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July 25-31, 2018

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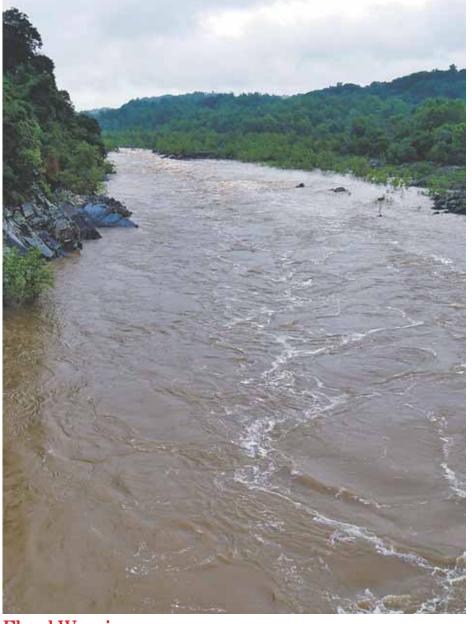
News



After days of record-breaking rain, the Potomac River rages with downed power lines on the Potomac Heritage Trail at the mouth of Pimmit Run.

Photos by Shirley Ruhe The Connection





Flood Warnings

Scene from Chain Bridge Tuesday morning, July 24, with flood warnings after days of rain.

Fuel from Flushing?

New waste disposal plan brings criticism and opportunities.

> By Vernon Miles The Connection

hat happens when you flush? Currently the excess solids end up trucked away from Arlington, but new county plans look to convert those solids into fertilizer or fuel for the bus system.

The new solid wastes plan approved at the July 17 County Board meeting could reshape the way Arlington handles its solid waste disposal, but local neighbors are concerned that change will come with further degradation of Arlington's air quality.

Fifteen years ago Arlington updated the liquid side of its wastewater treatment facility. Since then the solid side of the waste disposal has continued to degrade. Solid wastes are currently trucked away from the site five to six times each day. Instead, the new Water Pollution Control Plant's Solids Master Plan could transform that waste into soil enhancement for local lawns and collect the methane gas to be used in Arlington's bus network.

The new treatment is a three-phase process that will gradually replace equipment at the treatment center, with a total cost of \$154.8 million spread out across those phases. The plan would require additional

SEE WASTE DISPOSAL, PAGE 11

Redistricting: Wrong by Both Political Parties

How gerrymandering affects voting districts statewide and locally.

By Bianca Moorman The Connection

esidents from throughout the area came to listen and express their concerns July 12 about gerrymandering.

"The goal of gerrymandering is to get as many seats in a legislature, in the assembly, in congressional delegations," and to use that plan to get more seats than the statewide vote would normally occur, said Michael Latner, associate professor of political science at California Polytechnic State University and Kendall Voting Rights Fellow during a meeting at the Arlington Mill

Community Center located in Arlington.

The League of Women's Voters of Arlington hosted the event called "Gerrymandering and the End of Popular Sovereignty" to raise awareness about political redistricting through gerrymandering. The event was also a way for the organization to educate the community about the issue.

Jackie Rivas, co-chair of the league's redistricting committee, said they partnered with OneVirginia 2021 in getting a constitutional amendment to the Virginia constitution. Rivas said that their goal is to get a bill ready for the 2019 General Assembly session and before the 2020 census when the district lines will be redraw. 2010 was

the last time the lines were redrawn.

"We have a very short time to make it happen, we have to have a bill ready to go to the General Assembly by the beginning of January," said Rivas.

Latner said gerrymandering comes in many forms which includes race but he more recently has seen gerrymandering increasing where one political party gains advantage over another.

Gerrymandering is considered legal since the U.S. Supreme Court hasn't decided the status of it yet, said Latner. Without such a ruling, political parties have had the freedom to gerrymander.

Latner said both the Democratic and Republican parties gerrymander. Latner said Republicans are benefiting more from gerrymandering.

According to the One Virginia 2021 website, Virginia is ranked one of the most

gerrymandered states in the country, ranking number 5 on the congressional and state level.

Latner described how the Republican party has a strategy in how they could win seats. He gave an example in which even though the Democratic party won most of the nationwide congressional vote, Republicans still gained 36 seats in the House of Representatives.

In the state of Virginia, the Democratic party won by a 9 percent margin of the state vote, but failed to win the majority of the seats to gain control of the state legislature, Latner said.

Rivas said if they can get a bill passed in 2019 and 2020 it will give a chance for voters in the Commonwealth to vote on gerrymandering and support independent, non

See Redistricting, Page 11

Pet Connection

Timone's Tale

From the Animal Welfare League of Arlington (AWLA): "We've had Timone since he was just a week or so old, and didn't notice any issues until he was starting to wean and move onto wet cat food instead of KMR. He could not keep anything down — every time he tried to eat, he would vomit everything back up. After a few weeks of trying to figure out what was wrong, he was diagnosed with a condition that had caused a ventricle from his heart to wrap around his esophagus, restricting his esophagus to the size of a pin.







