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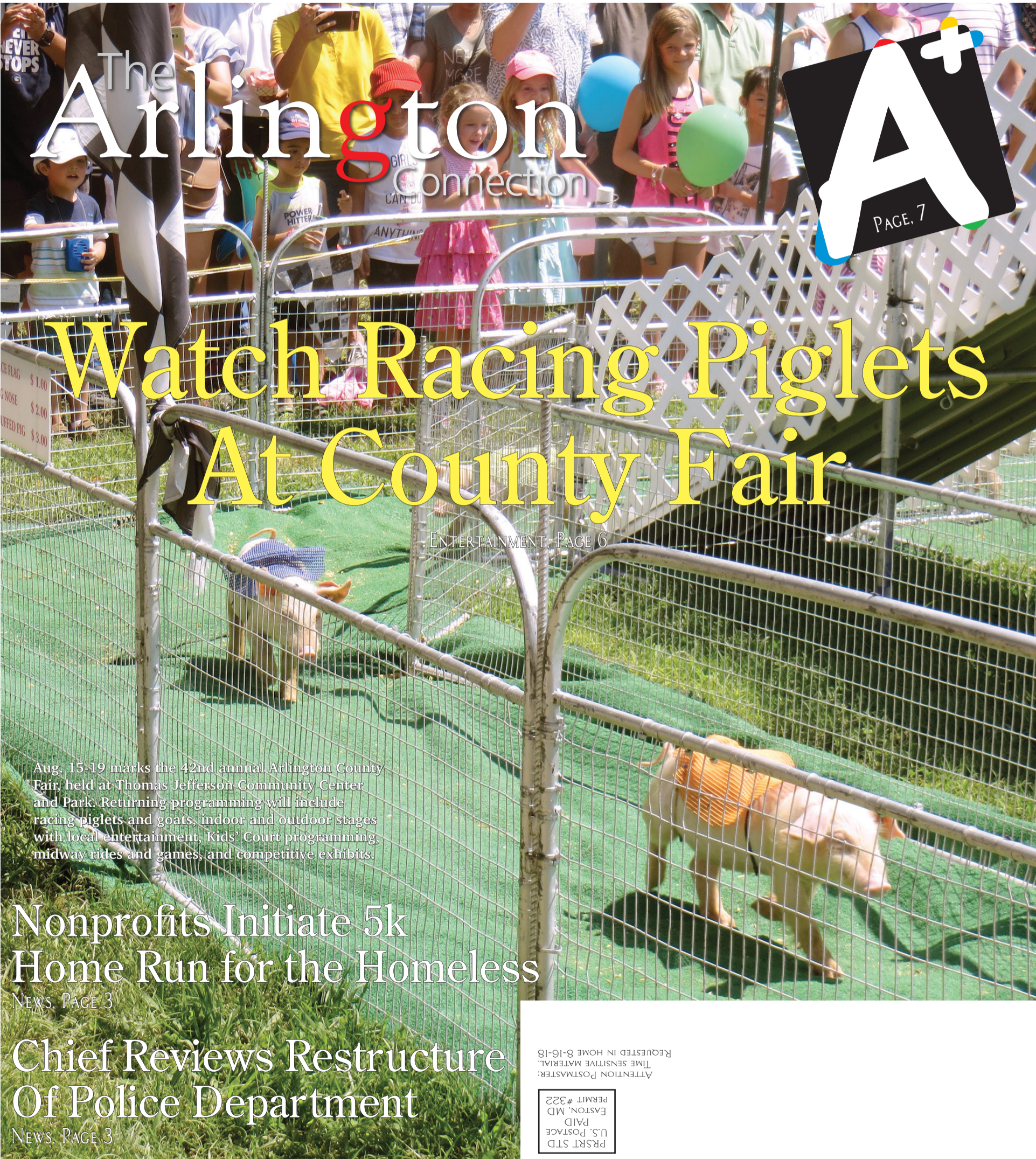
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The **Arlington** Connection

A+
PAGE. 7

Watch Racing Piglets At County Fair

ENTERTAINMENT, PAGE 6

Aug. 15-19 marks the 42nd annual Arlington County Fair, held at Thomas Jefferson Community Center and Park. Returning programming will include racing piglets and goats, indoor and outdoor stages with local entertainment, Kids' Court programming, midway rides and games, and competitive exhibits.

Nonprofits Initiate 5k Home Run for the Homeless

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Chief Reviews Restructure Of Police Department

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Sewer Relining Project Underway

A sanitary sewer relining project has started along the eastbound side of South Glebe Road, from West Glebe Road to the Water Pollution Control Plant on South Fern Street. The purpose of the project is to extend the life of the sewer pipe using a trenchless rehabilitation method, known as cured-in-place pipe (CIPP). This work is scheduled to be complete in winter 2018-19.

The CIPP process requires a temporary bypass to be installed to ensure no service disruptions during this work. Large pumps and pipes for the bypass will be installed at South Four Mile Run Drive and South Cleveland Street, near the Four Mile Run Trail.

Additionally, a 60-inch section of pipe on South Arlington Ridge Road and South Joyce Street will be removed and replaced. The start date for this work will be determined after installation of the bypass.

During this project:

- ❖ The right lane on eastbound South Glebe Road will be closed during excavation — one travel lane in each direction will be maintained at all times.

- ❖ There will be disruptions along the Four Mile Run Trail. Crews will set up a temporary bypass along the trail and there will be temporary ramps and detours in place.

- ❖ The process used to cure the pipe requires crews to work around the clock. The pumps and boilers will run constantly during the curing phase, set to begin in September. Each pipe segment normally takes between 24-36 hours to cure.

- ❖ Residents in this area should expect inconveniences such as parking restrictions, traffic detours, street and sidewalk closures, dust and noise.

Suspect Linked to Series Of Indecent Exposures

The Arlington County Police Department has charged a 34-year-old man from Fairfax County with sexual battery and indecent exposure for his role in an incident stemming from 2017. He is linked to a series of indecent exposures and additional charges in Arlington County are pending.

