



The Arlington Connection

Two teenagers aim streams of water at squealing swimmers below at Ocean Dunes Waterpark on Sunday afternoon, Aug. 13. The water park is one of the facilities located at Upton Hill Regional Park including miniature golf and a batting cage.

Water, Water Everywhere

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

AUGUST 16-22, 2017

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News



PHOTOS BY IAN HERBST/THE CONNECTION

A Big Splash

A \$18,000 sponsorship from Express Lanes operator Transurban supported summer program benefitting 2,000 area children from Arlington County and the City of Alexandria. The Northern Virginia Regional Park Authority (NOVA Parks), Arlington Department of Parks and Recreation, Vice Chair of the Arlington County Board Katie Cristol and Transurban - the Virginia Department of Transportation's partner on the 395 Express Lanes project, joined area children on Thursday, Aug. 10 at Upton Hill Regional Park to celebrate the Outdoor Kids Fund which was supported by Transurban this summer. In addition to a day at the waterpark at the end of camp, the children learn about water safety, and many of them get to experience hands-on environmental education. The two main waterparks used for the program are Great Waves at Cameron Run Regional Park in Alexandria, and Ocean Dunes at Upton Regional Park in Arlington.



Katie Cristol, vice chair of the Arlington County Board



Paul Gilbert, NOVA Parks executive director

Trolley Pub

Seven pairs of legs pump as fast as they can as the Trolley Pub chugs slowly along Wilson Boulevard toward the next bar. The Trolley Pub can accommo-



PHOTO BY SHIRLEY RUHE/THE CONNECTION

date 14 passengers. Each passenger pays for a two-hour ride with stops at local bars along the way. Trolley Pub has an arrangement with over 10 Clarendon pubs to give discount drinks to the passengers at each stop.

Roosevelt Island Remade

Sweeping changes scheduled for Roosevelt Island.

Earlier this year, Roosevelt Island faced an invasion. Swaths of the forests that cover the island were devastated by a swarm of emerald ash borers, a small green beetle that feeds on ash trees. The island was closed in June, the trees were removed, and now plans are underway to bring back Roosevelt Island better than before.

In a Facebook Live discussion on Aug. 14, Simone Monteleone, chief of resource management for the George Washington Parkway, outlined the upcoming process for Roosevelt Island. The first step is a Cultural Landscape Report and an Environmental Assessment. Monteleone presented some of the history of the island as an introduction to the Cultural Landscape Report, from the earliest records of pre-Columbian settlement to the island's transition into a national park. Monteleone said much of the historical records of the site are a result of a study done in the 1970s, but that a new study will be conducted in 2018 into the history of the site. Renovation of Roosevelt Island will also include new accessibility to the historic resources of the island.

As part of the Environmental Assessment,



PHOTO BY VERNON MILES/THE CONNECTION
Roosevelt Island



Map of Roosevelt Island

CONTRIBUTED

Monteleone said one of the chief questions will be whether to replant ash trees like the ones that were destroyed by the emerald ash borers or to look at other types of trees to take their place.

Throughout the winter, the National Park Service will draft the Cultural Landscape Report and begin identifying alternative approaches. In Spring 2018, the National Park Service is scheduled to make a public

review of the final reports on Roosevelt Island and begin moving forward with an improvement plan.

— VERNON MILES

395 Express Lanes Project into Arlington Kicks Off

Governor praises latest transportation project.

BY MIKE SALMON
THE CONNECTION

Northern Virginia moved one step closer to a complete express lanes network when officials broke ground on the 395 Express Lanes extension Wednesday, Aug. 9.

Gov. Terry McAuliffe touted it as “more congestion relief, reliable choices,” in his speech to transportation officials on top of the Pentagon City parking garage, overlooking I-395 and the Pentagon.

“This is a historic milestone in the commonwealth’s attempt to improve transportation in Northern Virginia,” added state Transportation Secretary Aubrey Layne.

The 395 Express Lanes extension will continue the lanes past Edsall Road, where they currently end, to the Washington, D.C. line at the Potomac River, a path that is currently



PHOTO BY MIKE SALMON/THE CONNECTION
Gov. Terry McAuliffe notes the transportation advantages the express lanes bring.

occupied by high occupancy vehicle (HOV) lanes that have ridership restrictions, but no tolls. With the express lanes, vehicles with one or two people pay a toll to ride on

the lanes, but vehicles with three people can ride for free with an EZ-Pass Flex, which has an HOV-3 switch. These are similar to lanes currently on I-495 and I-95.

