

# Back to School

NEWS, PAGE 2

Capital BikeShare  
To Expand

NEWS, PAGE 3

Expelled Priest  
Talks about Syria

NEWS, PAGE 3

Camp Med

NEWS, PAGE 2

O'Connell Football  
Wins First Game on  
New Turf Field

SPORTS, PAGE 11

"I want to get a ride,"  
cries Seth Keener, 2,  
after seeing his brothers  
get on the school  
bus Tuesday, Sept. 4.





## First Day of School

A fifth-grade student volunteer (middle) gets the door to help students get off quickly and reduce the traffic at Patrick Henry Elementary School on Tuesday, Sept. 4.



A mom takes a picture of her children on the first day of school.



Eve Posner, 9, and her mother are waiting for the school bus. Posner went to a day camp, Chicago and Canada over the summer. Now she's ready for school.

PHOTOS BY YUHAN XU/THE CONNECTION

# Camp Med

## Middle school students learn about medical profession at Virginia Hospital Center over the summer.

BY GENEVIE HERRERA  
THE CONNECTION

**W**hat did you do on summer break? For most students if they are lucky, they might answer that their parents took them on vacation to the beach, others might answer that they filled their summer schedule with sport activities, summer school, or even hung out in front of the television all summer long. Whatever the case may be, only a select few can return and share their experiences about Camp Med.

Camp Med is a middle school summer medical camp held at the Virginia Hospital Center in Arlington. The camp started in 2004 with 10 students but these days the capacity is up to 48 with some having to wait until next summer to enroll.

The objective of the camp is to attract students from middle school who are interested in health care and expose them to different types of medical professions. The camp is a week long with each day dedicating itself to a different department.

The campers also travel to Northern Virginia Community College in Springfield two days out of the week for activities such as CSI, CPR for Health Savers, pathology and forensics. The CPR training certifies all students in CPR.

Mary Ellen Gannon, coordinator for the camp, is in charge of the students throughout the week: "The campers are all in middle school. I think it is a good age for them to attend because they are just exploring their options for the future. When they enter high school they have a better understanding of what they are interested in."

One day, the trauma room is filled with campers surrounding an empty hospital bed. The nurse asks if anyone wants to be the patient and immediately all hands fly to the air. The campers are asked to do role-playing of real life situations. The campers are assigned different duties as nurses, asking questions and entering data.

The volunteer nurses at the Virginia Hospital are happy to expose the campers to



**David Brighton, 13, receives a mock-up bandage from Megan Carolla, 13. "I signed up for Camp Med this year because I attended last year's camp session and loved it," said Carolla. "It's also a great way to make new friends."**

their profession. As Mary Ellen Gannon said, they too think it is important for students to be exposed to the medical field at an early age.

"I think it's a great opportunity for students. It gives them something fun and educational to do over their summer break. They are only just seeing the tip of the iceberg of what we do, but hopefully it's enough to impact them," said Taryn Overman, one of the volunteer nurses.

**Rachel Short, 13, is hauled away to the hallway. "My favorite part of camp was this, being a patient in the Emergency Room." She one day hopes to become a pediatrician.**



**From left: Jessica Wisecover, Rukhsana Hussain, Taryn Overman, Mary Ellen Gannon and Jerome Frasier. The nurses at the Virginia Hospital Center in Arlington volunteered for Camp Med.**





# NEWS

## Capital BikeShare To Expand

County officials are considering 42 potential locations for 30 new stations.

BY MICHAEL LEE POPE  
THE CONNECTION

**B**y next spring, Arlington residents will have 30 new BikeShare stations to choose from — expanding the existing program of 44 stations dramatically and reaching beyond the Metro corridors for the first time. In the coming weeks, county officials will be meeting with 10 different civic associations to get their input on where the new BikeShare stations should be located. The plan is to expand the program to Shirlington, Fairlington, Columbia Pike, Route 50 and ultimately connecting the Washington and Old Dominion Trail to Four-Mile Run.

“It’s a pretty wide expansion,” said Paul DeMaio, founder of MetroBike. “Not only are we reaching so many more neighborhoods, but we are connecting the two Metro corridors.”

The expansion will cost about \$1.4 million. Most of that will come from the federal government, which will kick in \$1.2 million as part of the Congestion Mitigation and Air Quality Improvement Program. The Arlington County government will contribute \$200,000, which will come from the revenue generated from parking decals. County officials plan on gathering input about where to locate the stations from the civic associations and from a “crowd-sourcing map” that is linked to BikeArlington.com.

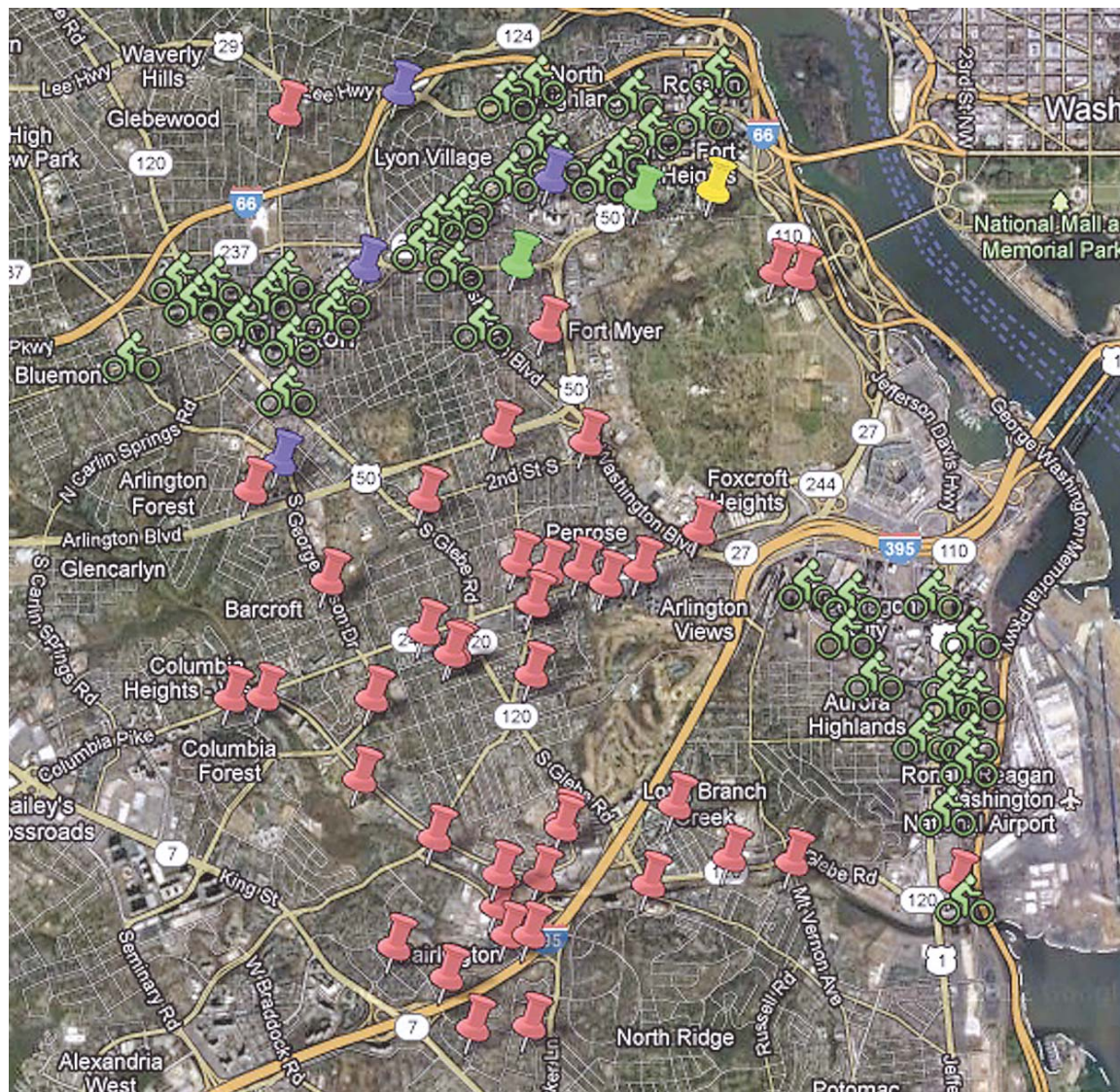
“Some people want it in front of their house, and some people don’t,” said DeMaio. “The interactive web site allows people to comment on why they like a proposed location or don’t like a particular lo-

cation.”

**EVER SINCE** the county’s first BikeShare stations were installed in Arlington back in 2010, the program has been a success and expanding steadily. This week, for example, county officials are installing one new station at North Queen Street and Arlington Boulevard near Fort Myer and another at North Barton Street at 10th Street North near the courthouse. Those two stations were approved last year, although installation was delayed for legal reasons.

“Capital BikeShare is an integral part of Arlington’s commitment to cycling and providing transportation options,” said County Board member Chris Zimmerman after the stations were approved last year. “Bringing the red bikes to the Rosslyn-Ballston corridor will make cycling more convenient for Metro area commuters and will offer our community another car-free, healthy transportation choice.”

One of the most popular features of BikeShare is that it allows public-transportation users to travel the first mile or the last mile to the Metro stop or bus station. By using the system of bicycles to connect stations, county officials hope to create a network that’s much more manageable than the current system. Some neighborhood residents say they are concerned about dra-



The green bikes represent existing BikeShare stations. The red push-pins indicate the 42 potential locations for 30 new Arlington BikeShare stations.

matically increasing the number of bicycles on the street because of the potential conflict with cars and people.

“A lot of people think they’re not safe because it’s difficult to make right-hand turns,” said Alfred Taylor, president of the Nauck Civic Association. “In order to turn, you have to veer into the bike lane.”

To increase safety of bike lanes, Arlington

transportation are testing a new system of painting the lanes green with “friction coating.” The new system is designed to provide a higher alert to drivers to watch out for bicyclists, who will be increasing steadily as new BikeShare stations open up next year. Five bicycle lanes have already been reconfigured, and county leaders say more are on the way.

## Priest from Syria Speaks at Rock Spring Church

Recently expelled priest talks about the uprising in the country.

BY ROSS SYLVESTRI  
THE CONNECTION

**M**embers of the local Muslim and Christian communities gathered at Rock Spring Congregational United Church of Christ in Arlington re-



**Father Paolo Dall'Oglio, speaking at the Rock Spring Congregational United Church of Christ.**

cently to hear from Father Paolo Dall'Oglio, an Italian Jesuit priest who had lived in Syria since 1982, and was recently expelled from the country for speaking out against the Syrian government's

crackdown on the uprising there.

Rock Spring co-hosted the July event with Dar al-Hijrah Islamic Center, located in Falls Church. The event was co-sponsored by the Council on American-Islamic Relations, a national organization that defends the civil liberties of American Muslims, and the Syrian American Council.