PHOTOS BY CHELSEA LINDSAY

Now that we had a diagnosis, he needed immediate surgery to correct the condition so that he wouldn't starve to death. Unfortunately this was open heart surgery, and very expensive because of the intricacies of the surgery. We were able to raise the entire \$8,000 for his surgery and after-care in 24 hours. Our community really banded together to save Timone's life. Timone had his surgery, but unfortunately his condition was more severe than we first thought, so it did not fully correct it. He's doing much better, and we hope with some further treatment and therapy, he'll be OK. We're still unsure as to how his condition will progress, but we're doing all we can for him."

AWLA's Neonatal Nursery Saves Kittens

Hundreds would have died without this level of care.

By Hannah Rosman The Connection

he Animal Welfare League of Arlington (AWLA) has always been a resource to current and aspiring pet owners, but it is now able to help more animals than ever thanks to its neonatal kitten

For years, AWLA has taken in stray kittens and placed them with foster owners, but it was fairly small-scale and just for the ones that were found in Arlington. Last year they received funding to open a kitten nursery, so after getting an incubator, they can now accept kittens from the broader metropolitan area and other places in Virginia.

"We have taken in about 400 kittens this year, and they're usually the ones that are the most likely to get sick and have problems," Chief Operating Officer Susan Sherman said. "We're saving literally hundreds and hundreds of kittens that would either die or would have to be euthanized in other shelters."

Kittens have to be bottle fed around the clock, so not many shelters have enough people or resources to take care of them, but AWLA has raised an army of volunteers by offering classes to teach people how to care for these kittens.

"I've been here a really long time (more than 20 years), so I've seen this place evolve so much," Sherman said. "We've been doing trap-neuter-return for feral cats for about 7 years, so that has really reduced the population of kittens and strays in Arlington, so now we're able to help other

Beyond helping kittens, AWLA offers a plethora of resources for pet owners. They have everything from a rabies and microchipping clinic, to a behavior helpline to a pet loss support group. They also provide emergency services such as veterinary assistance, created for people who have a pet that has a sudden medical problem that they're not able to pay for, and safekeeping, which allows people who are experiencing a health or housing crisis (unexpected hospitalization or house fire) to keep their pets at the shelter for free until they are able to bring them home.

They also have some resources that are only available to people who have a household income of less than \$60,000. These include low-cost spay/neuter assistance and a low-cost wellness clinic once a month, which provides a rabies shot, as well as other vaccinations, a heartworm test, and an examination by a veterinarian.

"There's really no reason for any animal

in Arlington not to be properly cared for because if the owner does not have the means to do so, we have all of these safety net programs to help people," Sherman said. "As much as possible, if somebody is struggling with taking care of their animal we want to provide these resources to help them keep their animal. They can always surrender the animal, but first we try to let them know all these different ways that we can help them, so that they can keep their

To maintain these resources, AWLA staff members spend much time on fundraising. They receive a third of their budget from the county, so without donations, it would be much more difficult to pay for things like spaying and neutering the dogs, special surgeries, or even the employees' salaries. Communications Specialist Chelsea Lindsey estimated that it takes almost \$2 million a

SEE SHARED MISSION, PAGE 5





PET CONNECTION

Shared Mission: Save Animals

"There's really no reason

for any animal in

Arlington not to be

properly cared for

these safety net

because if the owner

does not have the means

programs to help people."

Chief Operating Officer, AWLA

— Susan Sherman,

to do so, we have all of

From Page 4

year to run the shelter, and \$1.3 million of that has to come from donations each year.

To raise money, AWLA has created cre-

ative campaigns to help them out. Right now, they are having their calendar contest, where people enter pictures of their pet and then get other people to vote for their pet by giving money. They also have maior fundraising events like the Walk for the Animals every spring and their fall fundraiser, which has been a beer festival for the past few years. Despite these large events, most donations come

from people who read about a specific animal on social media who is in need of surgery or an expensive treatment.

"I hate to say it, but these stories about

adorable animals in need are what get people wanting to donate. We know when we get animals who need help that if we ask for it people are going to give it," Lindsey said. "It's really amazing how people will rally behind stories like this that

they connect with. A lot of the people that donate either have pets with similar issues or have had themselves a similar issue, and so they feel a connection to the animal. Finding those little connections and trying to get them out there is really important."

They are not only looking for people who can donate money though. AWLA always needs more toys and supplies, so donations of things like blankets, towels and cat carri-

ers are always appreciated, as well as donations of time.

"We have our volunteer program, so people can come and just give their time, which is also very important," Lindsey said.



Rescues

Madeline Reicherter with Molly (left) and Mary Kate Reicherter with Stormy (right). In the wake of Hurricane Katrina (2005), Nellie arrived in Arlington from New Orleans and very shortly produced a puppy litter. Two were adopted by the Reicherter family and aptly named Bourbon and Stormy. Stormy lives. Bourbon passed away and has been replaced by Molly, another rescue dog recently brought to the area for adoption.