At approximately 12:15 a.m. on Aug. 29, 2017, police were dispatched to the report of an indecent exposure. Upon arrival, it was determined that a female victim was walking in the area when an unknown suspect approached her from behind, exposed his genitals and brushed against her. The suspect then fled the area on foot prior to police arrival.

Following an intensive investigation into the indecent exposure series, The suspect was arrested by the Capital Area Regional Fugitive Task Force on the evening of Aug. 9, 2018, at his residence in Fairfax County. He is being held in the District of Columbia where he is facing additional charges.

The investigation is ongoing. Anyone with information related to this investigation is asked to contact Detective J. Echenique of the Arlington County Police Department's Special Victims Unit at acpdsvu@arlingtonva.us. To report information anonymously, contact Arlington County Crime Solvers at 866-411-TIPS (8477).

Help Design New Playground

Arlington County is currently developing a design for a new playground at Rosslyn Highlands Park.

Earlier this year, the county developed two plans for the design of the new playground and presented them at a community meeting and solicited feedback online. Based on the feedback gathered in May, the Department of Parks and Recreation has proceeded with Concept A, and have further refined the design to incorporate much of the input received. For example, staff were able to adjust the design to fit in some additional swings and made sure to incorporate as much seating as possible.

The public is asked to review the plans at <https://projects.arlingtonva.us/projects/rosslyn-highlands-park-playground/>, and leave feedback at www.surveymonkey.com/r/RHP_Playground.

NEWS



FILE PHOTOS

Culpepper Dining Manager Ray Riddle — from chef to motorcycle rider.

Chef Riddle Wears Two Hats

Patriot Tour to stop at Culpepper Garden

One minute wearing a chef's white hat, the next minute a motorcycle helmet, Culpepper Dining Services Director Ray Riddle will ride his Harley motorcycle carrying the flag that has been escorted across the nation beginning on Memorial Day.

The Patriot Tour is to honor America's military members and raise support for those wounded in service. The tour is arriving from Manassas and will stop at Culpepper Garden at 11:30 a.m. Aug. 15 to honor the estimated 50 residents of Culpepper Garden who have served in the military.

Each year a number of riders take turns handing off one flag as it travels across 48 states for over 110

days and 14,500 miles.

"Ray has carried the flag on a stop here for a couple of years. The residents were tickled pink," said Linda Kelleher, executive director of Arlington Retirement Housing Corporation (ARHC). "We will have pins for our veterans who show up in the parking lot to watch the motorcycle riders arrive." There will be an opportunity for the Culpepper residents to have their pictures taken.

Riddle is riding in honor of his father, uncle, father-in-law who are all three veterans of WWII and also his brother-in-law. After the stop at Culpepper Garden, the group will head to Darlington, Md. to hand off the flag.

Culpepper Garden is an award-winning non-profit providing high-quality affordable housing and services to low-income older adults.

— SHIRLEY RUHE



PHOTO BY STONE PHOTOGRAPHY

Old Dominion Cotillion Debutante Ball

The Old Dominion Cotillion marked its 27th anniversary on July 14 by celebrating the debut of five young women in region: From left, Ellie Alexis McCabe of Arlington, Kristian Katharina Hermann of Waterford, Amanda Mary Hirsch of McLean, Sophia Grace Baxter of Paeonian Springs, and Alexa Skylar Goerges of Hamilton. In addition to learning social graces, the young women also participate in philanthropic activities throughout the Social Season. This year the membership contributed hours of service to its designated charity, The Ronald McDonald House in Falls Church and other organizations. For more information, visit <http://www.olddominioncotillion.org>.

Chief Reviews Restructure of Police Department

Plan reallocates and prioritizes resources.

BY SHIRLEY RUHE
THE CONNECTION

Chief Jay Farr, who has served with the Arlington County Police Department (ACPD) for 28 years and was appointed chief in May 2015, recently discussed the department's Restructuring Plan.

The plan involves less emphasis on petty larceny to focus on more serious violent crimes, consolidation of the three community outreach districts into one with fewer events on a temporary basis, and continued emphasis on recruitment and retention efforts.

Chief Farr, you announced a restructuring plan for the ACPD that was put in place on May 13. What have been the reactions?

Chief Farr: There have been less feedback or concerns than I expected. We made some slight changes but overall day to day hasn't changed. People will need to be patient.

You mentioned that you have had staffing challenges — some due to resources, some retention, some workplace issues. Can you describe the retention issues in more detail?



PHOTO BY SHIRLEY RUHE/THE CONNECTION
Arlington County Police Department Chief Jay Farr discusses ACPD restructuring plan.

Chief Farr: The job market is good but there are a lot of competitors. We are competing to get officers through multiple counties. In addition, it is expensive to live in Arlington and very few of our own people live here. The cost of living in Stafford, for instance, is much lower and many of the counties have been paying better wages.

In addition, if you are an Arlington County police officer you may have to pay tolls to drive here from where you live. The state didn't help by adding tolls on 66. The local police have to pay to park their own car. In Prince William they have their own parking garage. It is a question of economics. If you're a young police officer 5-7 years in and thinking about starting a family, you have to make decisions.

And we have been losing about two officers a month over a long period. There has been an unusually high turnover the last two years with people leaving to seek employment elsewhere. They leave to go back home, New York, the West Coast. It's part of the climate. It costs too much.

The minimum number of staffers had dropped. We were calling people back in on their days off. We need seven additional to cover training, sick and vacation. We were worrying about burnout and a greater vacancy rate. It has a cascading effect.

What about the workplace issues?

Chief Farr: I've seen different cycles come



FILE PHOTO
A Coffee with A Cop community event on the back porch of an Arlington Starbucks.

and go in my 38 years. But since post-Ferguson, there has been a hyper focus on police action. It makes it a little more difficult to attract officers. The pool has been reduced and we try to keep people in class and diversity. It was really bad after Ferguson. If one police officer did something wrong, people blamed every officer. It was a sad thing for me to see. There was a national narrative around policing with a lot of vitriol aimed at you. It dissuaded people from coming in. You're 23 years old and you're sitting at roll call. It's hard not to have it impact you. I will say there is less of that now.

One of the elements of restructuring involves the community outreach. What will that involve?

