

The **Arlington**
Connection

HomeLifeStyle

PAGE 11

Sliding into County Fair Fun

NEWS, PAGE 3

**Chanda Causer and her daughter
Nylah Brown glide down a gigan-
tic slide at the annual Arlington
County Fair on Saturday, Aug. 10.**

Deputy Faces Murder Charges

NEWS, PAGE 4

Hospital Soars To the Top

NEWS, PAGE 2

Geocaching Diversifies

NEWS, PAGE 3

ENTERTAINMENT, PAGE 8 ♦ ORANGE LINE CONNECTION, PAGE 9 ♦ CLASSIFIED, PAGE 14 ♦ SPORTS 12

PHOTO BY LASHAWN AVERY-SIMON/THE CONNECTION

AUGUST 14 - 20, 2013

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Soaring to the Top

Virginia Hospital Center: Winner of the 2013 Truven Top 100 Hospitals Award and Everest Award.

By KAREN L. BUNE
THE CONNECTION

With the large banner shining above Virginia Hospital Center in Arlington noting it is the 2013 winner of the Truven Health Analytics Top 100 Hospitals Award coupled with the coveted 2013 Everest award, hospital personnel have reason to be proud. And, so do residents of the surrounding community and those throughout the region. This award is one of high distinction among hospitals nationwide.

For 20 years, Truven Analytics has been analyzing publicly available data to identify the best hospitals in the country. A number of metrics are analyzed that include core measures and patient satisfaction data from the Centers for Medicare and Medicaid Services Hospital Compare Website along with other metrics that include mortality, medical complications, patient safety, average patient stay, expenses, profitability, patient satisfaction, adherence to clinical standard

of care, post discharge and readmission rates for acute myocardial infarction (heart attack), heart failure and pneumonia. Information was reviewed on approximately 14 million Medicare patients discharged from 2,922 U. S. acute-care hospitals.

Truven Analytics classifies categories of hospitals that include major teaching hospitals, teaching hospitals, and large, medium and small community hospitals. The matrix of the 100 Top Hospitals is comprised of a two-dimensional analysis. It provides a view of how long term improvement and current performance overlap and compare with national peers. "We had no idea it was happening. The positive thing about this is it is what we've been focusing on anyway," said Adrian Stanton, vice president and chief marketing officer at Virginia Hospital.

"Hospitals do not apply for the 100 Top Hospitals Award, and the winners do not pay to market their award," said Jean

SEE SOARING TO THE TOP, PAGE 7

DO YOU HEAR, BUT DO NOT UNDERSTAND?



WE ARE YOUR *MARKETPLACE*
FOR ALL YOUR HEARING NEEDS!

ADVANCED HEARING Technologies, Inc.

Your one stop shop for all hearing related issues!

IS IT **STICKER SHOCK?**

WE KNOW THE DRILL! ...
EVEN AFTER REBATES AND DISCOUNTS ARE APPLIED, THEY STILL WANT THOUSANDS OF DOLLARS FOR A LITTLE PIECE OF EQUIPMENT NO BIGGER THAN A NICKEL.

"QUALITY OF LIFE" HEARING AID SALE

MILD TO MODERATE HEARING LOSS

COMPLETELY IN CANAL
1 WEEK ONLY SALE!

\$595⁰⁰
Retail Price \$1300
SAVE 60%

All the way up to 40db of amplification!

MODERATE TO SEVERE HEARING LOSS

Traditional Technology the Targa Plus fits all types of hearing loss and is available in all styles from invisible to open fit power.

COMPLETELY INVISIBLE

CIC COMPLETELY IN CANAL

OPEN FIT
Retail Price \$1700
Our Everyday Low Price \$1400

Your Cost **\$800⁰⁰**

THIS IS A \$1600 SAVINGS ON A PAIR.

HEARING HEALTH SCREENINGS AT NO CHARGE

- LIVE SPEECH MAPPING**
See exactly which parts of speech you are missing.
- AUDIOMETRIC EXAM**
Includes a full explanation of your hearing loss, as well as, the audiogram.
- VIDEO EAR CANAL EXAM YOU SEE WHAT WE SEE**
We will perform a complete video otoscopic evaluation of the ear canal and you will be able to see inside your own ear canal and look at your ear drum

DON'T BUY HEARING AIDS BECAUSE OF EARWAX!



GENERAL PUBLIC NOTICE

60 DAY MARKET EVALUATION

WANTED

25 VOLUNTEERS
FOR TRIAL OF THE NEW "TWIN CORE" HEARING AID TECHNOLOGY

In an effort to increase product awareness, Advanced Hearing Technologies has been exclusively selected by the leading manufacturer in cutting edge hearing aid technology to conduct a "ONE TIME" test market review of the revolutionary "TWIN CORE" hearing aid technology.

Manufacturer trained representatives will be on hand to demonstrate the amazing changes in hearing aid technology that have occurred in just the past few years.

WHY DO BUSINESS WITH US?

- UNPRECEDENTED 60 DAY TRIAL PERIOD
Spend No Money if not 100% Satisfied
- Over 62,000 Current Customers!
- LEGENDARY CUSTOMER SERVICE!
- Family Owned and U.S. Based since 1992 - We sell U.S. made Products.
- 0% INTEREST FOR 1 YEAR (with approved credit)

ATTENTION

FEDERAL BC/BS MEMBERS YOUR BENEFITS HAVE BEEN RESET!

As of January 1st 2013 "ALL" Federal BC/BS benefits have been RESET making all Federal BC/BS Members eligible for new hearing aids with no cost to you. The 100% digital, programmable "Targa" circuit is our standard Fed. BC/BS benefits hearing aid. ACT NOW and we will upgrade you to the highly advanced "Day 4+" circuit. The new Day 4+, fifth generation, D-6 processing platform offers enhanced clarity and fidelity in an array of listening situations. All this with no money out of pocket!

CALL NOW TO SCHEDULE AN APPOINTMENT

703-942-5071 • 1-888-333-5744

VIENNA
380 Maple Ave. W. L-1A

SPRINGFIELD
8136 Old Keene Mill Rd. A304

ARLINGTON
FAIRFAX

AdvancedHearingTechnologies.com

Copyright © 2013

LAND BARGAIN!



Mountain Homesite at Deep Creek Lake!

only \$79,900! Adjacent lot sold for \$259,900

Boating - Golfing - Skiing and much more!

All infrastructure and amenities complete.

Find out how we can offer these spectacular deals at 70% off!

Excellent financing.

Open 8am - 8pm every day!

Call now: 877-888-7581 x84

Brokerage services provided by: GLS Realty, LLC • Office: 301-387-8100 • Robert Orr, Broker in charge

Geocaching Diversifies

Urbanites embracing new game.

BY MICHAEL MCMORROW
THE CONNECTION

Geocaching usually has been portrayed as some one with hiking boots and a walking staff gazing afar from a hilltop in the Blue Ridge Mountains. Not so anymore.

