

Five-year-old Elise Vivarelli and 2-year-old Charlotte Cannon at the Lyon Village Independence Day parade.

Who Doesn't Love A Good Parade?

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Flash Floods Turn Streets to Rivers

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Car Larceny Increases In North Arlington

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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Flash Floods Turn Streets to Rivers

Residents show courage and courtesy — for the most part.

PHOTOS BY EDEN BROWN/THE CONNECTION

BY EDEN BROWN
THE CONNECTION

As the rain came thundering down on Arlington Monday morning, many residents attempted to complete their morning rounds or commute until they discovered new geography: George Mason Drive River, Lake Kensington and 26th Streets, Thirty-Third Street Rapids.

Even though the flash flood emergency warning was delivered to phones in the area, and residents were told not to drive through water that had pooled or was rushing across roads on its way to the Potomac, many residents were already on the roads and decided to drive through rivers, only to find their cars stalled out a few feet down the road.

"It was the perfect storm," said George Johnson, "garbage day plus a long hard downpour. Garbage blocked many drains." Johnson was lauded by neighbors for saving two men trapped on top of their van at 35th and N. Vermont streets. "I was trying to get my son off to camp and saw all the exits from my road were getting blocked by water. The problem was all the garbage from the cans that were knocked over had blocked the storm drains. I'm pretty involved with the Gulf Branch Civic Association so it's my normal instinct to clear garbage when I see it. I went up to get my rain gear and came back to pick up garbage when I saw the water had doubled, and a minivan was caught in it. There were two workers on top who were scared — they couldn't swim and the water had risen midway up the van by then."

"People don't realize when they go



The intersection of Lee Highway and Harrison was a lake. One car had already stalled going through it: others made the attempt more successfully. One SUV driver seemed to think it was a good strategy to rush through the intersection, creating a wall of water that soaked the police officer who was helping a motorist in trouble.

through deep water, a car is buoyant and starts to float. So you have no control over where it goes. And they also don't know engines need oxygen to function and they stall out. So this van had gotten pushed over sideways into the deepest area. The two guys had hailed a few other cars that went by for help but those cars just turned around when they saw the exits were blocked. I got them down, brought them up to my house and gave them dry clothes and a cup of coffee. It's what you do."

The Safeway Store on Harrison Street was doing a brisk business: mopping up the water that flowed in the automatic doors and through leaks in the ceiling. And those who were having trouble getting home, once home, were not always happy to see the destruction that awaited them: flooded

SEE FLOODING, PAGE 11



Despite being on "high ground," the intersection of Kensington and 26th Streets in the Overlee area was too deep to drive through.



All cashiers on deck. The Safeway store on Harrison Street had water streaming through the front doors and pooling inside. The roof was leaking in more than one place. The manager had put the whole staff on mopping duty.



Waterworks, not fireworks. This drain pipe behind the Nail Salon and Chill Zone parking lot off Harrison was overwhelmed by the flow and sparked off a shower of water for more than an hour.



The storm surge carries garbage and recycling cans down the street emptying them into the street as they go.

PHOTOS BY SHIRLEY L. RUHE/THE CONNECTION



OPINION

Special Session on Gun Violence

Eight proposed bills would make the commonwealth safer.

Members of the Virginia General Assembly were scheduled on July 9 to convene in a special session intended to address gun violence. After the May 31 mass shooting in Virginia Beach, Gov. Ralph Northam called for a special session of the General Assembly to address gun violence. Last week, he announced a package of eight bills for consideration during the special session.

❖ Legislation requiring background checks on all firearms sales and transactions. The bill mandates that any person selling, renting, trading, or transferring a firearm must first obtain the results of a background check before completing the transaction.

❖ Legislation banning dangerous weapons: assault weapons, high-capacity magazines, bump stocks and silencers.

❖ Legislation to reinstate Virginia's successful law allowing only one handgun purchase within a 30-day period.

❖ Legislation requiring that lost and stolen firearms be reported to law enforcement within 24 hours.

❖ Legislation creating an Extreme Risk Pro-

TECTIVE Order (Red Flag law), allowing law enforcement and the courts to temporarily separate a person from firearms if the person exhibits dangerous behavior that presents an immediate threat to self or others. This would prevent suicides.

❖ Legislation prohibiting all individuals subject to final protective orders from possessing firearms. The bill expands Virginia law which currently prohibits individuals subject to final protective orders of family abuse from possessing firearms, keeping guns out of the hands of domestic abusers.

❖ Legislation enhancing the punishment for allowing access to loaded, unsecured firearm by a child from a Class 3 Misdemeanor to a Class 6 felony. The bill also raises the age of the child from 14 to 18.

EDITORIAL

❖ Legislation allowing localities to enact any firearms ordinances that are stricter than state law. This includes regulating firearms in municipal buildings, libraries and at permitted events.

These are in fact common sense proposals, and each one should get consideration and a vote. There's a good chance that won't be the outcome because Republicans narrowly control both the House of Delegates and the Virginia Senate.