Chief Farr: I have consolidated the three districts teams into one with one organizational structure. The key is that I didn't

abandon the community events but modified it. We'll do what has community interest at the time. This means we probably won't do the Fill the Cruiser with Toys at Christmas this year or the big block party. We had about 6,000 people at the block party but it was very labor intensive. It cut into the day to day. But there is an appetite to do the Fill a Cruiser with Back to School Supplies and the resources for that aren't overwhelming. We'll probably continue the Coffee with a Cop. We'll probably ask the Civic Associations to consolidate the meetings we attend.

You have indicated your officer allocation is 370 but you are currently at 320 with 50 vacancies. What are you doing to remedy the shortfall?

Chief Farr: We have great outreach for

SEE FARR, PAGE 11

Nonprofits Initiate 5k Home Run for the Homeless

Combined effort to raise funds.

BY SHIRLEY RUHE
THE CONNECTION

Three non-profit organizations have banded together to sponsor the first Home Run for the Homeless 5k run on Saturday, Sept. 15. Community Lodgings, Homestretch and Bridges to Independence are all organizations which provide housing, employment, youth education and outreach and child care to parents and children as they move toward self sufficiency in the City of Alexandria, and Arlington and Fairfax counties.

Mark Riley, volunteer coordinator of the event, says this is rare if not unprecedented, that nonprofits come together in this kind of effort.

In an area known for its wealth, the 2018 Point in Time survey identified 1,434 indi-

viduals as homeless in Northern Virginia. "The Home Run is a great opportunity for people to support not just one, but three organizations working to help Northern Virginia families overcome homelessness," according to Sam Kelly, chief executive officer, Bridges to Independence.

Lynn Thomas, executive director of Community Lodgings, said, "The primary goal of the race is to inform community members about homelessness and encourage them to become involved."

Riley said, "It would be nice to net, say, ten grand but this isn't about the money; it's about the visibility for the good work of these organizations." Riley said their goal is to get 250 participants, the maximum allowed. "But it is difficult to go to 250 the first year from scratch."

Riley says the race is scheduled to begin at 9 a.m. at Bluemont Park shelter on Manchester Street in Arlington. It will follow the W&OD trail almost to Falls Church and end back at Bluemont Park.



Riley says he has organized other races such as the Thanksgiving Day Turkey Trot. His role for this race is to be the coordinator go-to guy. He says this race involves getting three permits: for the trail, the shelter and the overall special events permit. "You have to make sure it is on the county calendar."

"Then you get your people lined up" — the host beneficiaries and leadership group and the sponsors. "I help with the parking,

the food and the music. It sets a mood." Two other essential pieces are the race management company to help time the race and provide the cones and barrels and other necessary equipment. And, of course, the T-shirts for people and this year "really nifty medals. The children love the medals more." Riley says County Board member John Vihstadt probably inspired the impetus for this event. "Two years ago he contacted me to find out about Homestretch because they were doing a fundraiser for their childcare." One thing led to another and these three groups got together.

Register for the race at <https://goo.gl/GtrFqe>. Registration fees are \$40 for 18-years and older and \$25 for 6-17 years. Online registration ends Sept. 13 unless it has already sold out. Packet pick up will be Friday, Sept. 14 at Christ Church in Arlington from 5-7p.m. And on Saturday before the race starting at 7 a.m.

Is Riley running the 5k? "Those days are over, but I did sign up."



Comprised of 28 rising juniors and seniors from local high schools, the Leadership Arlington Youth Program met at different business, nonprofit and government locations throughout Arlington County for two weeks of the summer.

PHOTO CONTRIBUTED

Youth Program Participants Graduate

Leadership Center for Excellence celebrated the completion of the Leadership Arlington Youth Program Class of 2018 with a graduation ceremony on Thursday, Aug. 9. The Class of 2018 marks Leadership Center for Excellence's 15th graduating Youth Program class. The graduation ceremony was held at Marymount University. Gordon Thrall, executive vice president and CRO of Guernsey Office Products, graduate of the Leadership Arlington Class of 2001 and co-founder of Leadership Center for Excellence, addressed guests as the ceremony's keynote speaker. During the Ceremony, the Class of 2018 presented a \$1,000 grant, provided by the Inter-Service Club Council of Arlington, to Doorways for Women and Families. Throughout the program, participants visited area

nonprofits to learn about the work and service each organization provides to the community. The students collectively visited 17 organizations and evaluated which nonprofits they would like to award a grant. Comprised of 28 rising juniors and seniors from local high schools, the Leadership Arlington Youth Program met at different business, nonprofit and government locations throughout Arlington County for two weeks of the summer. This program provides participants with the hands-on opportunity to be exposed to diverse organizations and meet with leaders from the community. The Leadership Arlington Youth Program Class of 2018 includes Ingrid Alfaro, Yesenia Andrade, Griffin Bailey, Cate Barrett, Jacqueline Branch, Donna Corina, Sean Cox, Iveth Cruz Soto, William Donley, Brendan

Douthit, Esinam Fynn, Molly George, Dustin Goodwin, Delaney Greczyn, Emma Johnston, Max Lane, Luis Lopez-Leyva, Elliott Lowden, Abbey Lynch, Ricky McGolerick, Kate Meredith, Khalia Pulliam, Rebeka Rafi, Lucy Robinson, Carsten Schoer, Alex Simmons, Natalia Uro-DeLeon, and Cole Woods.

Youth Program sponsors include Arlington Community Federal Credit Union, Venable Foundation, Arlington Inter-Service Club Council, Ellen M. Bozman Fund of the Arlington Community Foundation, Marymount University, National Cooperative Bank and the Susan and Thomas P. Duke Fund of the Arlington Community Foundation.

For more information about Leadership Center for Excellence, visit leadercenter.org or call 703-528-2522.

Keller Williams Raises Funds for New Hope Housing

Keller Williams Metro Center hosted a bowling party on Thursday, July 26, to raise funds to purchase back-to-school clothing for formerly homeless children in the New Hope Housing family program. The goal was to raise \$2,000 to take 10 of the children shopping but the event was an even bigger success and the Keller Williams team raised over \$3,000, which will enable 15 children to get the clothing they need.

On Friday, Aug. 24, Keller Williams will take the children shopping at Target to purchase back to school clothing.

