

Joining in Festival Fun

Scrambling
For Space

NEWS, PAGE 3

Schools Prepare
For First Day

NEWS, PAGE 3

Back to School:
Back to Lunch

A+, PAGE 5

NEWS, PAGE 6

Aiden Jennette jumps up and down,
dancing in front of the Morrison
Brothers Band during the Shirlala
Music Festival on Thursday, Aug. 15.

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PHOTOS BY LASHAWN AVERY-SIMON/THE CONNECTION

At the Farmers Market

Visitors listen to the contemporary folk sounds of Lynn Hollyfield and band as they walk down Wilson Boulevard to shop at the Rosslyn Farmers Market on Thursday, Aug. 15.



Red peppers and crisp cucumbers are some of the fresh produce customers can find at the Valdez Brothers produce stand at the farmers market.



Lucas Valdez helps a customer purchase fresh vegetables.

Visitors stop by the Oh Mercy African-style hot sauce farmers stand to sample African dishes. Owner Mercy Enniful, Naana Enniful and Nicole Bloomgarder hand out samples of quinoa, mixed salad, salsa verde and Greek yogurt dip.



Scrambling for Space

Arlington County schools grow more crowded as enrollment spikes.

BY MICHAEL LEE POPE
THE CONNECTION

School leaders in Arlington are struggling to accommodate about 1,000 new students in the coming school year, a crunch that's sending school officials scrambling for teachers, assistants, administrators, equipment and relocatable classrooms. Over the summer, 25 new relocatable classrooms have been installed in anticipation of the first day of class. If growth continues on projection and no changes are made to current capacity, school officials estimate, Arlington public schools will be at 120 percent capacity in 2018 with a shortage of 4,400 seats.

"It's quite a problem in a fully developed county to be able to handle this," said John Chadwick, assistant superintendent. "We're

not like Loudoun where we can go out and build new schools on green fields."

School officials are working on plans for construction of two new elementary schools and additions to three existing elementary buildings. Earlier this year, new boundaries were approved for elementary schools to accommodate the rapidly growing student population in the south part of the county. And School Board members are anticipating yet another boundary change for high schools in the near

"It helped people understand how difficult it is to redraw boundaries."

— Frank Bellavia,
communications director for
Arlington County Public Schools

future. The need for boundary changes has become such a pressing concern that school officials even created an online game where people can draw their own boundaries to meet capacity needs.

"It helped people understand

SEE SCRAMBLING, PAGE 11

Welcoming Students

Getting schools ready, from technology to nutrition.

BY CAMILLE THOMPSON-CLOWNEY
THE CONNECTION

It's that time of year again: Shopping carts are full of pens, paper, notebooks and other school supplies; students are dreading the end of sleeping in and relaxation; and parents are secretly — or maybe not so secretly — jumping for joy that their children are headed back to school.

So what do parents and students need to know about Arlington Public Schools for the 2013-2014 school year?

Official enrollment numbers are taken on Sept. 30, but this year's enrollment is projected to rise roughly four-percent, from 22,613 students to 23,496 for Pre-K-12. Approved staffing ratios for Arlington, as dictated by The Washing-

ton Area Boards of Education, range from 20 to 25 students per teacher depending on grade level. APS is made up of 22 elementary schools, five middle schools, four high schools and six additional programs.

Arlington Mill High School, previously a Continuation Program, is a new accredited high school with a full diploma-awarding program through both day and evening classes for career and technical coursework.

The school system uses approximately 3,000 Macs and 9,000 PCs. The district also has around 4,000 iPads and 1,100 tablets. A new Students Information System as well as Synergy's ParentVUE and StudentVUE have been launched to give parents or guardians the ability to update student informa-

SEE STUDENTS, PAGE 13

NEWS



Arlington teens gather at the Shirlington Library to compete in Cupcake Wars decoration competition on Thursday, Aug.15.

Cupcake Wars

Madisan Godwin won best cupcake design for her Tropic Tree cupcake.

PHOTOS BY
LASHAWN AVERY-SIMON
THE CONNECTION



Jean Felsenheld and Abigail Taylor bite into their tasty cupcakes after the competition.



Brook Schaeffler decorates a white frosted cupcake.

MILITARY NOTES

Email announcements to arlington@connectionnewspapers.com. Photos are welcome.

Army Pvt. **Anthony Moya Quiroz** has graduated from basic combat training at Fort Jackson, Columbia, S.C.

Samuel Ross, serving with the 53rd Digital Liaison Detachment of the New York Army National Guard, is promoted to the rank of captain.

Moya Quiroz is the son of Navor Moya of Arlington and is a 2011 graduate of Wakefield High School.

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Back to School: Back to Lunch

Healthy lunchbox and after school snack ideas.

BY MARILYN CAMPBELL
THE CONNECTION

For many families, back-to-school means back to lunch boxes and after school snacks. Local experts offer advice about how to get children excited about their midday meal.

"The most important tip for parents to remember is to make healthy food fun for kids, even if that means turning the apple in their lunch into a turtle by adding some grapes for his feet and raisins for his eyes," said Chef Kristen Robinson of the Arlington-based culinary faculty at The Art Institute of Washington.

For children who like snacks with a crunch, Nichole Ferrigno, culinary director of Tiny Chefs with locations in Alexandria, Springfield and Centreville, as well as Potomac, Md., suggests roasted kale chip and roasted chick peas.

"Kale chips are very hot right now [and] could be made with an Asian flare using rice vinegar, sesame oil, tamari and sesame seeds, or with an Italian flare, using balsamic vinegar, olive oil, a little garlic powder, salt and pepper," she said. "Roasted chick peas become a flavorful, crunchy snack [when made] with olive oil and tons of spices and fresh herbs. You drain, rinse and pat dry a can of chick peas, toss together with seasonings and bake on a sheet tray at 425 degrees for about 10 minutes, or until crispy on the outside."

Homemade muffins are a favorite lunch box addition and after school snack for Arlington mother and culinary instructor, Andrea Nelson of Creative Kids Kitchen. "My own kids are big fans of the myriad muffin varieties that we make at home," she said. "I have mini-muffin tins, [and] preschoolers and older children alike love the bite-sized portions. They are great to pack in lunches because they don't get squashed, don't require utensils, and are tasty at room temperature."

Nelson says that families can make large batches and freeze them. "This avoids the morning lunch-

making frenzy," she said. "The muffins I make contain whole wheat flour, eggs and pureed vegetables like sweet potato, winter squash or shredded carrots, so that the kids take in several food groups at once."

Nelson says children often find "pizza bites" appealing. "It's the easiest recipe in the world, she said. "It's quick, tasty and healthy. Plus pizza bites travel well. They are great to take in the car to munch on the way to soccer practice."

Robinson agrees that many children enjoy bite-sized pieces. "Cut foods into kid-sized pieces," she said. "Good food seems more appealing and less intimidating in smaller pieces. Cut a sandwich on whole grain bread into triangle quarters. Cut apples into

slices, removing the core, and rub with lemon juice to prevent browning. Include a small handful of roasted no-salt almonds for a snack. Instead of a sandwich, pack some slices of low-fat cheese, cut into small squares, and some whole grain crackers."

