



# PET CONNECTION

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# The Arlington Connection

Shoko Tanno, who was visiting the area, came to kitten yoga to relax and enjoy interacting with the kittens.

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JULY 26 - AUGUST 1, 2017

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## PET CONNECTION



### Keeping Cool

Arlington dogs know that the place to keep cool when the mercury rises is the Four Mile Run Creek; the Shirlington Dog Park offers several swimming and wading spots for pooch as well as a well-shaded path along the shore for walking and socializing.



PHOTOS BY  
MARY DEMPSEY  
THE CONNECTION

Further upstream, the Glencarlyn Dog Park provides a woodsy refuge where dogs can splash in the creek and scamper up and down natural trail pathways.

# The Purrfect Way to Unwind

**AWLA now offering kitten yoga.**

BY MARY DEMPSEY  
THE CONNECTION

There's nothing like going to a yoga class and having the chance to connect with your breath, stretch your body, challenge your muscles and tickle a kitten.

The Animal Welfare League of Arlington (AWLA) is currently offering "kitten yoga" classes. During these classes, participants do downward dogs and tree poses while kittens wander among them. They may even find a cat nuzzling up against them while in cat pose.

"Kitten yoga is about 80 percent kittens and 20 percent yoga," said Beth Wolfe, who teaches the classes. Participants frequently

take breaks from the poses to interact with a nearby kitten and snap some pictures with their phones.

The classes are a way to promote adoptions but also allow participants a chance to relax and have fun with a new furry friend.

"A lot of people can't have a cat at home," said Chelsea Lindsey, the communications specialist at AWLA. "Kitten yoga gives them a chance to get some cat therapy."

Lindsey added that the classes help raise funds for the shelter and provide benefits for the kittens regardless of whether a kitten is adopted as a direct result.

"It helps the kittens get socialized and get used to being exposed to new environments," Lindsey said.

Kitten yoga started last fall when Wolfe approached AWLA about hosting the classes. According to Lindsey, the shelter was enthusiastic about the idea because

SEE THE PURRFECTION, PAGE 4



Meredith Black attended a recent class in hopes of meeting her next cat companion; participants are welcome to attend regardless of whether they are looking to adopt.

PHOTO BY MARY DEMPSEY/THE CONNECTION



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## PET CONNECTION



PHOTO BY MARY DEMISEY/THE CONNECTION

Kitten yoga participants are led through a series of yoga postures but are free to take a break from the poses to interact with a nearby feline.

## The Purrfect Way to Unwind

FROM PAGE 3

they are always looking for new ways to reach out to the community.

"For a lot of people, an animal shelter has the perception of being a sad, scary place," Lindsey said. "Events like kitten yoga can help dispel those ideas and also draw people together in their shared passion for animals."

Participants are welcome to come and enjoy the kitten yoga experience regardless of whether they have any intention of adopting.

"I love kittens and I love yoga," said Gina Ysunza, who attended a recent session but wasn't looking bring a new pet into her home. "Kittens can teach you how to relax and go with the flow."

Meredith Black, who attended the same session, is hoping that kitten yoga will help her find her feline soulmate.

"Kitten yoga offers an interesting way to meet cats," Black said. She added that she's looking to find a "super cuddly" new pet.

Kitten yoga is for people of all abilities and no

experience with yoga is necessary.

"People come to yoga thinking it's all about postures and being physical," Wolfe said. "We really try to cultivate is joy, wonder, and gratitude, even if you're not focused on the postures."

Wolfe specializes in trauma informed yoga and doing yoga events that incorporate unique elements and environments. For instance, she teaches classes alongside pygmy goats and alpacas at a farm in Nokesville, Va. and leads regular classes within the Hive installation at the Building Museum.

"It's something people don't normally do," Wolfe said. "There's a lot of laughter and a lot of silliness. No matter what's going on in the world, for that one hour you are communing with people and animals and experiencing joy."

While Wolfe is glad that people are coming out to enjoy the animals, she also hopes that these experiences will encourage some participants become more involved with a regular yoga practice.

