boundary Channel Drive interchange. The roadway realignment will extend the reconstructed section of Long Bridge Drive (formerly Old Jefferson Davis Highway) to the Boundary Channel Drive/I-395 interchange. Improvements will include new sidewalks, bike lanes, landscaping, bus stops and street lighting.



Intersection Improvements

Construction of the Cherrydale Five Points Intersection Improvements project is expected to begin the week of July 24. This project seeks to enhance safety and mobility of the Lee Highway/Old Dominion Drive and N. Quincy Street/Military Road intersection. Improvements will include: upgrading

traffic signal equipment and streetlights, adding bike lanes, improving crosswalks, improving transit stops, widening sidewalks, adding new street trees and providing ADA accessible curb ramps. Construction is anticipated to be completed in summer 2018.

Man Arrested for Operating ATV

The Arlington County Police Department has arrested and charged a 24-year-old man from Washington D.C. for an incident of dirtbikes and all-terrain vehicles (ATVs) being operated in Arlington County on April 9.

He has been charged with felony eluding, concealing identity while wearing a mask, reckless driving, and operating an ATV on the highway. Suspect is being held in the Arlington County Detention Facility on no bond.

On April 9, at approximately 7:14 p.m. an officer conducting a traffic stop in the 1200 block of N. Courthouse Road observed a large group of dirt bikes and ATVs traveling westbound on Arlington Boulevard. The officer activated his in-car camera system

and monitored the group before they exited Arlington County.

After reviewing evidence from the scene, detectives from Arlington County Police Department's Auto Theft Unit developed a description. The suspect was arrested in Washington D.C. and waived extradition to the Commonwealth.

Police said dirt bikes and ATVs pose a danger to pedestrians and other motorists and are illegal to operate on area roadways. If residents see or know the identity of someone riding a dirtbike or ATV recklessly in Arlington County, call police at 703-558-2222. In the case of an emergency, call 9-1-1. To report information anonymously, contact the Arlington County Crime Solvers at 866-411-TIPS (8477).

BUSINESS NOTES

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

Three World of Beer restaurants in Northern Virginia have officially been re-branded as **Crafthouse**, a new restaurant concept designed to bring the community together. The mission behind Crafthouse is "Drink Local, Eat Local, Support Local."

Each location offers a full menu featuring American craft fare and strongly supports local breweries, as well as local bourbons, whisky, wine and spirits made in Virginia. Crafthouse restaurant is located in Arlington, Reston and Fairfax. Each location has 15-22 televisions and DirectTV so that customers can enjoy their favorite sports game. See CrafthouseUSA.com.

The Annual Employer Recognition Awards, hosted by the Metropolitan Washington

Council of Governments' Commuter Connections program, celebrated three area companies today at the National Press Club, marking the event's 20th year.

This year's winners include The Cadmus Group, Inc. of Arlington, for the Incentives category; American Society of Health-System Pharmacists (ASHP) of Bethesda, Md., for the Marketing category; and TCG of the District of Columbia for the Telework category. In 2017, these employers reduced 2,440,518 employee vehicle miles traveled (VMT) and saved 123,258 gallons of gasoline.

Melwood and Linden Resources, two non-profit organizations operating within Washington, D.C., Maryland, and Virginia, have agreed to a formal affiliation, creating one of the largest non-profits in the greater D.C. metropolitan area. Both organizations focus on creating jobs and delivering services for people with differing abilities. See www.Melwood.org.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for July 24-29.

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

Senior trips: Potomac Mills Outlets, Monday, July 24, \$8; Smith Island Cruise and lunch, Tuesday, July 25, \$78; tour True Farms, hydroponic produce, Friday, July 28, \$8; Washington Nationals vs Colorado Rockies, Saturday, July 29, \$56. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Register online for 2017 Northern Virginia Senior Olympics, www.nvso.us or call 703-830-5604.

Ballroom dance lessons begin Monday, July 24, 6:30 p.m., \$42/6 sessions, Walter Reed. Partner not necessary. Register, 703-228-7369.

Pilates classes begin week of Monday, July 24 at Arlington Mill and Madison. For more information, call 703-228-4771.

Fashion in the 20th Century, Tuesday, July 25, 11 a.m., Arlington Mill. Details, 703-228-7369.

Genealogy 101, explore ways to trace family roots, Tuesday, July 25, 11:30 a.m., Lee. Register, 703-228-0555.

