Arlington County Board Vice Chairman Walter Tejada wants every Arlingtonian to be fit. Together with School Board member Ed Fendley, he has launched an initiative called FitArlington to do just that. Their joint vision is a community in which being healthy and fit is a way of life for all ages and abilities.

During a series of community dialogues this spring, Tejada heard that Arlington residents are looking for fitness opportunities but find that there’s not an easy way to learn about resources. To remedy the problem, the County has launched a website www.arlingtonva.us/fitarlington with information about programs and facilities that provide opportunities for residents to pursue a healthy lifestyle.

“Instead of creating new events or programs, our first goal is to better connect the dots within Arlington so residents can take advantage of what’s currently available,” says Tejada. “We are urging community members to let us know about upcoming events, clubs and services that we can put into the calendar of events or add to the links and services.”

On Saturday, June 23, the Ballston-Virginia Square Partnership in cooperation with Arlington County will host a FitArlington Expo, designed to showcase the many resources for fitness that are available in close proximity to Ballston and Virginia Square.

The Expo will take place from 11:00 a.m. to 3:00 p.m. at the Ballston Metro station.
I had a great undergraduate experience at Marymount, which led to a successful career. When I looked into graduate school, I found that Marymount’s program met my professional needs, and I knew I could count on the same great personal attention and access to faculty that I had as an undergrad.”

Francisco Semião, B.S. ’00; M.S., Health Care Management, ’05
Director, Program Development, Adventist HealthCare

Hear for yourself! Attend an info session for graduate programs in the arts and sciences, business and management, counseling and psychology, education, the health professions, or technology.

To read more about Francisco Semião’s Marymount experience and find the information session that meets your needs, visit www.marymount.edu/word
The Arlington Chamber of Commerce and the Arlington Economic Development Commission (EDC) join together each year to celebrate Arlington’s Best Businesses, otherwise known as the ABBIES. This year’s ceremony took place on May 15 at the Sheraton National Hotel, and three of the seven awardees are Ballston businesses. In addition to the regular ABBIES, two “Green ABBIES” were awarded for the first time.

A recipient of the 2007 Arlington Best Business Award is The Teal Center for Therapeutic Bodyworks, which opened in Ballston in 1990. The Center moved to Virginia from the District of Columbia because of Arlington County’s progressive certification of massage therapists. At the time, there was no national or state certification program, but forward-looking Arlington officials had worked with massage therapists to develop a permitting system in the County.

“Arlington had the vision to see the benefits of offering alternative and contemporary health care,” says owner Brenda Teal. “The residents are diverse and well-educated. It is a good business environment.”

The Teal Center currently offers six treatment rooms in Ballston, employing 19 massage therapists and 2 acupuncturists. The Center is open seven days a week from 8:00 a.m. to 8:00 p.m. On May 31, the Center opens a dedicated suite of three treatment rooms at 1701 N. George Mason Drive in the Virginia Hospital Center complex. The Hospital program will enable in-patient treatments to help with the healing process.

Another 2007 ABBIE Award went to Watson-Wyatt, an international human resources consulting firm that moved to the Arlington Gateway office building in Ballston in 2005. Watson-Wyatt advises clients on a variety of topics that have to do with benefits administration, pension plans, and financial management.

The third Ballston recipient of a 2007 Best Business award is Marymount University, whose main campus is actually two miles north of Ballston. However, the Ballston campus at 1000 N. Glebe Road serves as home to the Ballston-Virginia Square Partnership, the Marymount School of Business Administration, its physical therapy program and others.

For the first time this year, the Chamber and EDC presented two “Green ABBIES” to firms that have embraced sustainable environmental procedures and technologies. Green ABBIES were awarded to Vornado/Charles E. Smith and the Navy League of the U.S. for programs that reduce energy costs and emissions, promote recycling and use LEED green-building standards.

Other ABBIES honorees were Arlington Painting and Janitorial, Educational Options, Inc., Arlington Food Assistance Center, and Leadership Arlington.

---

**Save the Date**

**Toast to Ballston-Virginia Square to be held the evening of October 15 at Arlington Arts Center**

*Come join us for a celebration of the diverse cuisine found here in Ballston-Virginia Square!*
Bowen McCauley Dance Closes 11th Season with Free Lubber Run Performance

Two World Premieres and “Amygdala” Outdoors to Highlight Evening

Bowen McCauley Dance (BMD) closes its electrifying eleventh season with a free Lubber Run Amphitheater performance in Arlington on Saturday, June 16th, at 8:00 p.m. Headlining a contemporary bill are new works by BMD guest choreographer and former Washington Ballet Principal Dancer, Christopher Doyle, and the debut of Lucy Bowen McCauley’s classical - Cuban Jazz hybrid, “Mambozart” by BMD’s Junior Company.