"I know I'm biased, but I think yoga is the most

SEE AWLA OFFERS, PAGE 5



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## PET CONNECTION



PHOTO BY MARY DEMPSEY/THE CONNECTION

Beth Wolfe incorporates animals into many of her yoga practices because she believes they help people feel joyful and connected.

## AWLA Offers Kitten Yoga

FROM PAGE 4  
"wonderful thing you can do for yourself," Wolfe said.

AWLA plans to continue offering the kitten yoga classes as long as they have plenty of kittens in need of homes.

"The warmer it stays through the autumn,

the longer we will have kittens coming into the shelter," Lindsey said.

Kitten yoga classes are limited to 30 participants and fill up quickly. Visit Wolfe's website at [bethawolfe.com](http://bethawolfe.com) under "unique yoga experiences" to register for upcoming kitten yoga sessions and to learn more about her other offerings.

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# BULLETIN BOARD

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

## 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/](http://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/](http://commissions.arlingtonva.us/jfac/).

## 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](http://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/](http://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 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



## Making Meals for the Needy

**More than 75 children between kindergarten and fifth grade will assemble breakfast and lunch meals for low-income children on Aug. 11 at St. Ann Catholic Church in Arlington. The youths, ages 5 to 11 years old, will assemble the meals during their Vacation Bible Study classes as part of the "Children Feeding Children" program with the Catholic Charities of the Diocese of Arlington St. Lucy Project. The meals go to families with children who cannot get their free and reduced meals from school.**

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](http://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](http://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-



## Renovations Completed

**Marriott International unveiled a \$35 million renovation of Arlington's Crystal Gateway Marriott at 1700 Jefferson Davis Highway earlier this month which included expansive meeting space, guest rooms, lobby, restaurant and bar, and Marriott's signature M Club Lounge.**

Friday, 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Visit [www.afac.org/](http://www.afac.org/) or contact Puwen at [Puwen.Lee@afac.org](mailto: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](http://library.arlingtonva.us/locations/central-library) or call 703-228-5990.

## Arlington Rotary Club Lunches.

Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

**Job Seeking Help.** 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit [www.arlingtonva.libcal.com/](http://www.arlingtonva.libcal.com/).

## The Jewish Council for the Aging

has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit [www.accessjca.org](http://www.accessjca.org).

The  
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## Environmental Priorities

To the Editor:

I'm glad to see that Dominion Energy is helping to sponsor native plantings along power line rights-of-way and in tiny Bluemont Park ("Encouraging Native Plants" July 5). It would be easier, however, to see Dominion's ecological concern as sincere if the effort didn't coincide with attempts to build two pipelines, totaling about 900 miles long, through pristine and sensitive lands in Virginia, West Virginia

and North Carolina.

The Atlantic Coast Pipeline and Mountain Valley Pipeline would cross rivers and protected national forest land, require eminent domain actions against small farmers and others, and wreck the view along a portion of the Appalachian Trail. All this to carry gas produced by hydraulic fracturing, or "fracking," a process notorious for poisoning groundwater and causing earthquakes in the unfortunate places where it is employed.

Finally, Dominion Energy's pipelines will traverse thousands of acres of land the Federal Energy Regulatory Commission's final re-

view conceded were particularly susceptible to landslides, erosion and water contamination. Construction will even require so-called "ridgeline reduction," otherwise known as mountaintop removal.

I'm sure Virginia butterflies, bees and people are enjoying the new flowers in Arlington. But we all need clean water, clean air, and the preservation of vast expanses of forest, river, and mountain lands much, much more.

**Erica Mitrano Bardwell, RN**

Arlington

*Erica Mitrano Bardwell is a member of the advisory board of Physicians for Social Responsibility Virginia.*



# County to Purchase Building to House Head Start Program

In a 4-1 vote, the County Board on July 19 approved the purchase of a three-story office building at 2920 S. Glebe Road to house a Head Start program that will be displaced when the county transfers its Edison Center property to Virginia Hospital Center. The Head Start program serves more than 200 Arlington children from low-to-moderate-income families.