Plant protein demonstration, Wednesday, July 26, 1:30 p.m., Aurora Hills. Register, 703-228-5722.

Protect cognitive abilities, Wednesday, July 26, 10 a.m., Walter Reed. Details, 703-228-0955.

Supporting LGBT adults, Wednesday, July 26, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

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Human History Through the Eyes of Cain

Synetic Theater stages “The Mark of Cain.”

BY STEVE HIBBARD
THE CONNECTION

Synetic Theater in Crystal City is staging “The Mark of Cain” from July 19 to Aug. 13. Instead of producing the wordless remount of “Carmen,” as originally planned, Synetic’s Founding Artistic Director Paata Tsikurishvili was inspired to produce a newly devised, original work. The play is a neo-surrealist distillation of human history, as seen through the eyes of Cain, the world’s first criminal.

Director and Producer Tsikurishvili said he wanted to create an all-new and fully devised visual play. “It’s exciting to take things to the next level and go beyond classic literature such as Shakespeare, Dumas, Goethe, Cervantes, etc. It’s a totally new creative process for us, and I believe it will also be a totally new experience for Synetic audiences,” he said. “We’ve tackled so many universal themes, but now I feel is the time to tie it all together and say something about civilization and humanity as a whole.”

This production is about exploring a new “underground art form,” he said, and establishing a new way of storytelling through visual art — to tell the story of humanity’s need for power and control, and how it is seemingly never enough.

“Even when absolute power is achieved, it does nothing but corrupt absolutely. This is the message we’re trying to get across, in a surreal, visually-rich, emotionally-driven, and Dali-esque way, while keeping things highly accessible and thought-provoking,” he said. “I believe after 15 years watching Synetic productions, our audiences have learned our contemporary theatrical language and are ready for something new, different, and challenging.”

He said the play is one of their original, fully devised works, so starting from scratch is always a challenge. “Unlike producing a story with a traditional script, which in most cases is already written, here, we are creat-



PHOTO CONTRIBUTED

Philip Fletcher plays God in Synetic Theater’s production of “The Mark of Cain,” from July 19 to Aug. 13.

ing something totally new and have been adapting as we go along,” he said. “Another challenge was keeping a clear story-flow while maintaining the production’s simplicity and subtext. We want the audiences themselves to be co-authors and creators, as they find their own meaning to the show and become part of the world we’re trying to create.”

The play will be an absolutely new experience for his audiences, he said. “I’d like them to experience the joy and satisfaction of a new visual play, something that utilizes our unique style, but in a fresh and exciting way, which can only be seen at Synetic,” he said.

Philip Fletcher is playing the role of God, who “walks a fine line between compassionate, caring, creator and passive observer,” he said. “At times God sets boundaries or extraneous variables and corresponding consequences for actions he surely knew would be taken,” he said. “God is at times detached and ill-affected by the actions of

his creation, monitoring and recording without reacting, and at other times is deeply emotionally attached to the characters as events unfold. A mix of father figure and scientist.”

His hope is that the audience walks away thinking about what occurred on the stage. “There are a lot of metaphors and some allusions that are relatable to today and also deeply rooted in history,” he said. “Our main goal was to avoid telling the audience what to think or feel, but to let them take away from the show the experience that is unique to them and their lives.”

Ryan Sellers is playing the role of Cain, who has an arc that has adjusted and changed as they have built the show. “We start from a place of grief and loss and as the show progresses, the character’s pain evolves, and we watch what happens to a tortured existence with nothing to lose,” he said. “When he feels a combination of sadness, anger, betrayal, and extreme guilt, the combination of intense emotions and his inability to escape them lead him into darkness.”

He continues: “We explore Cain, cast out and with no escape [death] to save him from his anguish, and his journey and evolution through time. It’s an interesting application of revenge and disgrace, and its effect on power.”

He said the director is very visceral and if something doesn’t read true for him within a scene or story, he will change it to find the truth he is looking for, whether that be shifting from surrealism to realism or from naturalism to absurdism. “He also places a great amount of trust in his actors, however, and will give you time and artistic license to adjust your personal subtext to match his changes in the story,” he said.

He continued: “Being a largely devised piece, our story is almost entirely newly constructed and we are adding and taking away scenes every day. It’s my job as an actor to make Cain a person whose actions and choices make sense with these adjustments.”