To support this cause and help more children, make a donation online at www.newhopehousing.org or contact Jan Sacharko at jsacharko@newhopehousing.org to make a gift.

New Hope Housing in Alexandria is an

award-winning non-profit agency committed to finding lasting solutions to end the cycle of homelessness by offering homeless men, women and children the services they need to change their lives and succeed. See www.newhopehousing.org.

For information on Keller Williams, visit kwmetrocenter.com or call the office at 703-535-3610.

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/AUG. 16

Macy's Hiring Event. 11 a.m.- 7 p.m.

Job candidates may visit the following Macy's stores to be considered for full- or part-time positions: Macy's Fair Oaks, Macy's Tysons Corner Center, Macy's Westfield Montgomery, Macy's Tysons Galleria and Macy's Fashion Center At Pentagon City. Candidates should apply in advance at macysJOBS.com.

Fill Cruiser with Back-to-School Supplies. 6-8 p.m. at Westover Shopping Center, 5800 block of Washington Blvd., Arlington, and The Fashion Centre at Pentagon City, 1100 S. Hayes St. (main entrance).

Help Arlington County students start the school year prepared to succeed by donating new school supplies during the Fill the Cruiser Back-to-School Supply Drive. All donated supplies will be provided to Arlington County Public Schools for distribution to teachers and students. Arlington County Police officers and members of the Arlington County's Commonwealth's Attorney's Office will be collecting donations. Those wishing to donate supplies but unable to attend events can drop off donations at Police Headquarters located at 1425 N. Courthouse Road between Aug. 1-16, 2018.

FRIDAY/AUG. 17

Application Deadline. 5 p.m.

Leadership Center for Excellence is accepting applications for the Young Professionals Program Class of 2019. The application has a rolling admission deadline. Visit leadercenter.org or call 703-528-2522 for more.

SATURDAY/AUG. 18

Invasive Plant Removal. 10 a.m.-noon at Tuckahoe Park, 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 and to register, email Sarah Archer or call 703-228-1862.

SUNDAY/AUG. 19

Invasive Plant Removal. 2-5 p.m. at Long Branch Nature Center, 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 and to register, email Sarah Archer or call 703-228-1862.

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PEOPLE

ReloRides Banking on This Transient Area

Start-up launches in Arlington for transporting cars.

BY MIKE SALMON
THE CONNECTION

Relocating a car can be expensive, inconvenient and risky, so Arlington resident Jaime Bowerman put her entrepreneurial skills to work and joined forces with a few others to form “ReloRides,” a start-up car service that is kicking off this week in Arlington.

The service will get a driver and drive your car wherever it needs to go, “taking the hassle and expense out of relocating,” company information stated. The service is aimed at students going off to college, military families relocating, or seniors who can’t handle the 12-hour days behind the wheel. The other side of it is a driver that is going where the car needs to go. “There are people that want to travel one-way, lots of people,” Bowerman said.

“Steer towards a free adventure,” the logo on her card reads. She had an experience



Jaime Bowerman, CEO and Founder of ReloRides, shows the app on her cellphone.

relocating her car to her new home on the west coast in 2010 which turned out to be anything but an adventure. Bowerman was sent to Oregon for government training before going to Iraq during the war as a consultant, and her car arrived later then initially agreed on, and picking the car up was challenging. “The car got there at 2 a.m., we had to meet them in Walmart parking lot,” she said.

The driver for ReloRide will drop the car

right in the driveway, according to company literature.

With the internet, cell phones and apps, barriers have broken down through the years so these days hopping in a car with a total stranger, for example through Uber or Lyft, is commonplace, as is living in someone’s house for the weekend like Airbnb. Why not have a total stranger drive the second car when moving a few hundred miles away? “It’s a different world today,

we’re used to sharing cars, we’re used to sharing houses,” Bowerman said. “I’ve not only stayed in Airbnb’s, I’ve Airbnb’d my house in Florida,” she added.

There are five people behind ReloRides – two others in Arlington, one graduate from the University of Virginia that lives in London, and another person that lives in Romania. Even though there are partners outside the United States, they are initially keeping it in the U.S. for now.



Jaime Bowerman, CEO and founder of ReloRides.

PHOTOS BY MIKE SALMON/THE CONNECTION

Arlington Arts Center Names Full-Time Curator of Exhibitions

Blair Murphy has been hired as the Arlington Arts Center’s (AAC) full-time curator of exhibitions. Murphy’s relationship with AAC dates back to 2016, when she served as co-curator of the exhibition “Strange Landscapes,” working with former Director of Exhibitions Karyn Miller. In December 2017, Murphy joined the staff as part-time interim curator following Miller’s departure. “We are delighted to have Blair Murphy as part of the team,” said AAC Executive Director Holly Koons.

“Her educational background, in tandem with her multiple years of experience with non-profit visual arts organizations, makes



her an ideal fit for AAC. We were fortunate to have the opportunity to work with Blair prior to this appointment, allowing us to appreciate her curatorial skills, work ethic, and informed perspective firsthand. She will be instrumental in shaping AAC’s future with regard to our exhibitions and artist relations.” “I am thrilled to be working with

Holly, the rest of the staff, and the artists in AAC’s residency program,” Murphy said. “AAC has a long history of presenting innovative and challenging exhibitions and installations, both in the Maury School’s beautiful gallery spaces and outside on the lawn. I am so excited to have the opportunity to

build on that legacy and further strengthen AAC’s role as a center of gravity for contemporary art in the Mid-Atlantic.” Murphy has experience working for visual arts organizations in Washington, D.C. and New York City.

Prior to her appointment, Murphy was serving as the managing director of the District of Columbia Arts Center. From 2013 to 2016, she lived and worked in New York City where she was a 2014-2015 Helena Rubinstein Curatorial Fellow of the Whitney Independent Studio Program, as well as a Partner at Field Projects, an artist-run project space.