A certain percentage of the toll money goes back to Transurban, the private partner from Australia that is building the lanes, but some of the money goes to infrastructure improvements in this corridor, according to the state Department of Transportation. McAuliffe said that amount will be in the millions annually.

“\$15 million annually is coming out of this project to help with the multi-modal aspects of this project,” he said. Multi-modal aspects include carpool lots, bike lanes and bus lines, but the specifics of these improvements has yet to be decided. Jennifer Aument of Transurban took some responsibility for delivering improvements. “We’ll provide a sustainable funding source that local leaders can use,” she said.

A large part of this project is adding another lane to the existing HOV lanes but

the interchange at Eads Street in Crystal City will be redesigned, sound walls will be erected, and everything paved, so drivers will be impacted to some extent. The whole project is anticipated to cost approximately \$500 million, with a combination of private and public funds, according to a statement released by McAuliffe’s office.

In addition, there will be a widening project going on at Duke Street and Edsall Road and I-395 where there is a current bottleneck, and improvements will be made to the south parking lot at the Pentagon. These are not part of the 395 Express Lanes, but to drivers caught in the construction delays that come with projects like this, it will appear so.

“It’s a needed improvement, having been stuck there many times myself,” said McAuliffe of the additional lane at Edsall Road.

Arlington resident Cheryl Green is aware

SEE 395 EXPRESS, PAGE 10

On Events in Charlottesville

What some representatives had to say about hate, bigotry and the deaths and damage that resulted.

Gov. Terry McAuliffe:

"I convened an emergency cabinet meeting to discuss the next steps we, as a commonwealth, must take in order to begin the arduous process of healing our community and confronting the racism that stubbornly remains in our nation. The events of this weekend have only strengthened our resolve to combat hatred and bigotry, and I want Virginia to be a leader in the national conversation about how we move forward. I have directed my team to impanel a commission with representatives from community organizations, faith leaders, and law enforcement to make actionable recommendations for executive and legislative solutions to advance our mission of reconciliation, unity, and public safety."

Sharon Bulova, chairman, Fairfax County Board of Supervisors:

"The tragedy that took place in Charlottesville does not represent who we are as Virginians. I am incredibly saddened by the hatred and bigotry that was displayed and my heart goes out to the family and friends of the three individuals who tragically lost their lives. We must all do our part to set the tone in our own communities by exemplifying values of acceptance and kindness. As it is often said, 'Be the change you want to see in the world.' That is where we all have incredible power and influence every day in our communities."

U.S. Sen. Mark Warner:

"Virginians mourn the life taken in this morning's events and reject this hateful violence in Charlottesville. We condemn the in-

tolerance behind it and those who would pass it off as a legitimate political movement. Those who traveled to Virginia to incite unrest don't understand the Virginia-born values that make our country great."

U.S. Sen. Tim Kaine

"Virginia has come so far in recent decades to put division behind us. ... It's sickening to see the displays of violence and bigotry that were brought to Charlottesville by white nationalists, which tragically led to injuries and at least one death today. This is not who we are. Charlottesville is a vibrant community that recognizes the deep scars from our past and has rejected hatred in favor of inclusion."

"The fact that people like David Duke cited the President to justify their views is a disturbing reminder that divisive rhetoric has sadly contributed to a climate where individuals who espouse hate feel emboldened. As they seek publicity through their hateful tactics, let's pull together — regardless of party, race or religion — to reject hatred in no uncertain terms and stand together."

U.S. Rep. Gerry Connolly:

"We banished hate a long time ago in Virginia. We must condemn this bigotry and not turn a blind eye to racism."

U.S. Rep. Don Beyer:

"I join the great and passionate majority of Virginians who hold these values dear: abhorrence for racism and hatred, respect for law, and respect for one another. It is especially sad that this ugly incident occurred in the home of

one of America's most treasured centers of learning. The work of creating a more just and equal society will never end and we will rededicate ourselves to that in the days and weeks ahead."

U.S. Rep. Barbara Comstock:

"The Attorney General has done the right thing in opening a federal investigation that will have the full support of the Department of Justice. AG Sessions: 'The violence and deaths in Charlottesville strike at the heart of American law and justice. When such actions arise from racial bigotry and hatred, they betray our core values and cannot be tolerated.'"

"The neo-Nazi march and the hate and racism on display in Charlottesville are vile, have no place in Virginia, and are denounced by Republicans and Democrats alike in our great Commonwealth."