Adding fruit to vegetables is a healthy eating technique that Robinson recommends. "[It] encourages them to eat more veggies," she said. "Adding citrus fruits to a salad is a great way to get fruits and vegetables into your child. Or make a grated carrot salad with grapes and raisins."

Interesting colors, shapes and textures can also help entice children into eating a healthful lunch of after school snack. "If it looks exciting they are more likely to eat it instead of trying to trade it at the lunch table," she said. "For example, if you have leftover chicken from dinner, you can turn that into a lunch the following day by adding yogurt or light mayo, curry powder, chopped celery, almonds and blueberries. Now you have crunchy nuts and celery, sweet berries, extra protein from the yogurt and little fat in comparison to the regular mayonnaise-based chicken salad you would buy at the grocery store."

Giving children control over their food choices can encourage healthy eating. "Take your children to the local farmers' market and have them pick different vegetables and fruits to try," said Marilena Leavitt, chef and instructor at Culinary Cooking in Vienna, and the mother of three children. "Have healthy, after-school snacks available 24/7."

"The most important tip for parents to remember is to make healthy food fun for kids."

— Chef Kristen Robinson, culinary faculty at The Art Institute of Washington



PHOTO BY JANICE VOTH

Donating Laptops

Innovative Defense Technologies representatives Katherine Weller (left) and Thom Garrett (right) met with Jeff Elkner of the Arlington Career Center and the Governor's Career & Technical Academy to donate laptops and discuss partnering opportunities on Wednesday, Aug. 14. These career programs offer local high school students hands-on skills, industry certifications and college credit at Northern Virginia Community College. For more information on the Arlington-based company, visit www.idtus.com.

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NEWS



Residents of Shirlington Village enjoy the rock music of the Morrison Brothers Band during Shirlala Music Festival on Thursday, Aug. 15.



Volunteers Ammie T. Conner and Wendy Cohen pour cups of wine as they help support the Arlington Food Assistance Center during the festival.

Festival Supports Arlington Food Assistance Center



PHOTOS BY LASHAWN AVERY-SIMON/THE CONNECTION

Shirlington residents bring can goods to the Shirlala Music Festival outside Signature Theater to help support the Arlington Food Assistance Center.

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CRIME

The following incidents were reported by the Arlington Police Department.

ARMED ROBBERY, 6000 block of N. Wilson Boulevard. At 11:20 p.m. on Aug. 11, a victim was approached by two unknown males brandishing firearms and wearing ski masks on the sidewalk. The subjects took the victims cell phone and bible and then fled the scene on foot into a wooded area. A police K9 and helicopter search were initiated but were unsuccessful in locating the suspects.

ARMED ROBBERY, 6000 block of N. Wilson Boulevard. At 12:44 a.m. on Aug. 8, a victim was allegedly robbed at knifepoint of his iPhone 5 by three unknown suspects. The suspects were described as Hispanic males with black shirts covering their faces.

DESTRUCTION OF PROPERTY (SERIES), 1000 block of Quinn Street. Between 2:45 and 6:40 a.m. on Aug. 7, an unknown subject(s) slashed the tires of 10 vehicles. There is no suspect(s) description.

ROBBERY, 5900 block of N. Wilson Boulevard. At 4:07 a.m. on Aug. 5, a female victim was walking on the sidewalk when she was allegedly struck in the head by a male subject from behind and robbed of her backpack. The backpack contained numerous jewelry items.

The suspect was described as a black male, approximately 5'7" tall with a skinny build.

ROBBERY, 2900 block of S. 16th Street. At 4:20 p.m. on Aug. 3, a subject stole \$80 cash from a victim inside the locker room of Walter Reed Recreation Center. The subject is described as a black male, approximately 20 years old, 5'6" tall and 130 lbs. He was wearing a black shirt, jeans and black shoes at the time of the incident.

MALICIOUS WOUNDING, 2300 block of N. 11th Street. At 10:40 p.m. on Aug. 4, an argument escalated between known parties and a female subject cut the hand of the male victim with a knife. A 30-year-old Arlington woman was arrested and charged with malicious wounding. She was held without bond.

MALICIOUS WOUNDING, 2100 block of N. 15th Street. At 1:47 p.m. on Aug. 3, a subject assaulted a man after he made inappropriate comments to the subject's girlfriend. A 50-year-old man from Stone Ridge, Va., was arrested and charged with malicious wounding and strangulation. He was held without bond.

EXPOSURE, 400 block of N. Park Drive. At 4 p.m. on Aug. 5, a unknown male subject began to masturbate in

SEE CRIME, PAGE 11

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Sept. 2-7.

Arlington senior centers: Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpeper Garden, 4435 N. Pershing Dr.; Langston-Brown, 2121 N. Culpeper St.; Lee, 5722 Lee Hwy.; Arlington Mill at Fairlington, 3308 S. Stafford St.; also Madison Community Center, 3829 N. Stafford St.; TJ Community Center, 3501 S. 2nd St.

Senior trips: Thursday, Sept. 5, Rehoboth Beach, Del., \$44; Friday, Sept. 6, U.S. State Department, D.C., tour Diplomatic Reception Rooms, \$8; Saturday, Sept. 7, Maryland Seafood Festival, Annapolis, \$20. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Senior centers will be closed Monday, Sept. 2 for Labor Day.

Tennis, Monday through Friday, 8 a.m. - 12 p.m., Bluemont Courts, Wilson and Manchester. Details, 703-228-4745.

Encore Chorale begins rehearsals, Tuesday, Sept. 3, 2 p.m., Langston-Brown. New members welcome; no auditions. Call for semester fee, 301-261-5747.

Pickleball played Tuesday-Thursday-Friday, 11 a.m. - 3 p.m., Walter Reed. Details, 703-228-0955.

Shop smart for groceries, Wednesday, Sept. 4, 1:30 p.m., Aurora

Hills. Free. Register, 703-228-5722.

Learn to play chess or canasta, Wednesdays, 10 a.m. - 12 p.m., Walter Reed. Free. Register, 703-228-0955.

Drop-in basketball for women, Wednesdays, 7 p.m., Langston-Brown. Details, 703-228-4771.

55+ Biking Group to cycle to all senior centers, Thursday, Sept. 5, 10 a.m., Details, 703-228-4771.

Arlington Poets Group, Thursday, Sept. 5, 3 p.m., Langston-Brown. Free. Register, 703-228-6300.

Volleyball, co-ed, Thursdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

Advanced line dancing, Thursdays, 1:30p.m., Lee. Details, 703-228-0555.

Ballroom Dance, Friday, Sept. 6, 1 p.m., Lee. Free. Register, 703-228-0555.

Intro to Microsoft Word, Friday, Sept. 6, 10:30 a.m., Lee. Free. Register, 703-228-0555.

Computer instruction, Fridays, 10 a.m. - 1 p.m., Lee. Free. Register, 703-228-0555.

Fast-paced walking group, Fridays, 8 a.m., Aurora Hills. Free. Register, 703-228-5722.