But the special session will focus legislators and voters on the importance of these issues, and that focus will serve the effort well, whether or not any of the bills pass into law this month.

Pet Issue Photos

The Pet Issue, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Thursday, July 25.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

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— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

Who Doesn't Love a Good Parade?

Lyon Village keeps a tradition going

BY SHIRLEY RUHE
THE CONNECTION

The day was already sweltering at 11 a.m. Red, white and blue decorated bikes and scooters were parked in the shade waiting to cross the street and line up for the annual Lyon Village neighborhood parade.

Lynn Cannon has just dropped off her theme-decorated vanilla cake and rice crispy treats. "Eight-year-old Grace made the cake. She is standing under the trees on the corner with all the neighborhood kids."

Marching music reverberates around the neighborhood as Patrick King's 1976 British green TR6 pulls into the front of the parade and starts down the block at Highland Street. Ten minutes and several blocks later, the car will lead the parade to the end of its route at Lyon Village Park where picnic baskets are waiting.

Neighborhood regulars carry a flag banner stretching across the street, and the children cluster behind them. As the wave of red wagons and scooters moves forward, a row of onlookers claps and cheers accompanied by barks from Puffin, the neighborhood dog, sporting his holiday bandana.



Lynn Cannon (left) carries the theme-decorated vanilla cake that her 8-year-old daughter, Grace, has made for the Fourth of July picnic at Lyon Village. The picnic will be held after the annual Independence Day parade. Sylvia Prosak, right, with her sister Marisa Lino, is delivering her chocolate bundt cake scattered with tiny flags.



Patrick King leads the parade in his antique British green TR6.



Neighbors carry the traditional flag banner at the front of the parade at Lyon Village on Thursday.



Grace Cannon grabs some shade with her two-year-old sister, Charlotte, on a sweltering day before the Fourth of July parade while her mother delivers her cake to the Lyon Village picnic.

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NEWS

Thefts from Cars Rise

Police say “lock up;”
residents say “more police.”

BY SHIRLEY RUHE
THE CONNECTION

An increasing number of recent car larceny incidents have been reported in several North Arlington neighborhoods, most occurring late at night and many to unlocked vehicles. Neighborhood concern has been growing about the frequency and extent of the break ins. Locked cars are also being accessed through devices that can read keyless entry fobs.

Arlington County Police Department (ACPD) Capt. Wayne Vincent sent out a message on July 2 through the Nextdoor neighborhood email exchange indicating “the Police Department is aware of multiple larceny from auto and vehicle tampering” and reminding residents to remove valuables from their vehicles and “ensure you lock your doors each time you exit your vehicle.”

Crime prevention dos and don’t tips were attached.

One resident reports their unlocked car located in the driveway near Jamestown was broken into but that nothing was taken as there was nothing valuable to take. “We will be locking from now on.”

Another resident from the Rock Spring neighborhood reported their car was hit in late June, and they got it on camera. Another neighbor in the Palisades area attached photos from their nest cam in mid-June capturing an attempted break in at about 1 a.m. In this case the person broke in and removed everything from the glove compartment but there was nothing valuable there to take. The family says they had the nest cam installed after a previous break-in of their 4Runner and a stolen bike.

Reactions have ranged from thanks to the police department for their notification and advice to criticism about lack of visible patrol cars in the neighborhood. A comment from a resident in the Stafford Albemarle Glebe area, “I feel there is a lot of victim-shaming going on (‘you didn’t lock your car doors’), when we need to address that crime appears to have increased significantly I see plenty of details for federal officials in the area but hardly ever see police cars driving through the residential neighborhoods.”

And another query, “Where are you ACPD?”

Another resident commented he wanted to feel he lived in a neighborhood where



PHOTO BY SHIRLEY RUHE/THE CONNECTION
ACPD patrol car

you didn’t have to lock your car. Miranda Goff from Virginia Square neighborhood said, “My husband and I had our car broken into twice in the last nine months. It was locked both times and we installed motion detector lights after the first time. The last time was Tuesday night.”

Michelle Cantwell reported on July 7 their minivan has been rummaged twice in the last week.

Another comment to Vincent says a major concern is that it may escalate to home invasions. “What is being done, or are these criminals getting a hall pass to roam and steal as they please?”

Mike Cantwell, president of the Yorktown Civic Association, says he has contacted Sgt. Tom Rakowski from the Arlington County Outreach Section. “After discussing various preventative measures, I pressed Sgt. Rakowski on the steps the police are taking to apprehend the suspects. I plan to meet with Sgt. Rakowski next week to get an update on the status of the investigation.”

On July 4, Vincent sent a response to the neighborhood email exchange. “Thank you for all of your responses. While I am not trying to minimize larceny from autos, we know from previous reports that most of these crimes occurred due to unlocked doors and in some cases the keys were left in the car. Per your many requests, I contacted our Patrol Captains and requested extra patrols in our neighborhoods that are experiencing high larceny from auto cases.”