Del. Marcus Simon:

"The scenes of white supremacist, racist neo-nazis marching proudly in Charlottesville along with heavily armed self-proclaimed militiamen chanting racist slogans and obscenely taunting counter-demonstrators are beyond disturbing. Virginia is better than this."

"Virginia's political leaders have the power to raise the level of discourse. To educate, inform, and enlighten with thoughtful discussion and debate. What's happened over the last 24 hours in Charlottesville is not happening in a vacuum and it's not an aberration. It's what happens when we demonize the other among us. 'What makes Virginia great is our growing diversity. Our openness to new and better ideas. Our willingness to accept everyone who comes here looking to build a better life, a stronger commonwealth and better world.'"

"We are better than the image that's being broadcast to the world today."

Bishop Addresses Violence in Charlottesville

After sending tweets over the weekend in response to the violence in Charlottesville, the Most Reverend Michael F. Burbidge, the Bishop of the Diocese of Arlington, released this statement:

Seeing the violence in Charlottesville was saddening and disheartening. The more we read about the demonstration of racism, bigotry and self-proclaimed superiority made it seem as though we were living in a different time. So much progress has been made since the Civil Rights Movement. And yet, there are some who cling to misguided and evil beliefs about what makes America unique and remarkable.

Any discussion of this sensitive topic must begin by condemning all forms of bigotry and hatred. For Christians, any form of hatred, no matter who it is against, is an offense — a sin — against the Body of Christ. Each person is created by God and bestowed with His unyielding love. Anyone who treats one of those cre-

ations with disrespect, disdain or violence, has offended not just that person, but also the creator of that individual. When we witness destructive behavior, such as racism or hatred, we might naturally respond with righteous anger, but we must not respond with our own form of hatred. Hating those who hate us offers no possibility of authentic conversion or growth as sons and daughters of God.

We should be grateful to live in a country where freedom of speech and assembly is cherished and protected in a constitution. This right protects religious expression, for example. At the same time, these rights also open the opportunity for those with evil intent and backward thinking to demonstrate and share what they believe as well. The question we must ask, especially after seeing our rights misused to the point that violence erupts leaving many injured and a young woman dead, is: what do we do now?

We must find unity as a country. Unity does not mean we all believe the same things. Like-

wise, the freedom to express differing views or opinions does not mean we reject our unity as God's family. The Catholic Church is rooted in fundamental principles that make us authentically Catholic — but apart from them, there are issues that allow for debate and discussion, which is normal within any family. Our country is the same in many ways. We must be united by a shared interest in freedom, liberty, and love for our neighbor. Beyond those unifying principles, there will be disagreements and differing beliefs. But our unity is in our shared values and, perhaps more importantly, the respect we show to one another. Without respect for each other, even when we adamantly disagree, we will see more violence and discord in this great nation.

At this time, I call upon all Catholics in the Diocese or Arlington to turn to the patroness of our nation, Mary under the title of the Immaculate Conception, and Saint Michael the Archangel, and pray for unity, respect, and peace in our communities.

The
Arlington
Connection

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NEWS



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Slip Sliding Away

Now you see him; now you don't. A young body surfer whisks through the slide opening at Ocean Dunes Water Park and splashes into the waves at the bottom. The water park is one of the facilities located at Upton Hill Regional Park at 6060 Wilson Blvd. including miniature golf and a batting cage.