“Bowen McCauley Dance always looks forward to hosting this free performance at Lubber Run,” says Lucy Bowen McCauley, artistic director and choreographer. “This is a wonderful opportunity for BMD to expose the Arlington community to our latest work as well as the progress that Kenmore Middle School students are making through our Junior Company.”

The Junior Company recently debuted “Is it any Wonder,” choreographed by McCauley, at the Kenmore Auditorium in April. “Mambozart” focuses more on duets and individual performance, which marks a significant milestone in the development of the company, according to McCauley.

“The Kenmore students are beginning to expand their capabilities from working together entirely in unison to breaking out into more solo related works,” she says. “The rapid progress we have made over the past several months has allowed the Junior troupe to begin exploring new territory.”

Also on the bill will be a world premiere by BMD guest choreographer and former Washington Ballet Principal Dancer Christopher Doyle. Set to the music of Kraak & Smaak, Doyle’s work is a highly kinetic and modern piece that features two male and two female dancers.

“Working with Bowen McCauley Dance has really allowed me to unleash my creativity,” says Doyle. “Lucy and her troupe are incredibly innovative and talented. I am very excited about my collaboration with them and I can’t think of a better venue to debut this piece that outdoors at Lubber Run.”

BMD’s critically acclaimed, evolution inspired “Amygdala” rounds out the evening. Performed for the first time in an outdoor setting, with a new set and costumes, “Amygdala” incorporates the natural surroundings of Lubber Run, as well as Alvin Mays’ “Hand Me Down Trousers.”

Known for her musically infused choreography, BMD Artistic Director Lucy Bowen McCauley delivers muscular, dramatic work with a combined lyricism and finesse that continues to enchant and surprise audiences and critics alike. McCauley is willing to take risks in programming and over the years has produced a body of work notable for its range in music and movement. In addition to her achievements as a dancer and choreographer, McCauley has pioneered a unique stretch technique, Bowen McCauley Stretch that has been featured in Sports Illustrated, USA Today, Dance Teacher, and The Washington Post. Her stretch classes attracted the attention of Olympic gymnast Dominique Dawes, resulting in Lucy’s appointment as a national stretch trainer for USA Gymnastics.

Lubber Run Amphitheater is located at N. Columbus & 2nd St. N. Admission and parking are free. A rain date is set for Sunday, June 17 at 8 PM. For more information, visit www.bmdc.org
For 20 years, the Kiwanis Club of Arlington has sponsored the annual Northern Virginia Antiques Show and Sale for the benefit of many community organizations, and this year is no exception. The 2007 Antiques and Modernism Show and Sale will be held at the Thomas Jefferson Community Center on Saturday, June 23, from 11:00 a.m. to 7:00 p.m. and Sunday, June 24, from noon to 5:30 p.m. A shuttle will operate from the Virginia Square Metro stop on Saturday only.

This year, for the first time, the Art Deco Society of Washington is joining the event and the scope of the show will expand to include art deco, art nouveau and mid-century modern collectibles from 1910-1970. The show will feature 175 antique dealers from 15 states plus 35 modernism dealers.

Tickets are $6 in advance and $7 at the door. Call 1-703-621-5123 to reserve advance tickets to be picked up at the door.

The Arlington Kiwanis Club is a 100-member service organization and part of a global organization of volunteers dedicated to changing the world one child and one community at a time. All proceeds from advance sale tickets will go to the club’s Community Service Fund to be used to support children’s leadership programs in many of Arlington’s elementary, middle and high schools as well as Marymount University. This year, the Kiwanis Club of Arlington and its foundation will give over $90,000 to community educational and charitable organizations.
Whirlwind of Restaurant Happenings

Hot Restaurant News

Summer is coming and the restaurant scene is heating up! New restaurants and a wine store are coming to the area and exciting events are happening at current establishments:

Coming Soon — Grand Cru Wine Store and Vineria

Ballston is going to have its own gourmet wine store featuring a unique collection of quality wines with a bar and café specializing in appetizers and small entrees to complement the wine. Grand Cru will offer a selection of over 350 wines that can be sampled on the premises, including wines poured by the glass as well as several flights of wines allowing the customer to try various wines from a particular region. The meaning of the Italian word Vineria embodies the concept of Grand Cru, referring to a small café that pairs small food dishes with wine. Customers enjoy an ambiance reminiscent of a Mediterranean streetscape enhanced by awnings and streetlights. A 17-foot custom mahogany bar is a point of focus and stone faux finish walls and Tuscan-marble style floors further complement the rustic feel.

