

The Arlington Connection

WELLBEING
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Bob Simpson, master of the
axe, readies targets for the
American Legion Post 130's
throwing contest.

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PHOTO BY MICHAEL MCMORROW/THE CONNECTION

AUGUST 1-7, 2018

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Ann McCampbell and Pamela Goregi on behalf of Deloitte, Distinguished Community Service Award.



Marymount Women's Lacrosse Team, Distinguished County Service Award.

Arlington Cares Celebrates Community Volunteers

Volunteer Arlington, a program of Leadership Center for Excellence, held its second annual Arlington Cares on July 24 at the National Rural Electric Cooperative Association in Arlington.

Local nonprofit and county organizations hosted booths as part of a volunteer fair for attendees to learn about volunteer opportunities in the area. After the fair, Volunteer Arlington recognized individuals with community volunteer awards.

"We are humbled to be nominated and receive this award," said Gene and Jeanie Cross, winners of the Family Service Award. "The program that Central United Methodist Church sponsors with A-SPAN is the work of many hands. It couldn't happen without other volunteers and Arlington organizations and businesses."

In addition to the Cross family, Volunteer Arlington honored the following award winners:

❖ **Lifetime of Service Award:** Lois Sewell, Arlington Weaves at Service Source, Inc.

❖ **Distinguished County Service Award:** Kate Athing and the Marymount University Women's Lacrosse Team, AHC, Inc.

❖ **Distinguished County Service Award:** Sly Young, SOCARTES (Saving Our Communities at Risk Through Educational Services), Arlington County Detention Facility



County Board member Christian Dorsey; Lisa Fikes, executive director of Volunteer Arlington; and Del. Rip Sullivan.

❖ **Distinguished Corporate Service Award:** Deloitte, Bridges to Independence

❖ **RSVP Award:** Janet Garber, Northern Virginia Senior Olympics

❖ **Youth Volunteer Service Award:** Mia Lee, Reuse and Replay

❖ **Volunteer Arlington Award:** Siobhan Grayson, Teen Network Board at Arlington Partnership for Children, Youth and Families. The Volunteer Arlington Award is in recognition of a volunteer coordinator, paid or unpaid, who has done exceptional work with volunteer engagement.

Katie Cristol, chair of the County Board; Christian Dorsey, vice chair of the County



Kristen Cane, Major Barrett and Sly Young, Distinguished County Service Award Winner

Board; and Kelly Shooshan, COO of the Shooshan Company, helped present winners with their awards. Additionally, Del. Rip Sullivan (D-48) presented Mia Lee with a resolution from the Virginia General Assembly honoring her service work.

Lois Sewell, winner of the Lifetime of Service Award, has been volunteering with Arlington Weaves for 30 years. "I thoroughly enjoy what I do ... I'm not a volunteer. Thirty years ago, they told me show up, and they never told me to quit," she said.

In addition to the community volunteer awards, over 400 volunteers were recognized and honored for spending 100 hours or more of their time volunteering in the community over the course of the past year (July 1, 2017 through June 30, 2018).

Volunteer Arlington, a program of Leadership Center for Excellence, connects individuals, groups and businesses to local nonprofit and county volunteer opportunities.

For more information, visit <http://leadercenter.org/> or call 703-528-2522.



Gene and Jeanie Cross, Family Service Award



Mia Lee, Youth Services Award, and Liz Nohra, acting president and CEO, Leadership Center for Excellence.



AFAC volunteers

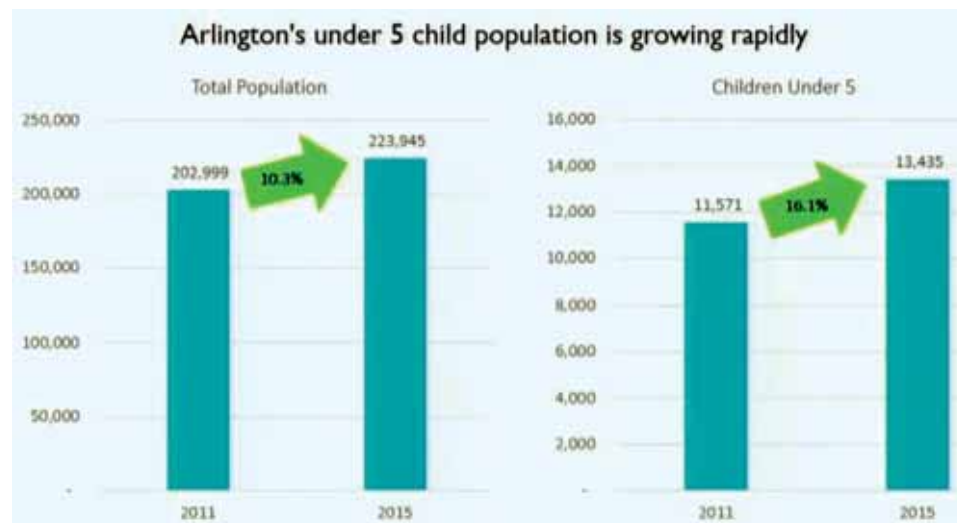
Think of the Children Developing child care options in Arlington.

BY VERNON MILES
THE CONNECTION

There are 13,425 young children in Arlington. There are 6,894 spots for child care facilities. This means for nearly half of the children in Arlington, there is no option for day care. For as professional-driven a community as Arlington, this is a problem.

One year ago, Arlington staff was tasked with conducting an analysis of the lack of childcare facilities and creating an action plan. At a July 24 County Board meeting, the action plan was presented to a County Board work session.

The Child Care Initiative (CCI) breaks the problem down into three areas: accessibility, availability, and quality. Access to young child care is especially difficult for lower income families. The CCI proposes that Arlington increase its involvement with subsidy-approved child care programs. Part of this is surveying existing child care programs that do not accept subsidized families and determining why. The plan also calls for Arlington Public Schools' Extended Day Program to accept state-funded child care subsidies. Ultimately the CCI says Arlington will need to identify and quantify the need for increased local funding to state subsidy programs. Part of the accessibility



Arlington's increasing child population.

includes connecting families of children with special needs or cultural and language differences with subsidies and affordable child care options.

But making them aware of affordable child care options means little if Arlington can't increase the availability of child care. The CCI calls for the county government to review the general land use plan, zoning ordinance and the permit review process to encourage and streamline the process for creating a child care facility. The CCI also

says the county government needs to look into increasing the supply of child care workers.

Several members of the County Board noted that work in child care is a low-paying position, which can make finding employees for these facilities difficult. The average salary for a child care worker is \$26,000, which staff said puts child care workers in the bottom 10 percent of income for workers in Arlington.