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ENTERTAINMENT

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

ONGOING

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

Arlington Farmer's Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

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

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

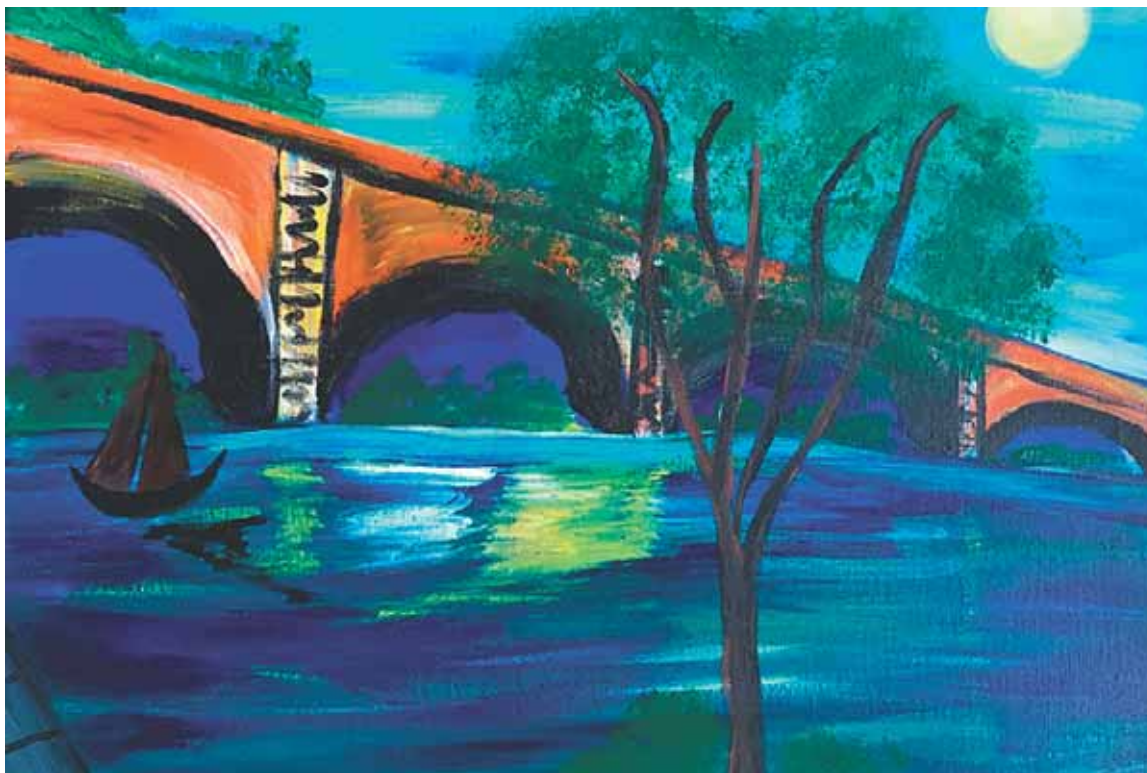
Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

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.

Culinaire's Winter Lunch. Tuesdays



PHOTOS CONTRIBUTED

Sip, Nibble and Paint on Thursday, Aug. 17 at 6:30 p.m. at Key Bridge Terrace, 1325 Wilson Blvd. Led by artist Stevie New at Hyatt Centric Arlington's Key Bridge Terrace. \$50 for art supplies and light snacks, draft beer and wine. Visit www.arlingtonva.us/ for more.

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

Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or Visit www.RiRa.com/ Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or Visit registration.arlingtonva.us. Free, no registration required.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit www.iotaclubandcafe.com or call 703-522-8340.

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

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

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys,

1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 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.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Café, 2832 Wilson Blvd. Free. Visit www.iotaclubandcafe.com/.

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.

DEADLINE AUG. 27

Submission Deadline.. At various library locations. Open to LEGO builders age 18 and under, as well as teams that include at least one member under 18. Exhibit runs throughout September. Visit <https://library.arlingtonva.us> or call 703-228-5990 for more.

THROUGH AUG. 31

Animal Welfare Benefit. 7 a.m.-7 p.m. at any Arlington Fire Station. Operation FirePaws, a pet supply drive benefiting the Animal Welfare League of Arlington. Go to www.awla.org for more.

AUG. 15-OCT. 8

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

AUGUST 16-20

Arlington County Fair. various times at the Thomas Jefferson Community Center, 3501 Second St. S. Competitive exhibits, midway rides and games, entertainment, vendors, and racing piglets. Admission is free, and shuttle service is provided from locations throughout Arlington. Visit arlingtoncountyfair.us/ for more.

THURSDAY/AUG. 17

Meet the Coloring Book Author. 10:30-11:30 a.m. Crystal City Library, 2117 Crystal Drive. Kids in K-5 are invited to hear stories of characters, followed by a coloring party. "Alejandra," author of the coloring book, "Color with Luna," will be there. Free. Call 703-228-7520 or visit <https://library.arlingtonva.us/colorwithluna> for more.

Sip, Nibble and Paint. 6:30 p.m. at Key Bridge Terrace, 1325 Wilson Blvd. Led by artist Stevie New at Hyatt Centric Arlington's Key Bridge Terrace. \$50 for art supplies and light snacks, draft beer and wine. Visit www.arlingtonva.us/ for more.

FRIDAY/AUG. 18

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

SUNDAY/AUG. 20

Self Defense Series. 3-5 p.m. at at Pentagon MMA, 1041 South Edgewood St. Learn self-defense techniques and strategies taken from martial arts, such as Muay Thai, Brazilian Jiu-Jitsu, Jeet Kune Do, and Filipino Martial Art. Register for all four sessions, or for individual sessions. Visit www.pentagonmma.com for more.