Grand Cru will provide coupons to be found in goody bags that will be distributed to the first 100 visitors of each Ballston Arts & Crafts Market held the second Saturday of each month from June to October. In addition, Grand Cru will feature wine tasting and education events.

The location of Grand Cru Wine Store and Vineria is 4401 Wilson Boulevard on the corner of Wilson Boulevard and Glebe Road in the courtyard behind Vapiano Restaurant.

Girls’ Night Out at The Melting Pot

Ladies, now is the time to enjoy an evening of great food with friends at the Melting Pot the second Tuesday of each month for a four-course dinner special. The Melting Pot specializes in matching favorite entrees to unique varieties of fondue sauces for a memorable meal. For dessert, the

continued on page 7
Help Willow Restaurant Win the RAMMY Awards!

Ballston’s own Willow Restaurant has been nominated for two RAMMY Awards. You can help this new community favorite win through your votes! The RAMMY Awards are given by the Restaurant Association of Metropolitan Washington to the best restaurants in various categories. Willow is in the running for the categories of “Best Neighborhood Restaurant” and “Best Pastry Chef” honoring Kate Jansen. The public will elect the winner. Voting begins with a ballot in the Sunday May 20 Washington Post Magazine and continues online. The winner will be announced on Sunday, June 17, at the 25th Annual RAMMY Awards. See www.ramw.org for more information and to vote.

Willow Restaurant is located at 4301 N. Fairfax Drive. Lunch is served Monday through Friday from 11:30 a.m. to 2:30 p.m. Dinner is served Monday through Friday from 5:30 p.m. to 10:00 p.m. and on Saturday from 5:30 p.m. to 10:30 p.m. Call 703-465-8800 for information or reservations.

Vapiano Provides a New Twist To Casual Dining

It’s fresh, fast, and provides a new twist to casual dining. Vapiano, which opened in April, is a German-based restaurant offering Italian cuisine. After taking Europe by storm, Vapiano chose Ballston for its first location in the U.S.

The concept is that customers visit a variety of stations featuring fresh pasta, fire roasted pizzas, antipasti, or salads to place their orders. Fresh pastas consist of dishes such as Aglio e olio with garlic, chili and olive oil, the Pomodoro fresco e basilico with cherry tomatoes and basil and the Tonno fresco with tender tuna and fresh vegetables. Pizzas include basics like the Margherita with tomato sauce and mozzarella and creations like the Toscana with spicy Italian sausage, olives, herbs, tomato sauce and mozzarella. For the antipasti, the Bruschetta with roasted ciabatta bread, tomatoes, garlic and olive oil is a tasty treat. Don’t forget dessert! Tiramisu or Crema di Fragola, and fresh strawberries with mascarpone are just a few sweet options. After each order, a “chip card” is swipe and customers pay the amount tallied on their card upon leaving. Average checks are about $10.00 for lunch and $13.50 for dinner.

Furnished in fine oak, natural stone and leather, Vapiano has a contemporary atmosphere with a Mediterranean touch created by Milan’s star architect and designer, Matteo Thun. An herb garden is found in each Vapiano restaurant providing the fresh seasoning used in all dishes.

Vapiano is located at 4401 Wilson Boulevard (at Glebe Road) and is open 11:00 a.m. to 12:00 midnight, seven days a week. Indoor and outdoor seating is communal. For more information visit www.vapiano.de or call 703-837-5505.

Aladdin’s Eatery Adds Healthy and Unique Eats

Aladdin’s Eatery opened recently offering a unique and flavorful menu that contributes to the diverse tastes of restaurants in the area. The Mediterranean style menu offers healthy yet savory options including rolled pitas, meat and vegetarian entrees, creative salads, “pita pitas,” soups and classic dishes like hummos and stuffed grape leaves. All dishes use natural ingredients—no saccharin, nutrasweet or any other sugar substitute is used and the table sweetener is unrefined natural brown sugar.

Aladdin’s Eatery is located at 4245 Fairfax Drive and opens daily at 11:00 a.m. Call 703-528-0078 for more information.
In previous years, the juried Market has gained a reputation for quality works at affordable prices.

This fourth year of the Market promises to be the best yet with more vendors than ever, a variety of musical performances, and a campaign to make Ballston a destination for visitors from surrounding areas.