For the final piece of the action plan, the

CCI calls on Arlington County to review increase training and certification opportunities. The CCI encourages Arlington County government in taking an active role in nurturing partnerships between local child care facilities with outside certification programs and universities to provide additional training for employees.

Several members of the County Board also noted that there were certain parties involved in early child care that weren't present in the discussions.

"Businesses have an interest in this," said County Board Member Libby Garvey. "They should be at the table."

Garvey said businesses moving into Arlington often take into consideration the day care facilities available for their employees. Garvey said this consideration indicates that businesses could also be involved in providing spaces for child care facilities or incentivizing them.

County Board Chair Katie Cristol said two of the biggest takeaways for the County Board was the salary issue for local child care worker and reaching out to businesses.

"We need to look at finding ways to offer competitive pay [for child care workers]," said Cristol. "And we need to see if we can identify asks for major employers in the county. What would we like them to do, besides just coming to the table?"

PHOTO CONTRIBUTED

When a Restaurant Is a Community

From Ethiopia to Columbia Pike.

BY SHIRLEY RUHE
THE CONNECTION

Late Friday afternoon the buffet lunch crowd has mostly cleared out at Dama Restaurant. But at the adjoining Dama Pastry, family groups sit together with the men talking politics and the children's faces gooey from the honey baklava or chocolate cake.

Hailu Dama, the owner of Dama Pastry and Restaurant, says he arrived from Ethiopia in 1981 because the government that was in power, "no rights, no position. If you were with the government you might get lucky; if not, you might get killed." His wife Amsale Saife followed in 1983.

Saife says about 22 years ago they opened an Ethiopian carry on Columbia Pike. In the beginning Dama says, "People weren't so sure. But the location next to the highway on Columbia Pike helped us a lot." Saife says families started to come to the carryout and sit down so they added a restaurant. In the beginning it was mostly Ethiopians. "They all told each other about the restaurant." But as word got out, Dama adds, "in this 22204 zip code along Columbia Pike we had almost every customer from the whole world." He says, "Now you name it.



Hailu Dama and his wife Amsale Saife, recall opening their carry-put Ethiopian business 22 years ago on Columbia Pike.

We have every kind of customers white Americans, Hispanic Americans, Asian Americans."

Saife says the customer's favorite is the kitfo, which is steak tartare. She says their butcher, Debebe, grinds it fresh and adds crushed chili peppers that they get from Ethiopia. "We got a butcher about 15 years ago because we want to do everything fresh." Another popular item is the vegetarian combo with awaze (beef) tibs. It is

served with injera, the traditional unflavored flatbread that is used in place of utensils to scoop up the food. "The bread has no flavor so it absorbs the flavor of the food."

Saife says they have also added vegan food including cakes. She said Ethiopians celebrate both the American and the Ethiopian Easter and Christmas holidays. "Our Christmas is Jan. 8." Dama says every four years the two Easter holidays fall on the



Debebe Desalsn, the butcher at Dama Restaurant, cuts beef tibs from fresh tenderloin, for the awaze.

same day. Saife explains Ethiopians fast the 40 days of Lent and 50 days before Christmas. During this time they become vegans. "Then when they break the fast they want to eat cake. They are lined up out there." She points out the front door.

Also the holidays have led to a thriving catering business that is located across the side street. Dama says, "People ask for catered food for graduations and weddings

SEE RESTAURANT, PAGE 11

OPINION

Aiding Children of Imprisoned Parents

Noting the importance of community support.

BY TIONGE JOHNSON

Hamed Farmand knows what it is like to be the child of an incarcerated parent. “My mom was in prison when I was only 6 due to political unrest in Iran,” he said. “Though she came back five years later, I was faced with Post Traumatic Stress Disorder (PTSD) as a result. As I watched other boys and girls suffer with the same trauma. I felt alone at the time, so I didn’t want them to feel the same.”

When Farmand moved to the United States from Iran in 2010, he put his passion to helping children with jailed or formerly jailed parents into motion.

Within a few years, Farmand used the research and guidance he had from peers and academic courses to start the Children of Incarcerated Parents Program, based in Arlington.

“My basic goal was to help these children feel like they were free from the negative consequences of parents in incarceration,” said Farmand. “My biggest strategy was to provide parenting courses ... in the form of a support group through the help of facilitators and social workers to help these parents find a solution.”

Farmand says, “I’ve found a kind of empathy gap between these families, communities and society. When I mentored at a summer camp run by the United Methodist Church in the Shenandoah Valley, I saw firsthand the positive effects community support does for these families and their children. The children were viewed less as a statistic but as human beings. Even if we provide the best solution for them, if we don’t have community support, then there is still a sense of us versus them. For me, it’s important to focus on advocacy so I engage community members to understand these individuals and their needs.”

One recent source of community support was Opera NOVA, the arts organization formed in 1992 to bring music to underserved communities, such as children and seniors. Children from Farmand’s group were brought to see an abbreviated version of the opera “La Cenerentola (Cinderella.)” at Gunston Middle School.

He was particularly impressed with the artistic director of Opera NOVA José Sacin’s ability to engage with audiences. Sacin opened the performance with an introduction of what opera is and how it is performed, which Farmand felt benefited him and the children.

“I really enjoyed the kind of activist storytelling José did at the beginning of the opera,” said Farmand. “I’ve never experienced something so interactive like that, where someone introduces me to not only the artists but the tool (referring to instruments used in the



Hamed Farmand.

opera and opera terminology).

“Opera NOVA has given me an opportunity to share my experience and the experience of other children with incarcerated parents with the community,” he says. “The success of the program is about creating empathy towards these children and their families.”

More details on the program can be found at <https://coipi.org>.

LETTERS TO THE EDITOR

Quality Of Care

To the Editor:

We were saddened to see recent full-page ads in this paper placed by a Florida-based law firm targeting nursing homes. It is important that your readers understand that these ads do not present a full picture of the high level of care that Virginia’s nursing homes provide to over 90,000 residents and patients annually.

Under federal and state regulations, there is a rigorous process in place to evaluate the care provided at nursing homes, as well as a process for patients and their families to raise concerns about and have investigated the quality of care they are receiving.

The ads, while citing publicly available data, leave out important information indicating that the issues cited in nearly all instances did not lead to actual patient harm and may have even been corrected immediately while the federal and state inspection team was on-site.

The WWII veterans, retired teachers, farmers, doctors, homemakers, and business people who receive care in Virginia’s nursing centers do not deserve to have their caregivers targeted in this

way.