Opening ceremonies, Northern Virginia Senior Olympics, Saturday, Sept. 7, 9 a.m., Thomas Jefferson Community Center. Free. Details, 703-228-4721.

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Notice of Availability: Programmatic Environmental Assessment and Draft Finding of No Significant Impact

Arlington National Cemetery Real Property Master Plan

Agency: Department of the Army, Arlington National Cemetery

Public Comment Period: August 19 to October 21, 2013

Summary: The Department of the Army, Arlington National Cemetery (ANC) prepared a Real Property Master Plan (RPMP) for ANC. The RPMP outlines how the cemetery will accommodate future development and operational needs. The recommended projects add burial capacity, facilitate future cemetery operations, enhance family experiences during committal services, enhance visitor experiences, and promote sustainability.

In order to implement the projects in the RPMP, ANC must first comply with the National Environmental Policy Act of 1969 (NEPA). NEPA requires the evaluation and consideration of the environmental impacts prior to taking federal actions. Therefore, pursuant to the provisions of NEPA, Council on Environmental Quality (CEQ) Regulations [40 CFR Parts 1500-1508], and Environmental Analysis of Army Actions (32 CFR 651), ANC has prepared an Environmental Assessment (EA) to identify the potential environmental consequences of projects recommended in the ANC RPMP.

The EA is referred to as a Programmatic EA because it is a broad scale analysis of the RPMP recommendations. The RPMP recommendations included phased and conceptual projects. Limited information about these projects was available during the preparation of the EA. In some cases the information needed to determine specific effects was not available. Therefore, recommended projects were evaluated to the fullest extent possible in the Programmatic EA and ANC committed to prepare project-specific NEPA documentation as required prior to implementing the specific projects.

Environmental impacts were evaluated to prepare the Programmatic EA. It was determined that the projects would not result in significant impacts. Therefore, a Draft Finding of No Significant Impact (FNSI) was also prepared.

Development of the Millennium Project site was not included in the evaluation of the environmental effects of the RPMP. The Millennium Project site was identified as a future growth area for ANC in the previous Master Plan and is independent from the development included in the RPMP. As such, the Millennium Project was the subject of a separate, already completed EA. However, in accordance with the Council on Environmental Quality Regulations for implementing NEPA, the Millennium Project was considered in the context of cumulative impacts.

The Programmatic EA and Draft FNSI are now available for public review on the ANC Web site at <http://www.arlingtoncemetery.mil/AboutUs/PublicNotices.aspx> and at the following locations:

Arlington County Central Library
1015 N Quincy St
Arlington, VA 22201

Columbia Pike Branch
816 South Walter Reed Dr
Arlington, VA 22204

Aurora Hills Branch
735 South 18th St
Arlington, VA 22202

Comments: Comments, if any, are requested on the form provided on the ANC Web site. Comments submitted by the close of the comment period on October 21, 2013 will be considered prior to signing the Final FNSI. Please submit written comments by October 21, 2013 to:

Daniel Delahaye
Master Planner, Arlington National Cemetery
1 Memorial Ave., WC Bldg.
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ONGOING

Food Truck Thursdays. In the surface parking lot at the corner of Crystal Drive and 18th Street.

Line Dancing Class. Fridays, 10-11 a.m. Line dancing with Barbara Allen. Covers the basic steps, then combines them to music for a gentle aerobic workout. More experienced line dancers are welcome as they can assist newer dancers. At Aurora Hills Senior Center. Call 703-228-5722.

Art Exhibit. "Summer in the City" through Aug. 24 at Gallery Underground, 2100 Crystal Drive. The exhibit includes paintings, mixed media, drawings, sculptures, ceramics, and glass work. Pieces are based on summertime in Crystal City, Northern Virginia, and the D.C. Metro area. Visit www.arlingtonarts.org.

Paisano's Pizza is going to "Share the Pie" with the Boys and Girls Clubs of greater Washington. For all customers who mention "BGC" when placing an order, Paisano's will donate 10 percent of their purchase price to help support that organization. The fundraiser goes until Sept. 15. In Arlington, Paisano's is at 3650 South Glebe Road, No. 185. Visit www.pizzapaisanos.com.

Enjoy a Monday morning **yoga class** through September held in Crystal City's Water Park located across from 1750 Crystal Drive. Led by instructors from Mind Your Body Oasis.

The Crystal City **FRESHFARM Market** is open on Tuesdays from 3-7 p.m. with the same selection of foods and goods from local producers, in front of 251 S. 18th St.

Photography Exhibit. Through Monday, Sept. 30, see "Hallowed Ground: Photos of the Gettysburg Battlefield 150 Years After, by Ron Cogswell," at Cherrydale Branch Library, 2190 Military Road. Free. Call 703-228-6330.

Senior Olympics Registration. Online registration for the 2013 Northern Virginia Senior Olympics opens July 1. Participants can register online at www.nvso.us or by regular mail. The events take place Sept. 7-19 at 17 different venues throughout Northern Virginia. Registration forms are available at senior centers, community centers and senior residences or by calling 703-228-4721. Deadline to register is Aug. 23 (mail), Aug. 30 (online). The fee is \$12.

Register Now. 2013 Master Gardener Training Class still has a few spaces available for the program which runs from Sept. 10-Nov. 21 on Tuesday and Thursdays, 9 a.m.-noon. Classes held at the Fairlington Community Center, 3308 S. Stafford St., as well as two Saturday field trips to gardens operated by master gardeners. Fee is \$225 for Arlington and Alexandria residents and \$275 for outside residents. Call 703-228-6414 or email mgaralalex@gmail.com

Register Now. Encore Creativity's 55+ Encore Chorale welcomes older adults to register for its fall season. The program offers an opportunity to improve your voice in a welcoming community. No auditions will be held. Singers will rehearse classical and holiday songs in preparation for December performances. Call 301-261-5747 or visit encorecreativity.org.

THROUGH SEPT. 22

Theatre Performance. At the Signature Theatre, 4200 Campbell Ave. Signature Theatre presents "Miss Saigon." Performances Tuesday through Sunday evenings, with matinees on Saturday and Sunday. Tuesday and Wednesday shows are

Resurrecting The Post for New Era

The Post has upcoming gigs in Vienna and Alexandria.

BY AMBER HEALY
THE CONNECTION



The Post plays at Vienna's Jammin Java Wednesday, Aug. 28, with the Jason Brown Band. Band members are, from left, Alex Bryan, Ellen Picker, Chelsea Bryan, Steve Pierce, Billy Boyce and Dennis Stocker. Not pictured: Kate Jarosik.

Don't let the minor chords fool you: The Post is made up of happy people.

The band, originally started by guitarist Kate Jarosik and singer/pianist Chelsea Bryan during their time at the University of Virginia, took a brief hiatus after graduation but has started up again with some new musicians in Northern Virginia. Fresh off a successful stint through a Battle of the Bands at Jammin' Java in Vienna, The Post is getting ready for a show there next Wednesday, Aug. 28 and another at St. Elmo's in Alexandria Sept. 20.

Bryan writes most of the lyrics but relies on her husband, Alex Bryan, and Jarosik, and their "excellent ears" to help hone songs, she said.