He indicated for the remainder of the summer due to training, further comments should be directed to Lt. Eliseo Pilco who will oversee the Community Resource Team and School Resource Officer unit. Epilco@arlingtonva.us.

According to Kirby Clark, communications specialist for ACPD, reports of these increased break-ins began in May. Statistics released on July 5 by ACPD indicate 354 reported larceny from vehicular and auto

SEE THEFTS, PAGE 11

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ENTERTAINMENT

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

ONGOING

Hair: The American Tribal Love-Rock Musical. Through July 12 at Signature Theater, 4200 Campbell Ave. A tribe of long-haired bohemian hippies on the cusp of adulthood embrace freedom, pacifism and joy, but have their world thrown into chaos when one of their own receives a draft notice for the Vietnam War. Details and tickets at sigtheatre.org.

Blackbeard. Through July 14, at Signature Theatre, 4200 Campbell Ave. The world premiere musical commissioned by Signature Theatre sets sail with the most infamous pirate of all time. After learning he's a wanted man by the British army, Blackbeard and his merry crew of maritime marauders embark on a fantastical journey across the globe to raise an undead pirate army from the depths of the sea. Visit SigTheatre.org for tickets.

Amanda Browder: City of Threads. Through July 21, at Arlington Arts Center, 3550 Wilson Blvd. AAC welcomes visiting artist Amanda Browder, whose large-scale fabric installation will enliven the exterior of AAC's building. Browder's vibrant installations are created with donated fabric in collaboration with community members. Her process invites members of the public to get involved with the process of creation, spurring conversations about community, art, architecture, and public space. Visit www.arlingtonartscenter.org or call 703-248-6800.

THURSDAY/JULY 11

Mosquitos and Ticks: Identification and Control. 7-8:30 p.m. at Cherrydale Library, 2190 Military Road. Extension Master Gardeners and Master Naturalists will teach participants how to identify the mosquitoes and ticks that are common in this area, as well as learning about their life cycle, how they reproduce, and where they go in the winter. Free. Advance registration requested at mgmv.org. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com.

Rock at the Row: Matt Hutchison and the Big Gin. 7-9 p.m. on the plaza at Pentagon Row. Featuring music from popular cover and military bands. Refreshments and cocktails will be available for purchase from featured merchants. Visit pentagonrow.com/events for more.

Deep Dive: Homes Made of Sticks. 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road.



Anne Flowers as Jane Hawkins.

Treasure Island

An all-new adaptation of Robert Louis Stevenson's *Treasure Island*, starring local actress Anne Flowers in the lead role reimagined as Jane Hawkins. Jane Hawkins is an orphan who longs for adventure, as she is swept up on a wild hunt for buried treasure with a ruthless band of buccaneers. Along the way, Jane's bravery, morality, and sense of self are put to the test as she learns about her past and the path she wants to follow. July 17-Aug. 18, at Synetic Theater, 1800 S. Bell St. Tickets start at \$35. Visit synetictheater.org.

Adults can take a deep dive into natural history and explore the world of nest construction. What behaviors and adaptations allow birds to make such elaborate nests with just a beak and feet? What other organisms also use sticks to build homes? For information: 703-228-3403. \$5. Register at 703-228-4747 or registration.arlingtonva.us.

information.

Getting Started with Genealogy. 2-3 p.m. at Westover Library, 1644 N. McKinley Road. Have you thought about researching your ancestry, but don't know where to begin? This free workshop shares how to begin, how to stay organized, and more. Contact Margaret Owen at 703-228-6327 or mmowen@arlingtonva.us or visit <https://arlingtonva.libcal.com/event/5221487>.

Summer Yoga. 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. Celebrate summer at Ballston Exchange with free yoga provided by CorePower Yoga on select summer Fridays. After yoga, grab a free pastry and \$5 off anything at the clean eating restaurant DIRT. Visit www.ballstonexchange.com for more.

Rosslyn Cinema: Incredibles 2. Movies start at dusk in Gateway Park, 1300 Lee Highway. Rosslyn Cinema outdoor movies in Gateway Park feature some classics and some surprises, including recent blockbusters. Bring blankets and folding chairs and a picnic or purchase food and drinks at different food trucks every week, including a popcorn truck. Child and dog friendly. Free admission. Visit www.rosslynva.org/do/rosslyn-cinema-outdoor-movie-festival for more.

Friday Night Movies: Aquaman.

Begins just after sunset at Arlington Mill Community Center, 909 S. Dinwiddie St. Limited seating provided, bring your own chair. Visit www.columbia-pike.org/movie-nights.

Live Music: Vox Pop. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. This DC-based contemporary vocal group has become synonymous with high-energy, entertaining live performances. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

SATURDAY/JULY 13

R.I.P. - Remove Invasive Plants! 9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults, teens and families ages 8 and up. Want to restore habitat and increase species diversity right here in Arlington? Free. No registration required. For information: 703-228-3403.

Ask a Master Gardener. 11 a.m.-noon at the Organic Vegetable Garden at Potomac Overlook Regional Park, 2845 Marcey Road. Have questions regarding growing vegetables in Northern Virginia? Free. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com.