Hossein Goal, a member of the Dar al-Hijrah Board of Directors, said that his Islamic center was contacted by CAIR and the SAC to co-host because it has a “very good relationship” with Islamic centers, Islamic organizations, and churches.

“Rock Spring Church is one of our part-

ners for interfaith works and building bridges between the Muslim community and the people of other faiths,” said Goal, explaining why Rock Spring was chosen to co-host the event with them.

Michael Bell, a member of the Social Action and Mission Committee at Rock Spring, said that Dar al-Hijrah was looking for a church where Dall'Oglio could speak and chose his church in particular the people at Dar al-Hijrah knew that it was “very open to pursuing Muslim-Christian understanding.”

Originally from Rome, Italy, Dall'Oglio

SEE EXPELLED PRIEST, PAGE 5



# OPINION

## Registered to Vote at Current Address?

**Oct. 15 deadline; encourage eligible high school and college students to vote as well.**

**I**t's a key question that must be answered by Oct. 15 in order to vote in this presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the concept of voting "absentee in-person," you can vote starting Sept. 21.

### EDITORIAL

#### BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit [http://www.sbe.virginia.gov/cms/absentee\\_voting/index.html](http://www.sbe.virginia.gov/cms/absentee_voting/index.html)

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703-746-4050,  
<http://alexandriava.gov/Elections>  
132 North Royal Street, Alexandria, 22314;  
FAX 703-838-6449; email  
[tom.parkins@alexandriava.gov](mailto:tom.parkins@alexandriava.gov)

##### Fairfax County Board of Elections

703-222-0776,  
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12000 Government Center Parkway, Fairfax,  
Suite 232, Fairfax, 22035; FAX 703-324-2205;  
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##### Arlington Board of Elections

703-228-3456,  
<http://www.arlingtonva.us/vote>,  
2100 Clarendon Blvd. Suite 320, Arlington, 22201;  
FAX 703-228-3659;  
email [voters@arlingtonva.us](mailto:voters@arlingtonva.us)

##### City of Fairfax General Registrar

703-385-7890,  
<http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>  
10455 Armstrong Street, Sisson House,  
Fairfax, 22030;  
FAX 703-591-8364;  
email [kevin.linehan@fairfaxva.gov](mailto:kevin.linehan@fairfaxva.gov)

More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>

## Gaston Deserves Storybook Ending

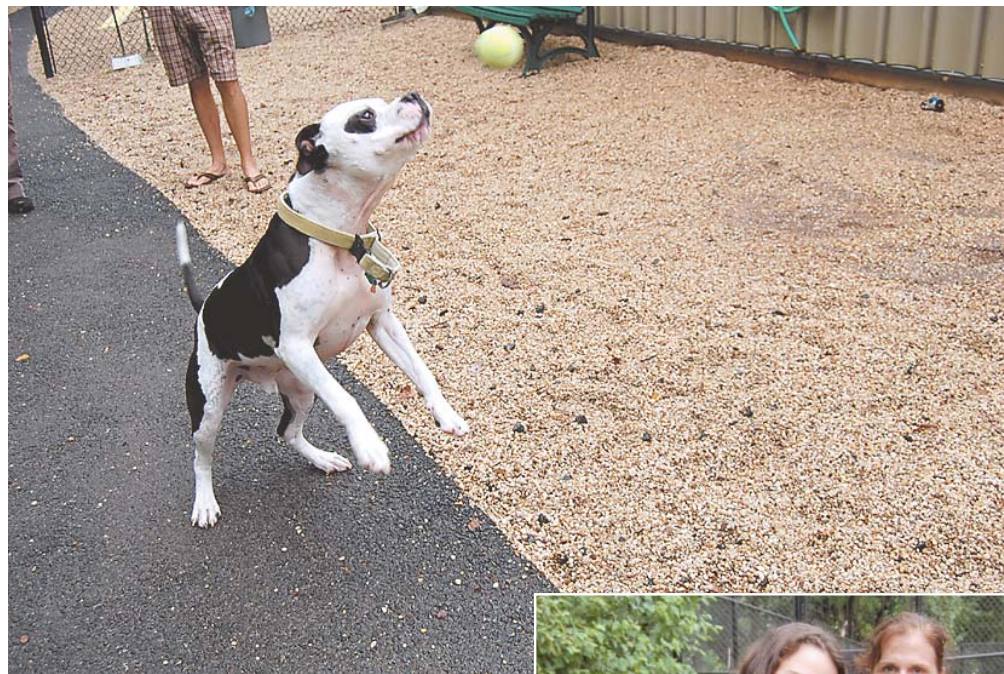
BY GENEVIE HERRERA  
THE CONNECTION

**W**hat if the villainous Gaston in Disney's *Beauty and the Beast* found a happier ending? The Animal Welfare League of Arlington (AWLA) is trying to ensure just that for its resident Gaston, who thankfully only shares his name and good looks with the character from the movie.

Four-year-old Gaston is a Bulldog, American/Terrier, Pit Bull mix who sports a beautiful black and white coat.

Staff describes him as a darling of the shelter and his charm and personality have helped in raising thousands of dollars for the care of the shelter's other residents. Many of the workers and volunteers have just been swept off their feet, including one smitten young lady by the name of Isabelle Schneiderman (who's nickname at home is coincidentally Belle). Belle and her mother, Lisa Schneiderman, have been volunteers for over four years and spend their weekends at the AWLA.

Belle was there when Gaston first came to the AWLA about a year ago and said that in the beginning she had mixed feelings about pit bulls because of their reputation as aggressive dogs.



**Gaston plays with a ball.**

However she added that "Gaston changed that for me. I remember the first time he walked over and sat on my lap, this big muscular dog on my lap. It was quiet humorous. After that we grew a strong bond."

Gaston and Belle often enjoy games of catch in which he will demonstrate his athleticism and energy while speedily running down gravel paths to retrieve treasured tennis balls. While Gaston and Belle have developed a strong friendship, Belle too hopes that Gaston will find a permanent home.

Like other dogs at the AWLA, Gaston participates in behavior classes and he is literally "top dog" with his performance and enthusiasm to please. Interested parties should contact the AWLA directly and/or visit its website [www.awla.org](http://www.awla.org).



**Isabelle and Lisa Schneiderman with Gaston.**

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# Expelled Priest Talks about Syria

FROM PAGE 3

came to Syria in "the late '70s hoping to improve the Muslim-Christian dialogue," said the Rev. Frank Fairman, a pastor at Rock Spring, in his introductory remarks about Dall'Oglio. "In 1982, he wandered across the wreck of a Byzantine monastery on the rocky hillside about 50 miles from Damascus." Dall'Oglio later spent many years restoring the Deir Mar Musa monastery, and "he turned the Mar Musa monastery to a center for interfaith dialogue."

"I am amazed by the path that I've taken in my life," said Dall'Oglio. "To discover Syria was a great adventure."

He described the various Christian denominations in Syria, which make up 10 percent of the country's population, according to the CIA World Factbook. These denominations include the Greek Orthodox, the Syriac Orthodox, Maronites, Protestants, Syriac Catholics, and other denominations as well. In addition, there are also various Muslim communities in Syria: The Sunnis make up the majority of the population of Syria, and then there are the Shiites and Sufis. A sect of Shia Islam, the Alawis, and the religion of the country's president, Bashar al-Assad, and his regime.

Dall'Oglio said that a united Syria that is accepting of different religious and ethnic groups "is the Syria that should be kept for our children." However,

he said that some groups in Syria, such as the Kurds, may use the ongoing conflict as a way to create their own independent states.

He also disagreed with arguments made by Assad, Syria's president, that he is the only one protecting Christians and other minorities in Syria from persecution. Dall'Oglio said that not all Christians are supporting the regime. He said that he even knows some Alawites who have spoken out against the regime.

Dr. Mahmoud Khattab, chairman of the Syrian American Council, agreed with Dall'Oglio's views on Christians in Syria. "Bashar al-Assad is trying to send a message to the whole world that he's the only guarantee for Christian in Syria, and that absolutely not true," said Khattab. Muslims and Christians "have lived together peacefully for thousands of years."

Dall'Oglio said that in order for their to be reconciliation in Syria, several things must happen. "First of all, the family of Assad must go away now." Then he says that there should be peacekeeping forces from the United Nations to protect the supporters and opponents of the regime from attacking each other.

Khattab said that he was asked by a journalist in California as to why Americans should care about what's happening to the people of Syria, his response was that Americans are "human being[s], and I think every human being should care about the situation there."

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Sept. 17-22.

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

**Senior trips:** Monday, Sept. 17, National Air and Space Museum, Chantilly, \$11; Tuesday, Sept. 18, Lincoln Cottage tour and lunch, D.C., \$65; Thursday, Sept. 20, Capt. Pell's Crab House, Fairfax, \$10 (trans. only); Saturday, Sept. 22, Eastern Market, D.C., \$10. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**Senior Boot Camps** begin Monday, Sept. 17, 8:30 a.m., Walter Reed, \$27/6 sessions. Register, 703-228-0955.

**Gentle Hatha Yoga classes**, Monday, Sept. 17, 10 a.m., Fairlington, \$28/7 sessions. Register, 703-228-4745.

**Painting classes begin** Monday,

Sept. 17, 10 a.m., Lee, \$36/6 two-hour sessions. Register, 703-228-0555.

**Pilates mat classes begin** Tuesday, Sept. 18, 10:30 a.m., Madison, \$28/7 sessions. Register, 703-228-0555.

**Cardio boxing classes**, Tuesday, Sept. 18, 9 a.m., Walter Reed. \$35/7 sessions. Register, 703-228-0955.

**Skin care discussion**, Tuesday, Sept. 18, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**Emergency preparedness class**, Wednesday, Sept. 19, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Basketball skills clinics for women**, Wednesday, Sept. 19, 7 a.m., \$42/4 clinics, Langston-Brown. Register, 703-228-4771.

**Meditation classes**, Wednesday, Sept. 19, 2 p.m., Lee. \$28/7 sessions. Register, 703-228-0555.

**Beginning Spanish**, Thursday, Sept. 20, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

**Bend, Breathe & Balance classes** for beginners, Thursday, Sept. 20, 10:30 a.m., Langston-Brown. \$28/7 sessions. Register, 703-228-6300.

**Self defense class begins**, Thursday, Sept. 20, 12:15 p.m., Walter Reed. \$30/5 sessions. Register, 703-228-0555.

**Belly dancing classes begin**, Friday, Sept. 21, 10 a.m., Lee. \$38.50/7 sessions. Register, 703-228-0555.

**Core & More class begins**, Friday, Sept. 21, 9:30 a.m., Walter Reed. \$28/7 sessions. Register, 703-228-0955.

**Fast-paced walking group**, Fridays, 9 a.m., free, Aurora Hills. Register, 703-228-5722.

**Northern Virginia Senior Olympics**, basketball events, Saturday, Sept. 22, 11 a.m., Thomas Jefferson Community Center. Open to the public. Free. Details, 703-228-4721.