Murphy was program director at Washington Project for the Arts from 2010 to 2013, prior to her time in New York. Among the new projects that Murphy will bring to

AAC is a regional biennial, scheduled to launch in the fall of 2019. The biennial will include artists from across the Mid-Atlantic, working in all media, and will feature work by established artists alongside work by fresh voices and unfamiliar names. The biennial will focus on building relationships and increasing dialogue within the region’s art scene, while developing connections to broader conversations across the field of contemporary art. As curator, Murphy will also continue to strengthen existing programs such as the SOLOS exhibition program, which will continue as an annual spring exhibition. Murphy holds a Master’s in communication, culture, and technology from Georgetown University, and a BFA in photography from the Maryland Institute College of Art.

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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

- 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 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 for more.
- 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.

- Farmers Market.** Through October, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. Columbia Pike will be the place to shop local on the weekends for the freshest produce, meats, goods and treats with the grand opening of a second farmers market at Arlington Mill Community Center. Visit columbia-pike.org/fm-arlington-mill.
- 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/.
- Arlington Farmer's Market.** Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.
- 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 for more.
- Mobile Bike Repair.** 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.
- Food Truck Thursdays.** 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystalcity.org for more.
- Healthy Lifestyle Runs.** Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.
- Friday Night Live.** 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.
- 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



FILE PHOTO BY VERNON MILLES

Pigs Race at the County Fair

Celebrate the 42nd annual Arlington County Fair Aug. 15-19 at Thomas Jefferson Community Center and Park, the Arlington County Fair highlights the best of Arlington. From rides and games, to dozens of local artists and community groups, to free live programming and Competitive Exhibits – there's something for everyone. This year's theme is "Small County, Big Fun." Returning programming will include the LOVE artwork, racing piglets and goats, indoor and outdoor stages with local entertainment, Kids' Court programming, midway rides and games, and Competitive Exhibits. Visit arlingtoncountyfair.us/entertainment/ for more.

- 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 for more.
- 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. Glencarly Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.
- Crystal City Sparket.** 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.
- 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 for more.

AUG. 6-SEPT. 9

Art Exhibit. Through Sept. 9 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 for more.

TUESDAY-SATURDAY/AUG. 14-18

Etsy Sellers Pop-Up. 11 a.m.-8 p.m. at The Alcove, corner of 19th and N. Moore streets, Arlington. Drop by The Alcove for this curated retail experience featuring a variety of makers from Etsy. For one week, The Alcove will offer unique and interesting retail finds, including home decor, children's products, beauty and wellness products, food, jewelry, apparel, art and bridal accessories. Visit www.rosslynva.org/alcove.

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.

The Patriot Tour Stop. 11:30 a.m. at 4435 N. Pershing Drive, Arlington. Each year a group of motorcycle riders participate in this national effort to pay tribute to America's Armed Forces. Riders escort one flag across the U.S. on a ride that begins on Memorial Day and ends 100+ days later in Wisconsin, where the ride originated. Led by Culpepper Garden's own Dining Services Director, Ray Riddle, the Patriot Tour will stop at Culpepper Garden to honor the 50 residents who have served in the military. Visit www.nationofpatriots.com/about.

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. The award ceremony is Aug. 19, 2018 at 3 p.m. Visit

ENTERTAINMENT



'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, Plakookee, 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.

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

arlingtoncountyfair.us/entertainment/exhibits/

more.

WEDNESDAY-SUNDAY/AUG. 15-19

Arlington County Fair. Hours vary at Thomas Jefferson Community Center, 3501 Second St. South, Arlington. Rides, food, fun, PLUS the Extension Master Gardener booth and Competitive Exhibits ranging from baked goods to homegrown veggies to artwork. Residents of Arlington, Alexandria City, and Falls Church are eligible to enter the Competitive Exhibits. Free admission, shuttle service from locations around Arlington. Visit arlingtoncountyfair.us/ to learn

THURSDAY/AUG. 16

Return on Creativity. 7-8:30 p.m. at The Alcove, corner of 19th and N. Moore streets, Arlington. Join Arlington Economic Development, the Arlington Public Library, and the Rosslyn BID for An Arlington Asset, the third seminar in the Return on Creativity series. Register at <https://arlingtonva.libcal.com/event/4305859>.

Citizen Science - Cricket Crawl Prep. 8:30-9:30 p.m. Meet at Gulf Branch Nature Center, 3608 Military Road, Arlington. Every summer we are serenaded by crickets and

katydids. Learn to identify their different calls, how and why they sing, and more. Then help census Arlington's cricket and katydid populations. The survey itself, or Cricket Crawl, will take place the evening of Aug. 21. Teens ages 16 and up are welcome, but must be accompanied by a registered adult. Call 703-228-3403.

FRIDAY-SATURDAY/AUG. 17-18

Adam Ferrara Live. Friday at 7:30 p.m. and 10 p.m.; Saturday at 7 p.m. and 10 p.m. at the Arlington Drafthouse, 2903 Columbia Pike, Arlington. Ferrara played Chief Needles Nelson on the FX drama

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www.navyband.navy.mil

ENTERTAINMENT

Rescue Me with Denis Leary, and Frank Verelli on Showtime's Nurse Jackie. He also co-starred alongside Kevin James in Paul Blart: Mall Cop and Definitely, Maybe with Ryan Reynolds. \$20. Visit acdh.arlingtondraffhouse.com.

SATURDAY/AUG. 18

Netherlands Carillon Concerts: Edward M. Nassor. 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 for more.

TUESDAY/AUG. 21

Family Storytime. 10-10:30 a.m. at The Alcove, 19th and N. Moore streets, Arlington. Children of all ages can enjoy read-aloud stories, songs, rhymes, fingerplays and flannel boards. Programs will help them cultivate listening skills and develop an affinity for picture books, the library and the joy of reading. Families are encouraged to participate together. Visit www.rosslynva.org/alcove.

WEDNESDAY/AUG. 22

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Featuring Broadway and Beyond. D.C. area actors Simone Lewis and John Sygar explore Broadway, Jazz and Folk through story and song. Open to the public; no RSVP necessary. Free. Visit www.templerodefshalom.org.

THURSDAY/AUG. 23

Artist Talk with Sam Kittner. 6-7:30 p.m. at Fred Schneider Gallery of Art, 888 N. Quincy St., Arlington. The newest exhibit, "A Broader Sense of Place," Panoramic Photographs by D.C. photographer Sam Kittner, open now through Sept. 8, 2018, with an artist reception. The exhibit and artist talk are open to the public. Email galler@fredschneider.com or call 703-841-9404. Visit the website at fredschneider.com.