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News

Reporting Assault on Campuses

Local colleges provide confidential services for students.

By Bianca Moorman The Connection

very 98 seconds someone is sexually assaulted, according to RAINN (Rape, Abuse and Inscet Natioal Net work), one of the largest anti-sexual violence organizations in the nation.

"The Title IX office is responsible for investigating complantis of sexual assault, dating volince, sexaul assualt, stalking and sexaul harrassment," said Julian R. Williams, vice president of compliance, diversity and ethics at George Mason University.

GMU is one of many universities in the Northern Virginia area that provides resources to students to report any kind of assault which would include physical assault and sexual assault. RAINN said that sexual assault on college campuses are the most common and they are not often reported.

According to to RAINN statistics show 11. 2 percent of college age students experience rape and sexual assault through physical force, violence or incapacitation. This included undergraduates and graduate students: 23.1 percent of the victims are female and 5.4 percent are male students.

"Consent is something that is freely given and it can't be coerced, forced,

drugged or drunk," said Connie Kirkland, director of NOVACares of the Northern Virginia Community College.

Williams would classify sexaul assault as something that is not consensual. He also

An open letter to the Arlington County Board.

I have lived in Arlington on and off my en-

tire life. Since 2011, my wife and I have lived

county taxes. We vote and are active members

of our neighborhood and school communities

I am writing to you today to express my deep

consternation about the county's proposed plan

to eliminate trees and green space at Domin-

LETTER TO THE EDITOR

would include stalking and domestic violence with a sexual component. At GMU, the reporting process has two steps.

"At Mason we have two areas that deal with physical assault. One would be our campus police department and the other would have to be the offices in the Diversity and Compliance and Ethics," said Williams.

At George Mason, the Title IX coordinator and the Title IX investigator would be responsible for collecting information. Also they would be speaking with the individual or individuals about filing a complaint or providing them with resources on campus. Title IX gets involved when an assault has something to do with gender. Williams also said that Mason follows the same policies that are listed for Title IX on the federal level.

The Title IX office will investigate the issue and will decide on a punishment based on the nature of the case. He said punishments could range from probation for a semester to expulsion. Students can also bring charges through the George Mason Police Department.

Mark Brown from communications and marketing at Marymount University said Marymount's program, SaintsCare, addresses cases that involve sexual misconduct. Students, staffers and professors comprise the staff at SaintsCare. The university also offers bystander intervention, confidentially and Title IX resources for students, according to the SaintsCare website.

Kirkland said within the NOVA Community College system, they have two specific programs like NOVACares and the sexual assault services. Kirkland said that NOVACares is more of a behavioral intervention where they receive reports of issues and they take the appropriate steps while the sexual assault services specifically handles sexual assaults. NOVACares is seperate from the sexaul assault services.

Resources

NORTHERN VIRGINIA COMMUNITY COLLEGE

NOVACares: www.nvcc.edu/novacares/ Sexual Assault Services: Phone 703-338-0834 or by

MARYMOUNT UNIVERSITY

SaintsCare: www.marymount.edu/Student-Life/ Health-Wellness/SaintsCare

GEORGE MASON UNIVERSITY

Sexual and Intimate Partner Violence Crisis Line

Kirkland said the sexual assault service is confidential and provides services 24/7 for students to speak with a trained consultant. Kirkland also said students who take classes online with NOVA can use the services provided by NOVACares.

with the Title IX office or meeting with a counselor, if that is what they choose. Her office also helps if students want to proceed with criminal charges by going through the court

According to crime logs from George Mason University and NOVA Community College, since 2013, there has been an increase in reported cases of sexual assault, stalking, domestic violence and simple assault. Williams said there has been an increase in the reporting of sexual assaults since the time he has been there.

Kirkland said, since 2012 when NOVACares began, she has seen the numbers go up. Kirkland said when she first started she would get three to four reports a month, now she sees

"Everybody has just become aware," said

Student Support and Advocacy Center: 24-Hour

Kirkland said they can help students connect

100 reports a month.

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NEWS DEPARTMENT: arlington@connectionnewspapers.com

Steven Mauren

Editor 703-778-9415

smauren@connectionnewspapers.com

Production Editor jcard@connectionnewspapers.com

Vernon Miles

Reporter 757-472-3435 vmiles@connectionnewspapers.com

Eden Brown, Shirley Ruhe

Contributing Writers arlington@connectionnewspapers.com

ADVERTISING: For advertising information sales@connectionnewspapers.com 703-778-9431

Debbie Funk

Display Advertising/National Sales 703-778-9444 debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

Classified & Employment Advertising

703-778-9431

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President

Jerry Vernon 703-549-0004 jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren Art/Design: Laurence Foong, John Heinly,

Ali Khaligh **Production Manager:**

Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com



It would be truly wonderful if the area near the salt dome could be utilized in such a manner and preferably with minimal destruction of the mature trees and surrounding natural

I and many of your constituents will be paying close attention to the board's behavior and decision regarding this last vestige of major green space in our community. Please — do the right thing.