Rock Art. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Collect rocks and crystals from the creek to turn into works of art. Ages 6-10. For information: 703-228-6535. \$5. Register at 703-228-4747 or registration.arlingtonva.us.

Netherlands Carillon Recital Series. 6-8 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists play patriotic music, jazz, and pop on the carillon's 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm for more.

Gourmet S'mores Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. The whole family is invited to the Long Branch Amphitheater for old-fashioned. For information: 703-228-6535. \$5. Register children and adults; children must be accompanied by a registered adult. Register at 703-228-4747 or registration.arlingtonva.us.

Album Release Party. 7-10 p.m. at Arlington Independent Media television studio, 2701 Wilson Blvd # C. Local rockers Jackie and The Treehorns host an album release party for "It's Never Too Late." The fundraiser to benefit AIM & WERA96.7FM will also featuring a live performance and sponsored refreshments. \$10 advance, \$15 at the door. Call 703-524-2388, or visit www.arlingtonmedia.org/projects/jackie-and-treehorns-album-release.

and-fundraiser-aim.

Saturday Night Movies: Spider-Man: Into the Spider-Verse.

Begins just after sunset at Penrose Square, 2501 9th Road S. Limited seating provided, bring your own chair. Visit www.columbia-pike.org/movie-nights.

Live Music: King Soul. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. This eight-piece band brings the excitement of old school Southern Soul to a new audience. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

SUNDAY/JULY 14

Family Performance:

Rocknocious. 11 a.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. The three members of Rocknocious have been making award-winning music for the whole family since 2005. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Bug Hunt! 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Who's an insect and who's not? Ages 6-10. For information: 703-228-6535. \$5. Register at 703-228-4747 or registration.arlingtonva.us.

Notable Nature. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Join us for lessons in nature journaling and sketching. For information: 703-228-6535. Free. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Register at 703-228-4747 or registration.arlingtonva.us.

Nature Photography Hike. 3:30-5 p.m. at Lubber Run Park amphitheater, 200 N. Columbus St. Bring a camera to photograph nature and wildlife that may be found throughout the park. Naturalist will provide camera instruction and photo tips. Families ages 8 and up. For information: 703-228-6535. \$5. Register children and adults; children must be accompanied by a registered adult. Register at 703-228-4747 or registration.arlingtonva.us.

MONDAY/JULY 15

Lecture: "Pre-Civil War Tariff Conflicts: How Past Decisions Affect Today's World." 3-4:30 p.m. at the Arlington County Central Library, 1015 N. Quincy St. Economic historian Jim Grefer presents "Pre-Civil War Tariff Conflicts: How Past Decisions Affect Today's World." Grefer will describe the political decisions of the late 1700s to make tariffs on imported goods the primary source of revenue for the new nation. He will also describe how tariffs both raised revenue and protected the young manufacturing sector. Call Encore Learning at 703-228-2144.

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NEWS

Back to School Already?

Not too early to fill backpacks for those in need.

BY SHIRLEY RUHE
THE CONNECTION

It seems like school has just ended for the summer but local groups are already beginning their school backpack drives for the upcoming school year.

OAR Project Backpack

Offender Aid and Restoration (OAR) has launched its Project Backpack to provide new backpacks and school supplies for children who have a parent incarcerated locally. Last year they provided backpacks and school supplies to over 170 children with a parent incarcerated in the Arlington Detention Center. This year OAR has expanded the program to include the children with parents in the William G. Truesdale Adult Detention Center in Alexandria. This year they anticipate needing over 400 backpacks.

From now until mid-August you can drop off supplies at community donation box locations including the Arlington Central Library and other library branches, Arlington County Sheriff's Office, Woman's Club of Arlington and Walter Reed Community Center. A full list of drop sites is on the OAR website at oaronline.org. Contact Stephannie Ku at sku@oaronline.org if your business, faith-based organization or community center would like to host an additional drop box.

In addition, supplies may be dropped off directly at the OAR office at 1400 N. Uhle St., Suite 704, Arlington, or financial donations may be made online at the OAR website to help with the cost of mailing the supplies to children who live outside the local delivery area or buying extra supplies if necessary. In addition, the website lists ideas for backpack items including a variety of backpacks as well as suggestions for books for the children under the age of five and includes a list of suggested supplies from Amazon ranging from packages of erasers to pocket folders, subject notebooks and glue sticks.

OAR volunteers will be needed to pick up the supplies at the drop off locations and to assist with administrative duties such as calling guardians of the children to confirm delivery information. If you are interested in participating, contact Heather Pritchett at hpritchett@oaronline.org. OAR serves



PHOTO CONTRIBUTED

School backpack drives commence for fall.

formerly incarcerated clients and their families by providing reentry assistance and community service alternatives.

APAH Housing Backpack Donation Program

Arlington Partnership for Affordable Housing (APAH) has also announced its backpack drive for Arlington Public School students who live in an APAH rental community home and may not be able to afford school supplies.