Fall and Winter Vegetable Gardening. 7-8:30 p.m. at Burke Branch Library, 4701 Seminary Road, Alexandria. Join Extension Master Gardeners for this popular session and learn strategies for success. Think about growing healthy greens like kale, collards, and a wealth of lettuces. Learn inexpensive techniques to extend the harvest and even how you can enjoy some of your crops in the dead of winter. Free. Advance registration requested at mgmv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

FRIDAY/AUG. 24

NVSO Registration Deadline. The NVSO includes more than 60 events that exercise the mind as well as the body. To qualify for the NVSO participants must be at least 50 years old by Dec. 31, 2018. The deadline for online registration at www.nvso.us is Aug. 24. The games are scheduled to commence Saturday, Sept. 15 and end Sept. 26. This year the NVSO is adding three new events: canasta at The Jefferson in Arlington; croquet at the Walter Reed Community Center in Arlington; and beach ball/wallyball at the Providence RECenter in Falls



Artist Talk: 'A Broader Sense of Place'

The Fred Schneider Gallery of Art showcases its newest exhibit, "A Broader Sense of Place," Panoramic Photographs by D.C. photographer Sam Kittner, open through Sept. 8, with an artist reception. Thursday, Aug. 23, 6-7:30 p.m. at Fred Schneider Gallery of Art, 888 N. Quincy St., Arlington. The exhibit and artist talk are open to the public. Email galler@fredschneider.com, call 703-841-9404 or visit fredschneider.com for more.

Sam Kittner

Church. Registration fee is \$13. A fee of \$2 is added for each event entered. Some events require additional fees including bowling, cycling, golf and orienteering. The NVSO is also seeking volunteers to help at its venues across Northern Virginia. Those interested in volunteering should call 703-403-5360 or email rsvp@volunteerfairfax.org. For a list of events and venues, visit www.nvso.us.

SATURDAY/AUG. 25

Wags N' Whiskers. 10 a.m.-4 p.m. at The Village at Shirlington, 2700 S. Quincy St., Arlington. Will transform into an outdoor street festival for animal lovers and their pets. Featuring giveaways, treats and gift bags from more than 65 exhibitors ranging from pet services and accessories to onsite adoptions. Last year's event helped more than 100 pets find their fur-ever homes, with even more adoptions to come this year. Visit www.facebook.com/villageatshirlington or villageatshirlington.com.

Fall and Winter Vegetable Gardening. 10:30 a.m. and noon at Westover Branch Library, 1644 N. McKinley Road, Arlington. Join Extension Master Gardeners for this popular session and learn strategies for success. Think about growing healthy greens like kale, collards, and a wealth of lettuces. Learn inexpensive techniques to extend the harvest and even how to enjoy some of your crops in the dead of winter. Free. Advance registration requested at mgmv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Netherlands Carillon Concerts: Lynnli Wang. 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 for more.

SUNDAY/AUG. 26

Reptiles Alive. 11 a.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Colorful live reptiles

presented by a child-friendly Wildlife Educator make a this fun for all ages. Enjoy stories about how the animals survive while meeting an exotic cast of snakes, lizards, turtles and other amazing animals. Additional funding for this performance was provided by the Lubber Run Amphitheater Foundation. Visit parks.arlingtonva.us for more.

TUESDAY/AUG. 28

Family Storytime. 10-10:30 a.m. at The Alcove, 19th and N. Moore streets, Arlington. Children of all ages can enjoy read-aloud stories, songs, rhymes, fingerplays and flannel boards. Programs will help them cultivate listening skills and develop an affinity for picture books, the library and the joy of reading. Families are encouraged to participate together. Visit www.rosslynva.org/alcove.

WEDNESDAY/AUG. 29

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Free. Featuring Classical Masterworks with Molly Orlando and Jeremy Koch: On Loan - Classical Masterworks arranged for saxophone and piano. Open to the public; no RSVP necessary. Visit www.templerodefshalom.org.

FRIDAY/AUG. 31

From Twinkle, With Love. 7 p.m. at One More Page, 2200 N. Westmoreland St., #101 Arlington. Sandhya Menon in conversation with Christina June as they discuss From Twinkle, With Love. Call 703-300-9746 or visit www.onemorepagebooks.com.

MONDAY/SEPT. 3

Netherlands Carillon Concerts: Edward M. Nassor. 2-4 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 for more.

TUESDAY/SEPT. 4

Family Storytime. 10-10:30 a.m. at The Alcove, 19th and N. Moore streets, Arlington. Children of all ages can enjoy read-aloud stories, songs, rhymes, fingerplays and flannel boards. Programs will help them cultivate listening skills and develop an affinity for picture books, the library and the joy of reading. Families are encouraged to participate together. Visit www.rosslynva.org/alcove.

THURSDAY/SEPT. 6

Social Walk and Happy Hour. 6-8 p.m. Meets at benches at 962 S. Wayne St., Arlington (across from Bob & Edith's Diner). Ending Location: BrickHaus Arlington, 2900 Columbia Pike. Explore Arlington neighborhoods and what makes them unique. This month, WalkArlington is checking out Columbia Pike. The evening will conclude with a happy hour and social at BrickHaus Arlington. All ages welcome. Cash bar, bring cash or card with you to the event. Registration for the event is required <http://bit.ly/PikeSocialWalk>.

SUNDAY/SEPT. 9

Zig Zag The Magic Man. 11 a.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Zig Zag the Magic Man... the ever popular, most sought after magical affinator of Funmakers provides quality professional children's entertainment to be enjoyed by the whole family. Additional funding for this performance was provided by the Lubber Run Amphitheater Foundation. Visit parks.arlingtonva.us for more.

TUESDAY/SEPT. 11

Singers Wanted. At the United Baptist Church, 7100 Columbia Pike, Annandale. Wakefield Chorale is looking for men and women who like to sing. The chorale welcomes singers of all voice ranges. No audition is required. Rehearsals are held on Tuesdays at 7:15 p.m. beginning Sept. 11. Call Johanna Droel at 703-569-0214 or email jdrael@gmail.com.