He hopes the audience sees something they haven’t seen before, even for long-time Synetic audiences. “It’s our job as an artist to make the minds of our viewers work, and be active participants and not passive lis-

teners. Even if a singular image or scene births a new and genuine idea or question in someone’s mind, we’ve done our job of exercising the perception of our audience and making them think in a new way. This is not your everyday, escapism, zone-out kind of show,” he said.

Dallas Tolentino plays the role of Abel, known Biblically as the brother of Cain. “He is the victim of the first murder at the hand of his brother. Abel is the catalyst that sets Cain’s journey of morality in motion. The production explores the duality of good and evil, creation and destruction, and Abel is the foil and other side of the spectrum from Cain,” he said.

The challenge was creating a new, original work in a shorter rehearsal period than they typically have, he said. “We had to be very judicious with editing this play and with such a physical piece of theater it requires great flexibility and patience from the ensemble,” he said. “One day we’ll have a whole rehearsal dedicated to meticulously learning and cleaning a scene, then the next day that scene may be on the cutting room floor, but we have to move on and continue momentum without dropping a beat.”

He said the design of this show was inspired by surrealist art and similar to Dali, Picasso, or Magritte, which one may not intellectually understand at first, but viscerally feel the message.

“The longer you look, the more details become evident and your brain begins to link them together as an interpretation, which may be different from another viewer and that’s OK. We explore the duality of creation and destruction, good and evil, action and inaction, but I hope the audience finds a semblance of self-reflection in the piece. Empathy is the greatest gift we could give the audience,” he said.

❖ ❖ ❖

Synetic Theater is staging “The Mark of Cain” from July 19 to Aug. 13. Showtimes are Wednesdays through Saturdays at 8 p.m.; Sunday matinees at 2 p.m. Tickets are \$20 to \$60. The venue is located at 1800 South Bell Street, Arlington. Visit www.synetictheater.org or call the Box Office at 866-811-4111.

CALENDAR

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Fabulation, or the Re-education of Undine. 8-10 p.m. through July 22 at Gunston 2, 2700 S. Lang St. Pulitzer Prize-winning playwright Lynn Nottage, tells the story of Undine Barnes Calles, a businesswoman who has created a successful public relations firm and suddenly sees her once-balanced life completely fall apart. \$20; \$18

Seniors. Visit www.portcityplayhouse.org for more.

Trip to China. Through July 24, registration for the 2017 China Trip Oct. 16-24 is open, the cost is \$2,599 for Chamber members and their guests and \$2,799 for non-Chamber members. Email chamber@arlingtonchamber.org or call 703-525-2400.

Master Naturalist Class. Through Aug. 15, applications are being accepted for volunteer training for the fall 2017 class of Arlington Regional Master Naturalists. Arlington Regional Master Naturalists will be holding evening and weekend training this fall, beginning Sept. 5 through Dec. 12, 2017 on Tuesdays

from 7-10 p.m. at Long Branch Nature Center. Visit www.armn.org for more.

Rosslyn Cinema and Pub in the Park. Fridays through Aug. 25, 6 p.m. at Gateway Park, 1300 Lee Highway. On Fridays, Rosslyn Cinema brings you games, drinks, dinner and free outdoor movies this summer. Visit www.rosslynva.org for more.

Arlington Farmer’s Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email

csingiser@cfwdc.org or call 917-733-6402.

Jung Min Park: Memoryscape.

Various times through October 1 at the Arlington Arts Center, 3550 Wilson Blvd. Jung Min Park creates memorable urban and architectural scenes through first-hand experiences and observations of cities and sites. Call 703-248-6800 for more.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit www.crystallcity.org for more.

Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystallcity.org for more.

Crystal Ball: Street Hockey. 6:30 p.m. Thursdays at 1900 Crystal Drive. A coed social league. In partnership with the DC Fray, hockey enthusiasts compete competitively and recreationally in Crystal City.

ENTERTAINMENT

Games are played weekly and champions are crowned at the end of each season. Visit www.crystallcity.org for more.

Healthy Lifestyle Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Culinaire's Winter Lunch. Tuesdays through Thursdays, 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu on Tuesdays, Wednesdays and Thursdays. Visit www.artinstitutes.edu/arlington 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 arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social. Tuesdays. Happy Hour, 3-7 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.

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.

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.