Alex Bryan swears his wife is a "happy, cheerful person," despite her love of using minor chords.

Guitarist Stephen Pierce agreed that the music is "a little angsty" and "a different style from what I listen to, [but] it's the same feeling I like to evoke."

The songs Chelsea Bryan writes aren't exactly autobiographical. Instead, she takes something she's felt or otherwise experienced and will use that as inspiration.

The minor chords just tend to come out, she said. Music written in those melancholic keys "is beautiful and haunting." That her songs tend to be reflective and in moody melodies is coincidence.

"I'm a writer," she said. "I can't not write."

Jarosik said the band started when she and Chelsea Bryan found out they were both musicians.

"How we lived together and didn't know, I don't know," she laughed. "I didn't realize she sang and she didn't realize I played instruments." In addition to guitar, Jarosik plays piano and mandolin and sings backup vocals.

In truth, she'd prefer to play the piano, but she's happy to let Chelsea Bryan take the lead on that for many of their songs.

The band is rounded out by Billy Boyce on bass, Dennis Stockart on drums and, on occasion, Alex Bryan on saxophone.

He hadn't played since middle school, Alex Bryan admitted, and The Post "isn't trying to be the next Bruce

Springsteen or anything like that," but there are "about three or four songs that have saxophone parts."

His role is more "embellishment" and roadie-slash-sounding board than active musician, and that suits him just fine. "I'm happy to help," he said.

While Alex Bryan kind of married into his role in The Post, Pierce said he got involved through Jarosik and her boyfriend, a former roommate of his.

Playing music is "something I do for myself," he said, adding that he's been playing for 16 or 17 years. As proof, he'll be taking his guitar with him on an upcoming trip to China and Tibet "so I can play in the mountains."

Stockart met the Bryans through their church and was convinced to help, he said.

A drummer for 30 years, Stockart said the band's rehearsal schedule is "pretty relaxed," something that might be due to the busy schedules of the band's members.

"I played in college, but this felt like the right thing to do," he said of joining The Post. "I love to listen to lots of different kinds of music, but my style is not a particular style. I feel a song and play it."

Similarly, Boyce is a pastor at the Bryan's church who particularly enjoyed participating in the Battle of the Bands earlier this summer.

"It was really great to meet other local musicians and hear their music," he said. "Northern Virginia has a vibrant local music scene, so it was fun to hear a diversity of talent and style."

well as mini-seminars and a chance to win prizes. This event is \$5 online and \$8 at the door. Visit www.trosebridalshows.com or look up on facebook.

MONDAY/AUG. 26

Paws to Read. 5:30-6:30 p.m. at Central Library, 1015 N. Quincy St. Children in grades K-5 can read to therapy dogs for 15 minutes. Each dog is part of PAL. Register for a slot by calling 703-228-5946.

TUESDAY/AUG. 27

Film. 2-4 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Watch "My Fair Lady" (1964). Free. 703-228-5710.

Book Club. 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Discuss "Destiny of the Republic" by Candice Millard. Free. 703-228-5260.

FRIDAY/AUG. 30

Wine in the Water Park. 6-10 p.m., Fridays in Sept. at Crystal City Water Park, 1750 Crystal Drive. Experts from the Washington Wine Academy assist attendees in selecting wine. Free admission and snacks; \$5 for wine and beer. Call 703-412-9430 or visit www.crystalcity.org.

WEDNESDAY/AUG. 28

Blues and Brews. 5-8 p.m. at 2121 Crystal Drive Courtyard. Live music and beer. In partnership with the

Email announcements to arlington@connectionnewspapers.com. Photos and artwork are welcome. Deadline is Thursday at noon.

FARMERS MARKETS

Clarendon Farmers Market. Year-round, has locally produced breads and pastries, organic vegetables, flowers, soap, sorbet and more. Saturdays and Sundays, 8 a.m.-12 p.m. at Courthouse Parking Lot, 3195 North Wilson Blvd., Arlington. Also year-round on Wednesdays from 3-7 p.m. at Clarendon Metro Station. Visit www.clarendon.org. Call 703-812-8881.

Arlington Farmers Market at Courthouse. Adjacent to the Arlington County Courthouse Parking Lot, at the intersection of N. Courthouse Road and N. 14th Street. This is a "producer only" market with more than 30 producers. Saturdays from 8 a.m. to noon, through December. Each Saturday through September, Virginia Cooperative Extension Master Gardeners will answer any gardening question. Visit www.arlingtonfarmersmarket.com for a list of vendors.

Rosslyn Farmers Market and Lunchtime Concerts. The Farmers Market is every Thursday 11 a.m. to 2 p.m. at 1401 Wilson Blvd. starting May 23. Lunchtime concerts will take place during the market from 11:45 a.m. to 1:30 p.m. For a list of market vendors, visit www.rosslynva.org/play/markets.

ONGOING

'Unplugged' Concert Series. Thursdays through August from 6-8 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Enjoy free performances of live acoustic music. Visit www.marketcommonclarendon.net or 703-785-5634.

Boot Camp Runs. Through Saturday, Sept. 21 at Gateway Park, 1300 Lee Highway. Monday and Wednesday, 6 p.m., and Saturday, 8 a.m. Registration is open for Rosslyn boot camp runs with instructor Victor Carcamo. \$25 for eight weeks of three sessions per week. Visit www.rosslynva.org/play/

Crystal City Business Improvement District, Vornado/Charles E. Smith and the Washington Wine Academy. The beer garden will feature delicious brews hand-selected by beer experts from the Washington Wine Academy and the Crystal City Wine Shop. Visit www.crystalcity.org.

Nanny Club. 10 a.m.-noon at Columbia Pike Library, 816 S. Walter Reed Drive. For children up to age 5. Free. 703-228-5710.

Book Club for Kids. 4-5 p.m. at Shirlington Library, 4200 Campbell Ave. Children in grades 5-6 can discuss a book. Free. 703-228-6545.

THURSDAY/AUG. 29-SUNDAY/SEPT 1

Tabletop Wargaming Convention. Fourth Annual NOVA Open hosts gaming tournaments, hobby and art seminars, raffles. Event tickets, weekend badges and day passes can be purchased onsite or at www.novaopen.com.

FRIDAY/AUG. 30

Wine in the Water Park. 6-10 p.m., Fridays in Sept. at Crystal City Water Park, 1750 Crystal Drive. Experts from the Washington Wine Academy

calendar/bootcamp.

Art Exhibition. Through Sunday, Oct. 13, see Green Acres at Arlington Arts Center, 3550 Wilson Blvd. Call 703-248-6800 or visit www.arlingtonartscenter.org.

Mixed Media Exhibit. Through Sunday, Oct. 13, at Arlington Arts Center, 3550 Wilson Blvd. Opening reception is Saturday, July 13, 6-9 p.m. Visit www.arlingtonartscenter.org.

Special Art Exhibition. Through Sunday, Oct. 13, see Dupont Market. Arlington Arts Center, 3550 Wilson Blvd. Call 703-248-6800 or visit www.arlingtonartscenter.org.