Substantial numbers of those joining the sport are placing and hunting for caches in urban settings, and that includes Northern Virginia.

Geocaching is the electronic age blend of a scavenger hunt and orienteering. The U.S. military was ordered to cease jamming satellite navigation signals in May 2000. An unforeseen by-product turns out to be the game of geocaching.

Scavenging games have been around for ages because everyone likes to hunt for treasure. Players receive a list of items and a deadline. The one returning within an allotted time with the greatest number of listed items wins. Orienteering involves use of a map and compass. A series of compass directions, very precisely followed, leads from point-to-point-to-point to the final target site. Running the course in the shortest time determines the winner.

Now add GPS, the Global Positioning System. Some portions of the military's navigational system had been available for civilian use since the 1980s. On May 1, 2000, the President issued a directive which meant "that civilian users of GPS will be able to pinpoint locations up to 10 times more accurately than they do now."

Portable GPS units could lock in
SEE GEOCACHING, PAGE 6



A variety of cache containers.



At the County Fair

Sarah Russell-Hunter flips high in the air as she jumps in a harness at the county fair.

Kaitlyn gets her face painted by Chantell Denney at the annual Arlington County Fair on Saturday, Aug. 10.



Geneva Webber bounces on water as she plays inside a huge bubble.

PHOTOS BY LASHAWN AVERY-SIMON/THE CONNECTION

'Sir, Are You Conscious?'

911 call played as part of dramatic preliminary hearing in Craig Patterson case.

BY MICHAEL LEE POPE
THE CONNECTION

Craig Patterson sat stonefaced in a green jumpsuit as his voice boomed from speakers in the courtroom. Commonwealth's Attorney Randy Sengel pressed a few buttons on his laptop computer, and the 911 call began playing a key piece of evidence in the case against the 44-year-old Arlington County sheriff's deputy who shot and killed Julian Dawkins, a 22-year-old Alexandria man.

"I had a young man pull a knife on me, and I shot him," Patterson told the dispatcher in a crisp and formal tone. "He's lying on the ground, face down."

At that point, the dispatcher asked Patterson if the man was conscious.

"Sir, are you conscious?" Patterson asked.

When that part of the recording was broadcast in the packed courtroom last week, family and friends of Dawkins reacted with shock and surprise. After the hearing, they said they couldn't believe how matter-of-the-fact he was about killing a 22-year-old man with a promising future and hordes of friends.

"He had no remorse," said Gwen Pratt-Miller, mother of Dawkins, in a brief press conference after the hearing. "The 911 call showed that even more to me."

Earlier this week, an Alexandria grand jury charged Patterson with murder.

THE DISPUTE between Patterson and Dawkins erupted shortly after midnight on May 22, the night of a party celebrating Dawkins' cousin, Tierra Ruffin-Pratt, who had just been signed to

the Washington Mystics. Testimony from several witnesses described a verbal confrontation between the two men, who were apparently engaged in a heated conversation.

"I live around here," Dawkins said to Patterson, according to testimony.

"Well I've been around here longer than you," Patterson responded.

Dawkins tried to end the conversation, according to an eyewitness who watched the confrontation from her bedroom window. But

Patterson was insistent. He left the scene vowing to come back. Then, according to several eyewitnesses, he returned with a pistol, handcuffs and a badge from the Arlington County Sheriff's Office.

"I heard a pop," said Sharonda Brown, who lives near the scene of the shooting. "Then I realized it

was Julian lying on the ground."

IN THE MOST emotional testimony of the hearing, Brown explained how she threw on some clothing and raced downstairs in time to see the aftermath of the shooting. As she approached the man, who was face down on the ground, she realized it was Julian Dawkins — a close friend and neighbor. She got there just in time to hear him take his last breath, and then expel a long and steady exhale. Patterson was walking away from the scene.

"He pulled the latch on the gate," she testified. "Then he walked out of the yard as if nothing had happened."

Brown broke down in tears as she spoke about the last moments of the life of Julian Dawkins. The courtroom, which was standing-

SEE DEPUTY, PAGE 5

NEWS



Money To Burn?

If not, make Fashion Exchange your first Stop!
Today's styles at yesterday's prices!

FASHION EXCHANGE CONSIGNMENT
6663-B Old Dominion Dr. • McLean, VA
(703) 760-0808

Tues.-Sat. 10-5
Closed Sun.-Mon.

Call For Directions

National Night Out

Neighborhood children gather inside and around Officer Richard Kelly's police car as he gives a demonstration on how police officers use their navigation system during the annual National Night Out event on Aug. 6.



PHOTOS BY LASHAWN AVERY-SIMON

Hi Neighbor – Market's Up and Summer is Here!



"According to a recent national poll, 53% said they believe *now* is a good time to begin improving the look and feel of their homes." –*Houzz & Home 2013*

My family and I have lived and worked in your community for over 30 years. My carpentry work is meticulous and I take great pride in completing your projects on time and on budget – just ask my clients. Let me give you a free quote on those projects you've been dreaming about.

Phillip Norris – 30 Years of Finish Carpentry & Trim Work Expertise

Licensed • Bonded • Insured • References Provided with Pride

Ofc: 703.684.5215 Cell: 703.403.2994

Finishcarpentry-1@comcast.net



Anna D'Itri enjoys an chocolate ice cream bar during the 30th annual celebration of "America's Night Out against Crime."



Claire Polsinelli bites into a chocolate bar during the Arlington Forest neighborhood gathering.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Aug. 26-30.

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, Aug. 26, Harrisburg, Pa., Capitol tour, Civil War Museum, \$24; Wednesday, Aug. 28, Olney (Md.) Music Center, "A Chorus Line," \$41; Thursday, Aug. 29, Franciscan Monastery, D.C., \$9; Friday, Aug. 30, National Archives, D.C., \$9. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Reliable health resources on the Internet, Monday, Aug. 26, 1:30

p.m., Aurora Hills. Free. Register, 703-228-5722.

Considerations before moving to a retirement community, Monday, Aug. 26, 1 p.m., Lee. Free. Register, 703-228-0555.

Madison Chess Club, Mondays, 9:30 a.m. – 2:30 p.m., Madison Community Center. Free. Details, 703-534-6232.

Adults (55+) only weight room hours Monday-Wednesday-Friday, 11 a.m. – 2 p.m., Langston-Brown. \$60/15 sessions. Details, 703-228-4745.

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

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

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

Cross stitch circle, Thursdays, 11 a.m. – 1 p.m., Lee. Kits provided; free. Register, 703-228-0555.

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

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

Register by Friday, Aug. 30 online for Northern Virginia Senior Olympics, Sept. 7-19. \$12 covers multiple events. Call for details, 703-228-4721 or email, nvso1982@gmail.com

Scrabble and cribbage games, Fridays, 10 a.m. – 12 p.m., Walter Reed. Free. Register, 703-228-0955.