The Market’s opening day line-up includes 30+ vendors with a wide range of traditional and not-so-traditional handmade goods. Visitors this year can expect to see familiar work by long-time exhibitors such as potter Nancy Sween and award-winning photographer Steve Miller. In addition, they will have an opportunity to be surprised by a new array of edgy artists from Washington, D.C., Baltimore and beyond, such as the DC Craft Mafia, Squidfire and Toxic Shock Printing. Shoppers can expect to find artwork, functional pieces for their homes, affordable gifts for friends and loved ones and a new array of ‘indie’ designer clothing and accessories.

Adding to the festive setting will be free live music by different bands at every market, between noon and 3:00 pm. On opening day the market will host two DC-based bands: Omegaband (http://www.myspace.com/omegaband) and the Lucky Bastards (http://www.myspace.com/luckybastards) — both touting an impressive fan base and funky ska-influenced sound.

Featured entertainment at the other Arts + Crafts Markets includes Bette Noir (July 14), The Lovejoy Group (August 11), The Constituents (September 8), and Dead Men’s Hollow (October 13).

As an added attraction this year, the market has approached local businesses and asked them to donate coupons and gifts for goody bags that will be distributed to the first 100 people who visit the Ballston-Virginia Square Partnership booth. Each Market day our bags will feature coupons for special discounts at nearby businesses, restaurants and shops.

The Ballston Arts + Crafts Market is generously supported by Wells Real Estate Funds, The JBG Companies, and the Arlington Community Foundation.

For more details, including a complete roster of vendors, bands, supporting businesses and market sponsors, visit our blog at: www.ballstonarts-craftsmarket.blogspot.com
Traditionally, summer is a quiet time in the art world. On the premise that many families are at the beach, or that people would rather stay inside than wander from gallery to gallery, many commercial art galleries slow down for July and August.

In recent years, however, this trend has started to change, and now summer is becoming a time to experiment with the arts, and many organizations will run classes, show unusual work, or coordinate events outside that take advantage of longer daylight hours and a temperature drop in the evenings. At the Arlington Arts Center (3550 Wilson Blvd., at the corner of Wilson and Monroe), all of the above can be found.

As many readers know, the art education program at the AAC really hops in summer. Offering over 50 classes for children and adults, the building is always a beehive of activity. AAC offers children’s classes from age 4 through high school beginning June 24. These week-long classes focus on themes or on specific media. Whenever possible, great modern artists or art history movements are incorporated. Examples of children’s classes include Winter Wonderlands, Pirates in Paradise, Drawing 101, Pollack Palooza, and Matisse’s Murals. We also have several bilingual classes for interested students, and scholarships and tuition assistance are available. Adult classes take place on weekday evenings from 7:00 to 10:00 p.m., and include Fearless Painting Fundamentals, Sculpture and the Environment, Water Media and Eye of the Photographer.

If you’re inspired to brush up on your visual arts, you can register at the AAC in person at 3550 Wilson Boulevard, or over the phone, 703-248-6800. Classes fill up fast so register early!

If art classes aren’t your thing, stop by and see two great exhibitions. For the third year in a row, the AAC is hosting New Art Examined: Work by Masters in Fine Arts Graduates from the Mid-Atlantic. A sampling of what new artists are doing, this survey demonstrates the cutting edge theories of the contemporary art school. New Art Examined opens on June 5 with a reception on June 8. At the end of July, AAC welcomes 6 artists from Arlington’s Sister City, Aachen, Germany in Imagining the Distance: Arlington to Aachen. Be sure to keep your eyes open for exciting related programs through September for this international exchange.

This summer, the AAC welcomes Spielschiff (“play ship” in German) to the Maury Park. A large interactive play sculpture, Spielschiff is designed to be climbed on, slid down, and shared in a variety of ways. It is a twin to an original sculpture in Aachen, Germany, designed by Bonafatius Sternberg, and is commissioned and funded by the Arlington County Public Art Program. Installation is expected to be complete in September.

As always, for more information, drop by the AAC between Tuesday and Saturday, 11:00 a.m. - 5:00 p.m. or visit our website at www.arlingtonartscenter.org.
Opera Celebrates 25 Years with Artistic Director John Edward Niles

Opera Theatre of Northern Virginia (OTNV) is celebrating twenty-five years of performance and artistic development under the direction of Artistic Director John Edward Niles. During his tenure, Niles has provided performance experience for talented young artists and offered many lesser-known works by famous composers, such as the U.S. stage premiere of Puccini’s Edgar, which was attended by Puccini’s granddaughter. He has also staged world premieres of several American operas. Under his direction, many current operatic stars appeared in Opera Theatre of Northern Virginia productions early in their careers, including Fabiana Bravo, William Killmeier, Jennifer Larmore, Alessandra Marc, and Carl Tanner.