These types of ads make the job of the over 50,000 caregivers in Virginia’s long term care centers more difficult. And to what end? These ads benefit an out-of-state law firm whose primary motive is to scare patients and attempt to make money from frivolous lawsuits. These tactics only serve to further drive up the cost of health care for all Virginians.

I would encourage readers and those who need this important care for their loved ones or themselves to go see what’s happening in their local nursing homes — go visit one, spend time volunteering, and get to know the

seniors in your community. See for yourself the exceptional level of care and compassion provided every day by these trusted, caring community partners.

Keith Hare

President and CEO
Virginia Health Care
Association-Virginia
Center for Assisted Living

Concerns About RETR

To the Editor:

I just read the piece about “Ag-

ing in Arlington” from the July 18 edition about the Real Estate Tax Relief, RETR, program but the full picture was not represented. The program is not without its critics. I served on the three-year study that completed the Affordable Housing Master Plan, AHMP, which asked for a review of RETR.

I also served on the working group that responded to the County Board’s call to take a look at RETR.

The AHMP deliberately wrote objective 2.4 to read “Enable Arlington seniors to age in the community,” not age in their homes. Many are concerned that the RETR helps fewer than 1,000 of Arlington’s seniors and the heirs of all but 26 of the participants will

never have to pay back the outstanding taxes. That’s about \$5 million of foregone revenue annually. Why isn’t this a deferral program? Why don’t the heirs help these seniors? Why don’t these seniors use reverse mortgages? Some of the participants have low income and low assets, others are moderately comfortable in their \$700,000-plus houses while their Arlington neighbors pay all or part of their real estate taxes.

Arlington has a great need for more schools and better salaries to retain police, fire, and educators — employees who can’t afford to be homeowners in this community.

Kathryn Scruggs
Arlington

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington Office of Senior Adult Programs for Aug. 12-18.

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: Tim’s Riverside Restaurant & Crabhouse, Dumfries, Sunday, Aug. 12, \$5 (transportation only). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:
Register for Northern Virginia

Senior Olympics, online at www.nvso.us by Aug. 24 or email, nvso1982@gmail.com.

Classical music group to feature Hungarian composer/pianist Franz Liszt, Monday, Aug. 13, 1 p.m., Langston-Brown. Details, 703-228-6300.

New and seasoned fishermen to meet, Monday, Aug. 13, 10 a.m., Walter Reed. Details, 703-228-6300.

Foursome bridge, Mondays, 12:30 p.m., Fridays, 10 a.m., Madison; Wednesdays, 10 a.m., Aurora Hills. Details, 703-228-5310 (M), 703-228-5722 (AH).

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Sharpen One's Skill

Axe throwing for a cause.

BY MICHAEL MCMORROW
THE CONNECTION

Lizzie Borden, axe throwing and the American Legion seem a puzzling combination of terms. Anyone with curiosity and some free time next Saturday will be able to witness the connections.

To begin, Lizzie Borden was born on July 19, 1860, and lived with her father Andrew, step-mother Abby and sister Emma in Fall River, Mass. On Aug. 4, 1892, between the hours of 9 and 11 a.m., Andrew and Abby were killed and mutilated with an axe in their home. By year's end, Lizzie was charged with the murders. The combination of a daughter killing her parents and the weapon being an axe led to coast-to-coast sensationalism by newspapers across the country. She had become a permanent figure in American culture. Lizzie's trial was held at New Bedford. It took the jury only 90 minutes to return a verdict of not guilty on June 20, 1893. Nobody else ever was charged with the crimes so the case, technically, remains "unsolved" in the records of the Fall River Police Department. Andrew left an estate of six or seven million in today's (2018) dollars. The beneficiaries were Emma and Lizzie. They moved into a new house and remained together for several years. Emma eventually left town but Lizzie remained in Fall River until her death on June 1, 1927. Believing her guilty of the crimes, many in the community ostracized her. Axe throwing has been popular in Canada for generations. Unlike hockey, folks in the United States have not taken to it. However, a few became interested as idle youths, and one such was a fellow

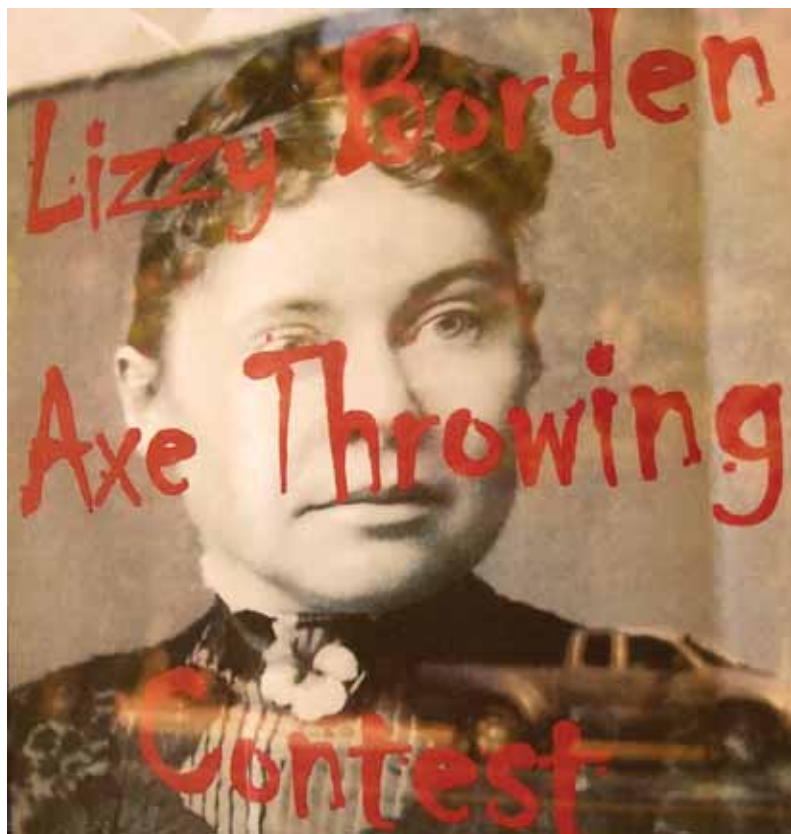


PHOTO BY MICHAEL MCMORROW/THE CONNECTION

American Legion Post 130 is hosting a fund-raising axe-throwing contest on Saturday, Aug. 4.

in Northern Virginia named Bob Simpson. As he puts it, "If you could throw it, I was interested as a youngster. Any kind of ball or a pocket knife would do." Eventually, he became aware of axe throwing and gave it a try with a friend. Nothing significant, just dabbling now and again.