**Health & Wellness Fair**, Saturday, Sept. 22, 10 a.m. - 2 p.m., Walter Reed. Open to the public; free. Details, 703-228-0955.

**White water rafting**, Saturday, Sept. 22, \$75. Call for details, 703-228-4745.

**Hiking in Great Falls National Park**, Saturday, Sept. 22, 9 a.m., Details, 703-228-4745.

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## WELLBEING

Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.



PHOTO CONTRIBUTED

# Living Long, Living Healthy

## Experts offer advice for staving off health deterioration

BY MARILYN CAMPBELL  
THE CONNECTION

**O**n most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut ... but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults

ideas for living healthy lives as long as possible.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age," said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock of where you've been, what you really would like to do. We're encouraging people to find a new passion ... and to know that it's not too late to take control of your health [or] get started on something new."

**WHILE EXERCISE WON'T LEAD** to eternal life, staying active can avert age-induced deterioration at bay. "Research shows that physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing

SEE ADVICE, PAGE 7

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<b>Anglican</b> Restoration Anglican Church...703-527-2720 <b>Assemblies of God</b> Arlington Assembly of God...703-524-1667 Calvary Gospel Church...703-525-6636 <b>Baptist</b> Arlington Baptist Church...703-979-7344 Bon Air Baptist Church...703-525-8079 Cherrydale Baptist Church...703-525-8210 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 <b>Baptist-Free Will</b> Bloss Memorial Free Will Baptist Church...703-527-7040 <b>Brethren</b> Church of The Brethren...703-524-4100 <b>Buddhist</b> The Vajrayogini Buddhist Center...202-331-2122 <b>Catholic</b> 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 St Ann Catholic Church...703-528-6276 St. Charles Catholic Church...703-527-5500	<b>Vatican II Catholic Community</b> NOVA Catholic Community...703-852-7907 <b>Church of Christ</b> Arlington Church of Christ...703-528-0535 <b>Church of God - Anderson, Indiana</b> Church of God...703-671-6726 <b>Christian Science</b> McLean - First Church of Christ, Scientist...703-356-1391 First Church of Christ, Scientist, Arlington...703-534-0020 <b>Episcopal</b> St. Andrew Episcopal Church...703-522-1600 St. George Episcopal Church...703-525-8286 St Johns Episcopal Church...703-671-6834 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 <b>Lutheran (ELCA)</b> Advent Lutheran Church...703-521-7010 Faith Lutheran Church...703-525-9283 German Lutheran Church...703-276-8952 Lutheran Church of The Redeemer...703-356-3346 Resurrection Lutheran Church...703-532-5991 <b>Lutheran (Missouri Synod)</b> Our Savior Lutheran Church...703-892-4846	<b>Nazarene</b> Arlington First Church of the Nazarene...703-525-2516 <b>Non-Denominational</b> New Life Christian Church - McLean Campus...571-294-8306 Celebration Center for Spiritual Living...703-560-2030 <b>Metaphysical</b> Arlington Metaphysical Chapel...703-276-8738 <b>Presbyterian</b> Arlington Presbyterian Church...703-920-5660 Church of the Covenant...703-524-4115 Clarendon Presbyterian Church...703-527-9513 Little Falls Presbyterian Church...703-538-5230 Trinity Presbyterian Church...703-536-5600 Westminster Presbyterian...703-549-4766 <b>Presbyterian Church in America</b> Christ Church of Arlington...703-527-0420 <b>Synagogues - Conservative</b> Congregation Etz Hayim...703-979-4466 <b>Synagogues - Orthodox</b> Fort Myer Minyan...703-863-4520 Chabad Lubavitch of Alexandria-Arlington...703-370-2774 <b>Synagogues - Reconstructionist</b> Kol Ami, the Northern Virginia Reconstructionist Community...571-271-8387 <b>Unitarian Universalist</b> Unitarian Universalist Church of Arlington...703-892-2565 <b>United Methodist</b> Arlington United Methodist Church...703-979-7527 Trinity United Methodist Church of McLean...703-356-3312 Charles Wesley United Methodist...703-356-6336 Calvary United Methodist...703-892-5185 Cherrydale United Methodist...703-527-2621 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 <b>United Church of Christ</b> Bethel United Church of Christ...703-528-0937 Rock Spring Congregational United Church of Christ...703-538-4886
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### Saint Ann Catholic Church

#### SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM  
Sunday: 8:00, 9:30, 11:00 AM  
1:30 PM Spanish Liturgy  
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## WELLBEING

# Advice on Healthy Living

FROM PAGE 6

skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Disease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

**A HEALTHY DIET** is another valuable tool in preserving and improving one's wellbeing, say experts. "We all know the importance of having a good diet, but sometimes that

is not always possible," said Worthington. "People can go out to local farmers markets and find fresh, local produce. They can make food from scratch instead of buying processed foods."

Experts say a few weapons in staving off the ravages of time are often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

**Dr. Rita Wong, of Marymount University, says that most older adults are "underactive."**

also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based social worker Sue Franke.

"Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspiration is not

research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."

## There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place:

### Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

### Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent. Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

### Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

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## ArtJamz Brings Canvas & Cocktails Girls Night Out

The Village at Shirlington invites DC-area fashionistas to Shirlie's Girls Night Out on Thursday, Sept. 6, 5-10 p.m. Style-savvy Shirlies can enjoy trunk shows, cocktails and promotions from the village's boutiques, restaurants, salons, spas and shops every first Thursday of the month. Upcoming dates will be Oct. 4 and Nov. 1.

New to Shirlie's Girls Night Out for September are two Canvas & Cocktails classes offered by DC's original source of participatory nightlife-infused paint parties, ArtJamz. Visitors can sip and socialize while unleashing their inner artists and creating works of art with unlimited access to paints, brushes, smocks, graffiti markers and other weapons of mass creativity.

The Shirlie's ArtJamz classes will be held in the Hilton Garden Inn from 6:30-8 p.m. and 8:30-10:00 p.m. Tickets are \$25 for a 90-minute session and include one 20x24 canvas. Cocktail specials and half-priced appetizers will be available at the Hilton Garden Inn's bar. To register, visit [shirlingtonartjamz.eventbrite.com](http://shirlingtonartjamz.eventbrite.com).

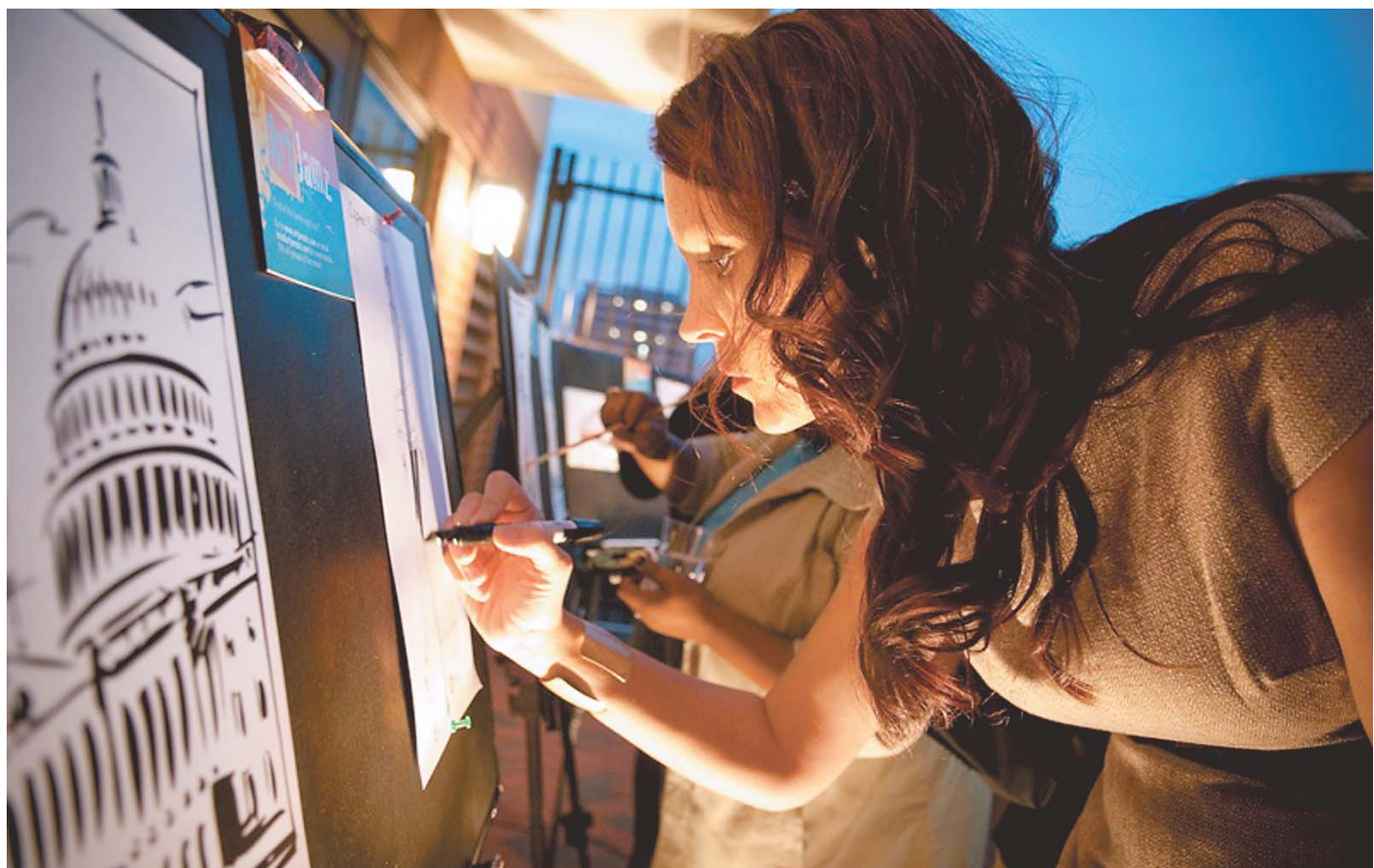


PHOTO CONTRIBUTED

**ArtJamz presents Canvas & Cocktails Thursday, Sept. 6 from 5-10 p.m. at Shirlie's Girls Night Out.**

## Girls Night Out Specials & Promotions Include:

### AH LOVE OIL & VINEGAR

Sip, shop and save with 10 percent off everything in the store. Lauren Lewis, desert diva and Cupcake Wars contestant will be with demonstrate juicy cocktails and delicious treats. 4017B Campbell Ave., 703-820-2210, [www.ahloveoilandvinegar.com](http://www.ahloveoilandvinegar.com).

### ALADDIN'S EATERY

Enjoy reduced prices on bottles of wine and martinis. 4044 Campbell Ave., 703-894-4401, [www.aladdinseatery.com](http://www.aladdinseatery.com).