Prior to joining the Opera Theatre of Northern Virginia, Niles served as conductor of Cincinnati Summer Opera, Virginia Opera, Bel Canto Opera Company, and Ithaca Opera Association, and studied under several notable opera conductors in the United States and abroad.

The conductor’s musical contributions and his dedication to Opera Theatre of Northern Virginia will be celebrated at a reception at the Washington Golf and Country Club on June 24. The event will feature artists who have appeared on the OTNV stage, including baritone Lewis Freeman, tenor Michael Hayes, soprano Katherine Osborne and baritone Jason Stearns. The benefit celebration will enable Opera Theatre of Northern Virginia to continue touching the lives of artists, opera lovers and children alike in their diverse programming for years to come. For information about the reception and OTNV, visit www.novaopera.org or call 703-528-1433.

Top: Scene from OTNV’s 2006 family opera The Nightingale by Charles Strouse; Bottom: The cast in OTNV’s production of Amadeo Vives’ Bohemios takes a curtain call. Photos by Don Levine

FIT Arlington Fitness Campaign

continued from page 1

to 3:00 p.m. in Welburn Square, 9th and N. Stuart Streets, across from the Ballston Metro Station. Throughout the day, there will be demonstrations on the main stage and on the grass featuring yoga, stretch, Pilates, rhythmic gymnastics, various types of dance, and senior exercise. Attendees will be encouraged to participate.

In addition, programs will be offered on nutrition and health topics, and various agencies and businesses will have information booths with coupons, brochures and giveaways. Some special attractions will feature free massages, body fat testing, personal training tips, and free samples. Children will love the Moon Bounce and the demonstration of Itsy-Bitsy Yoga.

Among those participating in the FitArlington Expo are Virginia Hospital Center, Sport & Health Club, Studio Body Logic, The Comedy Spot, Natural Body Spa, Howe to Eat, Gold’s Gym, Arlington Jazzercise, Curves of Arlington, Unity Woods Yoga Center, Arlington Center for Dance, Arlington Red Cross, DC Zumba, Smoothie King, The Carlin Apartments for Seniors, the YMCA, WalkArlington and BikeArlington, Vitamin World, the Washington Capitals, and Arlington County Division of Parks, Recreation and Cultural Resources.

Support for the Ballston FitArlington Expo is provided by American Service Center, BB&T Bank, and Virginia Hospital Center, as well as the Ballston-Virginia Square Partnership.
New Uniforms for Washington Capitals to be Unveiled at June 22 Draft Day Party

Come and watch the Washington Capitals present their new uniforms at a Draft Day Party on Friday, June 22 at the Kettler Capitals Iceplex in Ballston. Free skating, Caps player and alumni autographs and interactive games add to the fun! Attendees can also watch the first round of the 2007 NHL Entry Draft that will be broadcast from Columbus, Ohio, on large screens on both rinks and television sets throughout the Iceplex.

The Capitals are the first team in the NHL to announce their plans to unveil their new uniforms, which are produced by Reebok, and will be the first team that plans to have their new uniforms at the NHL Entry Draft. The new uniforms have a red, white and blue color scheme that the Caps wore from their first season in 1974-75 through 1994-95.

For admission, the general public has the opportunity to reserve and print passes, pending availability, with a limit of two passes per person. Capitals ticket plan-holders will have priority access to passes.

Two types of passes, Red Rink and Blue Rink, will be offered. Red Rink passes are issued on a first-come, first-served basis, beginning with plan holders, and will provide priority access to the Capitals practice rink for the uniform unveiling. Once Red Rink passes are sold out, Blue Rink passes will be available for access to the rest of the Iceplex.

Doors will open at 5:50 p.m. and fans are asked to be seated by 6:30. The uniform unveiling will begin at approximately 6:40 p.m. The first round of the NHL Entry Draft will begin at 7:00 p.m.

For updates and additional information, visit WashingtonCaps.com.

Take Kaplan. Score Higher.

Enroll Now! Classes starting soon...

GMAT - 6/10, 6/11, 6/12, 6/16
LSAT - 6/11, 6/16, 6/20, 6/21
GRE - 6/11, 6/12
MCAT - 6/6, 6/10

Higher test scores guaranteed or your money back:

Call or visit us online for more information or to enroll.

1-800-KAP-TEST | kaptest.com

*Free MCAT Online Verbal Edge in June!