Banter at Simpson's American Legion Post 130 led to involvement of that organization. The context was fundraising, or more accurately the need to raise some funds. Scuttlebutt among the members touched on many possibilities and, in due course, mention of axe throwing occurred, something Simpson knew about. The result is a "Lizzie Borden Axe Throwing Contest," with the 2018

event earmarked "Eighth Annual."

Simpson has been a founder-leader in the axe throwing project since its origin. He takes pride in the event for the funds raised (about \$700) and for the worthy uses to which they are put (Boys State, Girls State, Little league Baseball, Boy Scouts, and others). He also enjoys reminding listeners that his Legion Post's event is the only axe throwing event in the entire Commonwealth of Virginia.

The contest is scheduled for the first Saturday in August, according to Simpson, so it is close to the date of the Borden murders. This year's event falls on the actual anniversary day. One factor Simpson makes emphatically clear

is safety during instruction and competition. Over the years, not one participant or spectator has suffered injury. As might be expected, participants are required to sign a waiver; however, no need to consider the waiver has ever surfaced. Another precaution is advance notice of the event to police and fire first responders should unexpected need of their services arise.

The success of past events also can be measured by the "fun factor," as described by two past champions.

Jim Allen, a longtime resident of the Springfield-Annandale neighborhoods who now resides in Gloucester County, was the axe throwing champion for 2013. After admitting that he "did some axe throwing as a youngster," Allen still wears his Lizzie Borden tee shirt from time-to-time and "sometimes it attracts comments, usually from guys." The winner's medallion rests with other personal memorabilia in the sunroom of his home, but "the axe remains in active use for work around the house."

Arlingtonian Chris Miller was champion in 2014. Talking about the award was coupled to a lot of chuckling and head shaking. He learned of axe throwing as an adult when crossing paths with Simpson at a party. His medallion is "around somewhere," but he is certain the championship axe "is hanging in the garage." Asked about reaction of the family to his axe throwing career, he recalls the wife's droll comment: "That's interesting." Miller offers advice to anyone engaging in axe throwing. "It's not that hard. Just concentrate and throw in your natural, normal motion."

Throwing Event

WHEN: Saturday, Aug. 4, from 11 a.m. to 1: p.m. (instruction on axe throwing) and 1-5 p.m. (axe throwing competition). Spectators are welcome, no charge.

WHERE: American Legion Post 130, 400 North Oak Street, Falls Church.

WHO: Competitors must be at least 16 years of age. Those under 18 must be accompanied by a parent.

COST: \$25 per contestant includes two commemorative items, a glass and a tee-shirt with Lizzie's picture. First, second and third place winners receive an engraved medallion, and the first place winner receives a decorative-plated axe suitable for display.

WHAT ELSE: Picnic grub is available for purchase.

Jumping Rope: A Lost Sport

Jumping rope was popular in long-ago days when girls, who were not provided opportunities to play organized sports, found an outlet for youthful energy. The cadence of jumping was provided by the handlers at both end of the rope, as well as spectators awaiting turns to jump. The rhymes, in sing-song fashion, could address any topic and sometimes took note of current events.

Such was the case of the horrific events since associated with Lizzie Borden.

The lyrics were as follows:
*Lizzie Borden took an axe
And gave her mother 40 whacks.
When she saw what she had done
She gave her father 41.*

*Yesterday in old Fall River
Mr. Andrew Borden died.
They got his daughter Lizzie
On a charge of homicide.*

*Some folks say she didn't do it.
Others say of course she did.
But they all agree Miss Lizzie B.
Was a problem type of kid.*



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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

FARMERS MARKETS

Crystal City: Tuesdays, 3-7 p.m.; Crystal Drive between 18th and 20th streets. Visit freshfarm.org/crystal-city.html

Clarendon: Wednesdays, 3-7 p.m.; Clarendon Central Park (next to the Clarendon Metro). Visit clarendon.org/farmersmarket/.

Rosslyn: Wednesdays, 2:30-6:30 p.m.; Central Place Plaza, 1800 N. Lynn St. Visit freshfarm.org/rosslyn.html.

Ballston: Thursdays, 3-7 p.m.; Welburn Square (across from the Ballston metro). Visit www.ballstonbid.com/meet/taste-arlington/farmers-market-info.

Arlington Courthouse: Saturdays, 8 a.m.-noon; N. 14th Street and N. Courthouse Road. Visit www.community-foodworks.org/arlington-courthouse-market/

Arlington Mill: 9 a.m.-1 p.m.; Columbia Pike at S. Dinwiddie St. Visit columbia-pike.org/fm-arlington-mill/.

Marymount: Saturdays, 9 a.m.-1 p.m.; Marymount University, N. Glebe Road and Yorktown Boulevard. Visit www.marymountfarmersmarket.org.

Columbia Pike: Sundays, 9 a.m.-1 p.m.; Columbia Pike and S. Walter Reed Drive. Visit columbia-pike.org/fm/.

Fairlington: Sundays, 9 a.m.-1 p.m.; Fairlington Community Center, 3308 S. Stafford St. Visit www.fairlingtonfarmersmarket.org/.

Westover: Saturdays, 8 a.m.-noon; Washington Boulevard and N. McKinley Road. Visit westoverfarmersmarket.org/.

ONGOING

Summer Nights Cabaret Series.

Through Aug. 4 at Signature Theatre, 4200 Campbell Ave., Arlington. Signature Theatre kicks off its 2018/19 Season with the Sizzlin' Summer Nights Cabaret Series. Two and a half weeks of live music and performances by Signature favorites with a different performance every night. Signature favorites are featured throughout including cabarets by Nova Y. Payton (Signature's Jelly's Last Jam), Erin Driscoll (Signature's Titanic), Awa Sal Secka (Signature's Jesus Christ Superstar), Christopher Mueller (Signature's Titanic), Iyona Blake (Signature's Jelly's Last Jam), and Maria Rizzo (Signature's Crazy for You). \$35. Tickets can be purchased at www.sigtheatre.org, in person at the Box Office, or by calling 703-820-9771.

"The Wonderful Wizard of Oz."

Through Aug. 12 at the Devine Theater located in the Davis Performing Arts Center on the Georgetown University campus. Syntetic Theater has chosen Frank Baum's "The Wonderful Wizard of Oz" as the premier production in Syntetic's New Voice Series. Wednesday-Saturday, 8 p.m.; Sunday matinee, 2 p.m. Tickets: \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Call 866-811-4111 or visit www.syntetictheater.org.

Art Exhibit: "Open World" and

"Within/Between." Through Sept. 29, gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas



Visitors browse locally sourced food items at the Marymount Farmers Market.