The purchase comes as the county and Virginia Hospital Center move forward on their Option to Purchase agreement, which will allow the hospital to expand at its 1800 N. George Mason Drive campus by purchasing the county's Edison site next door. Currently, the Head Start program, operated by Northern Virginia Family Ser-



2920 S. Glebe Road will house a Head Start program.

vice, leases a building from the county at the Edison Center. The county's planned transfer of the site to the hospital will displace the

program as early as Aug. 21, 2018. The county plans to refurbish and build out the building, now a shell, at an estimated cost of \$6.6

million. The total project cost, including the purchase cost, will be \$10.5 million. Funding will come from issuing bonds in fall 2017,

with interim funding coming from existing pay-as-you-go funds. Construction is expected to be completed in late 2018. Operating costs are projected to be about \$270,000 per year, with Northern Virginia Family Service covering \$260,000 of that through the rent it will pay. The county will fund the remaining \$10,000 per year in projected operating costs.

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs July 30-Aug. 5.

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

**Senior trips:** Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**NEW PROGRAMS:** Register online for 2017 Northern Virginia Senior Olympics, [www.nvso.us](http://www.nvso.us) or call 703-830-5604.

**Just Playin' Country Music,** Monday, July 31, 1 p.m., Walter Reed. Register, 703-228-0955.

**First ever eight ball pool tournament,** Tuesday, Aug. 1, 10 a.m., Walter Reed. Pre-register, 703-228-0955.

**Ukulele class, basic strumming,** Tuesday, Aug. 1, 6 p.m., Walter Reed. Register early, 703-228-0955.

**Drop-in basketball for women,** Wednesday, Aug. 2, 6:30 p.m., Langston-Brown. Details, 703-228-6300.

**Drop-in badminton,** Wednesday, Aug. 2, Thursday, Aug. 3, 10 a.m., Walter Reed. Details, 703-228-0955.

**Medicare made simple,** Wednesday, Aug. 2, 10 a.m., Walter Reed.

Register, 703-228-0955.

**Knitting at night and other yarn crafts,** Thursday, Aug. 3, 6:30 p.m., Arlington Mill. Details, 703-228-7369.

**Basic English conversation for non-native speakers,** Thursday, Aug. 3, 10 a.m., Walter Reed. Register, 703-228-0955.

**Pickleball morning mixer,** Fri-

day, Aug. 4, 11 a.m., Arlington Mill. Details, 703-228-7369.

**Classical music enthusiasts,** Friday, Aug. 4, 1 p.m., Madison Community Center. Details, 703-228-4403.

**Fast Forwards walking group,** Friday, Aug. 4, 8 a.m., Aurora hills. Details, 703-228-5722.

## Apparent Murder-Suicide

Arlington County Police Department's Homicide/Robbery Unit is investigating an apparent murder-suicide in the East Falls Church neighborhood.

At approximately 2:42 p.m. on July 24, police responded to a check on the welfare call in the 2400 block of N. Quantico Street. Inside the residence, arriving officers located two adults deceased from apparent gunshot wounds. The victim, Terry Lynn Matsumoto, 82, of Arlington was pronounced dead at the scene along with the subject, Masao Matsumoto, 81, of Arlington. The victim and subject were married.

This appears to be an isolated incident and there is no indication of a larger threat to the community. Detectives continue to investigate the circumstances that preceded the incident. Final determination of cause of death will be made by the Office of the Chief Medical Examiner.



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## Creating Space for an In-Law Suite



While in-law suites can be customized to meet your needs, a typical space consists of a private living area within a home with a full bathroom, full or partial kitchen and a door that separates it from the rest of the house. Oftentimes in-law suites even have their own entrance. But what are some options for finding room to incorporate this space into your home?