Their goal is to be sure that every APAH student has the necessary supplies to begin the 2019-2020 school year. Last year they collected 400 backpacks.

How does it work?

First choose a grade level from K-12 and fill a backpack (or more) with pink erasers, glue sticks, erasable markers, crayons, pencils, rulers and more. You can find the complete list of supplies by grade level online at apah.org. Suggested backpack size is 14 inches for ages 4-7 and 16 inches for ages 8-12 with 19 inches for 13 years and over and large multi-compartment backpacks for high school students.

Notify the volunteer program manager, Julie Booth, to let her know what will be provided. Contact Booth at jbooth@apah.org or 571-800-6462.

Drop off filled backpack at a designated APAH location during the week of July 22.

Finally, spread the word to neighbors and friends, employers and faith communities.

APAH's mission is to develop, preserve and own quality, affordable places to live and to provide resources which promote stability for the families who live there.

Charles Drew Community Center, 3500 23rd St. S. See how the Jennie Dean Park plans are progressing based on community feedback received in April. See the updated design along with new information on the picnic shelters, public art and what is being discussed with Green Valley Civic Association for historic interpretation. The design will be posted online July 13. Visit <https://projects.arlingtonva.us/projects/jennie-dean-park/>.

SEE BULLETIN, PAGE 12

BULLETIN BOARD

SATURDAY/JULY 13

County Board Meeting. 8:30 a.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. County Board Meetings are open to the public. Visit countyboard.arlingtonva.us/meetings for procedures for speaking at a Board Meeting. County Board Meetings are broadcast live on Comcast 25 and Verizon 40 and webstreamed on the County website.

Jennie Dean Park Update. 10:30 a.m.-noon at

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PET Connection

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Home LifeStyle

Plastic bins such as those in this closet can help maximize space in a dorm room, advises Susan Unger of ClutterSOS.



PHOTO COURTESY OF SUSAN UNGER.

Dorm Room Decor

Adding style and creating space in tight quarters

BY MARILYN CAMPBELL
THE CONNECTION

When she moved out of her family home and into a dorm room at Marymount University, one of the obstacles that Grace McKinley faced was creating a sense of style and order in her new downsized dwelling.

"[My] biggest challenge was making a small space feel like a functional home," said McKinley, an interior design major who now works as an intern at Case Design/Remodeling, Inc.

For students who are getting ready to head off to college next month, part of their preparation includes shopping for supplies to hold items ranging from jeans and t-shirts to laptops and books. Like McKinley, many will take on the task of finding pieces that will serve the dual role of adding both aesthetic appeal and efficient organization to a diminutive and austere room.

"First of all, since dorm rooms are really small, try to only take what you know you will actually need," said Susan Unger of ClutterSOS. "If you can only take your clothes, choose items needed for the current season and then change them out when you return home for a visit."

Even for those who choose to take only a limited amount of clothing, finding the best use of space requires creativity and precision. "Use bed risers to make room for under-the-bed storage bins where you can house items such as extra food and clothing you don't wear on a regular basis," said Unger.

Students who, like McKinley, miss the comforts of home, can use nostalgic reminders to smooth out the transition. "I made sure to put up photos of friends and family on the wall to add a sentimental touch," she said. "And I coordinated my favorite colors in my bedding and organization items." McKinley said those items included stackable, plastic storage trays that held her jewelry and school supplies.

In fact, tools for keeping order are essential when trying to maximize the limitations of size-challenged rooms. "Always think of using available vertical space such as the back of doors," said Unger. "You can actually use an over-the-door shoe bag for other things like toiletries or food instead of shoes."

Even dorm-sized appliances can be multi-functional, says Unger. "If you have a refrigerator with metal sides you can use magnetized bins for office



When decorating a small space, interior designer Allie Mann of Case Design/Remodeling Inc. says that bold colors can add vibrancy.

or kitchen supplies like condiments or eating utensils," she said. "A shower caddy is also a good idea so that you can keep all your bathing supplies in one place."

When it comes to breathing life into sterile, cramped quarters, a touch of vibrancy can have a big impact, says Allie Mann, designer and senior interiors specialist at Case. "When decorating a small space, don't be afraid of color," she said. "The best small spaces are those that are the most colorful. So many times folks are afraid of too much color. Be bold and have fun."

Accessories that Mann recommends include colorful peel-and-stick wallpaper. "Take any lamp and give it life and character with pom poms from a craft store," she said.

While she encourages color creative, her advice comes with a caveat. "Be careful not to mix too much pattern," she said. "Too much pattern in a small space could be a bit dizzying."

Now working as Mann's design intern at Case, McKinley says that, as she progressed in her major, she began putting her newly acquired skills to use in her dorm room. "In my interior design classes, we learned that balancing elements of design like color, shape, space, and texture creates the best spaces," she said. "Adding interest with a unique throw pillow, patterned rug, or a fun lamp can make a simple dorm stand out from the rest."

PEOPLE

Mid-Career Shift to Nursing

Daigle found where her heart is.