I thank you for your hard work and service to my beautiful and amazing hometown.

Zachary J Rodman

Arlington

Become a Master Naturalist volunteer. The Virginia ecosystems, and much more provide fun and Master Naturalist program trains volunteers to interactive training. Volunteers must commit to at provide education, outreach, citizen science, and least 40 hours of service and eight hours of stewardship to help conserve and steward natural continuing education annually to become certified. resources and public lands. Master Naturalist

Sweet Summer. 6-7 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Kol Ami

SEE BULLETIN BOARD, PAGE 10

on 25th Street near Marymount University. We the face of residents of the Old Dominion and have put roots down deep in Arlington includ-Lee Heights taxpayer, and even more destrucing raising our two boys (age 5 and 8). tive than the much maligned fire station pro-And yes, like most, we have paid a lot of posal of recent times.

Set Aside Some Green Space

Like many of my neighbors and especially those with children, I often wish that our neighborhood had the type of green, familyfriendly play spaces that Arlington is known

ion Green in order to build a new and larger

salt storage facility. While I appreciate the need

to have safe and adequate storage for winter

salt, this proposed action would be a slap in

for. Sadly, there are no parks of this sort within easy walking distance of my home.

volunteers gain certification through state-approved

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wide range of disciplines such as ecology, botany,

BULLETIN BOARD

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

SUNDAY/JULY 29

both in person and online.

To the Editor:

Open House. 3:30-4:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington.

Business

Some Like It Hot

... at the Chill Zone.

BY SHIRLEY RUHE
THE CONNECTION

resh mango frappé and crispy rice cakes? Daniel Bui, owner of Chill Zone on Harrison Street says, "Mango is our most popular frappé. We use fresh mangos; everything here is fresh, organic."

And he points around the room. "The panfried rice cake is very popular. You see every table has it. It tastes good — made with rice flour and then fry it, very crunchy." It is served with "our special sauce." Bui says this is a family business and his mother-inlaw created the food. "She cooked in Vietnam." But the recipe for the special sauce will have to remain a mystery. "She only speaks Vietnamese."

The small, square rice cakes are served on eggs scrambled with green onions and accompanied with shredded papaya salad with sriracha sauce if you like something hot

Bui sits at one of the tables that were designed and constructed by his brother. He says, "We have a different way here. We like to make it an atmosphere people like." So he points to the four low tables where students huddle around a computer as they sit on the floor. "That feels like home." He points to bar stools by the window, and there is a place for couples. "It's a small space so people can choose where they feel comfortable."

And he says their slogan is "back to the basics." No TV, no traditional pictures on the wall. "Everything we created ourselves." He points to original artwork on the wall. "We collected bark in the forest and put together the collage hanging over the space in the front. "Some different by family and friends, all original." In the corner by the condiments a tall, translucent vase strung with sparkling lights makes another artistic statement.

Bui came to America from Saigon in 1990. He has been a wedding photographer for 30 years, and wedding pictures cover one wall of Chill Zone. "But I thought maybe I get old and can't hold a camera anymore



Two women enjoy a Vietnamese coffee at one of the table configurations at Chill Zone.



Photos by Shirley Ruhe/The Connection

Daniel Bui, owner of Chill Zone, sits in front of the wedding pictures he has taken in his photography business.

and I ought to have something else." Also he views coffee as something artistic. "Yah, I like services and that's why I have additional styles of coffee." He sits drinking a flat white but says the Vietnamese coffee is very popular. Vietnamese people drink it all day. The murky cold drink is made with two shots of espresso plus condensed milk and organic whole milk. The ratio gives the desired sweetness for each customer.

Everything is organic.

The rent is high so he thinks that scared off customers in the beginning because he had to charge a little more. He explains they didn't understand that the strawberries are fresh every day, the tea is green Japanese mateha and the barista selects local beans from Maryland and D.C.

He says it was difficult in the beginning when they started the business in February 2017 because people weren't used to them in that location. Chill Zone replaced Mom's Macaroons, a long-standing business, in a small corner spot. "People would park outside and keep looking. What's in there? They didn't want to try something new." He said they also faced the challenge of name recognition. "We're a family-run business, not a big franchise that is already famous. It took people a while." He says his wife, Yen, works in Chill Zone and his daughters help out there.

The menu offers a small selection of "Bites" including chicken or beef Banh Mi. "This is beef — she make it special — I can't tell you how — with sliced cucumbers and

special sauce." They also have party wings. "They are very different wings. When you try them here, you don't want to have them anywhere else. Children love the wings."

Since the restaurant is close to Yorktown High School, students often drop by on their way home. Today two women sit on chairs having coffee while several other customers discuss business at a back table and a man sits at the window reading a newspaper.

This is the first of a series on immigrant-run businesses in Arlington.



CAREGIVER CONNECT

A Monthly Gathering for Caregivers at The Kensington

t The Kensington, we understand that caregiving for someone with dementia is a demanding responsibility. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's memory changes.