MONDAY/AUG. 21

Poetry Mixer. 7-8 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Informal group of local poetry writers write and read original poetry, and exchange constructive criticism. Meets every third Monday except holidays. Call 703-228-6545 for more.

TUESDAY/AUG. 22

Travelers' Happy Hour. 6-9 p.m. at Bar Bao, 3100 Clarendon Blvd. Meet up with two of Boarding Area's bloggers — Le Chic Geek aka Jeanne, and Pizza in Motion aka Ed. Free. Email request-7bc4336@fhands.com for more.

FRIDAY/AUG. 25

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

SATURDAY/AUG. 26

Arlington Police Block Party. 9 a.m.-4 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. The event includes various family

SEE CALENDAR, PAGE 7



On Saturday, Aug. 26, police canines will be on part of the Arlington Police Block Party, 9 a.m.-4 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. The event includes various family friendly activities such as the ACPD Kids Zone, K9 Demonstrations, food and beverages. Visit www.facebook.com/ArlingtonCountyPolice/ for more.

ENTERTAINMENT



PHOTO BY RON STALEY/NVSO

Registration through Sept. 2. for the Northern Virginia Senior Olympics The NVSO includes about 70 events that exercise the mind as well as the body. To qualify for the Olympics participants must turn 50 years old by Dec. 31. RSVP Northern Virginia at 703-403-5360 or email RSVP at rsvp@volunteerfairfax.org For a complete list of events and venues please visit www.nvso.us.

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sessions. Visit www.pentagonmma.com for more.
Speed The Magician. 6 p.m. at Lubber Run Amphitheater, 200 N. Columbus St. A "High Energy Magician and Illusionist" known for his hyperactive, fast-paced, performance style. Call 703-228-4712 for more.
Bat Fest. 6:30-9:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Leslie Sturges, director of the Save Lucy Campaign established to protect and conserve bats in this region. Ages 4 and up. Call 703-228-3403 or visit parks.arlingtonva.us/events/bat-fest-arlington/.

BULLETIN BOARD

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

TUESDAY/SEPT. 5

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at ASyphax Education Center, 2110 Washington Blvd. #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Sept. 25-Dec. 15 session. Classes to be held at Syphax Education Center. Morning and evening classes available. Tuition is \$200 or \$285 for people who live or work in Arlington; \$350 or \$470 for people who do not. Exams are free. Call 703-228-4200 or visit www.apsva.us/reep.

MONDAY/SEPT. 11

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at ASyphax Education Center, 2110 Washington

Blvd. #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Sept. 25-Dec. 15 session. Classes to be held at Syphax Education Center. Morning and evening classes available. Tuition is \$200 or \$285 for people who live or work in Arlington; \$350 or \$470 for people who do not. Exams are free. Call 703-228-4200 or visit www.apsva.us/reep.

FRIDAY/SEPT. 15

Application Deadline. The Energy Masters Training program, serving Arlington and Alexandria, is now accepting applications on a rolling basis for the positions of community adult and student apprentice. The program trains volunteers in energy efficiency, water conservation, and community education and outreach. To apply, student apprentices must be in college or high school and over 16 years old. Training will begin in late September. Visit

SEE BULLETIN BOARD, PAGE 11

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Aikido of Arlington

Developing a sense of calm balance.

BY VERNON MILES
THE CONNECTION

It looked like a scene out of an old samurai movie. The two opponents meet beside the creek. It's a clearing in a beautiful green forest. The two bow to the other out of respect, then draw their swords. Except here the swords are wooden, the combat is a carefully practiced routine, and it's not Iwama: it's south Arlington County.

Aikido is a Japanese martial art that focuses on self-defense while avoiding injury to either attacker or target. Much of Aikido focuses on using your opponent's momentum against them. Most of the lessons are hand-to-hand, but it also includes training in how to use and counter weapons.

Yvonne Thelwell is the main instructor of Aikido of Arlington. She's been practicing Aikido for 30 years after it was first offered in a gym where she worked. Thelwell is a structural engineer and designs bridges. She was drawn to

the similarities between the two. "The movements are very efficient," said Thelwell. "It's about finding a balance."

Thelwell demonstrated that with a stance, showing how firm and unyielding the body can be when properly positioned. But Thelwell says this sense of balance extends outside of just physical combat.