Mr. Knick Knack. Fridays, June through October, 10:30 a.m. Market Common Clarendon, 2700 Clarendon Blvd., presents 45-minute performances for children. Visit www.marketcommonclarendon.net or 703-785-5634.

Storytime at Kinder Haus Toys. 10:30 a.m. on Mondays and Fridays through Friday, Nov. 1. Children must be accompanied by an Adult. 1220 N. Fillmore St. Visit www.kinderhaus.com or call 703-527-5929.

Group Bike Rides. Tuesday nights through September at 7 p.m., meet at Freshbikes Arlington Store, 3924 Wilson Blvd. All abilities welcome. Free. After the ride purchase food from various food trucks each week. Visit www.freshbikescycling.com for more.

Restaurants and Rhythms. The BID's free happy-hour live music series inside Rosslyn restaurants. Origem brings Brazilian jazz to Le Méridien. Dave Chapel and friends performs blues rock at the Hyatt Arlington and Mary Ann Redmond sings jazz standards at the Key Bridge Marriott. Visit www.rosslynva.org.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz ("clean") and at 10 p.m. on Friday and Saturday is the Blue Show ("unclean"), both at a Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

assist attendees in selecting wine. Free admission and snacks; \$5 for wine and beer. Call 703-412-9430 or visit www.crystalcity.org.

Music. 8 p.m. at Air Force Memorial, One Air Force Memorial Drive. The United States Air Force Band - Airmen of Note will perform. Free. Visit www.usafband.af.mil or 202-767-5658.

SATURDAY/AUG. 31

Summer Concert. 7 p.m. at Potomac Overlook Regional Park, 2848 N. Marcey Road. musical performance by local band Michael Mulvaney. Free but donations are requested. Picnic suppers are welcome. Call 703-528-5406.

SATURDAY/SEPT. 7

23rd Annual Rosslyn Jazz Festival. 1-7 p.m. at Gateway Park, 1300 Lee Highway. Sponsored by the Rosslyn BID, and co-presented by Arlington Cultural Affairs, the festival includes musical entertainment from a variety of performers. Free. Visit www.rosslynva.org/play/calendar/jazz-festival.



'American Graffiti'

Outdoor Film Festival runs through Aug. 30 at Gateway Park, 1300 Lee Highway, at dusk.

This year's theme, Summer School, features movies about high school. Come early to picnic in the park and play pre-show games. Free.

Tuesday Lunchtime Concerts. 11:45 a.m.-1:30 p.m. Through August at Freedom Park, 1100 Wilson Blvd. Visit www.rosslynva.org.

Wednesday Lunchtime Concerts. 11:45 a.m.-1:30 p.m. Through August at CentralSpace to CentralPlace Plaza, 1213 Wilson Blvd. Visit www.rosslynva.org.

Thursday Lunchtime Concerts. 11:45 a.m.-1:30 p.m. Through October at All Spice Cafe and Catering. Visit www.rosslynva.org.

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. Featured musicians will perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call 703-522-8340.

Visual Arts Exhibit. On display at Artisphere, 1101 Wilson Blvd. Carolina Mayorga: Infestation, a semi-permanent installation mixing multimedia, performance art and on-site installation. Free. Visit www.artisphere.com or call 703-875-1100.

WEDNESDAY-SATURDAY/SEPT. 4-21

Autumn Cabaret Festival. 8 p.m. at the ARK Theatre at Signature Theatre, 4200 Campbell Ave. The festival features local and visiting actors, singers and musicians including Broadway performer Heidi Blickenstaff, Signature star Nova Y. Payton and artist Levi Stephens. \$25/performance or an all-access pass for \$100. For the full schedule or tickets, visit signature-theatre.org or purchase tickets in person at the Box Office or at 703-820-9771.

SEPT. 7-19

Northern Virginia Senior Olympics. The 31st annual event consists of 50 competitions at 17 venues throughout Northern Virginia. Participants may register for multiple events for a flat fee of \$12 with additional facility fees for some events. All participants must be 50 years of age by Dec. 31 and live in a sponsoring jurisdiction. Forms are also available at senior centers, community centers, senior residences or by calling 703-228-4721. Applications must be postmarked by Aug. 23. Online registration opens

July 1 and ends Aug. 30. Visit www.nvso.com.

WEDNESDAY/SEPT. 11

Pay-What-You-Can Performance. Gunston Theatre Two, 2700 S. Lang St., presents "Come Blow Your Horn." Visit americancentury.org or 703-998-4555 for tickets.

THURSDAY/SEPT. 12

Visual Presentation. 7 p.m. at Central Library, 1015 N. Quincy St. The Arlington Historical Society will host a presentation about the Dawson-Bailey House, now the core of the Dawson Terrace Community Center. A question and answer session will follow. Free. 703-228-5990.

THURSDAYSATURDAY/SEPT 12-OCT 12

Theater Performances. Gunston Theatre Two, 2700 S. Lang St., presents "Come Blow Your Horn" with performances on Thursday-Saturday evenings at 8 p.m. and matinees on Saturdays and Sundays at 2:30 p.m. Visit americancentury.org or 703-998-4555 for tickets.

FRIDAY/AUG. 30

Film Festival. "American Graffiti" (PG) 1973 - 110 minutes. Films begin at Dusk in Gateway Park, rain or shine. Gateway Park is located at the foot of Key Bridge at 1300 Lee Highway, two blocks from the Rosslyn Metro. Visit www.rosslynva.org.

SUNDAY/AUG. 25

Concert. 9 p.m. at Galaxy Hut, 2711 Wilson Blvd. North County and Miniboone perform. \$5. Visit www.galaxyhut.com or call 703-525-8646.

FRIDAY/AUG. 30

Film Festival. "Grease" (PG-13) 1978 - 110 minutes. Films begin at Dusk in Gateway Park, rain or shine. Gateway Park is located at the foot of Key Bridge at 1300 Lee Highway, two blocks from the Rosslyn Metro. Visit www.rosslynva.org.

SUNDAY/AUG. 25

Concert. 9 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Bimini Road performs with opening act Dub City Renegades. \$10.

TUESDAY/SEPT. 3

Arlington BBQ Tuesday Night Rides. 6:30 p.m. at Freshbikes Cycling, 3924 Wilson Blvd. Free. All abilities welcome. Free food and drink after the ride. Visit www.freshbikescycling.com for more.

SATURDAY/SEPT. 7

Jazz Festival. 1-7 p.m. in Gateway Park. 1300 Lee Highway. Headliner Pancho Sanchez will take the stage at 5:30 p.m. Free. Visit www.rosslynva.org for more.

TUESDAY/SEPT. 24

Fashion of Goodwill Runway Show & Gala. At Artisphere, 1101 Wilson Blvd. Features contemporary, vintage and other apparel available at the retail stores. Visit www.artisphere.com or call 703-875-1100.

SUNDAY/SEPT. 15

Sip and Salsa. 2-6 p.m. at 220 20th St. Jaleo and the Crystal City Wine Shop provide wines from Spain and South America for this outdoor wine festival. Free salsa dance lessons. \$20 admission includes all wine and food tastings; \$10 designated driver admission includes all food tastings. Visit www.crystalcity.org/do/vintage-crystal-sip-and-salsa.