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Dr. Aleksandra (Anya) Parpura, an expert in aging and dementia, leads our Caregiver Connect program and brings to us vast knowledge, helpful tips and a kind heart.

The first Wednesday of each month from 6:30-8:00pm August 1, September 5 & October 3 • Light refreshments RSVP to (703) 992-9868



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Entertainment

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

FARMERS MARKETS

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

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

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

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

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

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

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

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

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

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

ONGOING

Art Exhibit: Border (Untitled).

Through July 28, gallery hours at Cody Gallery, Ballston Center, 1100 North Glebe Road, second floor and The Barry Gallery, located in the Reinsch Library at Marymount, 2807 North Glebe Road. Marymount University will present Border (Untitled), an exhibition on the state of culture, art, and politics surrounding immigration and refugees. A fundraiser will be presented at both spaces for Love Without Borders. Works by refugees from around the globe will be available for sale, with all proceeds donated to support Love Without Borders and its work for refugee aid. Visit www.love-withoutborders.org/, www.marymount.edu/barrygallery or www.marymount.edu/ballstoncenter-gallery.

Art Exhibit: "Peregrination." Gallery hours at The Margaret W. and Joseph L Fisher Gallery on the second floor



Living History Military Timeline

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

of the Rachel M. Schlesinger Center on the Alexandria campus of the Northern Virginia Community College, 4915 E. Campus Drive (off Beauregard Street), Alexandria. Arlington-based fine artist Bryan Jernigan's solo show "Peregrination" – will run through July 28. Peregrination, also known as a long, meandering journey, encapsulates the artist's abstract take on real and envisioned landscapes. Visit www.nvcc.edu/ schlesingercenter.

"The Wonderful Wizard of Oz."

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

SUMMER CAMPS

Visual Arts Camps. Through Aug. 31 at Arlington Arts Center, 3550 Wilson Blvd, Arlington. Meets 10 a.m.-12:30 p.m. and/or 1:30-4 p.m. Mondays thru Fridays. Thematic and technique-focused camps return this summer for children and teens, ages 4-18. Campers explore the fundamentals of visual arts through

creative projects in various two- and three-dimensional media. Line, color, shape, texture, space, and form will all be emphasized through creative projects based on campers observations and imaginations. Visit arlingtonartscenter.org.

WEDNESDAY/JULY 25

The Lemonade Stand. 5:30-7 p.m. at 5:30-7 p.m. at Clarendon Animal Care, 3000 10th St N. The Lemonade Stand, hosted by children served by Bridges to Independence, teaches atrisk youth essential life skills entrepreneurship, a strong work ethic, financial literacy and teamwork. Proceeds from this year's program will fund the start of a savings account for each youth participant and earn the young people a fun, summer field trip. Visit www.Bridges2.org.

Information Session. 6 p.m. at Westover Library, 1644 North Mckinley Road, Arlington. What does the Lee Senior Center have to offer? Join Adriana Carr, Director of the Lee Senior Center to learn about the history of the senior center and various senior adult programs and activities provided. Discover the benefits the Lee Senior Center has to offer 55+ community members, such as fitness classes, live music presentations and more. Free, registration required. Contact Margaret Owen at mmowen@arlingtonva.us. Or visit arlingtonva.libcal.com/event/

Book Talk. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Andrew Shaffer presents Hope Never Dies: An Obama/Biden Mystery. Visit www.onemorepagebooks.com.

Alexandria Pitch Celebration. 6:30 p.m. at the WeWork in Crystal City, 2221 South Clark St., 12th Floor, Arlington. Don't miss the final pitch of the season, when students from the Alexandria Grow My Business program will present their business pitches in a formal setting and receive feedback from a panel of expert judges. RSVP at www.eventbrite.com, search "Empowered Women.

Library Garden Talks. 7-8:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Topic is All about Honey Bees. Want to start a beehive or just understand how a beehive works? Learn from an expert beekeeper the basics of beekeeping. Visit www.fairfaxgardening.org/eventscalendar.

THURSDAY/JULY 26

The Lemonade Stand. 1-2:30 p.m. at Arlington Community Federal Credit Union, 5666 Columbia Pike, Falls Church. The Lemonade Stand, hosted by children served by Bridges to Independence, teaches at-risk youth essential life skills entrepreneurship, a strong work ethic, financial literacy and teamwork. Guest Pourer is Karen Rosales, CEO of ACFCU. Proceeds

from this year's program will fund the start of a savings account for each youth participant and earn the young people a fun, summer field trip. Visit www.Bridges2.org.

FRIDAY/JULY 27

Moths by Moonlight Campfire.

8:30-9:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Register children and adults; children must be accompanied by a registered adult. Have fun at this later-than-usual campfire. Learn about moths before visiting a black light setup to see who's flying at night. Cost is \$5. Call 703-228-3403.