"We're seeing more conflict and dealing with it in our everyday lives," said Thelwell. "Aikido helps us try and see things from the other point of view."

For Thelwell, this has helped in dealing with contractors and learning to diffuse conflicts before they really get started.

There were four students with Thelwell in the park, practicing routines together with their wooden swords.

"I started when I was young," said Teresa Liao. "I was around eight. Before Aikido there was a Taekwondo demonstration. But the way Aikido sent people flying ... that's what I wanted to do."

Liao said after training as a child, she stayed away from it for years before finding it again in 2006. For Liao, the main appeal of Aikido as an adult is being able to defend oneself without causing harm.

Many of the students had studied Aikido in their youth and rediscovered it as adults. Sarah Gunther took Aikido as part of a class in college, but picked it up again in 2015 after years of being away.

"It makes me think about centering the self-balance in my life," said Gunther. "Aikido is training, but also balance: life, work, and home."

Gunther says after an intense training session, she's exhausted, but that it also comes with a sense of calm and focus.

"I'm exhausted, but I feel a sense of calm and I find that I can focus more," agreed Vladimir Yankov. Like Liao and Gunther, Yankov had trained in Aikido in his youth. Yankov had never found a connection with the hyper-aggression in



PHOTO BY VERNON MILES/THE CONNECTION

Teresa Liao (left) trains with Yvonne Thelwell.

other sports, but with its focus on self-control, Aikido felt different.

"There's no aggression in Aikido," said Yankov. "Everybody is nice and polite. It's a defensive art."

For Yankov, practicing Aikido has also helped relieve the tension of an office job.

"I sit in front of a computer most of the day, but there's none of the back pain I used to have from that," said Yankov. "It's like dy-

namic yoga."

Aikido of Arlington meets in Glencarlyn Park on the second Sunday of each month for weapons training. Classes meet Monday through Thursday evenings and on Saturday mornings in the Clarendon Presbyterian Church. Dues for beginners are \$55 per month, or \$50 with a student ID. For advanced members, dues are \$65 per month or \$55 with a student ID.



PHOTO BY MIKE SALMON/THE CONNECTION

This toll gantry in Arlington is not in use yet, and is currently being tested.

Testing of I-66 Toll Gantries

The flashing lights that drivers currently may see when getting on or off I-66 inside the beltway are just the testing of tolling equipment mounted on overhead gantries. No tolls are being collected yet. Crews also are testing indicator lights, which briefly flash to indicate that a vehicle is traveling with an E-ZPass Flex in the HOV mode and will be used for HOV enforcement once the express lanes are in operation. Toll collection on I-66 inside the beltway is scheduled to begin in December on the nine-

mile stretch of I-66, from I-495 to U.S. Route 29 in Rosslyn during rush hour only, and only in the direction of the peak travel, meaning eastbound in the morning and westbound in the afternoon. Vehicles with two or more people can continue to use the lanes for free. All vehicles traveling during these periods will need an E-ZPass transponder, and HOV-2+ vehicles will need an E-ZPass Flex transponder switched to HOV-mode to travel for free.

More information can be found at Transform66.org.

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Solar Eclipse 2017 Local experts offer instruction in safe viewing.

BY MARILYN CAMPBELL

Details

Some local science teachers went back to school recently for a lesson on the upcoming solar eclipse on Aug. 21 when a total solar eclipse cuts a path across the U.S. Instructors from Fairfax, Arlington, and other Northern Virginia counties attended a half-day workshop led by professor Harold Geller, Ph.D., of the Department of Physics and Astronomy at George Mason University.

During the event, which was sponsored by the Virginia Space Grant Consortium, teachers received ideas on teaching their students about the eclipse. “We tested the teachers’ knowledge,” said Geller. “They also worked in small groups to develop a lesson plan on the eclipse.”

Teachers also got a hands-on outdoor session on safe viewing of the sun and solar eclipse as well as a hands-on lesson on the moon’s phases. Geller said the lesson and safety precautions can be applicable to anyone with an interest in the event. “Everyone seems to know the date ... but many are not aware of the times,” said Geller. “They vary by location. In Washington, D.C. on 21 August 2017 the partial eclipse will begin at 1:18 p.m. The peak or maximum will be at 2:43 p.m. The partial solar eclipse will end here at 4:02 p.m.”

For more information, see <https://eclipse2017.nasa.gov/>.