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

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



Turn unwanted valuables into CA\$H!

Powerful eBay selling for households and businesses

Single Items • Full Liquidations • Buy-outs

Drop off or call for a pick-up...we'll do the rest!

ezauctioning.com

1320 Prince St., Alexandria, VA 22314 • 703.778.6440

- lost (adj): 1. unable to find the way.
2. not appreciated or understood.
3. no longer owned or known



Helping
Animals Find
Their Way
Since 2001

Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

TWO POOR TEACHERS



Free Estimates
703-969-1179

Kitchen and Bathroom Remodeling
We Bring the Showroom to YOU!!

Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!



www.twopoorteachers.com

Fully Insured & Class A Licensed
EST. 1999

Standard & Premium Bath Packages!

Visit our website
for details!

Deputy Faces Murder Charges

FROM PAGE 3

room-only, included many spectators who were overcome with emotion by this point in the hearing. Later in the hearing, a bench in the spectator section broke and sent several people tumbling to the ground. The hearing resumed, and a team of three defense attorneys tried to paint a picture of an intoxicated Dawkins chasing Patterson with a knife after a game of dice.

"Does anybody ever have dice games here," asked defense attorney Christopher Leibig.

"No," responded Reginald White, who lives near the shooting.

PATTERSON DOES NOT dispute the fact he shot Dawkins, a fact clearly established by the 911 call introduced into evidence this week. The real debate that will be presented at trial is whether or not Patterson was acting in self defense. According to an Alexandria Police Department officer who photographed the corpse, Dawkins had a knife but it was not in a position indicating it had been open during the final confrontation.

"It was clipped to the outer portion of his jeans pocket," said Officer Judy Taylor. "It appeared to be closed."

Defense attorneys called one witness to the stand during the hearing. He testified that he saw Dawkins chasing Patterson, an indication that the defense team will be trying to present evidence that Dawkins was the aggressor in the confrontation. The defense also presented evidence that Patterson's shirt had some kind of stain on it, potential evidence that he

was roughed up during a physical confrontation.

"It does appear that Mr. Dawkins was chasing Mr. Patterson," defense attorney Joe King told the judge. "He had a knife, and Patterson knew that at the time."

THE CASE shocked the Lynhaven neighborhood when the shooting happened, especially after the Alexandria Police Department waited a full week before bringing charges against the off-duty law-enforcement officer and arresting him in Spotsylvania County. Police and prosecutors say Patterson's job had no bearing on the investigation, although friends at the funeral were skeptical. After Patterson was arrested in May, the Arlington County Sheriff's Office placed him on unpaid administrative leave.

"I cannot deny that when you have someone of authority who is involved in an event like this, it does change the circumstance in terms of how it's viewed," said Alexandria Police Chief Earl Cook during a press conference earlier this year. "But it does not change the process in terms of how we investigate."

Many of the friends who attended the funeral first met Dawkins at Cora Kelly Recreation Center, where he was frequently selected as the captain of the basketball of teams. His love for the game earned him a spot on the junior varsity team at T.C. Williams High School, where he graduated in 2009. His outgoing personality and sense of leadership made him a popular student, one who had a wide circle of friends.

"Life is too short. Let's not hold grudges," the mayor told mourning friends and relatives during the funeral. "Live each day to its fullest, and forgive those who have created harm."



Featuring
DURA SUPREME
CABINETS

www.nvsrd.com

<p>Falls Church Showroom 800 West Broad Street, #101 Falls Church, Virginia 22046 571.765.4450</p>	<p>Manassas Showroom 8982 Hornbaker Road Manassas, Virginia 20109 703.378.2600</p>
--	--

NVS
REMODELING & DESIGN

KITCHENS | BATHS | ADDITIONS

Contact us at info@nvsrd.com

Summer Patio Sale!

10% Off Hardscaping & Installation of Patios*

*contracts signed in August, 2013



<p>Blooming Tropicals 25% Off includes Mandevilla Jasmine Gardenia</p>	<p>25% Off Early Blooming Shrubs & Perennials</p>
<p>50-65% Off Pottery Washington Area's Biggest Selection</p>	<p>Citrus, Fruit Trees, Blueberries & Herbs</p>

FREE Fill Bulk Mulch, Playground Chips & Compost **\$29.99/cu. yd.**

Celebrating our 40th Anniversary

Cravens Nursery & Pottery

Follow us: 

9023 Arlington Blvd.,
Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)

703-573-5025
Open 7 days a week
Visit our new Web site:
www.cravensnursery.com



NOW Medicare Part A Certified!

Arleigh Burke Pavilion

Serving Health Care Needs of the McLean Community for More Than 20 Years

Arleigh Burke Pavilion has been providing premier care for those who need nursing assistance since 1991.

Now accepting Medicare A Skilled Care and Private-pay nursing services. No military affiliation required.

Call **703-506-6900** for more information

ARLEIGH BURKE PAVILION - A VINSON HALL RETIREMENT COMMUNITY RESIDENCE
supported by Navy Marine Coast Guard Residence Foundation

1739 Kirby Road, McLean, VA 22101 www.arleighburke.org

OPINION

On Federal Dollars in Virginia

State's role as one of the biggest "takers."

We received some emails and phone calls about the expansion of Medicaid in response to last week's editorial. Many asserted that Virginia should not accept federal dollars for its residents without health insurance in order to help control federal spending.

Virginia already receives more federal money per capita than any other state except Alaska. Virginia received \$136 billion in federal funds in 2010, more than \$17,000 from the feds per capita, and paid \$2,807 per capita in federal income taxes. (Data from Consolidated Federal Funds Report for Fiscal Year 2010 by State and County from the Census Bureau, analyzed by 247wallst.com)

Two examples: \$1.3 billion in federal trans-

portation money came to Virginia. Virginia was on the receiving end of more than \$5,000 per capita in defense spending. Do the people (who almost certainly have their own health insurance) who think that we should turn away federal money to expand Medicaid think we should lobby to reduce defense and transportation spending in Virginia to help control federal spending?

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Urbanites Embrace Game of Geocaching

FROM PAGE 3

on a location within 15 to 30 feet.

It took one week for an engineer in Oregon to connect the concepts of GPS and treasure hunt. He placed a bucket in a wooded area near his home. It contained a log-book and some trinkets for exchange with finders. Posting geographic coordinates via the Internet, he announced a single rule: "Get some stuff, leave some stuff." It was called The Great American GPS Stash Hunt.

In short order, the game went international. There are over 2 million hidden "caches" and more than 5 million "cachiers" worldwide. Those figures for the Commonwealth of Virginia are "about 15,000" and "several thousand," respectively. Northern Virginia is peppered with caches; for example, it is estimated that several hundred are hidden within 5 miles of the intersection of Glebe Road and Columbia Pike in Arlington. Locations range from mountains to the seashore and from public parks to lampposts in urban settings. Each listed cache on the central register appears with a "difficulty level" and a "terrain level," allowing players to select the right searches for their individual interests and physical conditions. Many



Dave Prebeck,
NOVAGO leader.