SATURDAY/JULY 28

Publishing Panel Discussion. 2-4

p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington. Join authors and publishing professionals for a discussion about the ever-changing book industry. Learn about the latest trends in publishing and book marketing. Hear what agents, publishing houses, and readers are currently interested in. Bring questions and be prepared for an afternoon of book talk. Free. Visit mascotbooks.com

Netherlands Carillon Concerts:

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

SUNDAY/JULY 29

Going Native: Flora and Fauna. 9

a.m.-1 p.m. at Fairlington Farmer's Market, 3308 S. Stafford St. Going Native: Flora and Fauna of Arlington, created and illustrated by artist Kate Samworth, is a folding, pocket-sized manual of some of Arlington's native plant, mammal, and insect species of Arlington. Using her artwork as a reference, enjoy a quick hands-on art project examining and recreating the shapes and patterns found on selected species of plants, insects, and butterflies by using collage, watercolor and drawing. Visit www.fairlingtonfarmersmarket.org.

Fairlington Farmer's Market. 9 a.m.-1 p.m. at 3308 S. Stafford St., Arlington.

Cristina Curp Book Signing. 1 p.m. at Barnes and Noble Clarendon





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Market Common, 2800 Clarendon Blvd., Suite 500, Arlington. Meet Cristina Curp for a Keto talk and book signing. She will be talking on behalf of her new Cookbook – Made Whole. Visit stores.barnesandnoble.com/ store/2068

TUESDAY/JULY 31

The Good Life Festival. 10 a.m.-2 p.m. at Nestle's Corporate Headquarters, Rosslyn Central Plaza, 1812 N. Moore St., Arlington. Join free culinary demonstrations with Nestle chefs, fun activities and food sampling including coffee, ice cream, pizza and more. Celebrate the grand opening of new U.S. corporate headquarters. Visit www.nestleusa.com.

The Lemonade Stand. 5:30-7 p.m. at 5:30-7 p.m. at Hair Cuttery, 2020 Wilson Blvd. The Lemonade Stand, hosted by children served by Bridges to Independence, teaches at-risk youth essential life skills – entrepreneurship, a strong work ethic, financial literacy and teamwork. Proceeds from this year's program will fund the start of a savings account for each youth participant and earn the young people a fun, summer field trip. Visit www.Bridges2.org.

WEDNESDAY/AUG. 1

Pests and Diseases of Trees in

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

THURSDAY/AUG. 2

Going Native: Flora and Fauna. 3-7

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

Ballston Mega Market. 3-7 p.m. at

Welburn Square at Ballston Metro Station.

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

SATURDAY/AUG. 4

Garden Talk: Summer Blooms. 11

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



Maria Rizzo: Let Me Entertain You; Wednesday, Aug. 1, 8 p.m.

> Bligh Voth: No Really I'm Not Crazy; Saturday, Aug. 4, 9



Summer Nights Cabaret Series

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

or email mgarlalex@gmail.com. **The Lemonade Stand.** 5:30-7 p.m. at

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

Netherlands Carillon Concerts:

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

netherlandscarillon.htm

registration requested at mgnv.org. Call







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SPORTS

Thunderbolts Battle Gators

In their final home meet of the NVSL Division III season, the Donaldson Run Thunderbolts lost in a close meet to the Mount Vernon Park Gators. The final score was 215-205.

Double individual race winners for Donaldson Run were: Ellie Wertzler (girls' 8 & under 25 free and 25 fly); Scarlett Bennett (girls' 9-10 50 free and 50 back); Rachel Conley (girls' 11-12 50 free and 50 fly); Emily Brooks (girls' 15-18 50 free and 50 back); Andrew Meighan (boys' 15-18 50 free and 50 breast); James Madden (boys' 8 & under 25 back and 25 fly); and Diya Redburn (girls' 50 breast and 50 fly).

The team's single winners were (in order of age and event): Grace Jansen (girls' 13-14 50 free); Ella Rigoli (girls' 13-14 50 back); Sean Conley (boys' 15-18 50 back); Peter Madden (boys' 8 & under 25 breast); Keegan Clark (girls' 8 & under 25 breast); Charlie Greenwood (boys' 11-12 50 breast); Matt Vance (boys' 15-18 50 fly); and Emma Hutchison (girls' 15-18 $50 \, \text{flv}$

Donaldson Run swimmers finished first in 22 of the individual races and won 6 relays.

Winning relay teams included: Vikram Martinez, Jake Lindsay, James Madden, and Peter Madden (bovs' 8 & under 100 free relay);

Scarlett Bennett, Evelyn Maloney, Ryan Clark, and Diya Redburn (girls' 9-10 100 medley relay); TJ Hutchison, Drew Harker, Jack Tsuchitani, and Charlie Taylor (boys' 13-14 100 medley relay); Elsa Leichty, Rachel Meighan, Ella Rigoli, and Grace Jansen (girls'



Diya Redburn (girls' 9-10 50 breaststroke)



Anna Trainum (girls' 15-18 50 breaststroke)

13-14 100 medley); Sean Conley, Harrison Rehr, Matt Vance, and Andrew Meighan (boys' 15-18 200 medley relay); Rachel Conley, Diya Redburn, Grace Jansen, and Emily Brooks (girls' mixed age 200 free