THURSDAY/JULY 20

The Lemonade Stand. 4:30-6 p.m. at www.CONNECTIONNEWSPAPERS.COM



Ballston Farmers Market, 901 North Taylor Street. A "Bridges to Independence," activity, teaching at-risk youth essential life skills such as entrepreneurship, a strong work ethic, financial literacy and teamwork. Visit bridges2.org/ for more.

Columbia Pike Movie Night. Just after sunset, Arlington Mill Community Center, 909 S Dinwiddie St. Movie is "The Princess Bride" (1987 – Rated PG), sponsored by Mike Garcia and Arlington Animal Hospital. Visit columbia-pike.org/ movie-nights for more.

Ice Cream Social. 6:30 p.m. at St. Mary's Arlington, 2609 North Glebe Road. Call 703-527-6800 or email Office@StMarysArlington.org for more.

Middle School Nerf Night. 6:30-8 p.m. at Westover Branch Library, 1644 N. McKinley Road #3. All Nerf Toys will be provided by the Library. Participants should not bring their own Nerf toys. For rising 6-8 Graders. Call 703-228-5260 for more.

FRIDAY/JULY 21

Moana. 6-11 p.m. at Gateway Park, 1300 Lee Highway. Hawaiian themes, part of the Rosslyn Cinema + Pub in the Park movie series, featuring a movie and food from one of the food trucks on site. Visit www.rosslynva.org/go/gateway-park for more.

SATURDAY/JULY 22

Saturday Movie Nights. 8 p.m. at Penrose Square, 2597 Columbia Pike. Movie is "The Verdict" (1982 – Rated R), sponsored by AHC Inc. Visit <https://parks.arlingtonva.us> for more.

JULY 24-28

Vacation Bible School. 5:30-8 p.m. at St. John's Episcopal Church, 415 S. Lexington St. Bible school with hero theme. Preschool-fifth grade. \$35 for the week, \$20 for each additional sibling. Visit www.stjohnsarlingtonva.org or call 703-671-6834.

TUESDAY/JULY 25

The Lemonade Stand. 4:30-6 p.m. at Hair Cattery Courthouse, 2020 Wilson Blvd. Retail A2. A "Bridges to Independence," activity, teaching at-risk youth essential life skills such as entrepreneurship, a strong work ethic, financial literacy and teamwork. Visit bridges2.org for more.

Summer Movies

Columbia Pike movie nights, Thursdays around 8 p.m. at the at Arlington Mill Community Center, 909 S Dinwiddie St. Visit columbia-pike.org/ for mor

Part of the Rosslyn Cinema + Pub in the Park movie series, featuring a movie and food from one of the food trucks on site. Visit www.rosslynva.org/go/gateway-park for more.

SATURDAY/JULY 29

Meet the Author. 10 a.m.-noon at Arlington County Central Library Auditorium, 1015 North Quincy St. Charlie Clark, author of "Hidden History of Arlington County," will be with Del. Patrick Hope to discuss Arlington's history and sign copies. Email mpetrie@arcadiapublishing.com.

Saturday Movie Nights. 8 p.m. at Penrose Square, 2597 Columbia Pike. Movie is "Broadcast News" (1987 – Rated R), sponsored by AHC Inc. Visit parks.arlingtonva.us for more.

Moths by Moonlight Campfire. 8:30-9:30 p.m. at the Gulf Branch Nature Center, 3608 Military Road. Have fun at this later-than-usual campfire, learning about moths before visiting a black light setup to see who's flying at night. Call 703-228-3403 for more.

TUESDAY/AUG. 1

Walking Tours of Rosslyn. 8-9:30 a.m. at the Central Place Plaza, 1800 N. Lynn Street. With artist Graham Coreil-Allen. Visit www.rosslynva.org/ for more.

The Lemonade Stand. 4:30-6 p.m. at Clarendon Market Commons, 2800 Clarendon Blvd. A "Bridges to Independence," activity, teaching at-risk youth essential life skills such as entrepreneurship, a strong work ethic, financial literacy and teamwork. Visit bridges2.org for more.

WEDNESDAY/JULY 26

The Lemonade Stand. 11:30-1 p.m. at United Bank, 2930 Wilson Blvd. A "Bridges to Independence," activity, teaching at-risk youth essential life skills such as entrepreneurship, a strong work ethic, financial literacy and teamwork. Visit bridges2.org for more.