One possibility is transforming a garage or a porch area into living space. A basement can be another great option as long as it has adequate outside egress. Combining two bedrooms to create a suite could be another opportunity. A third garage bay can be converted into a separate apartment-type living space with its own access. You can also consider replacing or eliminating an underused first-floor living space, such as a formal living room or dining room. Creating a suite in a bonus room over the garage is another popular direction. Working with an experienced designer will allow you to explore which direction would work best for you and your home.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications. Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.



# ENTERTAINMENT

Submit entertainment announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

**Around Death Valley.** Various times at the Gallery Underground, Crystal City Shop, 2100 Crystal Drive. Steve Broido Solo Show “Around Death Valley,” through July 28. Visit [www.galleryunderground.org](http://www.galleryunderground.org) or call 571-483-0652

**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](http://www.armn.org).

**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](http://www.rosslynva.org).

**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](mailto: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.

**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.crystalcity.org](http://www.crystalcity.org).

**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](mailto:DC@velofix.com), or phone 855-VELO-FIX.

**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.crystalcity.org](http://www.crystalcity.org).

**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. Games are played weekly and champions are crowned at the end of each season. Visit [www.crystalcity.org](http://www.crystalcity.org).

**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/](http://www.parkrun.us/rooseveltislanddc/).

**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](http://1bc.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](http://www.iotaclubandcafe.com).

**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](http://www.RiRa.com/Arlington).

**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](http://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](http://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](http://www.iotaclubandcafe.com) or call 703-522-8340.

**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.

**Crystal City Sparket.** 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal



PHOTO BY STEVE BROIDO

## Art Exhibit

“Father Crowley Overlook,” is part of Steve Broido’s “Around Death Valley,” exhibit through July 28 at the Gallery Underground, Crystal City Shop, 2100 Crystal Drive. Visit [www.galleryunderground.org](http://www.galleryunderground.org) or call 571-483-0652.

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](http://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 [www.iotaclubandcafe.com/](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](http://www.torpedofactory.org).

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

## 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](http://bridges2.org).

Studio production. Visit [www.encorestageva.org](http://www.encorestageva.org).

## FRIDAY/JULY 28

**Croquet.** 10-11:30 a.m. at Walter Reed Community & Senior Center and Park, 2909 16th St S. White attire optional, played on the lawn. Call 703-228-0955.

**The Wizard of Oz.** 6-11 p.m. at Gateway Park, 1300 Lee Highway. 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](http://www.rosslynva.org/go/gateway-park).

**Found Footage Festival.** 8 p.m. at the Drafthouse, 2903 Columbia Pike. Comedians Joe Pickett and Nick Prueher are back to serve up their all-time greatest VHS finds, with newly discovered footage and updates on the people in these videotaped obscurities. Visit [acdh.arlingtondrafthouse.com/](http://acdh.arlingtondrafthouse.com/).

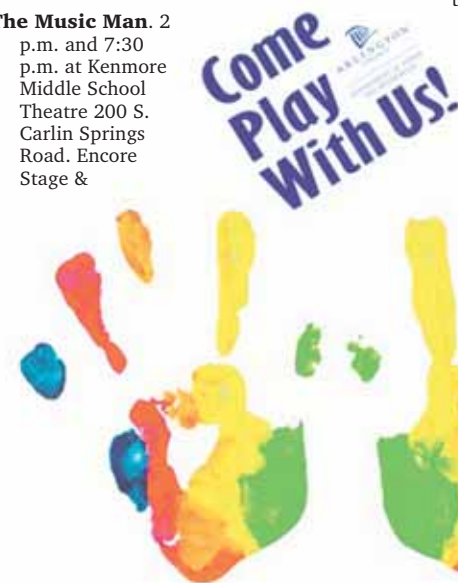
## THURSDAY/JULY 27

**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](http://parks.arlingtonva.us).

## JULY 27-30

**The Music Man.** 2 p.m. and 7:30 p.m. at Kenmore Middle School Theatre 200 S. Carlin Springs Road. Encore Stage &



## Family Fun

Art in the Park, Friday, Aug. 4 from 6-8 p.m. at Fort Scott Park, 2800 Fort Scott Drive. The mobile recreation van brings fun recreation activities for the whole family to parks across Arlington. Call 703-228-4773 for more.