"Flourishing After 55"

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

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

Senior trips: Eastern Market & District Wharf Fish Market, Sunday, Aug. 5, \$7; Tudor Place Tour & Tea, D.C., Tuesday, Aug. 7, \$45; Washington Nationals vs Milwaukee Braves, Thursday, Aug. 9, afternoon game, \$55; Hampton National Historic Sites, Baltimore, Friday, Aug. 10, \$53 (includes lunch); Arena Stage, D.C., "Dave," matinee, Saturday, Aug. 11, \$90. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

BULLETIN BOARD

From Page 6

and Growing Jewish Families are sponsoring Sweet Summer, an event meant to connect Jewish families with children between the ages of 18 months and 5 years. Ice cream and playtime on the playground and Rabbi Gilah Langner will be reading

NEW PROGRAMS:

Register online for 2018 Northern Virginia Senior Olympics, www.nvso.us, deadline August 24. Details, 703-228-4721.

Strengthen shoulders and hips, Monday, Aug. 6, 12:30 p.m., \$22.50/5 sessions, Arlington Mill. Register, 703-228-7369.

Just Playin' Country, Monday, Aug. 6, 11:15 a.m., folk music sing-a-1:30 p.m., Lee. Details, long, 703-228-0555.

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

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

Variables that affect balance, Tuesday, Aug. 7, 1 p.m., Lee. Register, 703-228-0555.

Ways to prevent identity theft. Tuesday, Aug. 7, 1 p.m., Lee. Register,

Jewish themed books to the children.

RSVP at shalomdc.org. Visit

KolAmiVirginia.org for more.

Open House. 7-8 p.m. at Long Branch

Nature Center, 625 S. Carlin Springs

Road, Arlington. The Virginia Master

TUESDAY/JULY 31

703-2228-0555

How to utilize Google services, Wednesday, Aug. 8, 7 p.m., Arlington Mill. Register, 703-228-7369.

Voting made easier, Wednesday, Aug. 8, 1:15 p.m., Aurora Hills. Photo ID. Register, 703-228-5722. Aging Matters, radio show for se-

niors, meet host and producer, Cheryl Beversdorf, Thursday, Aug. 9, 11:15 a.m., Lee. Register, 703-228-0555. Do's and don't's of cancer pre-

vention, Thursday, Aug. 9, 10 a.m., Walter Reed. Register, 703-228-0955. Drop in volleyball games, Thurs-

day, Aug. 9, Langston-Brown. Details, 703-228-6300

Classical music enthusiasts, Friday, Aug. 10, 1 p.m., Madison Community Center. Register, 703-228-

Ballroom dance, Friday, Aug. 10, 1:30 p.m., Arlington Mill. Details, 703-228-0555

Naturalist program trains volunteers to provide education, outreach, citizen science, and stewardship to help conserve and steward natural resources and public lands. Volunteers must commit to at least 40 hours of service and eight hours of continuing education annually to

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be certified. Visit www.armn.org.

News

Waste Disposal

From Page 3

staff, but the cost is offset by reducing the number of truck trips from the site.

The new cleaning process would create two byproducts. One is a fertilizer-like biosolid that the plan says could be used by the public, the county, or commercial entities for soil treatment. Further processing would be required if the biosolid is to be locally distributed. The other byproduct could be converted into compressed natural gas. The plan identifies the Arlington Rapid Transit bus fleet, parked across the street from the treatment facility, as a potential customer.

But while staff dismissed the impact of the increased number of flare ups to burn off excess chemicals, neighbors from the surrounding civic associations said they had concerns that the new process would make the air quality worse.

"We lack estimates of how much ozone levels will rise once upgrade comes online," said Suzanne Sundberg. "Without supporting data, staff characterizes future increases as minor. Expecting parents to pay a premium for a plan to poison their children's health is unacceptable."

Paul Gutridge, representing three of the surrounding civic associations, asked the County Board to postpone approval for further study.

"We have two major concerns; emissions and cost," said Gutridge. "Poor air quality is already a concern. All alternatives would contribute to worsening air quality."

But the County Board unanimously approved the solid waste plan while promising to continue looking into alternatives.

"Ironically, even though it may not feel this way, I don't think people are very far apart," said County Board member Christian Dorsey. "The whole notion of finding a cost effective way [to deal with] solid wastes is exactly what staff is preparing to do. It's a plan that's innovative and effective. What we have is a phased approach [that involves] shoring up existing options while looking at new options."

Redistricting

tion to their constituents because the maps have been draw in a certain way, they will

Latner said that even though people are going out to vote, votes are not really counting due to gerrymandering. He said people should ask their local officials and demand their state legislators to have nonpartisan redistricting and to support voting reforms



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

-Werner Heisenberg

Phoning It In



By KENNETH B. LOURIE

For my next post-scan, face-to-face appointment with my oncologist, we won't in fact be seeing him face to face. Instead, we will be speaking with him phone to phone. This bothers or concerns me not in the least. "I only mention this in passing," ("The Exorcist," 1973) and as a topic for this week's column since I'm being CT-Scanned on Wednesday,

Typically, we would meet my oncologist in person a week or so after my scan to allow for proper reporting/interpreting of the scan. This appointment would have been made - or attempted to have been made, during the previous face-to-face appointment, three months prior. However, sometimes the computer program managing such scheduling doesn't provide the doctor's schedule so far in advance.