THURSDAY/JULY 27

Bat Fest. 6:30-9:30 p.m. at at Gulf Branch Nature Center, 3608 Military

Road. Live bat shows are presented by Leslie Sturges, director of the Save Lucy Campaign established to protect and conserve bats in this region. Ages 4 and up. Call 703-228-3403.

Columbia Pike Movie Nights. 8 p.m. at the at Arlington Mill Community Center, 909 S. Dinwiddie St. Movie is "Romancing the Stone" (1984 – Rated PG). Visit parks.arlingtonva.us for more.

FRIDAY/JULY 28

The Wizard of OZ. 6-11 p.m. at Gateway Park, 1300 Lee Highway.

SPORTS



Charlie Greenwood (boys' 9-10) getting ready to break DR record in 50 free.



Grace Jansen (girls' 11-12 50 fly)



Braylon Meade (boys' 11-12 50 breast)

Thunderbolts Strike Down Crosspointe Cruisers

The Donaldson Run Thunderbolts continued to dominate the NVSL Division 4 after a victory on the road against the Crosspointe Cruisers on Saturday, July 15. The final score was 237-183.

DR swimmer Charlie Greenwood broke his own DR team record for a fourth consecutive week with a time of 31.43 in the boys' 9-10 50 free.

Double individual race winners for Donaldson Run were: Charlie Greenwood (boys' 9-10 50 free (DR team record) and 25 breast); Rachel Conley (girls' 9-10 50 free and 25 fly); Sean Conley (boys' 15-18 50 free and 50 fly); Thomas Rodman (boys' 9-10 50 back and 25 fly); Jack Tsuchitani (boys' 11-12 50 back and 50 fly); and Grace Jansen (girls' 11-12 50 breast and 50 fly).

The team's single winners were (in order of age and event): Peter Madden (boys' 8&under 25 free); Charlie Taylor (boys' 11-12 50 free); Andrew Meighan (boys' 15-18 50 free); Miles Nelson (boys' 8&under 25 back); Elsa Leichty

(girls' 11-12 50 back); Emily Brooks (girls' 15-18 50 back); Hayden Hill (boys' 8&under 25 breast); Evie Maloney (girls' 8 & under 25 breast); Braylon Meade (boys' 11-12 50 breast); Drew Harker (boys' 13-14 50 breast); Anna Trainum (girls' 13-14 50 breast); Huck Browne (boys' 15-18 50 breast); Cole Montgomery (boys' 8 & under 25 fly); Ella Rigoli (girls' 13-14 50 fly); and Matt Vance (boys' 15-18 50 fly).

Winning DR relay teams included: Peter Madden, Aram Connable, Miles Nelson, Cole Montgomery (boys' 8&under 100 free relay); Bran Kaplan, Charlie Greenwood, Jimmy Egan, Thomas Rodman (boys' 9-10 medley relay); Jack Tsuchitani, Braylon Meade, Charlie Taylor, Hayden Stolzenberg (boys' 11-12 medley relay); TJ Hutchison, Drew Harker, John Ford, Sean Conley (boys' 13-14 medley relay); Ella Rigoli, Anna Trainum, Jaren Rubio, Alexa Gromada (girls' 13-14 medley relay); and Jack Tsuchitani, Charlie Greenwood, Sean Conley, Andrew Meighan (boys' mixed age relay).



Elsa Leichty (girls' 11-12 50 free)



Ella Rigoli (girls' 13-14 50 back)

SCHOOL NOTES

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

Aaron M. Barth, from Arlington, graduated from Oregon State University (Corvallis, Ore.) with a Doctor of Philosophy in geology.

Yukiko Hashida, from Arlington, graduated from Oregon State University (Corvallis, Ore.) with a Doctor of Philosophy in applied economics.

Nina K. Oleynik, of Arlington, was named to the dean's list at Colby College (Waterville, Maine) for the spring semester of 2017.

Cait O'Connor, of Arlington, was named to the St. Lawrence University (Canton, N.Y.) dean's list for the spring of 2017.



Donating Backpacks

The TCC store in Arlington, located at 3141 Lee Hwy., is donating 220 backpacks. Backpacks are available on a first-come, first-served basis. Between 1-4 p.m. on July 23, children can pick up a backpack filled with pencils, paper, a pencil box, folders, glue and more. This store is among nearly 1,000 participating TCC and Wireless Zone stores teaming up to donate 172,000 backpacks full of school supplies to children through TCC's annual School Rocks Backpack Giveaway. Since 2013, TCC has donated more than 505,000 backpacks filled with supplies to ensure children are well prepared for the start of the school year.