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# ENTERTAINMENT

## 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. mpetrie@arcadiapublishing.com.

**Dragonflies.** 11 a.m.-noon at the Gulf Branch Nature Center, 3608 Military Road. View the world through dragonfly eyes in the search for these airborne hunters. Ages 8-12. Call 703-228-3403.

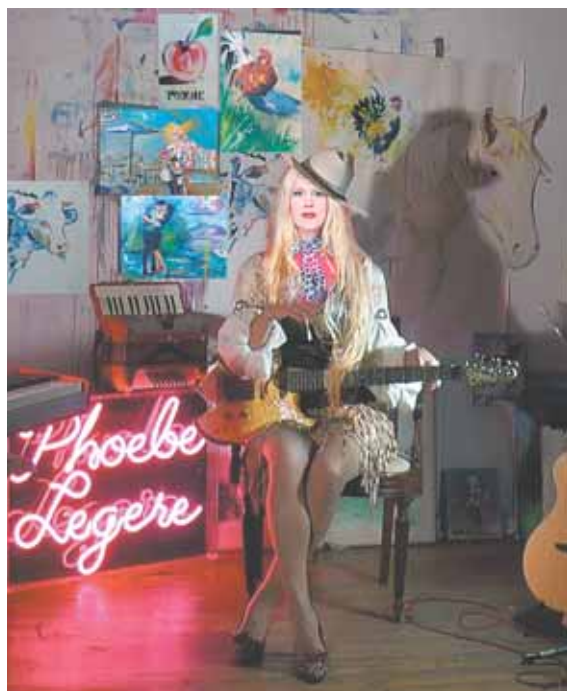
**Saturday Movie Nights.** 8 p.m. at Penrose Square, 2597 Columbia Pike. Movie is "Broadcast News" (1987 - Rated R), sponsored by AHC Inc. Visit parks.arlingtonva.us.

**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.

## MONDAY/JULY 31

**Ice Cream Social.** 1-3 p.m. at Lee Community & Senior Center and Park, 5722 Lee Highway. The Lee/Madison Advisory Committee offers a cool treat (toppings included), sing-a-long led by Carl Gold and an afternoon of merriment and camaraderie. Ages 55+. Call 703-228-0555.

**The Arts Meet.** 5-7 p.m. at the Westover Beer Garden, 5863 Washington Blvd. Arts and culture community to come together, get to know one another, share knowledge and experiences, and get help from a neighbor if it's needed. Call 703-228-



## Live Music

**Phoebe Legere plays underground Americana on Aug. 7 at Galaxy Hut, 2711 Wilson Blvd. Visit galaxyhut.com**

6974.

## 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/.

**Pool Tournament.** 10 a.m.-noon at Walter Reed Community & Senior Center and Park, 2909 16th St S. Test your skill against fellow players at the first ever pool tournament at Walter Reed. Ages 55+ Register at

703-228-0955.

**The Lemonade Stand.** 4:30-6 p.m. at 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.

## FRIDAY/AUG. 4

**Meet the Artists.** 5-8 p.m. at the Gallery Underground, 2100 Crystal Drive, Suite 2120-A. Arlington

Artists Alliance's all-media, juried art exhibit called "Around the World" features original art depicting destinations explored. Visit www.galleryunderground.org/

**Art in the Park.** 6-8 p.m. at Fort Scott Park, 2800 Fort Scott Drive. The mobile recreation van brings fun recreation activities for the whole family to parks across Arlington. Call 703-228-4773.

**When Harry Met Sally.** 6-11 p.m. at Gateway Park, 1300 Lee Highway. 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.

## MONDAY/AUG. 7

**Phoebe Legere Plays Americana.** 9 p.m. at the Galaxy Hut, 2711 Wilson Blvd. Curated by WMUC-College Park radio personality Sean Epstein. \$5. Call 703-525-8646 or visit galaxyhut.com.