When this happens, the doctor/staff makes a note in the computer's margins, so to speak, to schedule me automatically when the appointments become available. Well, for some reason, that didn't happen this cycle. That became clear to me when, a few weeks before my presumptive appointment, I went online to see when my it had been "computerized." I noticed it hadn't. I immediately called oncology to make inquiries and to schedule this kind-ofimportant, post-scan appointment.

I spoke with one of the nurses — with whom I'm familiar, and explained my circumstances. She went on the computer, entered my member number and, if I understand the process correctly, typed in something like "next available appointment.

"Aug. 31," she said.

I said "What!? I usually see the doctor the week after my scan."

"That's the next available appointment," she repeated. (I'd mutter "incredible" to myself but I have some prior experience with such blips.)

Stammering as I gathered my thoughts, the nurse casually offered up the chance of a phone appointment. "Sure!," I said, (having received a similar offer once before).

The nurse said "How about Aug. 6?" 12 days post scan and much sooner than Aug. 31. (Normally we try to schedule the follow-up in-office appointment for the following Friday, 10 days after the Wednesday scan which ideally would have been

'Perfect," I said, since I'm home on Mondays and my wife, Dina, coincidentally had already scheduled that day off from work. (The phoneappointment process involves putting the phone on speaker - so that all parties can participate, and exercising some patience. It's a little awkward but given the appointment unavailability, it's what we have to do.) Not stressing too much about this unexpected set of circumstances. I am now prepared to move forward and hope for the best - results.

The only semi concern I do have is what if the conversation, different than the previous phoneappointment conversation, involves some significant decision-making/discussing about Kenny's life treating forward. If the conversation is potentially life-altering, I'd rather look my oncologist in the eyes rather than hear his voice over the phone.

And, of course, being that there are very few guarantees in the cancer business, there is absolutely no assumption to be presumed that since I'm having a phone appointment that somehow that means all is well with yours truly. Hardly. I haven't even had my scan yet. It simply means that the doctor is already double-booked for the time frame in consideration.

However, on the totally-plus side: There's no 45 minute drive to and from. Once on site, there's no 15- to 20-minute wait in the reception area. Then there's no 10- to 20-minute wait/getting vitals in the examining room until my oncologist comes in. And finally, there's no 30- to 45-minute appointment with my oncologist since there's no physical examination and no ability as well to computerreview the actual scan. It's simply questions and answers. This all works perfectly well when the scan

I don't do "what-ifs." I do what I do until I'm Moreover, I don't worry about things I can't control. My scan is in 10 days and it will show what it

In the interim, I will hope for the best and await further instructions.

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

From Page 3

partisan redistricting. Currently, by using extensive data resources, districts can be drawn to encompass certain voters.

"The legislators don't need to pay attenbe reelected," said Rivas.

such as multi-member districts.





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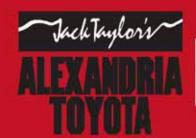
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When you decide to remodel with Foster, your family is in the forefront of every decision we make. Our passion is creating beautiful living spaces where function and design harmonize to meet your family's real life needs. From home additions to master suites or aging-in-place modifications, Foster Remodeling Solutions, Inc. has the in-house know how and industry knowledge to take your project from concept to turn-key completion.

For an in-home complimentary consultation call (703) 672-2249 or online at FosterRemodeling.com.

· Kitchens · Bathrooms
 · Whole Home Remodels
 Additions · Entertainment Areas
 · In-Law Suites
 · Electrical Services · and much more



(703)672-2249

VISIT OUR DESIGN AND SELECTION SHOWROOM

A trip to our newly remodeled 3,500 sq ft Design and Selection Showroom will get your creative juices flowing. You will see full kitchens and bathrooms on display which feature the latest top of the line materials. This showroom sets us apart from other contractors because it allows you to make your product selections right in our office. No traveling from granite yards to flooring dealers to cabinet warehouses, with Foster, it's all at your fingertips.

Schedule your own private showroom tour today by calling 703-672-2249 or online at FosterRemodeling.com

Our Design-Build Process Makes Remodeling Easy

We believe that a carefully considered process and excellent communication add a great value to your experience. Since we started remodeling in 1983, we've been building and refining a remodeling process that maximizes creativity and efficiency, while minimizing foreseeable disruptions. We are proud to offer you a design-build service that keeps your remodeling project organized and delivers exceptional results. We have in-house expertise for every phase of the remodel. Foster Remodeling Solutions, Inc. wants you to rest easy knowing that your project is being managed by a team of highly skilled craftsmen and designers. Our team guides you through every detail giving you peace of mind and making your remodeling experience easy.