Marymount Farmers Market Opens

The Marymount Farmers Market will launch its third season. A joint effort between Field to Table, Marymount, North Arlington neighbors, nearby civic associations and the Lee Highway Alliance, the market will be held each Saturday through Nov. 17, 9 a.m.-1 p.m. at Marymount University, 2807 North Glebe Road. Visit www.marymountfarmersmarket.org/.

O'Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit arlingtonartscenter.org.

Gardening Lecture. Wednesdays, through Oct. 10, 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 free series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include foraging for wild edibles, pollinators, food preparation and preservation, and more. All are welcome. Visit www.afac.org/plot-against-hunger/pah-events/.

Plant Clinic. Wednesdays, through Oct. 24, 6:45-8:45 p.m. at The Arlington Central Library, east lobby, 1015 N. Quincy St. Visit mgnv.org.

Ball-Sellers House Open. Through Oct. 27, Saturdays 1-4 p.m. at Ball-Sellers House, 5620 3rd St., South. Free tours by a knowledgeable docent transport you back to the colonial era in the historic artifact of a house built in the 1740s. See how John Ball built the house and imagine what life would have been like in it for a middle class farmer, his wife, and five daughters. The house was donated to the Arlington Historical Society by its last owner, Marion Sellers, in 1975. Something for all ages. Call 703-892-4204 or visit arlingtonhistoricalsociety.org.

Arlington Historical Museum.

Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses

permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit arlingtonhistoricalsociety.org.

Civil War Artifact Display.

Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on replica Civil War uniforms and learn about camp life. Visit parks.arlingtonva.us/locations/fort-cf-smith-park/.

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.

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.

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/.

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.

Arlington's Historical Museum

Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open

on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

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.

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.

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

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

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

Lego Club. Monthly on the first Wednesday. 4-5 p.m. 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 Drive. Sparket — A Creative Market is an extension of DC's Eastern

Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystallcity.org.

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

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

SUMMER CAMPS

Visual Arts Camps. Through Aug. 31 at Arlington Arts Center, 3550 Wilson Blvd, Arlington. Meets 10 a.m.-12:30 p.m. and/or 1:30-4 p.m. Mondays thru Fridays. Thematic and technique-focused camps return this summer for children and teens, ages 4-18. Campers explore the fundamentals of visual arts through creative projects in various two- and three-dimensional media. Line, color, shape, texture, space, and form will all be emphasized through creative projects based on campers' observations and imaginations. Visit arlingtonartscenter.org.

WEDNESDAY/AUG. 1

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Free. Featuring Opera and Bernstein – Soprano Rachel Duval: Bizet to Bernstein and some of the most loved opera arias and early musical theater songs. Open to the public; no RSVP necessary. Visit www.templerodefshalom.org.

Pests and Diseases of Trees in Landscapes. 1-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn how to manage and control garden diseases and pests affecting trees, ornamentals, and the lawn with the Virginia Cooperative Extension Agent. This will be an entertaining look at the 2018 Pest Management Guide: Home Grounds and Animals. Call 703-228-6414 or email mgaralex@gmail.com.

THURSDAY/AUG. 2

Going Native: Flora and Fauna. 3-7 p.m. at Ballston Mega Market, Welburn Square, Ballston Metro, Arlington. Going Native: Flora and Fauna of Arlington, created and illustrated by artist Kate Samworth, is a folding, pocket-sized manual of some of Arlington's native plant, mammal, and insect species of Arlington. Using her artwork as a reference, enjoy a quick hands-on art project examining and recreating the shapes and patterns found on selected species of plants, insects, and butterflies by using collage, watercolor and drawing. Visit freshfarm.org/ballston.html.

Ballston Mega Market. 3-7 p.m. at Welburn Square at Ballston Metro Station.

The Lemonade Stand. 5:30-7 p.m. at FRESHFARM Ballston Market, 901 N. Taylor St. The Lemonade Stand, hosted by children served by Bridges to Independence, teaches at-risk youth essential life skills – entrepreneurship, a strong work ethic, financial literacy and teamwork. Proceeds from this year's program will fund the start of a savings account for each youth participant and earn the young people a fun, summer field trip. Visit www.Bridges2.org.

ENTERTAINMENT

FRIDAY/AUG. 3

National Chamber Ensemble. 8 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. The National Chamber Ensemble is a Society of acclaimed D.C. Area musicians gathered by violinist and Artistic Director Leonid Sushansky. A former concertmaster of the Maryland Symphony Orchestra, the Juilliard-trained violinist is a frequent guest soloist, chamber musician and guest musician with the National Symphony Orchestra and Washington National Opera. Visit parks.arlingtonva.us.

SATURDAY/AUG. 4

Garden Talk: Summer Blooms. 11 a.m.-noon at Glencarlyn Branch Library Community Garden, 300 S. Kensington St., Arlington. Join Extension Master Gardener volunteers in the Library's Community Garden the first Saturday of each month to learn about a different sustainable gardening topic. This month, EMGs will highlight Summer Blooms. Call 703-228-6414 or email mgarlalex@gmail.com.

Living History Military Timeline. 1-4 p.m. at Ball-Sellers House, 5620 3rd St., South, Arlington. Time travel back through the centuries along the military timeline of those who lived in the oldest house in the county. Military reenactors will show their gear, what they wore, how they fought, and what it was like to fight in the wars the residents of the Ball-Sellers House experienced. Along the military timeline you'll see men – and some women – who served during the Revolutionary War, the Civil War, World War I and more. Free. Visit arlingtonhistoricalsociety.org or call 703-892-4204.

Author Katy Upperman. 3 p.m. at One More Page, 2200 N. Westmoreland St., #101 Arlington. Celebrate the release of Katy's novel, *The Impossibility of Us*. She will also be in conversation with author Miranda Kenneally to discuss "Contemporary Romance in Young Adult Fiction." Call 703-300-9746 or visit www.onemorepagebooks.com.

The Lemonade Stand. 5:30-7 p.m. at 12-1:30 p.m. at Clarendon Market Commons, 2800 Clarendon Blvd. The Lemonade Stand, hosted by children served by Bridges to Independence, teaches at-risk youth essential life skills – entrepreneurship, a strong work ethic, financial literacy and teamwork. Proceeds from this year's program will fund the start of a savings account for each youth participant and earn the young people a fun, summer field trip. Visit www.Bridges2.org.

Netherlands Carillon Concerts: Buck Lyon-Vaiden. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm.

Hardway Connection. 8 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. The smooth, passionate, sometimes funky and extremely "tight" sound of The Hardway Connection will make the audience get up and dance. Visit parks.arlingtonva.us.