### THE BUNGALOW

Beer and wing specials for all the ladies. 2766 South Arlington Mill Drive, 703-578-0020, [www.bungalow4u.com](http://www.bungalow4u.com).

### BUSBOYS & POETS

Try the signature September cocktail: The Watermelon Mojito. Muddled mint and limes, sugar, rum and watermelon liqueur. 4251 South Campbell Ave., 703-379-9757, [www.busboysandpoets.com](http://www.busboysandpoets.com).

### CAKELOVE

Buy two cupcakes, get one cupcake free. (Valid during Girls Night Out hours only. Not valid

with any other offer or promotion). 4150 Campbell Ave. Suite 105, 703-933-0099, [www.cakelove.com](http://www.cakelove.com).

### CAPITOL CITY BREWING COMPANY

Shop from a designer hand-crafted sterling silver jewelry collection while you sip reduced-price "Signature Martinis" and wine from 6-9 p.m. (ladies only). Receive a free Cap City logo pint glass with each jewelry purchase of \$25 or more. A piece from the jewelry collection will be raffled off at 8:30 p.m. 4001 Campbell Ave., 703-578-3888, [www.capcitybrew.com](http://www.capcitybrew.com).

### CHEESETIQUE

Discount on all bottles of wine purchased in the restaurant, and a specialty Shirlie Cocktail. 4056 Campbell Ave., 703-933-8787, [www.cheesetique.com](http://www.cheesetique.com).

### DOGMA BAKERY & BOUTIQUE

Adopt a cat from Animal Welfare League of Arlington. Receive 15 percent off all cat products. Enjoy special drinks while visiting with the cats and shopping at Dogma. \$15 drop-off dog wash for all ladies visiting the Village merchants that evening or \$10 self-wash. 2772 South Arlington Mill Drive, 571-422-0370, [www.dogmabakery.com](http://www.dogmabakery.com).

### HAIRCUTTERY

Stop by to pick up an Instant Saving Coupon scratch off. 4150 Campbell Ave., 703-379-4830, [www.haircuttery.com](http://www.haircuttery.com).

### HARDWOOD ARTISANS

Shirts designed just for Girls Night Out read "Simply Beautiful." The first 10 people to enter at the start of GNO and say the word "Lily" will receive a free shirt. Drinks and egg rolls that taste like anything from a hamburger, to a gyro, to a bit of Tex-Mex thanks to Meggrolls. 2800 S. Randolph St., 703-379-7299, [www.hardwoodartisans.com](http://www.hardwoodartisans.com).

### HILTON GARDEN INN

Signature martinis, cocktails and reduced-price appetizers (4-10 p.m.). 4271 Campbell Ave., 703-820-0440, [www.hiltongardeninn.com](http://www.hiltongardeninn.com).

### JOHNNY ROCKETS

Milkshake samples for all Lady Shirlies. 4251 Campbell Ave., Suite 105, 703-845-2796, [www.johnnyrockets.com](http://www.johnnyrockets.com).

### LE VILLAGE MARCHÉ

Shop our End of Summer Sale. 25 percent off the entire store 5-9 p.m. Enjoy sweets and bubbly while shopping. 2800 South Randolph St., Suite 110 A, 703-379-4444, [www.levillagemarche.com](http://www.levillagemarche.com).

### LUNA GRILL AND DINER

Martinis and cocktails, reduced-price draft beers and appetizers. (Bar only). 4024 Campbell Ave., 703-379-7173, [www.lunagrillanddiner.com](http://www.lunagrillanddiner.com).

### PING

Savor a signature Shirlie Cocktail. 4060 Campbell Ave. 703-671-4900, [www.charliechiangs.com](http://www.charliechiangs.com).

### PERIWINKLE

Extended hours til 9p.m. Enjoy 10 percent off full priced purchases, and an additional 10 percent off all sale merchandise, while sipping bubbly and tasting cupcakes. 4150 Campbell Ave., Suite 104, 703-519-5242, [www.periwinkleshop.com](http://www.periwinkleshop.com).

### SAMUEL BECKETT'S IRISH GASTRO PUB

Join us for "Sam surely discounts Shirlie's." All Shirlies get a discount on all bottled wine. 2800 South Randolph St., 703-379-0122, [www.samuelbecketts.com](http://www.samuelbecketts.com).

### THAI SHIRLINGTON

Kick off Girls Night Out on a bubbly note with our Mint Cherry Bellini made with cherry mix, fresh lime juice, mint and champagne. 4029 Campbell Ave., 703-931-3203, [www.thaiinshirlington.com](http://www.thaiinshirlington.com).

## CALENDAR

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is noon the Thursday before publication. Photos are welcome.

### THURSDAY/ SEPT. 6

#### Leukemia/Lymphoma. 7:30 p.m.

Make a difference in the fight against blood cancer. Team In Training will hold a free information session at Marymount University's Lee Center to discuss upcoming races, registration and training tips. Visit [www.teamintraining.org/nca/](http://www.teamintraining.org/nca/) or on Facebook [www.facebook.com/TNTNCA](http://www.facebook.com/TNTNCA).

**Book Discussion.** 7 p.m. Stephanie Lucianovic will discuss her book, *Suffering Succotash: The Picky Eater's Quest to Understand Why We Hate the Foods We Hate*, at One

More Page Books, 2200 Westmoreland St., #101. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**Benefit Concert.** 6-7 p.m. Svetlana Potanina will offer a Benefit Concert at Church of Clarendon Sanctuary. Donations to benefit the creation of a naturalized sustainable play space for children enrolled at the First Baptist Church of Clarendon Child Development Center. The CDC will host a reception in White Hall following the concert. 1210 North Highland St. Visit [www.1bc.org/](http://www.1bc.org/).

### FRIDAY/SEPT. 7

**Paintings by Nancy Hannans and Beverly Ryan.** 5-7:30 p.m. All are invited to attend the opening reception of this exhibit at Marymount's Barry Gallery, in the

Reinsch Library on Marymount's Main Campus, 2807 North Glebe Rd. Call 703-284-1561 or email [judy.bass@marymount.edu](mailto:judy.bass@marymount.edu).

**Canning and Food Preservation Class.** Noon-4 p.m. The class will feature a hands-on preparation of a pressure canning recipe — succotash. \$20 (cash/check made out to Arlington Extension Fund). Bring aprons and dish towels and/or cloth bags. RSVP by Wednesday/Sept. 5 Fairlington Community Center Kitchen, 3308 S Stafford St. To register contact Jennifer Abel: [jabel@vt.edu](mailto:jabel@vt.edu) or call 703-228-6417.

### SATURDAY/SEPT. 8

**Ice Show.** 4 p.m. Figure skater Michael Weiss, of McLean, a three-time U.S. National Figure Skating Champion and two-time Olympian, will host the

8th Annual Michael Weiss Foundation "Ice Champions LIVE!" at The Kettler Capitals Iceplex, featuring three aspiring local skaters to participate: Elise Romola, and dance team of Gigi Becker and Luca Becker. At 627 North Glebe Rd. \$20-50. Tickets available at [www.MichaelWeiss.org](http://www.MichaelWeiss.org) or 866-468-7630.

**Terrific Turtles.** 6:30-7:30 p.m. All ages. Children must be accompanied by a registered adult. Come out to roast s'mores around a crackling campfire and learn all about Arlington's land and water turtles. Meet at Gulf Branch Nature Center, 3608 Military Rd. \$5 fee due upon registration. \$20 max per family. Call 703-228-3403.

**Fusebox.** 9 p.m. at Lucy's ARL celebrates their first anniversary with Fusebox and The Weeze. All ages, \$5.

2620 South Shirlington Road. Call 703-521-3800 or visit [lucysarl.com](http://lucysarl.com).

### SUNDAY/SEPT. 9

**Second Annual Freedom Walk.** 8 a.m. - noon. Walk alongside veterans, servicemembers and their families to express gratitude for their service. At Arlington National Cemetery. Suggested donation of \$10/person or contact [Cyndi.Lucas@operationhomefront.net](mailto:Cyndi.Lucas@operationhomefront.net).

**Milkweed Safari.** 1-2 p.m. Families and ages 5 and up. Register children only. From mighty monarchs to tiny ants, meet a community of critters. Call 703-228-3403. Meet at Gulf Branch Nature Center, 3608 Military Rd. \$5 fee payable on the day of the program. Visit [www.arlingtonva.us](http://www.arlingtonva.us).

**Remove Invasive Plants.** 2-4 p.m. Help improve wildlife habitat. Join

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## CupcakeCampDC

CupcakeCampDC, comes to Continental Modern Pool Lounge, 1911 N. Fort Myer Dr. For a \$5 or \$10 ticket, taste a variety of delicious cupcakes, both homemade and created by professional bakers. You don't have to bake to participate. Proceeds benefit the D.C. Candlelighters Childhood Cancer Foundation. Visit <http://dc-cupcakecamp.blogspot.com>.



monthly work parties to remove invasive plants. No registration required. Free. Call 703-228-3403. Meet at Gulf Branch Nature Center, 3608 Military Rd.

300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

### FRIDAY/SEPT. 14

**One More Page Book Club. 11 a.m.** Meet to discuss The Submission by Amy Waldman. At One More Page Books, 2200 Westmoreland St., #101. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**Latin American Harp Festival. 7:30 p.m.** Teatro de la Luna presents 'Arpas de America', presenting four masters of the Latin American harp, at the Rosslyn Spectrum Theater, 1611 N. Kent St. Tickets at [www.teatrodelaluna.org](http://www.teatrodelaluna.org), TICKETplace.org, and Goldstar.com.

**Making Cider. 4-5 p.m.** Families, Ages 5 to adult. Register children and adults. Enjoy varieties of apples, make apple cider, and plant several apple trees. Call 703-228-3403. Meet at Gulf Branch Nature Center, 3608 Military Rd. \$5 fee payable on the day of the program.

**Elisabeth von Trapp. 7 p.m.** Cast and crew from St. Andrew's Episcopal Church's recent production of The Sound of Music will join in for a few songs. Free, good-will offering accepted. 4000 Lorcom Lane. Call 703-522-1600 or visit [www.elisabethvontrapp.com](http://www.elisabethvontrapp.com) or [www.standrewsnet.org/](http://www.standrewsnet.org/).

### WEDNESDAY/SEPT 12

**CALENDAR Book Discussion. 6:30 p.m.** Join master storyteller and pizza-maker Dave DiGrazie for a night of fiction, food and wine as he chats about his latest novel, See John Play, and brings samples of his pizza. At One More Page Books, 2200 Westmoreland St., #101. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

### THURSDAY/SEPT. 13

**Decorate and Donate. 5-9 p.m.** Purchase a flip flop and let your creativity shine. All flip-flop donations will go to Arlington Free Clinic. Clare and Don's Beach Shack, 130 N. Washington St. Call 703-862-4214.