SUNDAY/SEPT. 16

Mystic Drumz. 11 a.m. at Lubber Run

Amphitheater, 200 N. Columbus St., Arlington. Mystic Drumz specializes in bringing interactive percussion experiences to young people. Hands-on interactive sessions and performances showcase eclectic percussion instruments sourced from around the globe, and link geography to sounds, rhythms to science, and laughter to learning. Additional funding for this performance was provided by the Lubber Run Amphitheater Foundation. Visit parks.arlingtonva.us for more.

THURSDAY/SEPT. 27

Spirit of Community. 11:30 a.m.-2 p.m. at Renaissance Arlington Capital View Hotel, 2800 S. Potomac Ave. The Arlington Community Foundation presents the Spirit of Community Award, established to recognize individuals and/or organizations who have demonstrated a tireless and unselfish commitment to improving the quality of life in Arlington. \$65. Visit www.arlcf.org or call 703-243-4785.

SATURDAY/SEPT. 29

Gallery Talk: "Open World" and "Within/Between." 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. A walking tour and discussion of Open World and Within/Between with the artists in the exhibitions. Visit arlingtonartscenter.org for more.

Crystal City Oktoberfest. Noon-6 p.m. in the parking lot and plazas next to 220 20th St. South, Arlington. Featuring 50 breweries, beer tastings, live music and food vendors. VIPs will have an hour early access beginning at 11 a.m. General admission tickets are \$30 in advance, and include 10 - 4 oz. beer sampling tickets (additional drink tickets may be purchased on site), entry into the festival and live entertainment. VIP tickets are \$50 in advance and include 15 - 4 oz. beer sampling tickets, 1-hour early access, private tent, a Crystal City beer sampling glass and private bathrooms, as well as everything included in the General Admission. Sponsored by the Crystal City Business Improvement District and TasteUSA. Buy tickets at eventbrite.com, search Crystal City Oktoberfest.

SUNDAY/SEPT. 30

Civil War Book Sale. 11 a.m.-6 p.m. at Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Geared towards individuals with an interest in the Civil War. Additional vendors are welcome. Individuals requesting vendor and event information should email mayo5304@cox.net, or call 703-389-1505.

Opera NOVA Brunch. At Washington Golf & Country Club, 3017 N. Glebe Road, Arlington. Meet and greet others of similar interests and listen to Opera NOVA vocalists. Opera NOVA is constantly adapting to the times, to the changing citizen demographics and adapting their presentation of the annual children's opera. Email mcdm1@verizon.net or call 703-536-7557.

MONDAY/OCT. 29

ACF Golf Classic. 11:30 a.m. at Army Navy Country Club, 1700 Army Navy Drive, Arlington. The Community Cup Golf Classic is one of the Arlington Community Foundation's most popular annual events. It allows golf enthusiasts to play at the facilities at Army Navy Country Club. The proceeds from the tournament help support the administration of grants and scholarship programs as well as community initiatives undertaken by the Foundation. Email events@arlcf.org.



PHOTO COURTESY OF TERRI'S TABLE

Cutting fresh produce into bite-sized pieces can make school lunches appealing to children, advises Terri Carr of Terri's Table.

Lunches That Make the Grade

Ideas for packing healthy foods that children won't want to trade.

BY MARILYN CAMPBELL

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray. "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged," she

said. "Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

Packing a lunchbox with foods that are hearty and nutrient-dense is a key to maintaining a feeling of satiety throughout the day, advises Ducey. "You want your kids to have a stable blood sugar," she said. "Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

Involving children in the process of selecting and preparing the items that go into their lunch boxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children.

"Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added sugar is another option offered by Cochrane's firm. Stevia or monkfruit can also be added to sweeten the taste without increasing the sugar content.

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child's lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."

"Lunches should be exciting and appealing, especially when children are feeling like they might be judged."

— Sara Ducey, Professor, Nutrition and Food at Montgomery College

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THE CONNECTION

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SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 22, 2018

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

PEOPLE

Motivated by Son's Health

Couple earns Marymount Accelerated Nursing Degrees.

Being a parent guides Adam Mann's approach to nursing and inspired him to change careers after his son struggled to stay alive during the first months of his life. The Arlington resident spoke at Marymount University's Malek School of Health Profession's nursing pinning ceremony in May, then graduated that afternoon with his second bachelor's degree, just 16 months after his wife, Lauren, completed the same accelerated nursing program.

Diagnosed with intrauterine growth restriction, Isaac Mann was delivered six weeks early and weighed just over four pounds. The young parents anticipated a short stay in the neonatal intensive care unit, but a few days after birth, Isaac began to have persistent bradycardia, a very slow heartbeat.

"During severe episodes, Isaac's heart could go up to six seconds without a beat, his limbs would go limp, and he would turn a dusky gray," Adam Mann said.

It was the beginning of a five-month medical odyssey that included a three-month hospital stay, a discharge with a home heart monitor, readmission and heart surgery.

"My first experience of fatherhood was an unusual one, to say the least, but I learned some very important lessons," Adam Mann said. "Every father wants to protect his child, but I had to accept that I would not be able to."

The couple needed other people — many of them nurses — to help keep their son Isaac alive. Adam Mann also had a hard time grasping what he was being told about his son's condition, and relied on family members. Both of Adam Mann's parents are nurses, and his father-in-law is a doctor of veterinary medicine.

"Although it was a time without a lot of answers, at least they knew the right questions to ask," Adam Mann said.

Now 5 years old, Isaac has two younger siblings, Lydia, 3, and Caleb, eight months. Isaac is healthy, though nonverbal and developmentally at the level of an 18-month-old.

"He's a really happy kid and in a lot of ways he's really lucky," Adam Mann said.

His wife, who had earned her first bachelor's degree in photography at Virginia Commonwealth University and worked as a photographer, began taking online courses at NOVA (Northern Virginia Community College) to better understand her son's medical condition. She eventually transferred to MU's accelerated nursing program. The program, for students with a previous bachelor's degree and required prerequisites, is completed in just under 16 months. She's now a nurse at Children's National Medical Center's heart and kidney unit, where Isaac was a patient.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Aug. 19-25.