Summer Book Clubs for Children

Ideal time to instill a love of reading, say experts.

BY MARILYN CAMPBELL

Encouraging children to read during summer months can be challenging for some parents, but worth the effort, say local educators, because diving into books offers students an opportunity to boost their reading skills before the start of the next school year. Book clubs with their peers allows children to read in a relaxed, informal setting.

"Book groups during summer vacation are the perfect time for friends to gather and share the love of reading," said Julie M. Esanu, lower school librarian, St. Stephen's & St. Agnes School in Alexandria. "The summer is a perfect time for readers to explore and enjoy a variety of books across different genres and formats, including ebooks, audiobooks, and graphic novels."

While parents must provide a basic structure for the book club, Esanu says that allowing children to be involved in the planning and book selection, will cultivate a positive attitude toward books and reading.

"Summer reading is all about exploration and inspiration, so let the readers take charge," said Esanu. "Consider the members of the book group and their various interests when selecting titles and let the members have a say in what they're reading."

Allow for organic discussions inspired by the readers rather than formal discussions that require too much preparation, advises Esanu. "[Formality] feels too much like homework for students and we want them to dive into books during summer," she said. "Kids have a lot to say about the books that they read and that can lead to fabulous conversations. It is important for children to select the books that they read, especially over the summer."

In her role as the lower and middle school librarian at Bullis School in Potomac, Katherine Brewer helps students make book selections by asking them about the last book they read and enjoyed. "This helps me find out what types of books they are into and suggest other titles they might like," she said. "I might ask what about the book they liked. Then I will give several suggestions."

Preparing and organizing the book club session without over planning, avoids chaos and leads to success, advises Laura Maffei, humanities teacher at BASIS Independent School McLean. "Set the stage by helping the children to understand the setting and any unfamiliar events or vocabulary they might encounter," she said. "For example, before reading 'Misty of Chincoteague' learn about Virginia, specifically Assateague and Chincoteague Islands, watch a documentary on the round up, make a craft that teaches the parts of a horse and its riding equipment, look at examples of life in the 1950s to see how it differs from today."

WHEN THE MEMBERS of the book group are not all at the same reading level, as can be the case with children, reading the same book can be pose a challenge, says Maffei. "... An option would be to read the same content, but each reader gets a book at their reading level," she said. "I've done this with



PHOTO BY MARILYN CAMPBELL

Studies show that reading self-selected books cultivates positive attitudes towards books and reading, says librarian Julie M. Esanu.

Shakespeare, Greek Mythology, and classics like 'Peter Pan' that come in a variety of book types from picture to early reader to original text."

"If the children aren't around the same age [and] reading level or have varying interests, I would select a topic and suggest books that they could read and share," added Brewer. "Students can have the book read to them or listen to an audio version if they prefer."

Book club activities are an important tool in helping children develop a love of reading, says Tom Longano a third grade teacher at the Heights School, an all boys school in Potomac. "With most of our books I will invent a quick game that includes acting out the characters or key events from the story," he said. "I have found this to be an excellent way for the boys, who often have a very concrete approach to the world yet boundless imaginations ... to enter into the stories and feel them as actually real. This generates a love for the books that goes beyond just reading them, because they have in a sense lived them as well, acted them out."

Longano says that this excitement about books can also be achieved with dramatic readings and assigning children characters from the book and having them act them out. "Anything to bring the text off the page and into their direct environment," he said.

"The activity should be fun and hands on, with the children taking the lead on the project," said Brewer.

Summer book club activity ideas include visiting local public libraries or bookstores and browsing the shelves for ideas, says Esanu. "Visit the Alexandria or Arlington Public Library or an independent bookstore, such as Hooray for Books! in Alexandria or One More Page Books in Arlington, and browse the shelves for ideas," she said. "Each book club member could choose a book that catches their eye and then the group could vote on which book they want to read."

Reading a book and taking a field trip that is related to the book is another activity that Esanu recommends. "For example, Tonya Bolden's award-winning book, 'How to Build a Museum' shares a behind-the-scenes look into Smithsonian's National Museum for American History and Culture," she said. "This is a great way to explore the museum before a visit."