SUNDAY/AUG. 5

Annual Open House. Noon-8:30 p.m. at Signature Theatre, 4200 Campbell Ave. The Signature Theatre will host



The Netherlands Carillon is part of the George Washington Memorial Parkway.

Netherlands Carillon Concerts

The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Monday, Sept. 3, 2-4 p.m.; Saturdays, through Aug. 25, 6-8 p.m. at Netherlands Carillon, Arlington. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm.

its annual open house in the Village at Shirlington. Visit www.sigtheatre.org.

U.S. Army Blues Jazz Ensemble. 6 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. The U.S. Army Blues jazz ensemble is part of the United States Army Band, Pershing's Own, is the premier jazz ensemble of the United States Army. Visit parks.arlingtonva.us.

AUG. 6-SEPT. 9

Art Exhibit. August Show. At Gallery Clarendon, 2800 Clarendon Blvd., Arlington. Gallery Clarendon has recently opened its doors as the newest professional art gallery created by the Arlington Artists Alliance. Every month brings a fresh exhibit and August features work by the gallery members. Call 571-312-7813 or visit www.galleryclarendon.org.

MONDAY-FRIDAY/AUG. 6-10

Fundamentals of Painting. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Put color theory and blending techniques into practice in this essential course for beginning and experienced painters. Color, composition, space, and texture will be emphasized throughout this camp as projects move from representational to abstract. After learning the fundamentals of painting, campers will be encouraged to experiment as they develop their artistic voice. Visit arlingtonartscenter.org/education/ or call 703-248-6800.

Touch Rugby Camps. 9 a.m.-noon. Children ages 5-14. Learn touch rugby this summer from USA Rugby certified coaches. Details online through Great Falls Rugby Club and Falls Church Parks and Rec. Great Falls Camp runs June 25-29; Falls Church Camp runs Aug. 6-10. Cost is

\$90-\$120 per week. Contact Ed Bracken at ed.bracken@apsva.us or call 703-585-3063. Visit www.greatfallsrugby.com and www.fallschurchva.gov/452/Recreation-Parks.

TUESDAY/AUG. 7

My Plain Jane. 7 p.m. at One More Page, 2200 N. Westmoreland St., #101 Arlington. Authors Jodi Meadows, Brodi Ashton and Cynthia Hand discuss their new book, *My Plain Jane*, a hilarious reimaging of Jane Eyre. Call 703-300-9746 or visit www.onemorepagebooks.com.

WEDNESDAY/AUG. 8

Retail Pop-up Shop. Corner of 19th and North Moore Streets. The Alcove retail pop-up shop will open at Central Place. Store hours are Tuesdays thru Saturdays 11 a.m.-8 p.m. For a two-month engagement, the shop will host a rotating slate of diverse retailers and offer free public programs, including live music, author talks, game nights and more. Visit www.rosslynva.org/pop-up.

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Free. Big Band featuring the U.S. Army Blues Band: A Big Band Concert with Premier Jazz Ensemble of the U.S. Army. Open to the public; no RSVP necessary. Free. Visit www.templerodefshalom.org.

FRIDAY/AUG. 10

Plant Diseases and Pests in Vegetable Gardens. 1-3 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Learn how to manage and control diseases and pests affecting vegetables and fruits with the Agricultural Natural Resource Extension Agent. This will be an



Reach out to embrace stones (tile bathroom and mountain range), 2018, by Alissa D. Polan.

'Open World' and 'Within/Between'

Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O'Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In *Within/Between*, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Exhibit runs through Sept. 29, gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. A gallery talk is planned for Saturday, Sept. 29, 1-3 p.m. Visit arlingtonartscenter.org for more.

entertaining look at the 2018 Pest Management Guide: Home Grounds and Animals. Free. Advance registration requested at mgmv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Opening Reception and Meet the Artists. 5-8 p.m. at Gallery Clarendon, 2800 Clarendon Boulevard, Arlington. Gallery Clarendon has recently opened its doors as the newest professional art gallery created by the Arlington Artists Alliance. Every month brings a fresh exhibit and August features work by the gallery members. Call 571-312-7813 or visit www.galleryclarendon.org.

Sol Roots. 8 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Sol Roots and the band create a unique blend of energetic New Orleans funk, rock, raw blues, and southern soul, all delivered with deep soul. Sol is a multi-instrumentalist and vocalist who has toured with many roots, funk, and blues legends around the world as a part of Music Maker Revue. Visit parks.arlingtonva.us.

SATURDAY/AUG. 11

Extreme Champion Trees Bike Ride. 9 a.m.-noon. Meet at the Fort C.F. Smith parking lot, 2411 24th St., N, Arlington. Marvel at some of Arlington's most spectacular trees on this bike ride. Unlike the other champion tree rides, this one will take participants on some of the hilliest, most calorie-burning, bike-safe roads of North Arlington, stopping at points of natural and environmental interest along the way. Plan on a tough ride. Bring your own bike and water, snacks and repair kit. Teens ages 16 and up are welcome, but must be accompanied by a registered adult. Call 703-228-1863.

Netherlands Carillon Concerts:

Kipp Cortez. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm.

SUNDAY/AUG. 12

Paleo Cooking. 3 p.m. at One More Page, 2200 N. Westmoreland St., #101 Arlington. Paleo stars Noelle Tarr and Stefanie Ruper share their cookbook, *Coconuts & Kettlebells: A Personalized Four-Week Food and Fitness Plan for Long-Term Health, Happiness and Freedom*. Call 703-300-9746 or visit www.onemorepagebooks.com.

Bitter Dose Combo. 6 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. The Bitter Dose Combo play gypsy jazz and swing standards. Visit parks.arlingtonva.us.

MONDAY/AUG. 13

Meet the Author. 3-4:30 p.m. at Arlington County Central Library, 1015 N. Quincy St., Arlington. Encore Learning will present a lecture by author Ellen Butler, who will speak about "Sabotage, Seduction and Secret Pockets: Lady Spies of the OSS." Her recent book, *The Brass Compass*, highlights the role of women in the Office of Strategic Services (OSS) during World War II. These women played a critical role in the Allied success. Call Encore Learning at 703-228-2144.

TUESDAY/AUG. 14

Simpson Gardens Stroll. 11 a.m.-12 noon, Simpson Park Gardens, 420 E. Monroe Ave., by the YMCA, Alexandria. Extension Master Gardener volunteers will be in the Simpson Park demonstration gardens to answer questions and provide information on sustainable gardening. Simpson includes beds that feature waterwise gardening, scented plants, plants that attract pollinators, plants that prefer shade, and beds that illustrate the use of structure and texture in the garden. Call 703-228-6414 or email mgarlalex@gmail.com.