Helen Wirka and Susan Hellman
of Carlyle House.



Chris Gaida with a GPS unit.

PHOTOS BY MICHAEL McMORROW

"smart phones" have a GPS application, so buying a separate, portable GPS unit is no longer necessary.

Dave Prebeck, a leader of NOVAGO, cannot hide his pleasure at how the sport has grown over the last few years. He adds "there always is room for more cachiers. That is why we hold so many of the free 'Geocaching 101' classes across the area." His employment involves quite a bit of travel abroad, and Prebeck says that finding or hiding a cache is becoming easier every day as people in more than a hundred countries discover the game.

Youth participation is very encouraging. Young people have no fear of electronic devices (unlike some of their seniors), Prebeck observes. Recognition in the form of a Boy Scout or Girl Scout badge leads many to the sport.

There are a number of benefits to geocaching. A search can be combined with a hike or long walk into beautiful natural areas, Prebeck said. "Virginia has many wonderful natural locations." Urban and neighborhood hunts also involve exercise, but are more convenient and less time-consuming. Regardless of location, some participants simply like the mental challenges of solving complicated "puzzle searches," he said. Of great importance, Prebeck added, "Geocaching brings families together because it is a fun activity for all ages." Grouping people into

pairs and trios can teach teamwork, so the sport has found its way into company and agency employee training programs.

Chris Gaida of Alexandria admits he is not much a disciple of the game; he has not worked in classes offered by NOVAGO. He has, however, participated in "trash out" forays where cachiers remove rubbish from parks and other locations. To Gaida, a major benefit is learning the history of wherever a search leads, which in his case includes the City of Alexandria. Caching also holds opportunities to display a sly sense of humor. He tells of a cache placed in the Del Ray neighborhood: A "puzzle hunt" keyed to the famed musician Jim Morrison who attended school nearby.

Apart from finding and hiding things, cachiers socialize. According to Prebeck, cachiers love to tell stories of successful searches. They also enjoy relating how and why they camouflaged the target containers, the clever places in which caches were hidden and the reasons behind selection of the trinkets left for trade. Get-togethers are informal and include potluck dinners, cookouts and competitive

meets.

The Northern Virginia Regional Park Authority has been involved with geocaching for about five years according to Ken Moss, a founder of NOVAGO. Carlyle House, a unit of that Authority next to Alexandria City Hall, holds a long-term cache that he hid.

Moss notes that original emphasis was on caches in natural settings, usually coupled with hiking. Presently, he endorses a balance in locations through growth of "urban-style hides." Moss is quick to add that gaming in established neighborhoods requires a greater sense of responsibility on the part of cachiers; trespassing is to be avoided and permission of property owners is encouraged.

Manager Susan Hellman and curator Helen Wirka at Carlyle House say that cachiers do hunt there, but the numbers are not large. This is surprising in light of a Federal program begun three years ago. The National Park Service created the "Star Spangled Banner Geotrail" as part of the bi-centennial commemoration of the War of 1812. Carlyle House was selected as one of the trail locations.

Curious?

Read "The Geocaching Handbook" (2d ed. 2011) by Layne Cameron (Falcon Guides, Guilford, Conn.). Several public libraries hold a copy, as well as other books on the topic.

Consult the web page of Northern Virginia Geocaching Organization (NOVAGO) at www.novago.org.

Follow the link in NOVAGO's webpage to the authoritative clearinghouse of information at www.geocaching.com. Free registration makes you a cachier.

Attend one of NOVAGO's free "Geocaching 101" classes offered throughout the year. The entire game is explained, and operation of a GPS unit is taught.

Local Jurisdictions and Geocaching

Arlington County admits NOVAGO as a partner in FitArlington whose purpose is to promote physical activity, a culture of fitness and a lifestyle of active living. As to local rules, inquirers are invited to telephone for information. The City of Alexandria has no rules or regulations. Fairfax County Parks posts detailed rules on its webpage.

The
Arlington
Connection

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns, call: 703-778-9410
arlington@connectionnewspapers.com

Steven Mauren
Editor
703-778-9415
smauren@connectionnewspapers.com

Michael Lee Pope
Reporter
703-615-0960
mpope@connectionnewspapers.com
[@MichaelLeePope](https://twitter.com/MichaelLeePope)

Jon Roetman
Sports Editor
703-224-3015
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

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

Andrea Smith
Classified & Employment Advertising
703-778-9411
asmith@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

2012
AWARD
WINNING
NEWSPAPER
Virginia
PRESS
Association



PHOTO CONTRIBUTED

Virginia Hospital Center is the 2013 winner of the Truven Health Analytics Top 100 Hospitals Award.

Soaring to the Top

FROM PAGE 2

Chenoweth, senior vice president, Truven Health Analytics. The reward reflects a culture of excellence as well as visionary leadership. "At a time of tumultuous change in our industry, they have consistently found ways to improve health outcomes for their patients and build successful business cultures to promote and support an emphasis on quality in everything they do," said Mike Boswood, Truven Health Analytics president and CEO.

"This one to us is meaningful. It looks at a very large array of various quality measures. Quite frankly, we think they are all important. It validates what we've been doing as a hospital. We want to keep winning this award," said Dr. Jeffrey DeLisi, vice president and chief medical officer.

VHC can also take delight in being one of 17 of the top 100 hospitals nationally to receive the Everest Award, which signifies the hospital has achieved the highest current performance and delivered the greatest and fastest rate of improvement over a five-year period. "This tells folks we are truly a value hospital in quality, service, and cost," Stanton said.

The reaction to both these awards has been one of pride. "I think folks have a pretty good sense of pride. Mr. James B. Cole, president and chief executive officer, has been very keen on staff knowing every single one of them has earned this. This recognition is a result of their work and not just one select group. It is reflective of the care everyone gives," Stanton said. From those who work in valet, parking, food services, and other departments, this award has resonated with the staff, Stanton noted.

Following receipt of the awards, the hospital received a letter of congratulations from U.S. Sen. Mark Warner. In addition, Cole, the CEO, visited every department in the hospital and presented a pin to as many people as he could in celebration of the award. Every employee also received the

gift of a canvass beach bag inscribed with the words, "Top 100." A picnic was also held and t-shirts were distributed. There will continue to be events throughout the year for employees in which the theme of "Top 100" will be highlighted to the 2,500 employees of the hospital.

"For many years, our mission statement has been, 'To Be the Best Hospital.' We are striving to be the highest value hospital by providing excellent quality and patient safety, an outstanding patient experience and cost-efficient care," Cole said.