Guiding a discussion by asking questions that connect the book to current or personal events, playing games such as Charades, 20 Questions or Pictionary can help spark a lively discussion of the book, says Maffei.

"If the book has a movie version, watch the movie after reading the book," she said. "Look for differences in plot, how the characters and setting look compared to how you thought they'd look."

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Employment

Job opportunity available for a Teacher's Assistant in a Montessori school in McLean. The classroom age range is 3-6 year olds. Hours are generally 8:15-1:30, M-F, and will begin the last week in August. Experience with children preferred. Interested applicants should send their resume to info@ridgemontmontessori.com

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NEWS

Protection Area Map Updated

The County Board voted 5-0 July 15 to accept an update to the Chesapeake Bay Preservation Area map, also called the Resource Protection Area (RPA) map. The updated map includes additional streams and wetlands defined by the county's Chesapeake Bay Preservation Ordinance as Resource Protection Areas.

Corrections and the addition of a number of streams and wetlands to the updated map removed RPA designations from 280 parcels, and will add the designation to 196 parcels. The total number of parcels in the county with the RPA designation will decrease from 1,523 to 1,439.

The RPA map identifies streams, wetlands, and tidal shores in Arlington, as well as a 100-foot buffer around these environmentally-sensitive areas. The RPA map was last revised in 2003, when the County Board also adopted a comprehensive update to the Chesapeake Bay Preservation Ordinance. Since that update, the county has collected data for its Natural Resources Management Plan in 2010 and Stormwater Master Plan in 2014.

When a RPA is designated, buildings already existing on a parcel are "grandfathered" and can be maintained, repaired or replaced in kind under the Chesapeake Bay Preservation Ordinance. However, new projects such as a home addition, or building a new home on properties adjacent to a stream or wetland,



A home near Windy Run.

must be permitted and may require mitigation for potential water quality impacts.

Doorways Launches Awareness Campaign

#Knowthe5

Too many people do not know that one in three women and one in four men in the United States will be in violent relationship in their lifetime? Or that families are the fastest growing segment of the homeless population, now approaching 40 to 50 percent? Or that every 98 seconds an American is sexually assaulted.

To help educate, Doorways for Women and Families in Arlington has launched #Knowthe5, a social media campaign for change.

According to Heather O'Malley, Doorways' director of Development and Communications: "Through #Knowthe5, we hope to raise critical awareness of the issues facing too many of our neighbors. Once people are aware, they can make a difference; we know that when our community comes together, we can create real and lasting change."

For the past 39 years, Doorways for Women and Families (www.doorwaysva.org) has been Arlington's go-to resource for this crisis. According to Doorways' President & CEO Caroline Jones, "Over the years, our response has grown and developed as we learned

more and more about the lasting impacts of trauma and what it takes to not only help women and families escape crisis, but be empowered and achieve stability. Today, our comprehensive response to homelessness, domestic violence and sexual assault in our community includes an immediate, safe response to our neighbors in crisis, including Arlington County's only 24-Hour Domestic & Sexual Violence Hotline (703-237-0881); safe housing options, from emergency shelter through long-term housing, including Arlington's only Domestic Violence Safe House, Safe Apartments and Safe Kennel; and comprehensive support services that help our clients achieve and maintain stability."

Supporters of #Knowthe5 are asked to post selfies with their hand held up, palm facing the camera, fingers outstretched, to bring attention to five must-know facts. This visual will urge friends, fans and followers alike to stop the vicious cycle of violence, sexual assault and family homelessness and remind all that change is in their hands.

To find out what the five must-know facts are and to be a part of the change, go to doorwaysva.org/knowthe5.

Solar Co-op Selects Solutions to Serve Groups

The Greater Arlington Solar Co-op has selected Sigora Solar and Independent Solar Solutions (ISS) to install solar panels for the 83-member group. Co-op members selected both installers through a competitive bidding process over eight other firms. Co-op members are working with non-profit VA SUN to learn about solar technology and the process of going solar.

VA SUN expands access to solar by educating Virginians about the benefits of distributed solar energy, helping them organize group solar installations, and strengthening Virginia's solar policies as well as its community of solar supporters. The group has helped

nearly 500 Virginia homes go solar.

Co-op members selected Sigora and ISS because of their competitive pricing, quality components and warranties.