**Book Discussion. 7 p.m.** Steve Piacente discusses and signs his new novel, Bootlicker, about a racist U.S. senator and the candidate poised to become South Carolina's first black congressman since the Civil War. At One More Page Books, 2200 Westmoreland St., #101. Call 703-

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## Farmers Markets...

**Rosslyn Farmers Market.** Thursdays, through Oct. 20. Located across the street from Cupid's Garden Sculpture. Fresh foods and goods from regional vendors including bread and pastries, farm-fresh and organic produce, herbs and spices, exotic teas and specialty coffees, gourmet baked goods, and marinades and sauces. Monday Properties returns as a Rosslyn Farmers Market sponsor.

**Clarendon Farmers Market.** Year-round, has locally produced breads and pastries, organic vegetables, flowers, soap, sorbet and more. Saturdays and Sundays, 8 a.m. to noon 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](http://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 Rd. and N. 14th St. in Arlington. This is a 'producer only' market with more than 30 producers. Saturdays from 8 a.m. to noon, year round. No dogs are allowed in the market.

**Ballston Farmers Market.** At Welburn Square Thursdays from 3-7 p.m. until October. The Market includes Celebrity Chef/Owner of Willow restaurant Tracy O'Grady cooking samples of her new gluten free meals and recipes made from the ingredients for purchase at the market. Featuring live music every Thursday. Contact [catherine@ballstonbid.com](mailto:catherine@ballstonbid.com) or visit [http://freshfarmmarkets.org/farmers\\_markets/markets/ballston.php](http://freshfarmmarkets.org/farmers_markets/markets/ballston.php).

## ... and More

**The Antiques and Collectibles Market.** At Court House, an open air market going on since December 2002. Free parking at 2100 Clarendon Blvd. Featuring furniture, art, China, silver, jewelry, books, photographs, vintage clothing, linens, lamps, chandeliers, antique tools and other treasures. Saturdays from 9 a.m. to 4 p.m. on North 15th Street, next to the Courthouse Parking Lot.

## Lucky Dog Joins Ballston Arts Market Sept. 8

Celebrate the change of seasons a little early with a visit to the Ballston Arts Market on Sept. 8 from 10 a.m. - 4 p.m. Presented by the Ballston Business Improvement District, the Ballston Arts Market is the only upscale, handmade art market in Arlington.

Visit the Market on Sept. 8 and spend time with Lucky Dog Animal Rescue. Lucky Dog is an all-volunteer, non-profit animal rescue organization dedicated to saving the lives of homeless animals and educating the community on responsible pet ownership. Lucky Dog will be at the market all day to share information and host an artist raffle, in which all ticket sales will benefit their organization.

September's market also features free admis-

sion, free raffle to win an artisan basket worth \$250, live, acoustic jazz by Market favorite, Veronneau (noon-2 p.m.) and demonstrations by select artists.

Located in Welburn Square, (across from the Ballston Metro stop) at 901 North Taylor St., between North Stuart and North 9th streets, (across the street from the Ballston Metro) the Ballston Arts Market offers one-of-a-kind hand-crafted gifts, jewelry, apparel, accessories, paper goods, ceramics, bags and more.

Remaining 2012 Market dates are Sept. 8 and Oct. 13. For more information, a complete vendor list, updates and a glimpse of the Market's artwork, visit <http://ballstonarts-craftsmarket.blogspot.com>.



## The Rosslyn Jazz Festival

**Saturday, Sept. 8, 2012, from 1-7 p.m. in Gateway Park. Performers include Grammy-nominated tenor saxophonist Joshua Redman (5:45 p.m.); clarinetist, saxophonist, composer and arranger Don Byron and his New Gospel Quintet (4 p.m.); Howard University's premier vocal jazz ensemble Afro Blue (1 p.m.); and award-winning vocalist Ren  Marie (2:20 p.m.). The streets around Gateway Park will be closed for the event. Bring blankets or low chairs and enjoy live jazz all day long. Visit [www.rosslynva.org/play/calendar/jazz-festival](http://www.rosslynva.org/play/calendar/jazz-festival).**

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Photos, artwork are welcome. Deadline is Thursday at noon.

### FRIDAY/SEPT. 7

**Justin Trawick Group w/ Buster Brown** to perform at Iota Club & Cafe. 9 p.m. \$12. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com).

### SATURDAY/SEPT. 8

**Derek Evry and His Misanthropes** to perform at Iota Club & Cafe for his CD release show, along with The Weather vanes and Norman Rockwell. 9 p.m. \$12. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com).

**UrbanArias: Photo-Op.** 8 p.m. UrbanArias presents *Photo-Op* by Conrad Cummings and James Siena, a 60-minute opera about the absurdity of modern presidential politics. Two singers deliver stump speeches, walk rope lines, debate, and utter sound bites set to Cummings' hard-hitting but harmonious minimalist-influenced score. \$22. In the Black Box Theatre of the Artisphere, 1101 Wilson Blvd. Visit [artisphere.com](http://artisphere.com).

### SUNDAY/SEPT. 9

**UrbanArias: Photo-Op.** 2 p.m. UrbanArias presents *Photo-Op* by Conrad Cummings and James Siena, a 60-minute opera about the absurdity of modern presidential politics. Two singers deliver stump speeches, walk rope lines, debate, and utter sound bites set to Cummings' hard-hitting but harmonious minimalist-influenced score. \$22. In the Black Box Theatre of

the Artisphere, 1101 Wilson Blvd. Visit [artisphere.com](http://artisphere.com).

**Iota Club and Cafe.** 8 p.m. Admission \$10. Chamber pop singer-songwriter Jann Klose will be performing and is available for interviews before the show. Also on the bill is Meg Wilkinson, singer and actress. 2832 Wilson Blvd. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-822-8340.

### THURSDAY/SEPT. 13

**Lake Street Dive** will perform at Iota Club & Cafe at 8:30 p.m. \$12. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com).

### FRIDAY/SEPT. 14

**UrbanArias: Photo-Op.** 8 p.m. UrbanArias presents *Photo-Op* by Conrad Cummings and James Siena, a 60-minute opera about the absurdity of modern presidential politics. Two singers deliver stump speeches, walk rope lines, debate, and utter sound bites set to Cummings' hard-hitting but harmonious minimalist-influenced score. \$22. In the Black Box Theatre of the Artisphere, 1101 Wilson Blvd. Visit [artisphere.com](http://artisphere.com).

### SATURDAY/SEPT. 15

**The Silos w/ Jerry Joseph** will perform at Iota Club & Cafe at 9 p.m. \$12. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com).

**UrbanArias: Photo-Op.** 8 p.m. UrbanArias presents *Photo-Op* by Conrad Cummings and James Siena, a 60-minute opera about the absurdity of modern presidential politics. Two singers deliver stump speeches, walk rope lines, debate, and utter sound bites

set to Cummings' hard-hitting but harmonious minimalist-influenced score. \$22. In the Black Box Theatre of the Artisphere, 1101 Wilson Blvd. Visit [artisphere.com](http://artisphere.com).

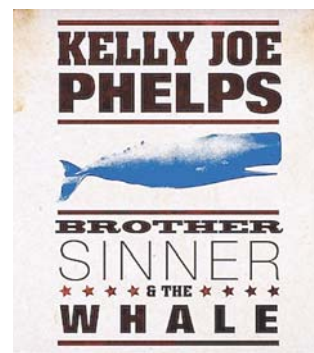
### THROUGH SEPT. 16

**Exhibit.** Arlington Arts Center and The Studio Visit have invited two guest curators, Kristina Bilonick and Julie Chae. Each will bring her individual methodology and point of view to the selection, arrangement and contextualization of the works in the exhibition. Arlington Arts Center, 3550 Wilson Blvd. Call 703-248-6800 or visit [www.findyourartist.org](http://www.findyourartist.org).

**Onsite Painting.** Heather Day will be creating new paintings through the sewing machine, painting with house paint, and collaging old drawings with new drawings, all of which will explore conflicting interactions between destruction and repair. Join Day at Works In Progress Gallery at Artisphere. 1101 Wilson Blvd.

### THURSDAY/SEPT. 20

**The Old Ceremony w/ Goodnight Texas** will perform at Iota Club & Cafe



## At Iota

**Kelly Joe Phelps at Iota Club & Cafe Sunday, Sept. 9, 8 p.m. \$15. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com).**

at 9 p.m. \$12. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com).

### SATURDAY/SEPT. 22

**Nicki Bluhm and the Gramblers w/ Sean Rowe** will perform at Iota Club & Cafe at 9 p.m. \$12. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com). **Magic of Music at Kinder Haus Toys.** Teacher and super musician, Robert Eldridge III will introduce your child to the magic of music through an exploration of musical sounds. For ages 3-10. 1220 N. Fillmore. Visit [kinderhaus.com](http://kinderhaus.com) or call 703-527-5929.

### SUNDAY/SEPT. 23

**Zoe Muth and the Lost High Rollers** will perform at the Iota Club & Cafe at 8 p.m. \$10. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com).

**My Kissing Hands.** Jennifer will create keepsake impressions of your child's hands and feet that will last a lifetime. 1220 N. Fillmore. Visit [kinderhaus.com](http://kinderhaus.com) or call 703-527-5929.

### SUNDAY/SEPT. 30

**Jill Andrews** will perform at Iota Club & Cafe at 8:30 p.m. \$10. 2832 Wilson Blvd. Visit [iotaclubandcafe.com](http://iotaclubandcafe.com).



# O'Connell Football Wins First Game on New Turf Field

**Knights, first-year head coach Smith beat Bishop Ireton.**

BY JON ROETMAN  
THE CONNECTION

**A** celebration of Bishop O'Connell's new turf-covered Monsignor James W. McMurtrie Field preceded the football team's 2012 season opener against Bishop Ireton on Aug. 31. Once the game started, it didn't take long for O'Connell festivities to reach the end zone.

O'Connell scored a touchdown on its first play from scrimmage — a 3-yard run by Kamrin Moore — and the Knights, led by first-year head coach Del Smith, cruised to a 27-12 victory against the Cardinals in Arlington.

The O'Connell defense forced a three-and-out on the game's opening possession. Facing fourth-and-20 on its own 10-yard line, Ireton lined up to punt, but a bad snap gave the Knights possession on the Cardinals 3 and Moore capitalized one play later. O'Connell scored touchdowns on its first two possessions and led 27-0 with 9:40 remaining in the third quarter.

"It's a wonderful experience. I'm glad that they gave us the opportunity to play on this new field," Moore said after the game. "... We played well. We were ready [and] well prepared for this game. We put a lot of ef-



**Bishop O'Connell quarterback Leighton Dassau runs with the ball while pursued by Bishop Ireton lineman Tommy Putzu (56) during the team's matchup on Aug. 31 in Arlington.**

fort in in the offseason and we knew that we couldn't come out of here with anything less than a W."

Moore, a junior running back and the Knights' captain, finished with 11 carries for 97 yards and two touchdowns, but left the game early in the third quarter with cramps on a hot afternoon. His 35-yard touchdown run with 8:26 remaining in the second quarter gave O'Connell a 21-0 lead.