"If walking down a hallway I looked even the slightest bit confused, almost any passing employee, including janitors, would ask if they could be of assistance. The staff members of the various departments all seem very courteous and efficient. I can understand why this hospital has an excellent reputation. As a myeloma patient, I have had many recent visits to this institution. One recent specific example would be completing 16 prescribed radiation treatments at their Department of Radiation Oncology. Not only was I seen at the appointed time, but the professionals seems to know exactly what they are doing while being very caring and friendly. The team efforts tend to be well coordinated," said Melvin Russell, a patient.

With keen competition in the region and throughout the country, Virginia Hospital Center has made its mark. "We try to go about business as usual and focus on what got us this in the first place. We're very happy with what we've seen," DeLisi said. "If your decision starts and ends with what is the in the best interest of the patient that's the right thing to do. We're not going to change a thing. The focus that we believe got us here is what we will continue to do," Stanton said.

Karen L. Bune is a freelance writer and an adjunct professor at Marymount University in Arlington and George Mason University in Fairfax.

Aug. 23-Sept. 1, 2013

Alexandria
restaurant week

OVER 50 RESTAURANTS WITH \$35 MENUS!

AlexandriaRestaurantWeek.com

**Browse Menus.
Make Reservations.
Get Directions.**

Powered By **OpenTable**

© 2013, Alexandria Convention & Visitors Association. All rights reserved.

ENTERTAINMENT

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

ONGOING

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

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

Campfire Programs. Saturdays this summer (except Aug. 24), 7-8 p.m. at Long Branch and Gulf Branch Nature Centers. Campfire programs include stories, songs, games, special live animal guests and more. Topics will range from Rascally Raccoons to High-flying Hawks to Buzzing Bees. \$5 fee per participant, registration not required for children age 2 and under. Visit www.arlingtonva.us/Departments/ParksRecreation/ParksRecreationMain.aspx.

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

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

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

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

Take a **free outdoor Zumba** class in the courtyard at 2121 Crystal Drive, led by instructors from the local Sport & Health Clubs, every Wednesday through the end of September. Participants can take a free shower after at the nearby Sport & Health.

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

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

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

WEDNESDAY/AUG. 14

Nanny Club. 10 a.m.-noon at Columbia



Terrain crafted for NOVA Opens’ Washington DC Narrative Event.



NOVA Opens’ 2012 Warhammer 40,000 tournament.

NOVA Open Returns to Arlington for 4th Annual Tournament

Among tabletop wargamers, Labor Day weekend is rapidly becoming synonymous with the NOVA Open. Now entering its fourth year, the NOVA’s hobbyists, gamers, and miniature figure artists come from around the world to participate in hobby and art seminars, wargaming tournaments and more.

One of the largest international tabletop wargaming events, the NOVA Open takes place Thursday, Aug. 29-Sunday, Sept. 1. More than 400 attendees, representing 31 states and England, Scotland, Russia, Denmark and Canada, are registered for the event.

Participants travel with intricately painted armies of miniature figures from numerous genres including WWII, Fantasy, Steampunk and Sci-Fi. Each army is unique, reflecting the creativity, talent and gaming desires of its designer.

New this year is the trading card game Magic: The Gathering, which includes two premiere tournaments with space for 300 players on Saturday and Sunday. There are also a variety of hobby and art seminars led by expert painters and miniature designers.

Mike Brandt, 32, of Vienna, started the NOVA OPEN Warhammer 40,000 Tournament in 2009. In just five years, the NOVA has grown from a casual tournament involving 35 players in a Northern Virginia park to the largest East Coast tabletop wargaming event.

Despite its global appeal, the NOVA Open is fundamentally a Washington, D.C. event, in tune with the character of the region. In the Washington DC Narrative Event, attendees determine the future of a fictional future DC, where a wide range of beautifully painted miniatures battle over LED-lit replicas of DC’s most iconic monuments and memorials. The outcome of these games determines the near-future of Washington, D.C., and humanity as a whole within the NOVA’s unique background material.

The NOVA Open Charitable Foundation seeks to rally the world-wide tabletop miniature gaming community to join together as a “Compassionate Force” and, in so doing, demonstrate the commitment and passion this community has for helping to ease the

suffering of others. It provides financial and volunteer assistance directly to organizations dedicated to the service of veterans and their families, and the victims of war and disaster, both at home and abroad. The foundation is hosting three online charitable army raffles to raise funds to benefit The Fisher House Foundation, Doctors Without Borders and the Breast Cancer Research Foundation.

The NOVA Open Tournament is open to the public. Attendees may participate in hobby seminars on miniature figure art, visit a range of vendors, watch or compete in gaming events from Magic: The Gathering to Warhammer 40,000. The tournament takes place at the Hyatt Regency Crystal City, 2799 Jefferson Davis Highway. Event tickets, weekend badges and day passes can be purchased onsite or at www.novaopen.com.

THURSDAY/AUG.29

5-10 p.m. **Vendor Hall Open**
5:30 p.m.-midnight **Tournaments Begin**

FRIDAY/AUG. 30

6:30 a.m.-midnight **Tournament Rounds Continue**
8:30 a.m.-11 p.m. **Painting Seminars**

SATURDAY/AUG. 31

7:30 a.m.-midnight **Tournament Rounds Continue**
8 a.m.-10 p.m. **Painting Seminars**

SUNDAY/SEPT. 1

7:30 a.m.-6:45 p.m. **Final Tournament Rounds**
8 a.m.-6 p.m. **Painting Seminars**
6:30 p.m. – 8 p.m. **Award Ceremony**

Pike Library, 816 S. Walter Reed Drive. For children up to age 5. Free. 703-228-5710.

Sticky Note Art. 3-4 p.m. at Aurora Hills Library, 735 S. 18th St. Teens in grades 6-12 can show off their artistic ability and make creations out of sticky notes. Free. 703-228-5715.

Film. 7-8:45 p.m. at Central Library, 1015 N. Quincy St. Watch “Truck Farm” about urban agriculture. Free. 703-228-5946.

THURSDAY/AUG. 15

Cupecake Wars. 3-4 p.m. at Shirlington Library, 4200 Campbell Ave. Teens in grades 6-12 can decorate cupcakes with a competitive twist. Free. 703-228-6545.

AUG. 15-SEPT. 22

Theatre Performance. At the Signature Theatre, 4200 Campbell Ave. Signature Theatre presents “Miss Saigon.” Performances Tuesday through Sunday evenings, with matinees on Saturday and Sunday. Tuesday and Wednesday shows are 7:30 p.m.; Thursday through Saturday performances are 8 p.m.; and Sunday performances are 7 p.m.

Matinees performances are 2 p.m. \$40. Call 703-573-SEAT or visit signature-theatre.org.

FRIDAY/AUG. 16

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

Movies on the Lawn. Family-friendly night on the lawn at Cherrydale United Methodist Church. Movie starts just after dusk. Bring a blanket or lawn chair and enjoy complimentary refreshments. Rain or shine (indoors if rain). 3701 Lorcom Lane. Free. Visit www.cherrydaleumc.org.