The co-op is open to new members until Oct. 1. Arlington, Alexandria, and Fairfax residents interested in joining the co-op can sign up at <http://www.vasun.org/greater-arlington/>. Joining the co-op is not a commitment to purchase panels. The installers will provide each individualized proposal based on the group rate. By going solar as a group and choosing a single installer, participants can save up to 20 percent off the cost of their system.

Battle

FROM PAGE 3

crats have said it's good to have other voices. There's a very narrow path [in Arlington] to express opinions. I want to be able to offer fresh ideas. I don't have a party behind me."

Gutshall sees the County Board makeup differently, saying that despite the fact that the board is mostly Democrats, there is still a broad range of opinions and experience.

"Truth be told, there was an all Democratic board with not a lot of differing views," Gutshall said. "There were good things that came out of that for long-term planning and strong support for progressive ideals. But there were downsides. Vihstadt tapped into the fact that there was too much group think and not enough diversity. Now, County Board member Libby Garvey will be the only one in her second term. This will be an all new board."

The general election will be held on Nov. 7. In addition to County Board candidates, Arlingtonians will vote for governor, lieutenant governor, attorney general, four state delegate elections, and for school board.

BULLETIN BOARD

FROM PAGE 4

customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Rpad (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

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

Created by the **Arlington Initiative to Rethink Energy** (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

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And So It Begins



By KENNETH B. LOURIE

For the first time in almost exactly 25 years: bathroom demolition, times two. With financial assistance from my father-in-law, along with use of our home equity line, we have committed to and contracted for, a complete renovation of our two full bathrooms ('full' meaning: tub/shower, commode, sink, vanity, mirror, shelves, lights/fixtures, counter top, floor and shower tile, and paint). Ergo, over the next eight to 12 weeks, our house will officially become a construction site.

Never having experienced this level of upheaval and chaos in any of our previous homes before, we are looking forward since we have no reference looking backward.

We know one thing for sure: our five indoor cats will be miserable and scared and likely hiding for days on end. Considering that the workers will be in our home from 7:30 a.m. to 5 p.m., I don't know when the cats are going to feel like eating since their routine will have been completely thrown off having so many new people in the house for so many hours per day. (I don't even want to think about the litter box implications.)

Nevertheless, time marches forward, and given that our home is historic/over 250 years old, its bathrooms, though not exactly pre-Colonial, definitely are showing their age. Their design, form, function, efficiency and attractiveness barely blip the radar. Both bathrooms are old, and that's the only compliment I can give them.

I imagine the next two to three months will likely be a journey of discovery; Columbus-like in that we will be discovering a new world with modern bathroom amenities and conveniences, color coordination and functionality, many of which we've not been the beneficiaries of in over 25 years.

Our kitchen remains as it has been all those years ago: large but clearly deficient in many ways compared to modern kitchens. As a matter of fact, as the designer, project manager and I walked into the kitchen looking for the access panel to the adjacent bathroom, I said, "As you can see, our kitchen needs work, too. Any chance you all offer a 'BOGO? Buy one, get one free?" Of course, they both laughed and shook their head. They didn't have to say "No." It was more a rhetorical question anyway.

Considering the time we've all had together, we have no doubt the contractor and his workers know what they're doing. We're not sure however, as homeowners that we know what we're doing. From our first meeting, a few months back, the process has seemed clear enough as do the drawings/design ideas we've now seen/decided upon do. Still, when it goes from their paper to our property, how will it all transfer? They seem confident and complimentary which certainly has been reassuring but we're novices in this transformation.

For us each step forward is yet another step into the great unknown. And since we can only take it one step at a time, we have no choice but to live and learn and hopefully not regret and decisions we've already made (although changes can still be made).

So far — and it's not very far — so good. However, it's the process of starting and ultimately finishing that worries me. Not that I run on a schedule (heck, I can barely walk), but my wife, Dina, sort of does; and it seems as if she and the workers might be occupying the same space at the same time.

I suppose the timing and all eventually works itself out but it's the interim with which I'm concerned. I realize there are no guarantees in any of this.

I guess I just have to deal with it as I do with my having cancer: take the bad with the good, keep a sense of humor and try to remain positive. Doing so has kept me alive for eight years and four months. I'd like to think I can manage for another eight to 12 weeks.

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

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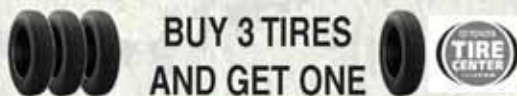
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