BY SHIRLEY RUHE
THE CONNECTION

It took a while to figure it out. But then Leslie Daigle knew exactly what she wanted. “I knew I wanted to work at Virginia Hospital Center (VHC).” She says she got into a couple of nursing schools but she knew she wanted to work at her community hospital so she called up VHC and asked them which was the best path to end up there.

She says, “I had my children at VHC, had been a patient several times, surgery for my daughter and been in the emergency room like you do with kids. This was my community hospital. I wanted to give back.” She ended up in an accelerated nursing program at George Mason University taking 47 credit hours and about 600 clinical hours in 11 months. “That was harder than law school.”

Daigle had started her career in commercial law representing lenders in Atlanta in 1998, then became a partner in a boutique law firm in Washington D.C. in 2005. “But I had a growing sense for quite some time that it was not a bad career, but it wasn’t where my heart was.”

She says, “The tension got so great.” For a couple of years she looked at different things like the seminary, creating a business linking children to environmental causes, then nursing came up. “My mother questioned me at just the right time.” Her mother had been a nurse as well as her grandmother working with pre-term babies back before it was a common practice.

So in February 2010 Daigle was hired as a staff nurse and telemedicine coordinator in the VHC Outpatient Clinic. Daigle said, “This clinic is open only to Arlington residents who have no insurance or have Medicare or Medicaid. We serve the low-income population.” She says their OB/GYN unit sees almost every low-income mother in Arlington at some point.” This translates into about 50-75 mothers per week or 300 a month.

Michelle Altman, who hired Daigle, said, “I love having her. She was a great fit as a second career nurse who knows what she wants. She has a desire to work with this patient population. She has a passion to help them, to do what is necessary to meet their needs.” Daigle also came with a Master’s degree in Latin American studies and had spent a lot of time there. “Her ability to speak Spanish was also critical. Seventy percent of the patients speak Spanish.”

Daigle explains that there are some similarities with being a lawyer and a nurse. As a lawyer she enjoyed the really hard mental drafting of very complicated and specific loan provisions. “Nursing taps into that part of my brain. There are a different set of patient circumstances every day, and my goal is to make them better than when they came in.”

She explains one patient was in a great



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Leslie Daigle combines nursing duties with administrative responsibilities at the VHC Outpatient Clinic and continues to manage the telemedicine program, which she implemented under a grant.

deal of pain. “All of these mothers have their bad nights. By the end of the day she told me ‘I am a new person.’ I worked all day to make that happen.”

She says there are a lot of nursing interventions that can work — hot and cold, up and moving, distractions, helping with the baby in the nursery, “even a clean room.”

In August 2017 Daigle became assistant patient care director of the VHC Outpatient Clinic. “I was looking for more of a leadership role.” She is currently in charge of the day-to-day operations of the Outpatient Clinic handling most of the administrative duties of the clinic and interfacing with the community partners to ensure that they are covering as many of Arlington’s residents as possible with a healthcare safety net. She also continues to be very involved with the telemedicine program which she implemented at the clinic under a grant.

Daigle is also the chair of the Nursing Research & Performance Improvement Council where she works on quality improvement projects focusing on best medical practice. For instance, she says there is a policy in place for high blood sugar. “We look at how to enhance these policies, get nurses on board. We survey the nurses before the new policy, provide information and then survey them afterward.”

Daigle adds they have a nurses committee that meets monthly, and anyone can attend. This way concerns from nurses get elevated. For instance, they did an audit of the best tape to use with an IV. “May not sound like a big thing but the tape they were using wasn’t sticking.” She says you can feel the character of the nurses here, when they are empowered to feel as professionals and rewarded for creativity.

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Legals

Sprint is proposing to modify telecommunications equipment at a centerline height of 148 feet on an existing water tower located at 2400 North Wakefield Street, Arlington, Arlington County, Virginia (N38° 54' 9.2"; W77° 7' 14.1"). Sprint invites comments from any interested party on the impact the proposed undertaking may have on any districts, sites, buildings, structures, or objects significant in American history, archaeology, engineering, or culture that are listed or determined eligible for listing in the National Register of Historic Places under National Historic Preservation Act Section 106. Comments pertaining specifically to historic resources may be sent to Environmental Corporation of America, ATTN: Dina Bazzill, 1375 Union Hill Industrial Court, Suite A, Alpharetta, GA 30004. Ms. Bazzill can be reached at (770) 667-2040 x.111 during normal business hours. Comments must be received within 30 days of the date of this notice. V1109 RJE

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SPORTS



Charlie Greenwood (boys' 11-12 50 breast-stroke)



Anna Trainum (girls' 15-18 50 breast-stroke)



Ryan Clark (girls' 9-10 50 butterfly)



Evelyn Maloney (girls' 9-10 50 breast-stroke)

Thunderbolts Lead Division

The 3-0 Donaldson Run Thunderbolts clinched the top spot of NVSL Division 3 after winning on the road on July 6 against the Crosspointe Cruisers. The final score was 231-189.