Concert. 8 p.m. at Air Force Memorial, 1 Air Force Memorial Drive. The United States Air Force Band will perform and sing. The concert is free and tickets are not required. Call 202-767-5658 or visit www.usafband.af.mil.

SATURDAY/AUG. 17

Summer Safari. 1 p.m. at Potomac

Overlook Regional Park, 2848 N. Marcey Road. Venture into the water searching under rocks, leaves and logs for crayfish, aquatic streams and fish. Dress to get wet. Reservation required. Call 703-528-5406.

Summer Concert. 7 p.m. at Potomac Overlook Regional Park, 2848 N. Marcey Road. Musical performance by local group West on 66. There is no admission fee but donations are requested. Call 703-528-5406.

Vegetable Gardening Workshop. 9:30 a.m. at the Farlington Community Center, 3308 S. Stafford Street. Learn how to grow vegetables in the fall with a variety of late season vegetables. The workshop is free but registration is required. Call 703-228-6414 or email mgaralex@gmail.com.

MONDAY/AUG. 19

Lecture. 3-4:30 p.m. at the Arlington Central Library, 1015 Quincy St. Encore Learning presents “Hollywood on the Potomac: How the Movies View Washington DC.” Author Mike Canning will discuss the topic and present movie clips and photos from his book on the subject. Open to the public. Call 703-228-2144.

Poetry Workshop. 7 p.m. at

Shirlington Library, 4200 Campbell Ave. Members write and read original poetry and exchange constructive criticism. Free. 703-228-6545.

TUESDAY/AUG. 20

Film. 2 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Watch “Kiss Me Kate.” Free. 703-228-5710.

Film. 6:30-8:30 p.m. at Shirlington Library, 4200 Campbell Ave. Watch “A Separation” (2011). Free. 703-228-6545.

WEDNESDAY/AUG. 21

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

THURSDAY/AUG. 22

Book Club. 10:30 a.m. at Central Library, 1015 N. Quincy St. Discuss “Interpreter of Maladies” by Jhumpa Lahiri. Free. 703-228-5946.

Knitting Group. 6:30 p.m. at Glencarlyn Library, 300 S. Kensington St. Drop-in for knitting support and instruction. Free. 703-228-6548.

ORANGE LINE CONNECTION

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

ONGOING

Theatre Performance. Through Saturday, Aug. 17 at American Century Theater, 2700 South Lang Street. “I Do! I Do!” is a story chronicling 50 years of marriage. \$17-\$40. Call 703-998-4555 or visit www.culturecapital.com.

Week-long Summer Classes. Through Friday, Aug. 23, children can take art classes from 10 a.m.-12:30 p.m. or 1:30-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Visit www.arlingtonartscenter.org for a list of classes and to register. Call 703-248-6800.

Classes for Adults. Tuesdays, Wednesdays, or Thursdays, through Aug. 29. 7-9:30 p.m. Arlington Arts Center is located at 3550 Wilson Blvd. Visit www.arlingtonartscenter.org or call 703-248-6800.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe,



2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians will perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call 703-522-8340.

Visual Arts Exhibit. Through the end of summer at Artisphere, 1101 Wilson Blvd. Artisphere yarn bomb takes over Wilson Boulevard in Rosslyn. Trees, fences and bike racks are covered in yarn artwork by participating knitters. Visit www.artisphere.com or call 703-875-1100.

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

Visual Arts Exhibit. On Display at Artisphere, 1101 Wilson Blvd. Linda Hesh: Art Every Day/Live For Art. Interactive project that invites public discussion on the meaning of art in everyday life. Free. Visit www.artisphere.com or call 703-875-1100.

Visual Arts Exhibit. On display in the Mezz Gallery through Aug. 3 at Artisphere, 1101 Wilson Blvd. Amy Hughes Braden: Demographic + Aaron Hughes: Sampling. A dual show by siblings Amy Hughes Braden and Aaron Hughes. Free. Visit

‘High School Musical 3: Senior Year’

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

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

www.artisphere.com or call 703-875-1100.

Visual Arts Exhibit. On display in the Works in Progress Gallery through Aug. 18 at Artisphere, 1101 Wilson Blvd. Arijit Das: Cloud Mapping studies movement, stillness and photo-bombing by mixing Das’ drawing on a wall with spectator movement. Free. Visit www.artisphere.com or call 703-875-1100.

Exhibit. On display through Aug. 11 at Artisphere, 1101 Wilson Blvd. Artisphere’s Administrative Corridor features four video screens of Charles Bergquist video and photography work. Free. Visit www.artisphere.com or call 703-875-1100.

Art Exhibit. Exhibit focusing on art and urban agriculture Arlington Arts Center at 3550 Wilson Blvd., through Oct. 13. Call 703-248-6800.

Studio Visit. 10:30 a.m. at Arlington Arts Center, 3550 Wilson Blvd. Join Pam Rogers for a visit to her studio and a hands-on art workshop. Call 703-248-6800 or visit www.arlingtonartscenter.org.

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

Pub Quiz. 8 p.m. every Sunday at Whitlow’s on Wilson, 2854 Wilson Blvd. Prizes for 1st place. Free. Visit www.whitlows.com or call 703-276-9693.

Spider Kelly’s Running Club. Staff, friends and community welcome to join Spider Kelly’s running club and train for their inaugural race, the annual Clarendon Day 5K, held on the last Thursday of September. Call 703-312-8888 or visit <http://>

spiderkellys.com.

FRIDAY/AUG. 16

Film Festival. “High School Musical 3: Senior Year” (Disney, G) 2006 - 112 minutes. Films begin at Dusk in Gateway Park, rain or shine. Gateway Park is located at the foot of Key Bridge at 1300 Lee Highway, two blocks from the Rosslyn Metro. Visit www.rosslynva.org.

Concert. 9 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Olivia and the Mates perform with opening acts Luella and the Sun and Nine Times Blue. \$10.

SUNDAY/AUG. 18

Concert. 8 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Valerie June performs. \$12.

Concert. 9 p.m. at Galaxy Hut, 2711 Wilson Blvd. Ghosts of Sailors perform. \$5. Visit www.galaxyhut.com or call 703-525-8646.

MONDAY/AUG. 19

Concert. 8:30 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Bachelor Boys performs. \$15.

FRIDAY/AUG. 23

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

SUNDAY/AUG. 25

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

FRIDAY/AUG. 30

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

SATURDAY/SEPT. 7

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

SEPT. 7-19

Northern Virginia Senior Olympics. The 31st annual event consists of 50 competitions at 17 venues throughout Northern Virginia. Participants may register for multiple events for a flat fee of \$12 with additional facility fees for some events. All participants must be 50 years of age by Dec. 31 and live in a sponsoring jurisdiction. Previous competitors will receive a registration form in the mail late June. Forms are also available at senior centers, community centers, senior residences or by calling 703-228-4721. Applications must be postmarked by Aug. 23. Online registration opens July 1 and ends Aug. 30. Visit www.nvso.com.