For those who may be unaware of the specifics, Geller underscored the importance of understanding what a solar eclipse is. “Most simply, it’s the phenomena which occur when the moon gets in direct line of sight between the Earth and the sun,” he said. “In the D.C. metropolitan area, between 81 and 85-percent of the sun’s disk will be blocked by the moon.”

For those in the Washington, D.C. region who are wondering what will be visible, Geller said, “At the start of the eclipse, it will appear that a dark disk is blocking out the light from the sun. As we proceed to maximum, more and more of the sun’s disk will be blocked by the moon. Then, after the peak, less and less of the sun’s disk will be blocked by the moon.”

For those wishing to see the eclipse without leaving the Washington, D.C. region, “The best place to view the eclipse is in the path of totality, that is, wherever the shadow of the moon will totally block all the light from the sun,” said Geller. “Another very important factor is the weather. You should have a direct line of sight to the sun, no interfering clouds. So an open field, with no interference along the line of sight to

the sun between 1 and 4 p.m. in this area, would be best.”

Safety is a factor that Eric Bubar, Ph.D., associate professor of biology and physical sciences at Marymount University underscores.

“Never look directly at the sun, unless you can approved solar viewing glasses,” he said. “These might be hard to find at the moment. Most online vendors are sold out.”

For those considering using their sunglasses instead of eclipse glasses, Bubar offers a warning. “Your sunglasses are not suitable for viewing the sun,” he said. “No matter how dark, expensive or polarized they are, don’t use them. Polarization and UV blocking are great for decreasing the ambient brightness outside, but direct sunlight light can pierce right through and cause damage to your eyes. The only safe way to see the sun with your own eyes is through eclipse glasses or appropriate solar filters.”

“No one should ever look directly at the sun without proper protection,” added Geller. “Only special equipment should be used, whether looking directly at the sun or indirectly at the sun. Only a limited number of manufacturers’ products have been tested for safety. Make sure you are using one of these or that you use an indirect



PHOTO COURTESY OF HAROLD GELLER

George Mason professor Harold Geller led a workshop for science teachers that included an outdoor session on viewing the Sun and the upcoming solar eclipse safety.

method for observing the sun.”

Bubar recommends using the list of vendors certified by the American Astronomical Society. “Also, look at the glasses and make sure there are no holes or punctures in the viewing material,” he said. “Even a small crease or puncture can make them unsafe.”

Eclipse enthusiasts should not be fooled by glasses that appear similar to eclipse glasses that have been certified for safe viewing, says Bubar. “The material in solar filters can look a lot like aluminum foil but is completely different,” he said. “If you can’t find solar viewing glasses ... you can see it indirectly with a pinhole viewer.”

Instructions for using this method can be found by visiting: (<https://eclipse.aas.org/eye-safety/projection>) for how to do this.

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PHOTO BY MIKE SALMON/THE CONNECTION

State transportation officials get out the golden shovels to kick the 395 Express Lanes project off.

395 Express Lanes Project

FROM PAGE 3

of the express lanes around the area, and feels that "it will ease the flow of traffic on the highway," so she is eager to see how it works.

Kristen Dena is in sales, so she's driving every day and uses the 495 Express Lanes frequently. "They can get pretty expensive," she said.

The 395 Express Lanes northern extension was originally part of the whole 95 Express Lanes project back in 2009 but was taken off the project because of the opposition from the officials in Arlington, who felt it impacted their county and residents negatively, particularly in the Shirlington area. Project planners implemented a compromise, and stopped the express lanes at Edsall Road in Alexandria, building a ramp for the drivers to get back on I-395 if they did not have three passengers to qualify for the HOV restric-

tions. The new project includes the multi modal funds and does not impact the Shirlington interchange, so Arlington agreed to it.

According to Eric Balliet, a communications specialist with Arlington County, the current project is far more balanced with on-going dedicated funding to support increased transit and other multimodal improvements in the corridor. The new plan is also sensitive to jurisdictional impacts than the Commonwealth's 2009 proposed extension of express lanes through Arlington.

McAuliffe used the ceremony to highlight other transportation improvements going on in Virginia totaling \$10 billion. This includes a two mile extension of the 95 Express Lanes in Stafford County to alleviate a bottleneck, and the Atlantic Gateway, a project for the eastern part of Virginia that includes the express lanes, as well as harbors, rail and other improvements.

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BULLETIN BOARD

FROM PAGE 7

www.ArlingtonEnvironment.org/energy.