## FRIDAY/AUG. 11

**Cricket Crawl Prep.** 7:30-8:30 p.m. at at Gulf Branch Nature Center, 3608 Military Road. Learn what to do in the upcoming Cricket Crawl, a cricket and katydid monitoring event later in August. Call 703-228-3403.

**Lego Batman.** 6-11 p.m. at Gateway Park, 1300 Lee Highway. 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.

## SATURDAY/AUG. 12

**St. Mary's Night at the Ballgame.**

7:05 p.m. at St. Mary's Episcopal Church, 2609 N. Glebe Road. Amy Slater's son Austin is playing for the Giants. \$20. Call 703-527-6800 or visit stmarysarlington.org.

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

## SUNDAY/AUG. 13

**Cool Creek Critters.** 10:30-11:30 a.m. at at Donaldson Run Park. Meet at Alcova Heights park fire ring, 901 S. George Mason Drive. Dress to get wet to explore waterfalls, catch water striders, and take a closer look at some creek critters. Ages 5-9. Call 703-228-3403.

## AUG. 15-OCT. 8

**"A Little Night Music."** Various times at the Signature Theatre, 4200 Campbell Ave. Visit www.sigtheatre.org.

## FRIDAY/AUG. 18

**The Avengers.** 6-11 p.m. at Gateway Park, 1300 Lee Highway. 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.

## FRIDAY/AUG. 25

**Mary Poppins.** 6-11 p.m. at Gateway Park, 1300 Lee Highway. 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.

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For more information and group registration call (202) 685-2888 or visit [www.twilight.mdw.army.mil](http://www.twilight.mdw.army.mil)

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**Announcements**

**NEWS**

# Studying Roots of Local Businesses

## Graduate students document legacy businesses.

The following article was originally published by VirginiaTech News.

**F**riendly Cab has been a staple of Nauck, the oldest African American neighborhood in Arlington, since 1947. At that time, segregation in Virginia prevented African American women from giving birth at local hospitals. One of the reasons Ralph Collins, a community activist and innovator, started Friendly Cab was to transport these pregnant women to Freedmen's Hospital in Washington, D.C., where they could have their babies.

According to Darryl Collins, current owner and the founder's grandson, Friendly Cab continues to rely "on word of mouth and community to survive."

This is only one of Arlington's longstanding, or "legacy," businesses located in the Nauck/Green Valley area and along Lee Highway — a majority of them African American-owned or founded by immigrants — which nine Virginia Tech students focused on in an Urban Affairs and Planning program spring master's design studio entitled "Celebrating Arlington's Legacy Businesses."

Others include A&J Salon, Chinn Funeral Service, and Star Barber Shop in the Nauck community; and Lebanese Taverna, Glebe Radio & Appliances, Preston's Pharmacy, and KH Art & Framing along Lee Highway.

The purpose of the studio was to provide Arlington County with both a historical perspective of the businesses and some ideas on how the county might support them going forward.

Studios like this one are an integral part of the urban affairs and planning curriculum at the School of Public and International Affairs in the College of Architecture and Urban Studies. They offer student teams the opportunity to help public, private, and nonprofit clients tackle real world planning, policy, development, or design problems.

"There is a lot of concern in Arlington County that local institutions are being displaced or slipping away due to redevelopment. We hope our project helps raise awareness of the important role that legacy businesses have played, and can continue to play, in sustaining the character and vitality of communities," said Elizabeth Morton, associate professor of practice in urban design.

"Virginia Tech has worked closely with many Arlington County agencies and several civic groups over the years on urban affairs and planning projects and we were happy to join forces again on this one," Morton said.

Throughout the semester, students researched and mapped a list of longstanding businesses in both communities and conducted oral histories of a targeted number of the legacy business owners who had been operating for at least 25 years.

Jim Moore Jr., whose father opened Moore's Barber Shop in 1960, was one of them. He worked in the shop from the age of seven, sweeping the floors and doing other odd tasks over the years. He eventually joined as a full time barber in 1991.