"Kam Moore is definitely a vocal- and example-type leader for us," head coach

Smith said. "And I was proud of his performance in the first half."

Senior quarterback Leighton Dassau also had a big day for O'Connell, leading the Knights' spread offense to 353 yards. He completed 13 of 23 passes for 126 yards, and he rushed 12 times for 102 yards and a touchdown. "I give credit where credit is due," Dassau said, "so our line was great throughout the first and second quarters."

Dassau is in his second season starting for O'Connell after transferring from

DeMatha.

"Leighton's a guy that when we got here and worked him out for the first time, we said this kid can be successful here in the right system," Smith said. "We feel like putting him in the shotgun, letting him scan the field and having our athletes on the perimeter, we think we're going to win a lot of games with him."

Moore and Dassau each praised Smith, who was an assistant at Division III Bridgewater College last season.

"He wants us to improve, especially from last year, and make a ... comeback," Moore said. "He pushes us to our potential. He loves us, I know he does. He's just a great person and a great coach."

Said Dassau: "Coach Smith is amazing."

Anton Woody rushed for 28 yards and a touchdown for O'Connell. Earon Settles had five receptions for 55 yards and Kevin Wood caught three passes for 36 yards. After the game, Smith presented junior lineman Andrew Tessier with the game ball.

"It was a live environment," Smith said. "If you would have seen this place four days ago, I don't think there was a plant in yet. The transformation of this facility over the course of the last four days has been crazy and it's also added a lot of pressure: Wow, they're really putting the right foot forward here and obviously there was a lot of financial commitment to this facility. We've been working really hard to get this win."

O'Connell will travel to face Massanutten Military Academy at 1 p.m. on Saturday, Sept. 8 in Woodstock, Va.

## SPORTS BRIEFS

### Marymount Women Win Big in Opener

The Marymount women's soccer team won its season opener on Aug. 31, defeating Trinity, 7-0, at home. Freshman Alex Thomas scored three goals for the Saints, and freshmen Melissa Fessenden and Emily Del Signore each had two goals.

### Soccer Clinics For Adults

Arlington County is offering soccer clinics for adults this fall, for novices who would like to learn to play, and beginning / intermediate players who want to improve their soccer skills. The six-week clinics will be run from mid-September through late October. Two nights are offered:

❖ Sunday evenings at Washington-Lee H.S., 8 - 9:30 p.m.

❖ Monday evenings at Wakefield H.S., 9 - 10:30 p.m.

The cost for the six 90-minute clinic sessions is \$110 for Arlington residents, \$130 for non-residents. Register online at [registration.arlingtonva.us](http://registration.arlingtonva.us).

Contact Marta Cahill at [mcahill@arlingtonva.us](mailto:mcahill@arlingtonva.us) or 703-228-1818.

## Football Teams Play Season Openers

**T**he Yorktown, Washington-Lee and Wakefield football teams opened their 2012 seasons last week. Yorktown defeated Bowie on Aug. 31, while W-L and Wakefield lost a day earlier.

Yorktown defeated Bowie (Md.) at home, 42-28. Running backs MJ Stewart and Arturo Brown combined for more than 250 yards and five total touchdowns, according to [yorktownsports.org](http://yorktownsports.org). The Patriots had the first undefeated regular season in school history last year and finished Division 5 Northern Region runner-up.

W-L lost at home to McLean, 14-12, on Aug. 30, giving the Generals four consecutive season-opening losses to the Highlanders — the last three coming by a combined 11 points. W-L is coming off a 2-8 season in 2011.

Wakefield traveled to T.C. Williams on Aug. 30 and lost, 73-0. The Warriors finished 1-9 each of the last three seasons and the program hasn't had a winning record since 1983.

This week, Yorktown travels to face



**Quarterback Khory Moore and the Wakefield football team opened their 2012 season with a loss at T.C. Williams.**

Wakefield at 7:30 p.m. on Friday, Sept. 7. Last year, the Patriots defeated the Warriors, 68-0.

W-L will travel to face Fairfax at 7:30 p.m. on Friday. Last year, the Rebels defeated the Generals, 45-32.



# Arlington REAL ESTATE

PHOTOS BY LOUISE KRAFFT/THE CONNECTION

IN JUNE 2012, 343 ARLINGTON HOMES  
SOLD BETWEEN \$4,000,000-\$54,000.

## June 2012 Sales, \$1 million to \$1.1 million



**3** 2244 Upton Street North, Arlington — \$1,067,000



**2** 2312 Quantico Street North, Arlington — \$1,075,000



**4** 5525 Fairfax Drive, Arlington — \$1,050,000

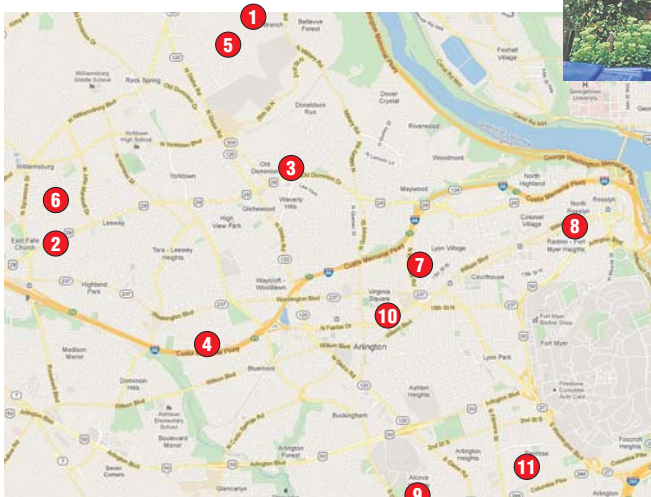


**6** 6231 26th Road North, Arlington — \$1,050,000

**7** 3179 Key Boulevard, Arlington — \$1,035,000



**10** 1043 Stuart Street North, Arlington — \$1,010,000



© Google Map data

Address .....	BR	FB	HB	...	Postal	City	..	Sold Price	...	Type	.....	Lot AC	PostalCode	.....	Subdivision	.....	Date Sold		
1 3523 UTAH ST N .....	4	..	2	..	1	.....	ARLINGTON	..	\$1,085,000	....	Detached	.....	0.23	.....	22207	.....	BROYHILL FOREST/HILLS	.....	06/18/12
2 2312 QUANTICO ST N .....	4	..	3	..	1	.....	ARLINGTON	..	\$1,075,000	....	Detached	.....	0.31	.....	22205	.....	OVER LEE KNOLLS	.....	06/22/12
3 2244 UPTON ST N .....	5	..	3	..	0	.....	ARLINGTON	..	\$1,067,000	....	Detached	.....	0.36	.....	22207	.....	LEE HEIGHTS	.....	06/20/12
4 5525 FAIRFAX DR .....	4	..	3	..	1	.....	ARLINGTON	..	\$1,050,000	....	Detached	.....	0.23	.....	22205	.....	LACEY FOREST	.....	06/15/12
5 4614 35TH ST N .....	4	..	3	..	0	.....	ARLINGTON	..	\$1,050,000	....	Detached	.....	0.36	.....	22207	.....	COUNTRY CLUB HILLS	.....	06/12/12
6 6231 26TH RD N .....	5	..	3	..	1	.....	ARLINGTON	..	\$1,050,000	....	Detached	.....	0.11	.....	22207	.....	BERKSHIRE OAKWOOD	.....	06/18/12
7 3179 KEY BLVD .....	3	..	2	..	0	.....	ARLINGTON	..	\$1,035,000	....	Detached	.....	0.13	.....	22201	.....	LYON VILLAGE	.....	06/25/12
8 1600 CLARENDON BLVD#W301 .....	2	..	2	..	1	.....	ARLINGTON	..	\$1,027,500	....	Mid-Rise 5-8 Floors	.....	22209	..	WOOSTER AND MERCER LOFTS	....	06/15/12		
9 3920 8TH ST S .....	5	..	3	..	1	.....	ARLINGTON	..	\$1,020,000	....	Detached	.....	0.20	.....	22204	.....	ALCOVA HEIGHTS	.....	06/01/12
10 1043 STUART ST N .....	4	..	3	..	1	.....	ARLINGTON	..	\$1,010,000	....	Townhouse	..	0.03	.....	22201	.....	BROMPTONS AT BALLSTON	.....	06/15/12
11 800 ADAMS ST S .....	5	..	4	..	1	.....	ARLINGTON	..	\$1,010,000	....	Detached	.....	0.13	.....	22204	.....	PENROSE	.....	06/18/12