*$100 off LSAT when you enroll in June!
offer a wide variety of in-season vegetables and fruits, from asparagus, lettuce and spinach, to corn, tomatoes, cucumbers, squash, berries, beans, peppers, herbs, melons, peaches, pears, beets, potatoes, onions, broccoli, and eggplant. Sunnyside Farms of Washington, Virginia, will be returning to the market offering organically grown produce, organic chickens and eggs, as well as apple cider, apple sauce, fruit pies and pesto. Fresh flowers will be available as well.

Joining the market this year is European Gourmet Bakery from Leesburg, Virginia, offering scones, croissants, cookies, tarts and fruit pies in both mini and large sizes. Bakeries returning to the market are Grace’s Pastries with many varieties of quick breads, Baguette Republic with fresh baguettes, pies and brownies, and Great Harvest Bread Company with their whole grain specialties.

Dick’s Kitchen will again offer sauces, salsa, oils, and a variety of other shelf stable condiments, and Hot Wings on the Run will sell bottled barbecue sauce. From time to time during the summer, vendors will join the market selling maple syrup and handmade dog biscuits.

Chef’s demonstrations featuring Ballston restaurant chefs will be scheduled occasionally throughout the summer, and each week there will be a live music performance from 11:45 a.m. to 1:30 p.m. This year’s lineup includes:

**JUNE**
1. Patty Reese Duo, Folk – Rock/Blues
8. The Barretones, Bluegrass
15. Cletus & Lori, Acoustic Folk – Pop
22. Moe Nelson & Mark Noone, Have Bass, Will Travel
29. Jeff Watson Trio, Classic Rock – R&B

**JULY**
6. Dulcie Taylor Trio
13. Michael Mulvaney & Randy Latimer, Blue Americana
20. Andrew McNight Trio, Original Acoustic Folk

The Summer Concerts in Welburn Square are supported by The Westin Arlington Gateway, The Jefferson, and The Meridian at Ballston.

Make plans to visit the Ballston Farmers Market & Summer Concerts in Welburn Square each Friday this summer. For additional information, visit the Web site www.ballstonvasquare.org or call (703) 528-3527.
Arlington Federal Credit Union Enables Employers to Offer More Benefits at No Extra Cost

The Arlington Virginia Federal Credit Union (AVFCU) offers a variety of services to both employers and employees that save money through low loan rates, high savings yields and minimal fees.

The Credit Union is able to offer many of the same products as traditional banking institutions but at a cost that is much more affordable. For instance, as a member, you pay no fees for using a 7-Eleven ATM. You are also eligible for free financial planning, credit counseling, quotes on insurance and more.

Employers also benefit from becoming AVFCU Community Partners. AVFCU is a member-owned, not-for-profit financial cooperative, which will provide additional services and benefits at your place of work, such as “Lunch and Learn” seminars on various financial topics and visits from staff for orientations and benefits fairs, at no extra cost. Employees receive specialized service and gain the knowledge they need to reach their financial goals.

Since AVFCU is not-for-profit, they return earnings to customers and members. A volunteer, member-elected Board of Directors insures that decisions are made with the members’ best interest in mind.

Experience the Credit Union difference with AVFCU! Contact Community Relations Manager, Patty Browne, at 703-526-0200 x265, and visit www.arlingtonvafcu.org to learn more about why a partnership with AVFCU is right for you and your employees.

The Club on Quincy Set for July Hearings

The owners of 3901 North Fairfax Drive, site of the Arlington Funeral Home and its parking lot, have filed a site plan amendment for the property that is currently under review. The new project is known as The Club on Quincy. In 2004, a previous owner had received approval for a building with 135 dwelling units, 2,648 square feet of ground floor retail, a community black box theatre, a plaza, and the existing funeral home.

The new owner has submitted plans for replacing the funeral home on-site in a new building, expanding ground floor retail to 3,440 square feet, and reducing the number of dwelling units to 124. The community black box theatre would expand in size, from 8,193 square feet to 9,558 square feet, and approximately one-third of the site would become a public plaza.

The proposal is being reviewed and is expected to be heard by the Planning Commission and County Board in July.

WHAT MAKES THE SKY BLUE?

A scientist might say that our atmosphere scatters blue light the best. But in Arlington County, there’s more to it than that. Every time you leave your car at home and find a greener way to get around, every time you ride Metrobus, Metrorail or ART, every time you walk or bike on one of the most extensive trail systems in the country, you not only ensure we’ll have clear skies tomorrow, you also help make Arlington an amazing place to live today.

And that’s a better way to go.
Ballston - Virginia Square Calendar of Events Summer ‘07

JUNE – SEPTEMBER 2007
($ = entrance fee, all other events are free)

FRIDAY, JUNE 1
11:00 a.m.-5:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert: Patty Reese Duo
Welburn Square (9th & N. Stuart Sts.)