"So the barber shop business, historically, was one of the few businesses black men could do and have their own business and raise their family and generate money, without the help of anyone, so that's really how it came up through history," said Moore.

"We still provide great service," he said, pointing out that while you can get your hair cut other places, the barbershop business is about personal relationships and "... we've been able to maintain those relationships throughout the years," Moore said.



PHOTO BY SARAH STELLER/VIRGINIA TECH

**Jim Moore Jr. worked in his father's barber shop since he was seven years old. Today he owns the Arlington business founded by his father in 1960.**

Wolfgang Buchler immigrated to the United States in 1969, bringing the baking style and essence of his hometown of Heidelberg, Germany, with him. He and his wife, Carla, opened the Heidelberg Pastry Shoppe on Lee Highway in 1975. They have been successful in retaining employees, some having worked at the bakery for as long as 20, 30, and 40 years.

They also have a loyal customer base. Buchler said that customers often come back after several years, having left for college or moving out of town, and reflect on the sense of community they feel at Heidelberg.

"Arlington is sometimes transient and people sometimes don't have something to come home to. But they know that they come here and it feels like their childhood or like visiting family and I think that's really nice," said Carla Buchler.

The students designed a website to post their maps and oral histories with business owners.

Arlington's Center for Local History, which had identified the early business history of Arlington as a critical gap in its collection, will permanently house full transcripts of the oral histories.

"Arlington's Historic Preservation Program was very excited to collaborate again with Virginia Tech, this time to highlight the personal stories of the people behind some of Arlington's most cherished and longstanding businesses that contribute so much to the cultural fabric of our community," said Cynthia Liccese-Torres, Arlington's Historic Preservation Program coordinator. "Many of these businesses have provided goods and services for decades."

"The students' outreach to the business owners not only helped to document our past, but also, I believe, was beneficial to the storytellers as well. The business owners were happy to have the opportunity to tell their stories," said Cindy Richmond, deputy director for Arlington Economic Development.

"This type of positive community engagement is very beneficial to furthering relationships with both businesses and residents," she said.

In a presentation to Liccese-Torres, Richmond, and other Arlington County representatives, the students also offered some recommendations. One was to have Morton's future student teams interview more local business owners to expand website content.

Other ideas included developing an app that would promote local businesses and initiating an annual Legacy Business Award.



# SPORTS



**Charlie Greenwood crushes his own DR record for the 5th consecutive week in 50 breast broke.**

## Thunderbolts Beat Dolphins

The Donaldson Run Thunderbolts clinched their fifth win and landed the NVSL Division 4 championship on the road, beating the Lee-Graham Dolphins. The final score was 237-183.

DR swimmer Charlie Greenwood broke his own DR team record for a fifth consecutive week with a time of 37.49 in the boys' 9-10 50 breast.

Double individual race winners for Donaldson Run were: Emily Brooks (girls' 15-18 50 free and 50 back); Ryan Clark (girls' 8 & under 25 back and 25 fly) Charlie Greenwood (boys' 9-10 50 back and 50 breast - DR team record); Rachel Conley (girls' 9-10 50 free and 25 fly); and Jack Tsuchitani (boys' 11-12 50 back and 50 fly).

The team's single winners were (in order of age and event): Thomas Rodman (boys' 9-10 50 free); Scarlett Bennett (girls' 9-10 50 free); Sean Conley (boys' 15-18 50 free); Miles Nelson (boys' 8 & under 25 back); Hayden Hill (boys' 8 & under 25 breast); Evie Maloney (girls' 8 & under 25 breast); Hayden Stolzenberg ((boys' 11-12 50 breast); Grace Jansen (girls' 11-12 50 breast); Drew Harker (boys' 13-14 50 breast); Anna Trainum (girls' 13-14 50 breast); Jack Ezzeddin (boys' 8 & under 25 fly); and Emma Hutchison (girls' 15-18 50 fly).