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# HOME SALES

In July 2012, 257 Arlington homes sold between \$2,100,000-\$85,000. This week's list represents those homes sold in the \$650,000-\$425,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address .....	BR	FB	HB	..	Postal City .....	Sold Price ...	Type .....	Lot AC	PostalCode .....	Subdivision
951 MADISON ST .....	3	2	0	..	ARLINGTON .....	\$650,000 .....	Detached .....	0.18	22205 .....	DOMINION HILLS
2022 BUCHANAN CT .....	3	2	1	..	ARLINGTON .....	\$650,000 .....	Townhouse .....	0.06	22207 .....	DORSEY WOODS
1935 WOODROW ST N .....	3	3	0	..	ARLINGTON .....	\$647,000 .....	Detached .....	0.14	22207 .....	WILLET HEIGHTS
4102 21ST RD N .....	3	2	1	..	ARLINGTON .....	\$645,000 .....	Townhouse .....	0.02	22207 .....	BARRINGTON II
1143 TAYLOR ST #1143 .....	3	3	1	..	ARLINGTON .....	\$640,000 .....	Townhouse .....	22201 .....		OLDE BALLSTOWNE
610 GEORGE MASON DR N .....	3	2	0	..	ARLINGTON .....	\$639,000 .....	Detached .....	0.21	22203 .....	BRANDON VILLAGE
6918 30TH ST N .....	5	2	1	..	ARLINGTON .....	\$635,000 .....	Detached .....	0.23	22213 .....	BERKSHIRE OAKWOOD
406 MADISON ST .....	4	2	1	..	ARLINGTON .....	\$633,000 .....	Detached .....	0.15	22203 .....	SPY HILL BLVD MANOR
2001 15TH ST N #109 .....	2	2	0	..	ARLINGTON .....	\$632,500 .....	Hi-Rise 9+ Floors .....	22201 .....		ODYSSEY
801 31ST ST S .....	3	3	0	..	ARLINGTON .....	\$630,000 .....	Detached .....	0.21	22202 .....	OAKCREST
1807 QUINCY ST N .....	3	2	0	..	ARLINGTON .....	\$630,000 .....	Detached .....	0.13	22207 .....	CHERRYDALE
2549 MILITARY RD .....	5	3	0	..	ARLINGTON .....	\$626,000 .....	Detached .....	0.23	22207 .....	DOVER BALMORAL RIVERWOOD
4731 7TH RD N .....	4	2	0	..	ARLINGTON .....	\$625,000 .....	Detached .....	0.14	22203 .....	BRANDON VILLAGE
4841 16TH ST N .....	3	2	1	..	ARLINGTON .....	\$625,000 .....	Detached .....	0.13	22205 .....	WAYCROFT
717 IVY ST S .....	3	2	0	..	ARLINGTON .....	\$624,900 .....	Detached .....	0.11	22204 .....	ARLINGTON HEIGHTS
837 LEXINGTON ST .....	2	2	0	..	ARLINGTON .....	\$623,800 .....	Detached .....	0.11	22205 .....	BONAIR
101 GRANADA ST N .....	3	2	0	..	ARLINGTON .....	\$619,000 .....	Detached .....	0.15	22203 .....	ARLINGTON FOREST
1020 HIGHLAND ST N #616 .....	2	2	0	..	ARLINGTON .....	\$615,000 .....	Hi-Rise 9+ Floors .....	22201 .....		PHOENIX
10 COLUMBUS ST .....	3	2	0	..	ARLINGTON .....	\$615,000 .....	Detached .....	0.22	22203 .....	ARLINGTON FOREST
820 POLLARD ST N #306 .....	2	2	0	..	ARLINGTON .....	\$612,000 .....	Hi-Rise 9+ Floors .....	22203 .....		HAWTHORN
2114 TAZEWELL CT .....	3	3	1	..	ARLINGTON .....	\$605,000 .....	Townhouse .....	0.02	22207 .....	WAVERLEY HILLS
2103 ROLFE ST N #B .....	2	2	1	..	ARLINGTON .....	\$605,000 .....	Townhouse .....	22209 .....		DUNDREE HILL THS
721 GLEBE RD .....	3	2	1	..	ARLINGTON .....	\$603,000 .....	Detached .....	0.22	22204 .....	ARLINGTON HEIGHTS
623 OAKLAND ST N .....	3	2	0	..	ARLINGTON .....	\$601,500 .....	Duplex .....	0.05	22203 .....	KENMORE
1276 WAYNE ST N #511 .....	2	2	0	..	ARLINGTON .....	\$601,000 .....	Hi-Rise 9+ Floors .....	22201 .....		WILLIAMSBURG
210 S JACKSON ST .....	3	2	0	..	ARLINGTON .....	\$600,900 .....	Detached .....	0.14	22204 .....	ARLINGTON HEIGHTS
227 EDGEWOOD ST N .....	3	2	0	..	ARLINGTON .....	\$600,000 .....	Detached .....	0.15	22201 .....	CLARENDON
4718 20TH PL N .....	3	2	1	..	ARLINGTON .....	\$600,000 .....	Townhouse .....	0.04	22207 .....	GLEBE COMMONS
1111 19TH ST N #2010 .....	1	1	0	..	ARLINGTON .....	\$600,000 .....	Hi-Rise 9+ Floors .....	22209 .....		THE WATERVIEW
1909D ADAMS ST N .....	2	2	0	..	ARLINGTON .....	\$590,000 .....	Townhouse .....	22201 .....		GENTRY SQUARE
5937 1ST ST N .....	4	2	0	..	ARLINGTON .....	\$590,000 .....	Detached .....	0.14	22203 .....	SPY HILL BLVD MANOR
1201 GARFIELD ST N #216 .....	2	2	0	..	ARLINGTON .....	\$587,500 .....	Mid-Rise 5-8 Floors .....	22201 .....		STATION SQUARE
1021 GARFIELD ST #B42 .....	2	2	0	..	ARLINGTON .....	\$586,000 .....	Hi-Rise 9+ Floors .....	22201 .....		CLARENDON
6518 LITTLE FALLS RD .....	3	2	0	..	ARLINGTON .....	\$585,000 .....	Detached .....	0.18	22213 .....	BERKSHIRE OAKWOOD
912 TAYLOR ST S .....	4	2	1	..	ARLINGTON .....	\$581,000 .....	Detached .....	0.23	22204 .....	BARCROFT
6312 36TH ST N .....	3	2	0	..	ARLINGTON .....	\$580,000 .....	Detached .....	0.23	22213 .....	MINOR HILL
3805 18TH ST N .....	3	1	0	..	ARLINGTON .....	\$575,000 .....	Detached .....	0.14	22207 .....	CHERRYDALE
3829 7TH ST S .....	3	2	0	..	ARLINGTON .....	\$570,000 .....	Detached .....	0.19	22204 .....	ALCOVA HEIGHTS
1101 ARLINGTON RIDGE RD S#1007 .....	2	2	1	..	ARLINGTON .....	\$569,900 .....	Hi-Rise 9+ Floors .....	22202 .....		THE REPRESENTATV
4110 11TH ST N .....	3	2	0	..	ARLINGTON .....	\$569,750 .....	Townhouse .....	22201 .....		RANDOLPH SQUARE
2001 15TH ST N #407 .....	2	2	0	..	ARLINGTON .....	\$569,000 .....	Hi-Rise 9+ Floors .....	22201 .....		ODYSSEY
851 GLEBE RD N #820 .....	2	2	0	..	ARLINGTON .....	\$569,000 .....	Hi-Rise 9+ Floors .....	22203 .....		CONTINENTAL
1201 GARFIELD ST N #207 .....	2	2	0	..	ARLINGTON .....	\$567,500 .....	Hi-Rise 9+ Floors .....	22201 .....		STATION SQUARE
1308 TAYLOR ST .....	2	2	0	..	ARLINGTON .....	\$550,000 .....	Detached .....	0.12	22201 .....	BALLSTON
2612 KENMORE CT S .....	2	2	1	..	ARLINGTON .....	\$549,990 .....	Townhouse .....	0.02	22206 .....	SHIRLINGTON CREST
1276 WAYNE ST N #708 .....	2	2	0	..	ARLINGTON .....	\$548,000 .....	Hi-Rise 9+ Floors .....	22201 .....		WILLIAMSBURG
831 GREENBRIER ST N .....	3	3	1	..	ARLINGTON .....	\$547,000 .....	Townhouse .....	0.04	22205 .....	CARLISLE PARK
6835 WASHINGTON BLVD #6835G .....	3	2	3	..	ARLINGTON .....	\$547,000 .....	Townhouse .....	22213 .....		WASHINGTON COURTS
6961 FAIRFAX DR N .....	3	3	0	..	ARLINGTON .....	\$539,900 .....	Townhouse .....	0.11	22213 .....	BROOKWOOD
3523 19TH ST S .....	3	3	0	..	ARLINGTON .....	\$529,000 .....	Detached .....	0.11	22204 .....	NAUCK GREEN VALLEY
1633 COLONIAL TER N #406 .....	2	2	1	..	ARLINGTON .....	\$520,000 .....	Garden 1-4 Floors .....	22209 .....		TERRACE LOFTS
2400 CLARENDON BLVD #814 .....	2	2	0	..	ARLINGTON .....	\$512,000 .....	Hi-Rise 9+ Floors .....	22201 .....		CHARLESTON CONDO
2448 CULPEPER ST S .....	4	2	0	..	ARLINGTON .....	\$510,000 .....	Detached .....	0.14	22206 .....	CLAREMONT
2514 WALTER REED DR S #2 .....	4	3	1	..	ARLINGTON .....	\$510,000 .....	Townhouse .....	22206 .....		WINDGATE OF ARL
4811 20TH PL N .....	3	2	0	..	ARLINGTON .....	\$505,000 .....	Townhouse .....	0.08	22207 .....	HALIS HILL
1101 ARLINGTON RIDGE RD S#610 .....	2	2	1	..	ARLINGTON .....	\$500,000 .....	Hi-Rise 9+ Floors .....	22202 .....		THE REPRESENTATV
4943 25TH ST S .....	3	2	0	..	ARLINGTON .....	\$490,000 .....	Detached .....	0.14	22206 .....	CLAREMONT
2408A WALTER REED DR S #1 .....	3	2	1	..	ARLINGTON .....	\$490,000 .....	Townhouse .....	22206 .....		WINDGATE OF ARL
606 15TH ST S #2 .....	3	2	1	..	ARLINGTON .....	\$479,000 .....	Townhouse .....	22202 .....		SOUTHAMPTON
4840 9TH ST N .....	2	2	0	..	ARLINGTON .....	\$475,000 .....	Duplex .....	0.06	22203 .....	SUMMIT & VEITCH
1333 MONROE ST S .....	3	2	0	..	ARLINGTON .....	\$467,500 .....	Detached .....	0.15	22204 .....	DOUGLAS PARK NEW ARL
7 MADISON ST N .....	3	2	0	..	ARLINGTON .....	\$460,000 .....	Detached .....	0.17	22203 .....	SPY HILL BLVD MANOR
2260SOUTH GARFIELD ST S #9 .....	3	3	1	..	ARLINGTON .....	\$460,000 .....	Townhouse .....	22206 .....		THE TOWNES OF SHIRLINGTON
2109 BRANDYWINE ST N .....	2	2	0	..	ARLINGTON .....	\$460,000 .....	Townhouse .....	0.03	22207 .....	GLEBEWOOD VILLAGE
5305 12TH ST S .....	3	1	0	..	ARLINGTON .....	\$452,000 .....	Detached .....	0.18	22204 .....	VIRGINIA HEIGHTS ETC
1021 GARFIELD ST N #721 .....	1	1	0	..	ARLINGTON .....	\$450,000 .....	Hi-Rise 9+ Floors .....	22201 .....		CLARENDON
128 WISE ST S .....	2	3	0	..	ARLINGTON .....	\$450,000 .....	Townhouse .....	0.02	22204 .....	ADAMS SQUARE
1408 COLUMBUS ST .....	4	2	0	..	ARLINGTON .....	\$450,000 .....	Detached .....	0.19	22204 .....	BARCROFT FOREST
5905 ARLINGTON BLVD .....	3	1	0	..	ARLINGTON .....	\$441,000 .....	Detached .....	0.14	22203 .....	SPY HILL BLVD MANOR
880 POLLARD ST N #305 .....	2	2	0	..	ARLINGTON .....	\$440,000 .....	Hi-Rise 9+ Floors .....	22203 .....		BALLSTON
1605 HAYES ST S #1 .....	2	1	1	..	ARLINGTON .....	\$439,900 .....	Townhouse .....	22202 .....		SOUTHAMPTON
6511 29TH ST N .....	4	2	0	..	ARLINGTON .....	\$437,500 .....	Detached .....	0.25	22213 .....	BERKSHIRE OAKWOOD
2500 WASHINGTON BLVD .....	3	2	0	..	ARLINGTON .....	\$435,000 .....	Detached .....	0.13	22201 .....	CLARENDON
5122 11TH RD S .....	3	1	1	..	ARLINGTON .....	\$432,000 .....	Detached .....	0.12	22204 .....	COLUMBIA FOREST
4676 36TH ST S #B .....	2	2	0	..	ARLINGTON .....	\$429,900 .....	Townhouse .....	22206 .....		FAIRLINGTON MEWS
888 QUINCY ST N #406 .....	1	1	0	..	ARLINGTON .....	\$425,000 .....	Hi-Rise 9+ Floors .....	22203 .....		RESIDENCES@LIBERTY CT
1011 ARLINGTON BLVD #1113 .....	1	1	0	..	ARLINGTON .....	\$425,000 .....	Hi-Rise 9+ Floors .....	22209 .....		RIVER PLACE