WEDNESDAY/AUG. 15

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Featuring Fresh Jazz with the Paul White Quartet: Small Group Jazz. Original compositions and a fresh take on Jazz Classics. Open to the public; no RSVP necessary. Free. Visit www.templerodefshalom.org.

AUG. 15-16

Competitive Exhibit Entry Deadline. Competitive Exhibits are an integral part of the Arlington County Fair. Members of the community enter their fine arts, honey bees wax, or prized orchids to be named winner in one of seven departments. Registration forms and entry tags are attached to the Competitive Exhibits Guide and can also be found online and should be turned in with exhibit. Registration will occur on Wednesday, Aug. 15, 4-8 p.m. and Thursday, Aug. 16, 7:30-9:30 a.m. for perishable items for department I, II, VI, VII at the Thomas Jefferson Community Center. Visit arlingtoncountyfair.us/entertainment/exhibits/.

Back to School Checklist: Required Vaccinations

Local clinics offer free immunizations.

BY MARILYN CAMPBELL

As parents compile back-to-school task lists, health officials say that along with backpacks, notebooks and pencils, parents add the vaccinations that are required by Maryland and Virginia state laws in order for students to attend school. Now is the time to get those immunizations to avoid the back to school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year," said Mary Anderson, Montgomery County Department of Health and Human Services. "We urge parents to go now and not wait. We offer vaccines at clinics every day of the week at four different locations."

Appointments are not required for immunization visits in Montgomery, Arlington and Fairfax counties. The Alexandria Health Department, however offers services by appointment only.

"We would certainly encourage parents to make an appointment now," added John Silcox, Fairfax County Health Department.



PHOTOS COURTESY OF FAIRFAX COUNTY

Parents are encourage to get required vaccines now to avoid the back-to-school rush.

Local Health Departments Offer Free Vaccines

ALEXANDRIA

<https://www.alexandriava.gov/health/info/default.aspx?id=11444>

ARLINGTON COUNTY

<https://health.arlingtonva.us/public-health/health-clinics-services/immunization-clinic/>

FAIRFAX COUNTY

<https://www.fairfaxcounty.gov/health/immunization/school>

MONTGOMERY COUNTY

<https://www.montgomerycountymd.gov/HHS/RightNav/SeventhGradeImmunizations.html>

"Appointments fill up quickly, and there are some walk-in appointments, but the closer you get to school the more crowded our clinics get."

Fairfax County has five clinics which offer vaccines. "School-required immunizations are always free at our clinics, whether a person has insurance or not," said Silcox.

"We highly encourage parents to call the clinic that is most conveniently located to them É so that they have you vaccines in time for school."

Parents must bring a copy of the child's existing immunization record. "A parent or designated adult must be with the child when the go to get vaccines," said Anderson. "If a parents doesn't have or can't find their child's record, we can try to reconstruct it."

SEE REQUIRED, PAGE 9



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WELLBEING

Required Vaccinations for School

FROM PAGE 8

As recently as May, the Washington, D.C. region saw a case of a vaccine preventable disease, says Anderson. "There was a case of measles that this particular individual had contracted outside of the country," she said. "But this is a reminder about the importance of vaccinations because if you had come in contact with this individual and hadn't been vaccinated you could have gotten sick."

Some students may be granted an exemption from the Virginia and Maryland state requirements for religious for medical reasons. "There is an exemption form that people would need to get filled out and turn into their school in order to be exempt from the state requirement."

"FLOURISHING AFTER 55"

FROM PAGE 4

Outdoor pickleball at Walter Reed. Call for days and times, 703-228-0955.

Pickleball beginners, Mondays, 9 a.m., Arlington Mill; 9:45 a.m., Walter Reed. Details, 703-228-4771.

Meet travel writer Jess Moss, Tuesday, Aug. 14, 6:30 p.m., Walter Reed. Register, 703-228-0955.

Free legal assistance for eligible seniors, Tuesday, Aug. 14, 10 a.m., Walter Reed. Call for appointment, 703-778-0955.

Open art studios, Wednesdays and Fridays, Arlington Mill, Fridays, Langston-Brown. Call for details, 703-228-7369 (AM), 703-228-6300 (L-B).

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year. We urge parents to go now and not wait."

— **Mary Anderson,**
Montgomery County Department
of Health and Human Services

Comedy Club features old time, classic radio and TV programs, Wednesday, Aug. 15, 11:30 a.m., Aurora Hills. Register 703-228-5722.

Meet Cheryl Beversdorf, radio host, "Aging Matters," Wednesday, Aug. 15, 11:15 a.m., Walter Reed. Register, 703-228-0955.

Sign up to win a free trip from 55+ Travel, senior booth, Arlington County Fair, Aug. 15-19. Details, 703-228-4756.

55+ Foodies group meets Thursday, Aug. 16, 6 p.m., Central Library. Register, 703-228-5946.

Drop in volleyball games, Thursday, Aug. 16, Langston-Brown. Details, 703-228-6300.

Lee Walkers to walk in East Falls Church, Friday, Aug. 17, 10 a.m., \$4. Register, 703-228-0555.

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SPECIAL PULLOUT TAB

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August 22, 2018

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SPORTS



The Capital Narwhals with their medals.

Teams Return to Junior Olympics

Fresh off a gold win in tri-state competition, the Arlington-based Capital Water Polo co-ed 12 and under (12U) team returned from Montreal, Canada for HaBa WaBa North America, an internationally-recognized water polo event for young athletes with the bronze medal. The four-day competition took place June 27 – July 1.

Capital Water Polo returned to HaBa WaBa after the co-ed 11U team took 4th place in 2016.

“Our 12U team enters this international event, with extensive practice and competitive play among some of the toughest teams in our region,” said Capital Water Polo Head Coach Miras Jelic, a former professional water polo player in Serbia. “This is another opportunity to grow and show how we are providing world-class water polo training across the river from the nation’s capital.”

In July, Jelic and Senior Coach Petar Solomun, who played during school in Serbia and went on to play in France and California, led two teams in this summer’s USA Water Polo Junior Olympics.

Jelic coached the Capital Boys 14 and Under (14U) team July 21 – 24 in San Jose. Solomun led the Capital Girls 18 and Under (18U) team July 26 – 29 at the Junior Olympics competition.

Capital Water Polo was formed in 2011 by Arlington families as Ball Under Water Polo to serve Arlington players. Today the club serves families from



Haley Haukedahl

Washington, D.C., Maryland, and Virginia and practices at Arlington’s high school pools.