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: Udvar-Hazy Center, Chantilly, Sunday, Aug. 26, \$7; Virginia Museum of Fine Arts, Richmond, Tuesday, Aug. 28, \$47; Atlantic City, N.J., Thursday, Aug. 30, \$41; Solomon's Is-

land, Md., Friday, Aug. 31, \$8; Liberty Ship cruise, Baltimore, Md., \$165 (includes lunch). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Garden group meets with Master Gardeners, Monday, Aug. 27, 1 p.m., Walter Reed. Register, 703-228-0955.

Senior ice skating, Kettler Capitals Iceplex, Ballston Mall, level 8, Mondays, 8:10-9:20., Wednesdays, 8:30-9 a.m.

Details, 703-228-4771.

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.

Basic ukulele strumming, Tuesday, Aug. 28, 4:30 p.m., Walter Reed. Register, 703-228-0955.

Alternatives to regular milk, tasting test, Wednesday, Aug. 28, 6:30 p.m., Arlington Mill. Register, 703-228-7369.



PHOTO CONTRIBUTED

Adam Mann with his son, Caleb, 8 months, Isaac, age 5, wife Lauren, and Lydia, 3, following his pinning ceremony speech.

"I like feeling that I make a difference," Lauren Mann said. "I have the most contact with the patients of anyone on the medical team and can advocate for them."

She works with babies with congenital heart defects. Not only are their infants getting discharged from heart units, it's often the first time the mothers are taking care of a baby.

"I get to teach them how to be confident and take the baby home," she said. "It is so rewarding."

Adam Mann, an English and finance major at Notre Dame who had worked in accounting for a non-profit, began the accelerated nursing program a month after his wife graduated in December 2016. After an internship on the pediatric unit of the National Institutes of Health's Clinical Center this past semester, he will begin work in August at the Cardiac ICU at Children's, another unit where Isaac had been a patient.

Adam and Lauren Mann are 2008 graduates of Bishop O'Connell High School in Arlington. They said they never could have gone through the challenging MU program — while raising three young children — without the help and support of their families, both of whom live nearby.

Farr

FROM PAGE 3

recruitment. I was lucky to have leftover training dollars last year due to the short-fall of officers and I could reallocate it toward outreach. We have Metro bus ads that we know have generated interest. We also have an ambassador program where we go to meet with instructors where the officers have come from and build relationships. We are already seeing dividends.

As a result we have 26 people currently in training, the largest class ever. We'll come close to doing it again. However, it takes over year to train an officer so those I hired in January I won't see until May next year after they have finished the Academy and finished their field training.

How does the pay rate compare to other jurisdictions?

Chief Farr: Very good dollars last year. We consolidated Police Officers 1 and 2 to compress to a single grade to move up. The county brought us up to 7.25 percent last year. That put us back in the range. The county has been good the entire time I've been with this county. What is tricky is that there are four different law enforcement agencies that do work in the county. We are the lowest paid of the four. There are complicated pay comparisons across the bridge where there is a \$10,000 differential and in an entirely different law enforcement world.

The question has been raised why Arlington needs so many law enforcement officers when there isn't that much violent crime.

Chief Farr: That is a good question. There is no magic number. This is where we have invested proactive work before an incident. We maintain order through constant contact and outreach. There are many calls for service where no one gets arrested. We work with merchants to work through issues. Arrest is not always the best solution.

You have indicated the restructuring changes are temporary; how long is temporary?

Chief Farr: Based on what I have seen so far about the upcoming budget, there are still some differences. The city manager froze 10 positions for a year. I don't anticipate returning back to some things again. The silver lining is that some things we have done traditionally may not need to continue.

For instance petty larceny. We don't have the resources for petty larceny. There is a low success rate unless somebody sees it happen. But they don't just show up on your door. The priority will be violent crimes against people.

Traffic is a big problem but we have reduced the motor squad by a couple of motors. That means a specific operator has to be more cognizant of priorities on a specific day, has to prioritize where to put efforts. That may mean not patrolling for speeding on side streets.

For more information about the restructuring plan see the ACPD website video: <https://police.arlingtonva.us/>.

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Progressing, But So Am I



By KENNETH B. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday's "Phoning It In" appointment when the three semi-amigos - me, my wife Dina, and my oncologist - discussed/assessed my most recent CT scan results, a decision was made to fight potential cancer fire with treatment fire.

In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my "manageable" life to one more cancer centric. Not all appealing but as the South Korean woman driving the white Cadillac told "Hawkeye" in a long-ago M*A*S*H episode: "That's where the water is."

And so we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby enabling yours truly to live longer and hopefully prosper (and live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don't want to be totally naive and presume that since the same medication has worked for five years, there's no reason to think, with a little tweaking, it can't continue to work for another five years. However, my oncologist did say he's had patients where a similar approach worked to slow/stop the growth (after an unspecified period of stability like me) so to quote my late father: "The idea has merit."

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (duh!).

It's nothing my family and I haven't experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years of relative calm (since I was hospitalized and began the "miracle" drug alimta), life has been normal-ish with infusion intervals widening and scan results indicating some initial shrinkage ("like a frightened turtle"), followed by nearly five years of "stable" CT scans.

But so what else is new in the cancer-patient world? (That's a rhetorical question.)

Cancer returning with or without a vengeance to patients who perhaps had expected otherwise. Cancer is not exactly a disease you forget you had or one that you presume you'll never see or worry about again. Nothing could be further from the truth. The truth being: you are scarred for life - sort of. You become a life-long member of the biggest club in the world. A club, as Grouch Marx might joke, you'd rather not join, especially if they'd have you as a member.

"Cancer Sucks" as a meme is the most insincere form of flattery - for a reason: people die. Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there's any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence - and millions more, many of whom have already succumbed to its ravages. Continuing research into the cause and effect has given me years my oncologist told me I probably didn't have. ("13 months to two years" was my original prognosis.)

How lucky am I. (Not a rhetorical question.)

Now I face another hurdle. Or rather, more of the same hurdle I've managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients endure. It's not ideal, but ideal left the building on Feb. 27, 2009.

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

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