THURSDAY, JUNE 8
8:00-9:30 a.m.
Partnership Board of Directors
Meet at 1000 N. Glebe Road, Rm 507

JUNE 8 – JULY 21
New Art Examined III: Works by MFA Graduates in the Mid-Atlantic Region, also FIREWAVE: a Collaborative Installation
Arlington Arts Center
5550 Wilson Boulevard
Gallery Hours: Tues.-Sat. 11:00 a.m. to 5:00 p.m.
Opening Reception: Friday, June 8
www.arlingtonartscenter.org

FRIDAY, JUNE 8
11:00 a.m.-5:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert: The Barretones
Welburn Square (9th & N. Stuart Sts.)

SATURDAY, JUNE 9
10:00 a.m.-4:00 p.m.
Ballston Arts + Crafts Market
Welburn Square (9th & N. Stuart Sts.)
www.ballstonarts-craftsmarket.blogspot.com

THURSDAY, JUNE 14
8:00-9:30 a.m.
Partnership Real Estate Marketing Group
Ballston Station Conference Room, 4301 N. Fairfax Drive (entrance on N. Utah Street)

FRIDAY, JUNE 15
11:00 a.m.-5:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)

11:45-1:30 p.m.
Lunchtime Concert: Cletus & Lori
Welburn Square (9th & N. Stuart Sts.)

JUNE 22 – AUGUST 4
Contemporary Art of Iran and Its Diaspora
Ellipse Arts Center
4550 N. Fairfax Drive
Hours: Wed.-Fri. 11:00 a.m. to 7:00 p.m., Sat. 11:00 a.m. to 2:00 p.m.
Opening Reception: Thursday, June 21
www.arlingtonarts.org/ellipseartscenter

FRIDAY, JUNE 22
11:00 a.m. – 5:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert: Have Bass, Will Travel
Welburn Square (9th & N. Stuart Sts.)

SATURDAY, JUNE 23
11:00 a.m. – 5:00 p.m.
FITARLINGTON EXPO
A Showcase of Fitness and Wellness Resources in Ballston-Virginia Square
Welburn Square (9th & N. Stuart Sts.)
www.arlingtonva.us/FItArlington

THURSDAY, JUNE 28
8:00-9:30 a.m.
Partnership Board of Directors
Meet at 1000 N. Glebe Road, Rm 507

FRIDAY, JUNE 29
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m. – 1:30 p.m.
Lunchtime Concert: Jeff Watson Trio
Welburn Square (9th & N. Stuart Sts.)

JUNE 30 & JULY 1
Free Introductory Yoga Classes (call 703-525-8992 for schedule)
Unity Woods Yoga Center
4001 N. 9th Street, Suite 105

FRIDAY, JULY 6
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert: Dulcie Taylor Trio
Welburn Square (9th & N. Stuart Sts.)

THURSDAY, JULY 12
8:00-9:30 a.m.
Partnership Real Estate Marketing Group
Ballston Station Conference Room, 4301 N. Fairfax Drive (entrance on N. Utah Street)

FRIDAY, JULY 13
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert: Michael Mulvaney & Randy Latimer
Welburn Square (9th & N. Stuart Sts.)

SATURDAY, JULY 14
10:00 a.m.-4:00 p.m.
Ballston Arts + Crafts Market
Welburn Square (9th & N. Stuart Sts.)
www.ballstonarts-craftsmarket.blogspot.com

THURSDAY, JULY 19
7:00 to 9:00 p.m.
The Power of Cliché: a Panel Discussion
Ellipse Arts Center
4550 N. Fairfax Drive

FRIDAY, JULY 20
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert: Andrew McNight Trio
Welburn Square (9th & N. Stuart Sts.)

FRIDAY, JULY 27
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert
Welburn Square (9th & N. Stuart Sts.)

THURSDAY, AUGUST 2
8:00 – 9:30 a.m.
Partnership Board of Directors
Meet at 1000 N. Glebe Road, Rm 507

FRIDAY, AUGUST 3
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert by Dan the Man
Welburn Square (9th & N. Stuart Sts.)

FRIDAY, AUGUST 10
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert by Dan the Man
Welburn Square (9th & N. Stuart Sts.)

SATURDAY, AUGUST 11
10:00 a.m.-4:00 p.m.
Ballston Arts + Crafts Market
Welburn Square (9th & N. Stuart Sts.)
www.ballstonarts-craftsmarket.blogspot.com

FRIDAY, AUGUST 17
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert by Dan the Man
Welburn Square (9th & N. Stuart Sts.)