Four DR swimmers broke pool records. Sean Conley broke his own 2019 DR team record in 50 back with a time of 28.38. James Madden broke a 2011 record in 25 backstroke with a time of 19.68. Charlie Greenwood broke a 2016 record in 50 breaststroke with a time of 35.66. Rachel Conley broke a 2001 DR team record in 50 butterfly with a time of 31.41.

Double individual race winners for Donaldson Run were: Sean Conley (boys' 15-18 50 free and 50 back); Jack Tsuchitani (boys' 13-14 50 free and 50 fly); James Madden (boys' 8 & under 25 free and 25 back); Charlie Greenwood (boys' 11-12 50 breast and 50 fly); Yvelisse Cabocel (girls' 8 & under 25 free and 25 back); Rachel Conley (girls' 11-12 50 free and 50 fly); Grace Jansen (girls' 13-14 50 free and 50 fly).

The team's single winners were: Thomas Rodman

(boys' 11-12 50 back); Michael Maloney (boys' 8 & under 25 breast); Hayden Hill (boys' 9-10 breast); Hayden Stolzenberg (boys' 13-14 breast); Henry Rehr (boys' 15-18 50 breast); Peter Madden (boys' 9-10 fly); Andrew Meighan (boys' 15-18 50 fly); Diya Redburn (girls' 11-12 50 back); Keegan Clark (girls' 8 & under 25 breast); Evelyn Maloney (girls' 9-10 breast); Annika Ledford (girls' 8 & under 25 fly).

Donaldson Run won 7 relays. Winning relay teams included: Annika Ledford, Keegan Clark, Anna Edgerton, Yvelisse Cabocel (girls' 8 & under 100 free); Michael Maloney, Miles Ledford, Jack Taylor, James Madden (boys' 8 & under 100 free); Miles Nelson, Hayden Hill, Peter Madden, Aram Connable (boys' 9-10 100 medley); Will Taylor, Charlie Greenwood, Thomas Rodman, Jimmy Egan (boys' 11-12 100 medley); Hank Holley, Jack Tsuchitani, Hayden Stolzenberg, Charlie Taylor (boys' 13-14 100 medley); Sean Conley, Daniel Brooks, Andrew Meighan, Harrison Rehr (boys' 15-18 200 medley); Charlie Greenwood, Peter Madden, Charlie Taylor, Sean Conley (boys' Mixed Age 200 free).

'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for July 22-27.

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 travel: National Geographic Museum, Queen of Egypt exhibit, D.C. Tuesday, July 23, \$17; Toby's Dinner Theater, Columbia, Md., "Grease," matinee, Wednesday, July 24, \$69; Washington Nationals vs Colorado Rockies, D.C., Thursday, July 25, afternoon game, \$52; Annapolis, Md., cruise to St. Michael's, Saturday, July 27, \$83. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS

Northern Virginia Senior Olympics, registration open, check website, www.nvso.us or call 703-228-4721.

Podcast followers, Monday, July 22, 10 a.m., Langston-Brown. Call for pre-selected podcast, 703-228-6300.

Fire department programs, Tuesday, July 23, 10 a.m.-noon, Walter Reed. Register, 703-228-0955.

Genealogy 101, Tuesday, July 23, 11:30 a.m., Lee. Register, 703-228-0555.

Old Glory stories, Wednesday, July 24, 11 a.m., Walter Reed. Register, 703-228-0955.

Useful apps for seniors, Wednesday, July 24, 11 a.m., Langston-Brown. Register, 703-228-6300.

Blackjack basics for beginners, Wednesday, July 24, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Memo boards demo, Thursday, July 25, 1 p.m., Walter Reed. Register, 703-228-0955.

Department of Human Services representative to answer questions, Thursday, July 25, 9:30-11 a.m., Walter Reed. Register, 703-228-0955.

Travel experiences in Malaysia and Singapore, Friday, July 26, 1 p.m., Aurora Hills. Register, 703-228-5722.

Ballroom Dance, Friday, July 26, 1-3 p.m., Arlington Mill. Details, 703-228-7369.

Lee Walkers to walk along Mt. Vernon Trail, Friday, July 26, 10 a.m., \$4. Register, 703-228-4771.

Thefts

FROM PAGE 5

tampering in Arlington County in the last three months with the largest concentration in the northwestern part of the county and involving unlocked vehicles.

Clark said, "Officers routinely conduct proactive patrols throughout the county as part of their assigned duties, and extra checks are being conducted in affected areas." She continued, "The department utilizes both uniformed and undercover, plain-clothes resources when conducting extra checks in response to specific crime trends and to apprehend suspects."

Clark said, "Vehicle owners should put the windows up, lock the vehicle and park in well-lit and high-traffic areas." They are advised to avoid leaving electronics, gym bags, backpacks, purses, wallets, shopping bags and other valuables visible in their vehicles. "The public plays a key role in ensuring the safety of the community. If you witness crime or suspicious activity, report it immediately to police by calling the non-emergency number, 703-558-2222 or 911 in an emergency so an officer can be dispatched to investigate."