MONDAY/SEPT. 18

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at ASyphax Education Center, 2110 Washington Blvd. #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Sept. 25-Dec. 15 session. Classes to be held at Syphax Education Center. Morning and evening classes available. Tuition is \$200 or \$285 for people who live or work in Arlington; \$350 or \$470 for people who do not. Exams are free. Call 703-228-4200 or visit www.apsva.us/leep.

GET MORE WITH SNAP

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

ONGOING

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

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

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Aug. 21-26.

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: Hollywood Casino, Charles Town, W.Va., Monday, Aug. 21, \$8; Museum of Fine Arts, Richmond, Tuesday, Aug. 22, \$28; Bay Lighthouse Cruise, box lunch, Wednesday, Aug. 23, \$64;

tour Sewall Belmont House, D.C., Friday, Aug. 25, \$6; US Air Force Airmen of Note, National Harbor, Saturday, Aug. 26, outdoor performance, \$5. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Adult guardianship basics, Monday, Aug. 21, 1:30 p.m., Aurora Hills. Register, 703-228-5722.

Hoarding issues, Monday, Aug. 21, 1 p.m., Lee. Register, 703-228-0555.

Beginners pickleball, Monday, Aug. 21, 9 a.m., Arlington Mill. Details, 703-228-7369.

Yogurt recipes, Tuesday, Aug. 22, 11 a.m., Langston-Brown. Register, 703-228-6300.

Meet travel writer Jess Moss, Tuesday, Aug. 22, 6:30 p.m., Walter Reed. Details, 703-228-0955.

Divorce 101, Wednesday, Aug. 23, 7 p.m., Arlington Mill. Register, 703-228-7369.

Comedy Club, Wednesday, Aug. 23, 11:30 a.m., classic radio and TV shows, Aurora Hills. Register, 703-228-5722.

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

Tennis for adults, 55+. 9 a.m., Bluemont Park tennis courts. Register, 703-228-4771.

Arlington Walking Club, Wednesday, Aug. 23, 9:30 a.m., Lubber Run Community Center, \$4. Details, 703-228-4403.

Senior transportation options, Thursday, Aug. 24, 10:30 a.m., Arlington Mill. Register, 703-228-7369.

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I Had a Dream



By KENNETH B. LOURIE

Which apparently, according to my oncologist, is not unusual. In fact, he's had them, too. What I am referring to, in a general sense, are cancer dreams. The 'cancer dream' I had was my first. Actually, it was not so much a dream, with a beginning, middle and an end, as it was a fragment; a moment in subconscious time that provided (illuminated would be too strong a characterization) an opportunity to possibly see my future and prepare accordingly.

Before I share my dream, let me give you a bit of context relating to my cancer condition. I am nearly five months into my ninth year post diagnosis. I have stage IV non-small cell lung cancer, the terminal kind. Stage IV, if you don't know (and I certainly didn't know stage IV from stage left until my oncologist told me in late February 2009) means the tumors have metastasized (moved from its original location, which is rarely good) and are inoperable (which means surgery is not an option/recommended/reasonable). Ergo, the "13 month to two year" prognosis I was given and the associated 2 percent chance of survival beyond five years. To say then that cancer/my mortality is constantly on my mind is an understatement of epic proportions.

Given the unlikely still-living situation in which amazingly I find myself, I am regularly waiting for disappointing/discouraging health-related symptoms/news. With every five-week cycle of pre-chemotherapy lab work/24-hour urine collection and chemotherapy infusion, followed by quarterly CT Scans and semi annual brain and/or lower abdomen MRIs, I am at the mercy of results – which at this juncture rarely manifest themselves in any symptomatic/life-changing way. In short, I rarely know what the cancer is doing until my oncologist tells me. So far, mostly so good. As a result of this general lack of symptoms, I am always anticipating the day when I am not so lucky and wondering how it will happen/how I'll react when "the cancer," as "Forrest, Forrest Gump" said it, asserts its insidious hold. This was the dream fragment I had.

The only real symptom of my lung cancer/treatment shows up in my lab work: specifically my creatinine level, which measures kidney function. And kidney function, per conversations with my oncologist, is a major concern. The damage I've incurred already is irreparable and likely to get worse and a constant worry (I've recently had a "liquid biopsy" in an attempt to determine non-surgically the genetic mutation of my tumors which could possibly enable me to switch my chemotherapy to one which is not filtered through the kidneys). In the interim however, or until there is an "actionable" match, I am still preoccupied with this risk. The fear of dialysis/a kidney replacement weighs heavily on my mind.

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

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