Since 2012 Capital has participated in six Junior Olympics in California and in several regional competitions in Richmond, Pennsylvania, Connecticut, New Jersey, and Maryland. Some players have scrimmaged in Serbia and last year several athletes went on to play collegiate water polo for NCAA Division 1 and 3 teams.

The club is open to girls and boys ages eight through 19 and is currently accepting new players in all age groups.

See <http://capitalwaterpolo.com/>.



The 18U girls team

News

Restaurant

FROM PAGE 3
and holidays instead of cooking themselves. We are used to our people."

Dama says the restaurant is a community. "We go through the good times and the bad times together." And he says, "that's what I do, the original food back in Ethiopia." He says people like the ambiance. "We go discuss politics and life. We have that here. That's how we grew up." He adds, "Customers love this place because it reminds them of home."

A lot of the customers are regulars. "Like that guy over there, he comes every day. Two men sit huddled in deep conversation discussing a newspaper. "And that group in the corner. They come every day and drink coffee." Dama shakes hands with a customer heading toward the glass pastry counter for a piece of Italian rum cake.

"Some of these people today are from around many states." Dama explains the prime minister of Ethiopia is in town and 40,000 Ethiopians are expected from around the country.

Saife says the difference in running a business here and in Ethiopia is that in Arlington you can click on-line and order from vendors. Back in Ethiopia you would go to the market, and it was difficult to get ingredients, especially for pastries. "Vanilla, something simple like that, and cake flour. Hard to get and very expensive." Almaz Dama, a sister who came to America in 1974, is the baker for the pastry shop and business.

Saife points to a picture of Father Dama, "my husband's dad," on the wall in the restaurant. Although he never came to America, he was the inspiration for it all.

This is the second in a series of articles about refugee or immigrant businesses in Arlington.

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.

THURSDAY-SUNDAY/AUG. 2-5

Murder Wall...Honoring Their Memories.

Starting at 6 p.m. Aug. 2 at DoubleTree by Hilton, 300 Army Navy Drive, Arlington. A candlelight vigil, memorial video, and the unveiling of the Murder Wall... Honoring Their Memories are part of the Parents Of Murdered Children, Inc. National Conference. The weekend will be filled with inspirational workshops, i.e., Courage to Grieve, Understanding and Approaching Grief and Staying Healthy In Times of Crisis. This year's theme "Find strength in unity, love in fond memories and hope in the future" is designed to help survivors move forward as they struggle to face the aftermath of murder. Visit www.pomc.org.

FRIDAY-SUNDAY/AUG. 3-5

Tax-Free Holiday. During Virginia's sales tax holiday, qualifying school supplies, clothing, footwear, hurricane and emergency preparedness items, and Energy Star and WaterSense products can be purchased without paying sales tax. Visit tax.virginia.gov/virginia-sales-tax-holiday for details.

SATURDAY/AUG. 4

Invasive Plant Removal. 9-11 a.m. at Haley Park in Arlington. Help protect area watersheds and keep Arlington County parks beautiful. There are several monthly invasive plant removal events sponsored by Arlington County Invasive Plant Program. For information, email Sarah Archer or call 703-228-1862.

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Fortitude For a Fortnight



By KENNETH B. LOURIE

Intestinal or otherwise. "All hands to the pump," (Downton Abbey), emotionally speaking. The weight of it all is not too much to bear, but it is pretty close to it:

- ❖ 24-hour urine collection on Tuesday;
- ❖ Pre-chemotherapy lab work and quarterly CT Scan on Wednesday (not often occurring on the same day but this cycle unfortunately they did);
- ❖ Balance of Wednesday and Thursday waiting for lab results which ultimately determine whether I'm approved for chemotherapy on FRIDAY;
- ❖ Thursday through Monday (or longer): waiting for scan results from previous Wednesday (my life doesn't hang in the balance exactly, but it's definitely hanging somewhere);
- ❖ Friday: my actual chemotherapy;
- ❖ Sunday through Thursday (post chemotherapy): feeling lousy, hardly eating, irregular sleep, tired all the time (typical post-chemotherapy side effects)
- ❖ And finally, per my July 25 column entitled "Phoning It In," talking with my oncologist over the phone to discuss my scan, my treatment going forward, my life, etc.

In summary: Tuesday, July 24 to Monday, Aug. 6, two weeks of cancer "centricity."

Considering this first paragraph, no wonder I used the word hope and expressed per pen the written emotion so much in my previous two columns. When cancer or any other treatment for a serious disease, operation, recuperation, physical therapy and so forth is concerned, ultimately, what else is there?

Whether you're following doctor's orders and/or supplementing it with non-Western, holistic-type alternatives, rarely are there any guarantees other than as they say "death and taxes" and for a time was said in the 1940s and 50s: "The Washington Senators finishing last in The American League."

Nevertheless, hope springs eternal, as a formerly long-suffering life-long member of Red Sox Nation can attest: three World Series Championships since 2004 after breaking/braking the "Curse of the Bambino," (the 86-year drought since the Red Sox had last won the World Series in 1918 - Babe Ruth's last season playing for the Red Sox).

And as I live on/write on nine years and nearly eight months past a "13-month to two-year" prognosis diagnosed back in late February 2009, I am eternally hopeful - and always forever grateful.

And in spite of my amazing, miraculous good fortune, the last thing I do, and I mean the absolute last thing I do, is take any of it for granted. That is why the emotion so often expressed in pen and in person is hope. I am never going to betray/dismiss who and/or what has power over my outcome/life expectancy.

I mean, at the end of the day (heck, at the beginning of the day), I am a mere mortal and don't presume for a minute (or even a second) that living in the "Kenny lane" is sufficient to defeat the greatest advisory mankind has ever known: cancer. And though I am generally positive and optimistic, I am cautiously so.

After all, I'm just not supposed to blow by (live through) my original prognosis as if it was an arbitrary statement. It was the real deal, and when you first hear it, it's a surreal one at that. But here we are, late July, 2018.

At this actual real-time Friday-morning moment, I am on hold with oncology confirming that my pre-chemotherapy lab results are acceptable for today's infusion. (Otherwise, this fortnight will be extended by seven days.) As any cancer patient under treatment knows, one's presence is never really confirmed until the medical staff advises you. Soon, I will be advised.

In all the intervening moments, I am still waiting to hear back concerning the results from my CT Scan on Wednesday. Hopefully (there's that word again), we will hear before the weekend. It's so much easier to suffer through/anticipate the fortnight when news is known sooner rather than later.

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

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