SUNDAY/SEPT. 22

Pups and Pilsners. 2-6 p.m. at Festival Grounds, 1405 Crystal Drive. An outdoor beer festival for friends and dogs. The event features a beer garden complete with ten stations offering a different craft brew. Crystal City restaurants provide food. Free admission to the festival; paid admission to beer garden. Visit www.washingtonwineacademy.org.

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CROWNSVILLE, MARYLAND

SPORTS

Yorktown Fall Sports Openers

Several Yorktown fall sports teams will open their respective seasons next week.

The Yorktown football team will open at home against Coolidge at 7:30 p.m. on Thursday, Aug. 29. The following week, the Patriots will travel to face Langley on Friday, Sept. 6.

SPORTS BRIEFS

The field hockey team also opens at home as the Patriots will take on McLean at 7:30 p.m. on Wednesday, Aug. 28 at Greenbrier Stadium. Yorktown will participate in the Herndon Invitational Aug. 30-31.

The volleyball team will compete in the NVVA Invitational Aug. 30-31 at the Virginia Volleyball Center. That Patriots' hope opener is at 7:15 p.m. on Tuesday, Sept. 3 against South County.

The cross county teams will take part in the Monroe Parker Invitational on Sept. 7.

W-L Fall Sports Openers

The Washington-Lee football team will open on the road at 7:30 p.m. on Friday, Sept. 6 against McLean. The following week, the Generals will host South Lakes on Thursday, Sept. 12.

The field hockey team will host Madison at 7:30 p.m. on Wednesday, Aug. 28 and will compete in the Herndon Invitational Aug. 30-31.

The volleyball team will compete in the NRVA Invitational at Virginia Volleyball Center Aug. 30-31.

The cross country team will compete in the Mon-



By CRAIG STERBUTZEL/THE CONNECTION

Will Roebuck and the Yorktown football team open the 2013 season at home against Coolidge on Thursday, Aug. 29.

roe Parker Invitational on Sept. 7.

Wakefield Fall Openers

The Wakefield football team will host Marshall at 7:30 p.m. on Friday, Sept. 6 for its season opener. The Warriors will host three of their first four games, including contests against George Mason (Sept. 12) and Edison (Sept. 27).

The volleyball team will travel to face Park View at 7:15 p.m. on Monday, Aug. 26. The Warriors will host West Potomac the following night.

The field hockey team will host Marshall at 7:30 p.m. on Tuesday, Aug. 27.

The cross country team will compete at the Monroe Parker Invitational on Sept. 7.

SEE SPORTS, PAGE 15

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Arlington Baptist Church...703-979-7344
Bon Air Baptist Church...703-525-8079
Cherrydale Baptist Church...703-525-7824
First Baptist of Ballston...703-525-7824
McLean Baptist Church...703-356-8080
Memorial Baptist Church...703-538-7000
Mt. Zion Baptist Church...703-979-7411
Westover Baptist Church...703-237-8292</p> <p>Baptist - Free Will
Bloss Memorial Free Will Baptist Church...703-527-7040</p> <p>Brethren
Church of The Brethren...703-524-4100</p> <p>Buddhist
The Vajrayogini Buddhist Center...202-331-2122</p> <p>Catholic
St. Luke Catholic Church...703-356-1255
St. Agnes Catholic Church...703-525-1166
Cathedral of St Thomas More...703-525-1300
Holy Transfiguration Melkite Greek Catholic Church...703-734-9566
Our Lady of Lourdes...703-684-9261
Our Lady Queen of Peace Catholic...703-979-5580</p> | <p>St Ann Catholic Church...703-528-6276
St. Charles Catholic Church...703-527-5500</p> <p>Vatican II Catholic Community
NOVA Catholic Community...703-852-7907</p> <p>Church of Christ
Arlington Church of Christ...703-528-0535</p> <p>Church of God - Anderson, Indiana
Church of God...703-671-6726</p> <p>Christian Science
McLean - First Church of Christ, Scientist...703-356-1391
First Church of Christ, Scientist, Arlington...703-534-0020</p> <p>Episcopal
St. Andrew Episcopal Church...703-522-1600
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St Johns Episcopal Church...703-671-6834
St Johns Episcopal Church-McLean...703-356-4902
St Mary Episcopal Church...703-527-6800
St Michael S Episcopal Church...703-241-2474
St Paul Episcopal Church...703-820-2625
St Peter's Episcopal Church...703-536-6606
St Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077</p> <p>Lutheran (ELCA)
Advent Lutheran Church...703-521-7010
Faith Lutheran Church...703-525-9283
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Lutheran Church of The Redeemer...703-356-3346</p> | <p>Resurrection Lutheran Church...703-532-5991</p> <p>Lutheran (Missouri Synod)
Our Savior Lutheran Church...703-892-4846</p> <p>Nazarene
Arlington First Church of the Nazarene ...703-525-2516</p> <p>Non-Denominational
New Life Christian Church - McLean Campus...571-294-8306</p> <p>Metaphysical
Arlington Metaphysical Chapel...703-276-8738</p> <p>Orthodox
St. Luke Serbian Orthodox Church...703-893-1759</p> <p>Presbyterian
Arlington Presbyterian Church...703-920-5660
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Westminster Presbyterian...703-549-4766</p> <p>Presbyterian Church in America
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Congregation Etz Hayim...703-979-4466</p> <p>Synagogues - Orthodox
Fort Myer Minyan...571-236-1189
Chabad Lubavitch of Alexandria-Arlington...703-370-2774</p> <p>Synagogues - Reconstructionist
Kol Ami, the Northern Virginia Reconstructionist Community ...571-271-8387</p> <p>Unitarian Universalist
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Chesterbrook United Methodist...703-356-7100
Clarendon United Methodist...703-527-8574
Community United Methodist...703-527-1085
Mt. Olivet United Methodist...703-527-3934
Walker Chapel United Methodist ...703-538-5200</p> <p>United Church of Christ
Bethel United Church of Christ...703-528-0937
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|---|---|--|

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:

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Parish Office: (703) 528-6276