Arlington REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

IN JUNE 2013, 316 ARLINGTON HOMES
SOLD BETWEEN \$4,500,000-\$110,000.

June 2013 Top Sales



4 3200 Albemarle Street — \$1,800,000



5 3507 Dinwiddie Street North — \$1,660,000



7 4520 Dittmar Road North — \$1,500,000



10 1721 Adams Street North — \$1,450,000



**1 2923 Glebe Road North
— \$4,500,000**



**2 4109
Randolph Court
— \$2,523,750**



© Google Map data

Address	BR	FB	HB	...	Postal City	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 2923 GLEBE RD N	4	..	4	.	2	ARLINGTON	\$4,500,000	Townhouse	.	0.09	22207	CATHEDRAL VIEW TOWNHOMES	06/26/13	
2 4109 RANDOLPH CT	6	..	6	.	1	ARLINGTON	\$2,523,750	Detached	0.43	22207	THE WOODS	06/04/13
3 1111 19TH ST N #2904	3	..	3	.	1	ARLINGTON	\$2,070,000	Hi-Rise 9+ Floors	22209	WATERVIEW	06/24/13
4 3200 ALBEMARLE ST	4	..	4	.	1	ARLINGTON	\$1,800,000	Detached	0.38	22207	COUNTRY CLUB HILLS	06/28/13
5 3507 DINWIDDIE ST N	6	..	5	.	1	ARLINGTON	\$1,660,000	Detached	0.23	22207	COUNTRY CLUB MANOR	06/21/13
6 3432 VENICE ST N	6	..	4	.	2	ARLINGTON	\$1,535,000	Detached	0.29	22207	COUNTRY CLUB HILLS	06/24/13
7 4520 DITTMAR RD N	6	..	4	.	1	ARLINGTON	\$1,500,000	Detached	0.18	22207	...	COUNTRY CLUB HILLS AREA	06/28/13
8 2805 23RD RD N	5	..	4	.	1	ARLINGTON	\$1,499,000	Detached	0.14	22201	MAYWOOD	06/28/13
9 3206 1ST RD N	5	..	3	.	1	ARLINGTON	\$1,470,000	Detached	0.17	22201	ASHTON HEIGHTS	06/28/13
10 1721 ADAMS ST N	3	..	2	.	1	ARLINGTON	\$1,450,000	Detached	0.21	22201	LYON VILLAGE	06/26/13

COPYRIGHT 2013 REAL ESTATE BUSINESS INTELLIGENCE. SOURCE: MRIS AS OF JULY 15, 2013.

HomeLifeStyle

Ready for Back to School?

Designers offer tips for functional and stylish homework spaces.

BY MARILYN CAMPBELL
THE CONNECTION

Summer will soon come to an end, and children everywhere will be heading back to school and coming home with homework. To keep students engaged and excited, some local designers offer suggestions for creating a space so fun and inviting that your children will want to hang out there — even if that means doing homework.

When embarking on the task of creating a homework space, choosing a location is one of the first considerations.

Bill Millholland, executive vice president of Case Design/Remodeling, Inc. in Bethesda, Md., said, "There are two schools of thought: One is to have the 'homework space' in a public area, ... so that a parent can be involved in the activity. The other school places more emphasis on teaching personal responsibility."

According to Jean P. Freeman, associate professor of Interior Design at Marymount University in Arlington, homework space should be "away from television, but near an adult for any questions that need to be answered. It should be quiet for concentration, but having a window where the child can look up and out at the world is soothing."

Potomac, Md. resident Susan Matus, a senior project designer with Case Design/Remodeling, adds that the location of the homework area is dependent upon a child's age. "Elementary school kids seem to do quite well getting things done in a location that is close to parents," she said. "Middle schoolers are more independent and seem to prefer more private locations with less distractions and less input from parents. A family office that can be closed off or even a bedroom work-space [work well]. High schoolers just need a comfortable space to get it done."

Designers say the kitchen is one such popular public area for completing homework assignments.

"Often connected to the kitchen is a family area," said Kai Tong,

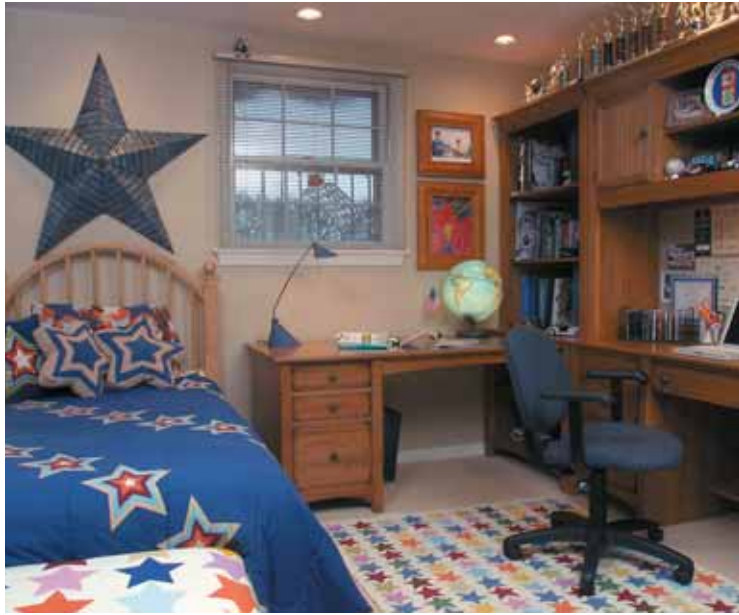


PHOTO COURTESY OF DEBBIE WEINER/DESIGNING SOLUTIONS

When it's time to choose furniture for a homework space such as the one in this Arlington home, Deborah Wiener of Designing Solutions suggests investing in a chair that fits your child's needs.

AIA, director of Potomac, Md., based Hopkins & Porter Inc.'s architecture department. "Parents want to have a line of sight to their kids, especially if they are going to

be on the Internet. What adds to the kids' experience is having a lot of counter space or layout space."

SEE TIPS, PAGE 13

FREE REMODELING & DESIGN SEMINARS!



Sat., August 24th — 10am-2pm

Where: 5795 B Burke Centre Parkway, Burke, VA 22015

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Kitchen and Bath Trends
- Paint Colors Made Easy
- 10 Tips for a Stress Free Remodel

Seminars run from 10am-Noon. Lunch to follow.

Please arrive at 9:45am for check-in.