Winning DR relay teams included: Rachel Conley, Diya Redburn, Coco Rigoli, Eliza Gromada (girls' 9-10 medley relay); Hank Holley, Braylon Meade, Jack Tsuchitani, Hayden Stolzenberg (boys' 11-12 medley relay); TJ Hutchison, Drew Harker, John Ford, Sean Conley (boys' 13-14 medley relay); Ella Rigoli, Anna Trainum, Grace Jansen, Alexa Gromada (girls' 13-14 medley relay); Allison Sawyer, Grace Motta, Emma Hutchison, Emily Brooks (girls' 15-18 medley relay); Jack Tsuchitani, Charlie Greenwood, Sean Conley, Andrew Rehr (boys' mixed age relay); and Grace Jansen, Rachel Conley, Ella Rigoli, Emily Brooks (girls' mixed age relay).

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## Taking Care Of Business



By KENNETH B. LOURIE

The cats. The car. The dentist. The pancreatic enzymes. It was a week that typically isn't. As often as my credit card was swiped these past few days, I'm amazed its magnetic strip is still magnetized. To quote my deceased mother, Celia: "It's enough already."

Oh well, what's done is done, though it definitely needed doing. And aside from the fact that I didn't have the actual money, fortunately I had the available credit, which I was grateful to have had. I mean, how long can you put off necessary evils/expenditures before they rear their ugly consequences? And though money doesn't grow on trees (linen actually), credit seems to, and so the to-do list now has some cross-outs/"has-dones" finally.

Now the anxiety about neglecting the "to-dos" is replaced by the worry about the cost/need-to-pay the "having-dones." Nevertheless, the cats have had their vaccinations shot current.

The car now has a passenger window that goes down - and back up, a check-engine light that no longer illuminates, a blower that will now provide heat in the winter and a defogger when needed, and as it turns out a bit of unexpected air conditioning.

The dentist has referred me to an oral surgeon (since the teeth were both "unrestorable"/not root canal candidates) who will extract two teeth from my mouth and hundreds more from my bank account/probably credit card - again, but no doubt get me back on a course of dental correction.

The pancreatic enzymes, the most expensive bottle of pills I buy (I consume upwards of 55 pills per day) is an expense I incur every three months and does something to help my immune system keep the lung cancer in-check, a priority if there ever was one.

Paying to keep on playing (so to speak), by maintaining this kind of normalcy enhances the feeling that life is indeed still being played. And not that my attitude/philosophy in such responsibilities is totally affected by yours truly having been diagnosed with a "terminal" form of cancer: non-small cell lung cancer, stage IV, to be specific, but as the old punchline says: "It doesn't hurt." And avoiding hurt is definitely part of the fighting-cancer strategy; along with avoiding stress, eating healthy, exercising and boosting one's immune system.

I guess what I'm realizing that I have two lives, sort of, the usual and customary life: work, play, day-to-day stuff and the cancer life: lab work, chemotherapy, scans, oncologist, pills, lifestyle changes, etc. On some days, they are parallel. On other days, they intersect. And though they may be separate, they are inter-related. What benefits one is likely to positively affect the other.

Additionally, a negative in one life will likewise have an adverse consequence in the other. However, the requirements to maintain their respective lives is different. Yet balance/co-existence must be maintained in order for one to remain "together."

Two separate halves will not make for a responsible whole, but rather lead to an emotional one. And if there's one attribute that a cancer patient/survivor must have, it is emotional wherewithal. Failure to do so in one's cancer life will likely spill over into the non-cancer life (and vice-versa) and cause a kind of an adult version of failure to thrive.

Cancer might win the battle in the end but you can't let it win the battle in the interim. Fulfilling your every-day responsibilities helps give that life the kind of accomplishment that aids and abets in your fight against your cancer life. Moreover, handling your cancer life gives you the confidence and optimism to live your non-cancer life.

Granted, the two lives might not exactly be the best of friends, but they must be partners of a sort. The sort that is independent, appreciative, respectful and considerate.

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



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