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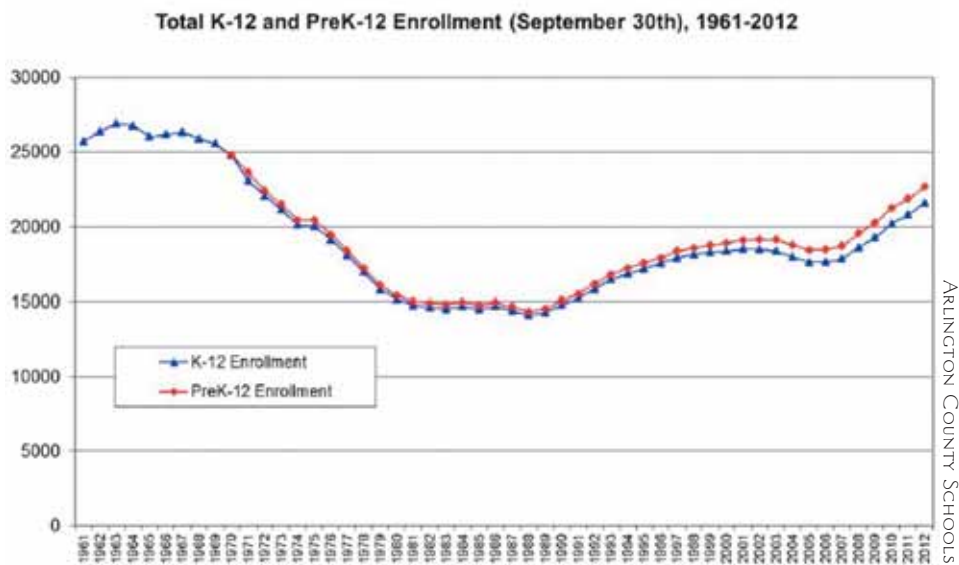
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NEWS



Scrambling for Space

FROM PAGE 3

how difficult it is to redraw boundaries,” said Frank Bellavia, communications director for the county school system. “And part of the process was letting parents know that more boundary changes are likely in the near future.”

WHEN SCHOOL DOORS open this year, Arlington Public School will have about 24,000 students. By 2018, that number is expected to spike to about 28,000 students. By 2023, enrollment could be anywhere from 27,000 to 31,000, a crush of new students that has county leaders worried that Arlington’s classrooms could become unwieldy. The largest projected increase is expected in the county’s elementary schools, which are expected to add about 1,500 students in the next five years. The steepest increases have been in the south part of the county, where elementary school enrollment has increased about a 50 percent in the last five years.

“We can’t build for every seat that we would like to build for, and we probably shouldn’t anyway because the population might start to decline again at some point,” said Chadwick. “And we can’t build seats as quickly as they are needed.”

This year, Arlington taxpayers will spend an extra \$10 million to handle the growing enrollment in a county that spends \$18,675 for each student — the highest per-pupil

spending in the region, according to an analysis by the Washington Area Board of Education. County taxpayers are currently paying for a new elementary school on the Williamsburg Middle School campus as well as an addition at Ashlawn Elementary School. In the coming years, School Board members are expected to consider renovations at McKinley Elementary School and Arlington Traditional School as well as another new elementary school on the Carlin Springs campus.

“We certainly couldn’t come up with options that had all of the new seats in one location because we need to add seats throughout the county,” said School Board Chairwoman Abby Raphael at a forum earlier this year. “So we knew we had to have a combination of new schools and additions.

SINCE THE 1960s, enrollment trends have waxed and waned. The high-water mark was in 1961, when enrollment topped out at the all-time historic high of 27,000

The low point was in 1988, when the countywide enrollment was 14,000 — almost half of what it had been in the 1960s.

In the last 20 years, the county schools have become wealthier and whiter. In 1998, white students were about 41 percent of the student population. Today that number is 47 percent. And the number of students who qualified for free or reduced-price lunch in 1996 was 41 percent. Today that number has dropped to 31 percent.

CRIME

FROM PAGE 7

front of a female victim in a apartment building laundry room. The subject fled the scene and is described as a Hispanic male, approximately 5’8” tall and 180 lbs. He was wearing a red baseball hat and a red t-shirt with blue sleeves.

BURGLARY, 1000 block of N. Fillmore Street. Between July 12 and July 27, an unknown subject(s) entered a locked storage unit and stole numerous items to include jewelry and electronics. There is no suspect(s) description.

BURGLARY, 2500 block of N. Harrison Street. Between 10:10 p.m. on July 31 and 9:45 a.m. on Aug. 1, an unknown subject(s) forced entry into a restaurant and stole cash and various bottles of liquor. There is no suspect(s) description.

BURGLARY, 2200 block of Wilson Boulevard. Between 4:02 and 4:09 a.m. on Aug. 1, unknown suspects removed the locking mechanism from the front door of Dunkin Donuts to gain entry to the store and stole money from the cash registers. Police have recovered the surveillance footage and the investigation is ongoing.

BURGLARY, 3500 block of N. Lee Highway. Between 3:15 and 3:30 a.m. on Aug. 1, unknown suspects removed the locking mechanism from the front door of Dunkin Donuts to gain entry to the store and stole money from the cash registers. Police have recovered the surveillance footage and the investigation is ongoing.

STOLEN VEHICLES
 ♦ Aug. 2: VA JFC 7431, 2003 Honda Odyssey, green, 400 block of S. 18th Street.



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OPINION

Excerpts from King's 'I Have a Dream'

Martin Luther King Jr. spoke to the March on Washington 50 years ago next week, Aug. 28, 1963.

Listen to audio of the entire speech at <http://www.smithsonianmag.com/multimedia/audio/128077288.html>. To read the full speech, see: <http://www.archives.gov/press/exhibits/dream-speech.pdf>

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous day-break to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One

hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity.

One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize an appalling condition. ...

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. ...

EDITORIAL

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. ...

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication. Photos are welcome.

THURSDAY/AUG. 22

Meeting. 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes District Governor Juanita Cawley. Visit www.arlingtonrotaryclub.org.

TUESDAY-SATURDAY/AUG. 27-31

Wait-List Application. The Arlington Partnership for Affordable Housing announced the opening of the Arlington Mill Residences leasing office and the process for submitting a wait-list application. The Arlington

Mill leasing office will begin to accept wait-list applications on Tuesday, Aug. 27. Wait-list applications received between Aug. 27 and Aug. 31 will be entered into a lottery in order to determine wait-list priority. Applications received on or after Sept. 1 will be considered on a first come, first served basis. The wait-list application is available at apah.org, under News and Updates. Applicants can print out the form and submit it in person to the leasing office or via e-mail to arlingtonmillapts@paradigmcos.com. Applications received prior to Aug. 27 will not be accepted; applications received after Aug. 31 will not be eligible for the initial lottery. The temporary leasing office is located

at 1001 S. Frederick St. Apt. 1031. The office hours are Tuesday-Saturday, 10 a.m.-6 p.m. The leasing office phone number is 703-566-6213. Visit www.arlingtonmillapts.com.

WEDNESDAY/AUG. 28

Discussion. 7-8:30p.m. at George Mason University's Founders Hall, Room 716, 3351 Fairfax Drive. "Effective Philanthropy: A Tailored Discussion for Emerging Philanthropists." Attendees can discuss ways to increase the impact and effectiveness of their giving both on a personal level and through organized grantmaking. RSVP by Aug. 26 to

givearlington.events@gmail.com or visit www.givearlington.org for more.

THURSDAY/SEPT. 5

Meeting. 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes Stephen Brundage for an update on Africa. Visit www.arlingtonrotaryclub.org.

SATURDAY/SEPT. 7

Information Session. 10 a.m.-noon at the Arlington Foster Care/Adoption Program, 2100 Clarendon Blvd. Information on adoption, children's needs, foster family support and certification process. Call 703-228-1559 or e-mail openheartsopenhomes@arlingtonva.us.