Flooding

FROM PAGE 3

basements, garbage and recycling bins at the end of the street with garbage spilled out in between. One resident, whose wines were in the basement on a rack, and who had just learned the insurance vocabulary for what kind of water damage isn't covered by insurance — water intrusion — said he knew what he was going to do with the wine that night: drink it.



The owner of this home was just coming back from vacation when his neighbor called to ask if they should check the house: her own front steps were waterfalls, she said, and the water appeared to be headed straight for his downward sloping driveway. She was right: his garage was inundated.

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My Bi-Weekly Honeymoon



By KENNETH B. LOURIE

Granted, I'm not getting on a plane and flying to wherever isn't here but, when you're "labing," every other Wednesday, driving 45 minutes to and from and while "to:" sitting in/being infused at the Infusion Center every other week, the week off between the "others" is almost like getting away, just not on Southwest Airlines.

And when attempting to plan a "honeymoon" of this sort, juggling availability of accommodations, transportation and affordability around one's infusions — all the while aware of the possibility of a reschedule due to one's problematic lab results, is much easier contemplated than actually accomplished.

One preventative step I am now pre-paying for, as an acceptance/concession to the realities of my age/cancer treatment, is trip-cancellation insurance. As no doubt you can appreciate, when one's life is at stake, and whose life-sustaining treatment can change at the drop of a CT scan, it is extraordinarily prudent to anticipate the worst and work some financial flexibility into your wallet.

Unfortunately, when your oncologist says infuse or not to infuse, there is no question. That being said and most definitely true, my oncologist has regularly been concerned with my quality of life.

And by "quality of life," I mean he has been willing to not infuse me whenever I've said I needed to go out of town/attend to family matters/vacation, etc., and/or increase the interval between changes in treatment to accommodate these kinds of obligations/opportunities. He has always been sensitive to the weeks of my life he feels he/the treatment has taken — and which can never be replaced.

And though I've never actually taken advantage of his offer, having felt it was better, if I was physically able, to keep the pedal to the anti-cancer metal, I have worked it into my equation. An equation that has worked for me (kept me alive 10-plus years post diagnosis), but might not have worked for others. There is no recipe for success here. It is to each patient's own.

Moreover, there is no right or wrong because — as us cancer patient-survivors know — cancer treatment is not arithmetic.

As this stage IV, non small-cell lung cancer "diagnossee," given "13 months to two years to live" can attest: the numbers, lab results, chemo/immunotherapy, and scan results don't always add up on paper.

I have no doubt, in arrears, that my oncologist meant every word he told Team Lourie back in late February 2009, and anticipated losing yet another patient to this scourge. Now whether he was consulting a manual, a handbook or an artificial-intelligent data base, I don't know.

But he was clear.

I remember my brother Richard asking him specifically about my prognosis and if I could possibly outlive it. His reply to me: "Could you be the one? Absolutely." The relevant word we all remember: "the one." And that's the burden Team Lourie (and so many others I don't know) has carried ever since. But no worries, really. As my late father used to say: "K.B., you've got broad shoulders."

Still, those broad shoulders need a break and a brake once in a while. And every two weeks, under my present treatment schedule, I receive one.

Because, for all I know, aside from the positive attitude I inherited from my father and the non-Western alternatives I utilize to supplement this standard protocol, these off-weeks might be what's keeping me alive.

And when I realize that my next CT scan — and all the associated anxiety that attaches to it, is less than a month away, I need all the "honeymoon" weeks I can get.

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

FROM PAGE 7

MONDAY/JULY 15

Open Door Mondays. 7-9 p.m. at Central Library, 1015 N. Quincy St. Drop in to chat informally, one-on-one, with an Arlington County Board Member on any topic. No reservation is needed. Visit countyboard.arlingtonva.us/open-door-mondays.

TUESDAY/JULY 16

Jennie Dean Park Update. 6-8:30 p.m. at Shirlington Library, Campbell Room, 4200 Campbell Ave. See how the Jennie Dean Park plans are progressing based on community feedback received in April. See the updated design along with new information on the picnic shelters, public art and what is being discussed with Green Valley Civic Association for historic interpretation. The design will be posted online July 13. Visit <https://projects.arlingtonva.us/projects/jennie-dean-park/>.

WEDNESDAY/JULY 17

Un-birthday Party for Elbridge Gerry. 6:30-8:30 p.m. at Ireland's Four Courts, 2051 Wilson Blvd. Elbridge Gerry would have turned 275 on July 17, but his legacy, the scourge of gerrymandering lives on. The evening will feature games, prizes, education and opportunities to fight for fair redistricting in Virginia. \$10 admission covers a selection of appetizers and supports the League's fight against gerrymandering. Email arlLWVnews@gmail.com with questions. Get tickets at www.eventbrite.com/e/were-having-an-un-birthday-party-for-elbridge-gerry-father-of-the-gerrymander-tickets-63112054855.



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