FRIDAY, AUGUST 24
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert by Dan the Man
Welburn Square (9th & N. Stuart Sts.)

AUGUST 24 – OCTOBER 15
You Are Here: Maps Re-Defined by Mid-Atlantic Contemporary Artists
Ellipse Arts Center
4550 N. Fairfax Drive
www.arlingtonarts.org/ellipseartscenter

FRIDAY, AUGUST 31
11:00 a.m.-3:00 p.m.
Ballston Farmers Market
Welburn Square (9th & N. Stuart Sts.)
11:45 a.m.-1:30 p.m.
Lunchtime Concert by Dan the Man
Welburn Square (9th & N. Stuart Sts.)

Post your organization’s events here. Send complete information to Editor, Ballston-Virginia Square Partnership, 2807 N. Glebe Road, Suite 515, Arlington, VA 22207.
JOIN THE BALLSTON-VA SQUARE PARTNERSHIP AND RECEIVE THESE BENEFITS

1. INFORMATION:
   Your personal copy of the BUZZ mailed to your address. Annual Map & Business Directory with information about businesses in Ballston-Virginia Square, a comprehensive Web site, and invitations to meetings and programs designed to educate and inform.

2. NETWORKING:
   Get to know others with an interest in the Ballston-Virginia Square area: retailers, corporate executives, real estate brokers, community activists and residents. Establish business relationships and learn the “scoop.”

3. HELPING SHAPE THE COMMUNITY:
   For more than 20 years, the Partnership has played a role in developing and enhancing Ballston-Virginia Square. You can participate in the decisions that are being made now for the future.

4. MARKETING:
   Your membership opens doors to the business and resident groups you would like to reach in Ballston-Virginia Square. Members receive discounts for advertising and other marketing opportunities.

5. GOVERNMENT AFFAIRS:
   Your membership provides both formal and informal access to County, state and U.S. government officials.

6. ARLINGTON REAL ESTATE SHOWCASE AND BUS TOUR:
   At this biennial event, real estate members have the opportunity to exhibit their projects and obtain the most up-to-date information about development activity in Arlington. The Partnership takes the lead in organizing the Bus Tour.

7. ECONOMIC DEVELOPMENT:
   The Partnership works closely with Arlington Economic Development to assure the sustainability of a balanced economy with high-quality investment in Ballston-Virginia Square and Arlington.

8. COMMITTEES:
   Join a committee and help carry out the work of the Partnership. Your ideas are welcome.

9. SPECIAL EVENTS:
   You and your business can play a role in area special events, such as Toast to Ballston-Virginia Square, Farmers Markets, the Ballston Arts & Crafts Market, and the Annual Holiday Tree-Lighting.

10. FOCUS ON YOUR COMMUNITY:
    Unlike other business organizations and community service groups you might join, the Partnership is focused on making Ballston-Virginia Square the best place to live and do business. This is value-added to achieving your goals.

MEMBERSHIP FORM

Name of Company/Individual __________________________________________

Contact Name(s) _____________________________________________________

Address: __________________________________________________________________________

Telephone: ________________________ Fax: _____________________

E-mail: __________________________________________________________________________

Amount Paid: $_________

Please make checks payable to Ballston - Virginia Square Partnership. Mail to:
   Ballston - Virginia Square Partnership
   2807 N. Glebe Road, Suite 515, Arlington, VA 22207

The Ballston-Virginia Square Partnership is exempt from Federal income tax under Section 501(c)6 of the I.R.S. Code. Payments to the Partnership are not deductible as charitable contributions. They may be deducated as ordinary and necessary business expenses.  Thanks for your support!
Get FREE Checking and a FREE Gift At United Bank

If you’re paying too much for your checking account and getting too little in return, check out United Bank – we give you more!

Our Absolutely FREE Checking offers one of the best values you’ll find anywhere. Or, choose from six other convenient, money saving personal checking plans that pay interest.

All of our checking plans come with these great benefits:

- A FREE GIFT when you open your account
- FREE Online Banking with FREE Bill Pay
- Get up to $20 cash on your check cards and unused checks from another financial institution
- A FREE United Visa® Check Card
- FREE return of cancelled checks or checks stored for safekeeping

703-502-7180 • 800-730-6169 • www.unitedbank-dcmetro.com

 BALLSTON - VIRGINIA SQUARE
 PARTNERSHIP
 2807 N. GLEBE ROAD
 ARLINGTON, VA 22207