Free Safety Checks

U.S. Coast Guard Auxiliary civilian volunteers Thomas Musso and Corey Williams hand out pamphlets and information to boaters entering Gravelly Point Park for a free safety check on their vessels.



The U.S. Coast Guard Auxiliary performed free vessel safety checks on boats, canoes, kayaks and jet skis from at Gravelly Point Park on Saturday, Aug. 10. Boaters also received tips about safety equipment, navigation rules and other pointers. Chris Joseph, Malorie Joseph and Cole Peterson ride their jet skis after they passed their safety check.

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Getting Ready for Students

FROM PAGE 3

tion online. Families and students will be able to view student schedules, class attendance and assignments, grades and report cards through the new program.

Taking technology to a new level, APS is the only school system in Northern Virginia to have launched a free mobile app. Available for Android devices, iPhones and iPads, the app is customizable to one's school and preferences. The Arlington Public Schools app features news and headlines, upcoming events, sports scores and integration with Facebook, Twitter and YouTube. Parents can also get access to APS services including MySchoolBucks, the Extended Day portal, lunch menus and the school calendar.

The school district's healthy lunch program requires students to choose one fruit or vegetable serving to accompany their meal. APS cafeterias combine to make

Arlington's largest restaurant serving 12,000 customers daily. The district has increased the amount of local products in the school lunch program to 86 percent of produce coming from local farms, according to the APS Food Services report. For students with allergies, one of the goals this school year is for the district to provide food labels and common allergen information on the APS website.

In accordance to APS policy, drink machines must contain a combination of water, reduced fat milk, 100 percent fruit/vegetable juice as well as fruit-based drinks with at least 25 percent juice and no added caloric sweeteners. Snack machines also have a number of requirements to meet including no trans-fat, low sodium and not more than 35 percent calories from fat with a few exceptions for nuts and seeds.

For more information on what to expect this school year, visit the Arlington Public Schools website at <http://www.apsva.us/>.



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S.I.C.U.



By KENNETH B. LOURIE

Surgical Intensive Care Unit. And why, pray tell, am I titling a second consecutive column with a hospital-related acronym? Because, for the second consecutive time when I feel like writing, I am still in the hospital, the Intensive Care Unit, to be specific. Three days after being admitted, (since I was having trouble breathing, talking and catching my breath), a thoracic surgeon and a pulmonologist performed emergency-type surgery on my left lung and withdrew 4.5 liters of fluid from it. Followed by, so I was told, a left lung which did not re-inflate (as we needed it to) further compromising my recovery. And though typically we can live with one good lung, for a stage IV, non-small cell lung cancer survivor however, such challenges are a bit beyond the pale. And that's how I looked pre-surgery: pale. In fact, the color was draining right out of my face. I describe that lack of color as ashen gray and death warmed over. It was not a good look.

But I have lived to fight another day/days. Three days now, post surgery, and after yet another CT Scan, my thoracic surgeon visited me and seemed pleased and somewhat surprised to report that, as evidenced by this most recent scan, my left lung seemed to look better than he had expected (given the surgical timeline), and had even inflated a bit. As such, tomorrow, the plan is to remove the 28-centimeter long chest tube which had been inserted into my left lung (from under my left arm) the purpose of which was-to/isto assist in draining any remaining fluid/"infiltrate" (doctor's word for schmutz) to hopefully enable the lung to heal and possibly expand. As the fluid continues to diminish and become clear, I, too, continue to improve. So I remain hopeful. However, what this clarity actually means in the short-term (or even the middle- or long-term), I certainly don't know. Nevertheless, I have decided to not look askance at any good news I receive. If my doctors are happy, I'm happy.

When the chest tube comes out, it will be replaced by a narrower catheter, a more durable everyday-type tube. Apparently, I will henceforth be in the on-and-off business; letting any accumulating fluid in my lung drain and then sealing the catheter with a turn; somewhere between a spigot and a faucet, I imagine. I suppose I can live with that. What alternatives do I have, really? Living forward however, I don't anticipate I'll be running any marathons. Heck, I'll likely not even be able to watch any on television or in person either; and for a Bostonian, that would be disappointing.

Today, in the addition the miscellaneous — and ongoing, medical assessments I regularly receive, my family and I will be meeting with the palliative care team. Presumably, given the recent changes to my health, it's a discussion which seemed prudent to have and thus a recommendation was made — to us. From what little I understand, palliative is not exactly hospice, nor is it giving up. It's not necessarily about dying either, but living in a more manageable and organized way in order to maximize options (non-curative though they may be) and minimize distractions/discomfort while seeking to improve one's overall quality of life. Moreover, if its suggestions lower stress, I'd be all the more grateful because what we got here, to quote Judge Roy Bean is, "a serious situation," and probably getting more serious by the day.

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

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Giorgio from Italy, 16 yrs. Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

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SPORTS

FROM PAGE 10

O'Connell Fall Sports Openers

The Bishop O'Connell football team will open its season on the road at 2 p.m. on Saturday, Aug. 24 against McDonogh. The following weekend, the Knights will host rival Paul VI at 2 p.m. on Aug. 31.

The cross country team will compete in the P.R. Kick Off Invitational on Thursday, Aug. 29.

The field hockey team will host George Mason at 4 p.m. on Sept. 3.

The volleyball team will host Bishop Ireton at 5:30 p.m. on Sept. 4.

USA Hockey Camp to Include Public Day

USA Hockey's 2013 U.S. Men's National Team Camp, which will be staged at the Kettler Capitals Iceplex in Arlington, will include a public day on Tuesday, Aug. 27.

Tickets for the event are limited and are on sale at ticketmaster.com.

All ticket holders will receive the following: player autographs; collectible puck; limited edition scarf; American flag; chance to skate; exclusive pre-order access to the Nike USA Hockey Olympic replica jersey.

In addition, NHL Network's Kathryn Tappen will host an on-ice program that will include the unveiling of the 2014 Nike Olympic jersey, the introduction of all 48 players attending the camp, and product giveaways.

NVSO Registrations Due in August

Registrations for the 2013 Northern Virginia Senior Olympics to be held Sept. 7-19 are due Aug. 23 by mail or Aug. 30 online. There is no onsite registration.

More than 50 events will take place at 17 different venues throughout Northern Virginia. Registration fee is \$12, which covers multiple events. Participants must be 50 years of age by Dec. 31, 2013 and live in a sponsoring jurisdiction. Visit www.nvso.us or by calling 703-228-4721 or email, nvso1982@gmail.com.

McLean Runner-Up At Little League Softball World Series

The McLean All-Stars reached the championship game of the Little League Softball World Series, but fell short against Sunnyside from Arizona, 9-0, on Aug. 14 in Portland, Ore.

McLean won its first five games of the World Series, beating teams from Oregon, Puerto Rico, Ohio, Italy and New Jersey.

McLean team members were: Caitlin Jorae; Madison Wolfe; Gracen Govan; Kathryn Sandercock; Elizabeth Hoeymans; Rachel Remer; Julia Jones; Jamie Wang; Kate Haas; Cate Willing; Riley Simon, and Sarah Stahlman.

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