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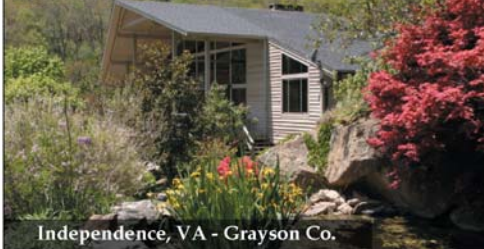


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## Symptoms or just Sometimes



By KENNETH B. LOURIE

Is what I feel – wherever I feel it, cancer or middle age? Is what I feel worthy of a mention to my oncologist or merely yours truly looking for trouble? Moreover, is the pain/discomfort I feel in my chest (between my lungs) par for the course of treatment I'm on and characteristic of the disease with which I've been diagnosed, or is it completely unrelated and not at all noteworthy (dare I say, normal)? Or is this a repeat of a symptom I've experienced previously? Once the pain represented a tumor growing in my lungs (bad news); another time, the same pain was scar tissue growing over tumors that had shrunk (great news). (Scar tissue, as my oncologist explained to me, is similar to the scab that eventually forms over a skinned knee and is a sign of healing.) In each case, however, the identical symptom had two very different causes: one good, one bad. Ergo my confusion now. Is what I feel good, bad, or shall I remain indifferent?

And if I remain indifferent, how do I remain indifferent about the most important thing in my life: my health/diagnosis/prognosis? However, stressing about unconfirmed complications seems itself an unnecessary complication and one to be avoided. Where's the benefit in making myself sick (see 8/29/2012 column: "Diagnosed But Not Sick") simply because I have a terminal disease? Then again, if I am to remain proactive with respect to my care and feeding, I must advocate for myself and not allow time to pass when pain and suffering need not occur. I don't want to worry myself sick, but nor do I suppose that neglecting myself dead serves any particular purpose either. As Curly Howard of The Three Stooges said: "I'm too young to die, too handsome; well, too young, anyway." My feelings exactly.

Not only has the same pain-in-my-chest symptom led to opposite interpretations, it has also caused me to wonder if what I've felt was real or imagined (see 8/22/2012 column: "Life in the Cancer Lane") and typical of the roller-coaster existence that becomes "normal" for cancer patients. The dilemma is, I don't want to make something out of nothing any more than I want to make nothing out of something. Nor do I ever want to be damned, but with some days/certain symptoms, I feel as if I'm damned if I do and damned if I don't. Still, I can live with it: I have lived with it, but it certainly doesn't make me feel like I've mastered it.

Even writing a column about it (cancer, and the emotional confusion it causes) seems like I'm bringing unnecessary attention to a condition (some condition) with which I'm forced to live, but a condition any cancer/terminal patient still living would be happy to endure: life. And let me be clear: I am not complaining. I am "introspecting" into the peculiarities and perplexities of living a life for which I had no preparation, no experience and zero indication – until the biopsy confirmed it, that my life, as I had previously known it and expected it to be, was officially over. Not literally, but figuratively. Yet another conundrum.

Making the best of a bad situation, that's how I roll (I'm a Red Sox fan after all). Some days are easier than others, some symptoms/treatments/results are better than others. And some columns make more sense than others. But that's cancer for you: an equal opportunity "screw-upper."

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

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## 21 Announcements

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### Obituary



Agnes Strauss Wolf

February 25, 1922 – August 11, 2012

Agnes Strauss Wolf, a sixty-year resident of McLean and a major figure in local Democratic politics and civic life, died on August 11 at age 90. She died at her summer home on Cape Cod of complications from a stroke. Mrs. Wolf arrived in the Washington area shortly after graduating from Vassar College in 1943. Her first position was as the only woman investigator on the Senate War Investigating Committee (Truman Committee). She was assigned by the Truman Committee to investigate charges of Navy cost overruns and potential financial misconduct during WWII. She subsequently married the Navy liason to the Truman Committee, Lieutenant Commander Alfred C. Wolf. They remained married for 60 years until her husband's death in 2006. Shortly after marrying, they moved to their first home on Ballantrae Lane in McLean. After WWII, Mrs. Wolf served as an investigator for the Senate Crime Investigating Committee chaired by Estes Kefauver.

Other than an eight-year interval in the 1950's, Mrs. Wolf lived the remainder of her life on Towlston Road in McLean, until moving to the Jefferson senior living community in Arlington in 2010. She became an active figure in local Democratic politics soon after her arrival, serving as a member of the Fairfax County Democratic Committee since 1962 and as co-chair of the Kenmore Precinct. She served as a delegate to several Virginia Democratic state conventions and as Chair of the Gore delegation from Dranesville District in 2000, and co-founded the Northern Virginia Democratic Club. On the national level, Mrs. Wolf held numerous leadership positions in the Women's National Democratic Club and was a member of the Democratic National Committee Women's Leadership Forum. In addition, she served as organizer, speech writer, and fundraiser on innumerable local, state, and national Democratic campaigns.

Mrs. Wolf was also a major contributor to civic life in McLean. She served as Director of Volunteers for the Fairfax County Community Chest in the early 1950's and was a board member of the McLean Citizens Association in the 1970's, serving on planning & zoning and community relations committees. Among the highlights of Mrs. Wolf's civic contributions was her participation in the protest movement that culminated in confronting bulldozers poised to develop the "Burling Tract" — the successful protest led to the creation of what is now the Scott's Run Nature Preserve.

Upon learning of her death, Congressman Jim Moran offered these words: "Aggie Wolf was an icon of the Democratic party - committed to its policies and principles, and devoted to its members and candidates. I will remember Aggie most, however, for her commitment to the belief that a loving and liberal outlook on life is the best hope for humanity. She'll be so missed."

Mrs. Wolf is survived by her four children, Sally Wolf of Ashburn, John Wolf of Wellfleet, MA, Steven Wolf of Washington, DC, and Andrew Wolf of Charlottesville, and by her four grandchildren, Alexander, Tyler, Kathryn, and Sage.

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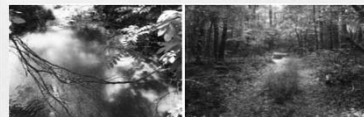
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**\$1999 DOWN**

**\$179 PER MO.<sup>2</sup>**

**\$2999 DOWN**

**\$159 PER MO.<sup>2</sup>**

**BRAND NEW 2012 TOYOTA CAMRY LE**

**\$0 DUE AT SIGNING**  
**\$279 PER MONTH<sup>1</sup>**  
4DR, 6-SPD AUTO.



**\$999 DOWN**

**\$249 PER MO.<sup>2</sup>**

**\$1999 DOWN**

**\$219 PER MO.<sup>2</sup>**

**\$2999 DOWN**

**\$199 PER MO.<sup>2</sup>**

**BRAND NEW 2012 TOYOTA RAV4 4X4**

**\$0 DUE AT SIGNING**  
**\$289 PER MONTH<sup>1</sup>**  
4DR SUV, ELECTRONIC 4-SPD AUTO.



**\$999 DOWN**

**\$259 PER MO.<sup>2</sup>**

**\$1999 DOWN**

**\$229 PER MO.<sup>2</sup>**

**\$2999 DOWN**

**\$209 PER MO.<sup>2</sup>**



**WELCOME TO THE FAMILY**  
BRINGING THE SPORT BACK TO THE CAR



**THE ALL NEW FR-S**  
\$1,000 MILITARY REBATE<sup>8</sup>

**0% APR FINANCING AVAILABLE<sup>9</sup>**



**PRIUS FAMILY IN-STOCK NOW**  
prius goes plural



**ToyotaCare**

Complimentary maintenance plan with roadside assistance.  
• Covers 2 years or 25k miles, Oil and Filter – Tire Rotation – Multi-Point Inspection<sup>5</sup>



The Best New Cars Make The Best Used Cars

- 7YR/100K MILE ROADSIDE ASSISTANCE PLAN<sup>†</sup>
- 160 POINT QUALITY ASSURANCE INSPECTION<sup>††</sup>
- CARFAX VEHICLE HISTORY REPORT
- 2.9% APR FINANCING AVAILABLE<sup>†††</sup>
- 12 MO./12K MI COMPREHENSIVE WARRANTY
- 7 YR./100K MI LIMITED POWERTRAIN WARRANTY

**\$1,000**  
REBATE FOR RECENT COLLEGE GRADS<sup>6</sup>

**\$500**  
MILITARY REBATE INCENTIVE FOR ACTIVE MILITARY PERSONEL<sup>7</sup>

(1) OFFERS INCLUDE VA TAX, FREIGHT, \$399 PROCESSING FEE, ACQUISITION FEE AND \$0 SECURITY DEPOSIT. 36-MONTH LEASE WITH 12K PER YEAR. (2) TOTAL DOWN PAYMENT PLUS TAX, TAGS, FREIGHT AND \$399 PROCESSING FEE DUE AT SIGNING. (3) 0% APR FOR A LIMITED TIME ON SELECT NEW TOYOTA WITH APPROVED TIER1+ CREDIT THROUGH TFS. EXCLUDES \$399 DEALER DOC FEE. (4) BASED ON KELLEY BLUE BOOK FAIR TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. (6) TOYOTA FINANCIAL SERVICE COLLEGE GRADUATE PROGRAM IS AVAILABLE ON APPROVED CREDIT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD THE AMOUNTS DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER LEASE OR FINANCE TRANSACTION. (7) REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD DUE AT SINGING OR DELIVERY, WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION, OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE REBATE PROGRAM. SEE DEALER FOR COMPLETE DETAILS. (8) ELIGIBLE CUSTOMERS MUST BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY. (9) 0% APR FINANCING AVAILABLE FOR 36 MONTHS ON SELECT PRIUS MODELS ONLY FOR QUALIFIED BUYERS. (+) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (++) FROM DATE OF TCUV PURCHASE. (+++) 2.9% APR FINANCING ON ALL CERTIFIED PRE-OWNED VEHICLES FOR UP TO 36 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. \$399 DEALER DOC FEE. SEE DEALER FOR COMPLETE FINANCING DETAILS. ALL OFFERS EXPIRE 9/10/12.

*Jack Taylor's*  
**ALEXANDRIA**  
TOYOTA / SCION

3750 JEFFERSON DAVIS HWY, ALEXANDRIA, VA 22305

**1-866-616-8420**  
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