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

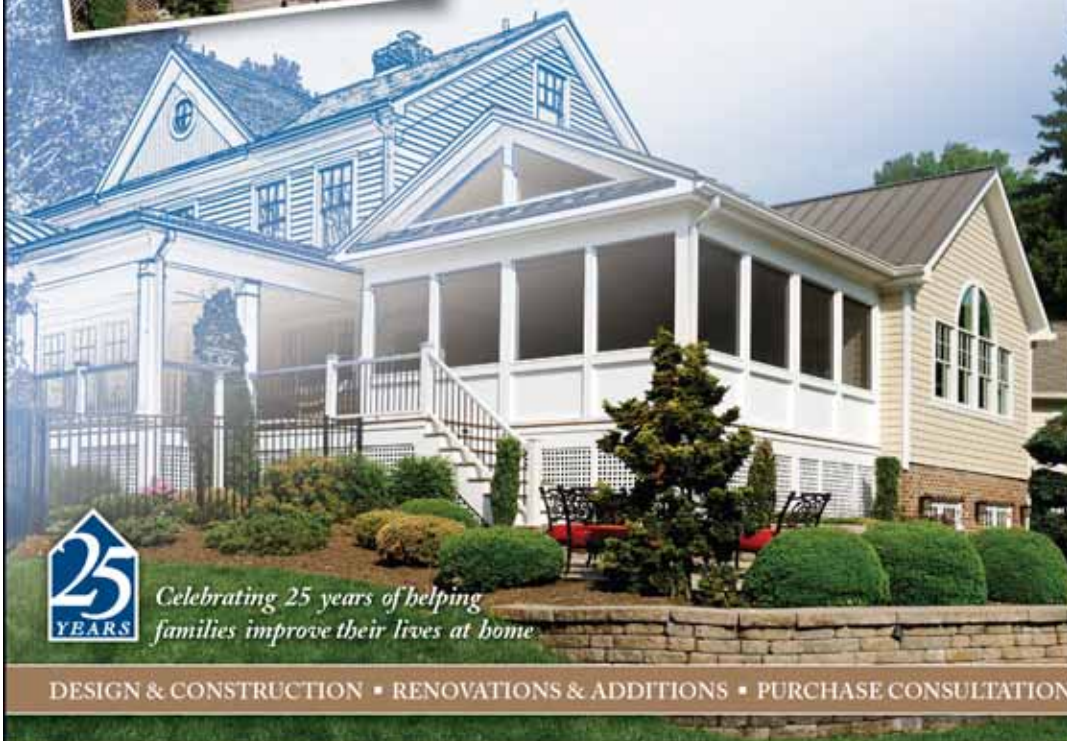
Special Thanks to Our Sponsors:



SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703-425-5588 SunDesignInc.com info@SunDesignInc.com

Your Guide through Every Step



Celebrating 25 years of helping families improve their lives at home

DESIGN & CONSTRUCTION • RENOVATIONS & ADDITIONS • PURCHASE CONSULTATIONS • CONDOMINIUM REMODELING

From early planning to the first good book, let BOWA be your *guide* through every step of the remodeling experience. BOWA transforms houses into homes™ through the design and construction of luxury renovations and additions. As your single point of accountability from the earliest stages of planning, we execute and manage the entire design and construction process and your overall experience. So, when you have a project of any size in mind, call BOWA first.



Jim Harris
Project Leader
703-734-9050
www.bowa.com



The Patriots work on offense during practice.



PHOTOS BY JON ROETMAN/THE CONNECTION

MJ Stewart is committed to play cornerback at the University of North Carolina.

Yorktown's Stewart To Attack from Different Positions

Patriots move up to 6A after VHSL's six-class realignment.

BY JON ROETMAN
THE CONNECTION

MJ Stewart's football talents are well known around Northern Virginia.

For the past two seasons, the Yorktown standout burned opposing defenses as a ball carrier, helped shut down opposing offenses as a defensive back and made an impact in the return game. In 2012, he earned first-team all-region honors in all three facets of the game.

Entering his senior year, Stewart is committed to the University of North Carolina and has little left to prove at the high school level. This season, however, Yorktown head coach Bruce Hanson said Stewart will line up in different places on both sides of the ball, keeping opponents guessing from where he'll attack.

Just in case he hadn't caused enough headaches for opposing coordinators.

"Last year, he was our feature back but we never ... really moved him around from his position," Hanson said. "But this year, you're never going to know where he's going to be all the time. He's a smart kid ... so we can move him around a little bit."

In two seasons after Stewart transferred to Yorktown from Bishop O'Connell, the Patriots went 24-2, won a pair of National District championships and twice finished Group AAA Division 5 Northern Region run-



Yorktown linemen go through a sled drill at practice.

ner-up. As a junior, he rushed for 1,842 yards and scored 36 touchdowns, according to stats from the Washington Post. With Yorktown graduating several key athletes from its 2012 team, Stewart figures to have an even larger role this season as Yorktown moves up to 6A after the VHSL's six-class realignment.

On defense, Stewart, whose primary position has been safety, will see time at cornerback, the position he will play at UNC.

"I know I've got to step up because there are a lot of young guys," Stewart said. "... [I] definitely [need to step up] on the

defensive side, be more of a voice on the field and a voice in the locker room. That's a role I kind of have to take on that I haven't had to take on in previous years."

Joining Stewart in the offensive backfield is senior quarterback Will Roebuck, who returns for his second varsity season. Roebuck was a first-team all-district selection

last season and said he feels he has a better grasp on his role in the offense.

He also realizes the importance of Stewart.

"MJ is MJ. He's been our biggest player for the last [two] years," Roebuck said. "Hopefully he's going to have a better season this year. I have full confidence in him. ... He's the centerpiece of our offense."

Senior Da'Jhaun Short will play fullback for the Patriots, who operate primarily out of the spread and the wing-T. Senior Greg Dalzell will play wing back, and juniors Joe

McBride and Parker Dean are pass-catching threats at receiver.

Senior tackles Teddy Schroeder and Jason White will anchor the offensive line.

On defense, juniors Jack Storrs and Sean Coleman are standouts at linebacker, and seniors Reece Lincoln and Nick Jennings are the cornerbacks. Senior Logan Robinson is an impact player at defensive end, along with junior Quinn Cox at nose guard.

Yorktown moves up to 6A and joins Conference 6, which is composed of teams from the former Liberty and National Districts. Other teams in Conference 6 are: Fairfax, Langley, Madison, McLean, South Lakes, Hayfield and Washington-Lee. However, the Patriots' 2013 schedule looks much like it did in previous seasons as they face each of the seven opponents who used to be in the National District, along with games against Coolidge, Langley and Chantilly.

"Since the year I got here, I've wanted to play those teams in 6A," Stewart said. "It's going to be a new challenge to some people, but to me it's just another team. They lace up the same as us, put their shoulder pads and helmets on the same as us. It's just another team to me."

Yorktown will host a scrimmage against Woodbridge at 7 p.m. on Aug. 16 and travel to Lee for a scrimmage on Aug. 22. The Patriots will open the regular season at home against Coolidge at 7:30 p.m. on Aug. 29.

SPORTS BRIEFS

Fall Pick-Up Soccer Available

Arlington's pick-up soccer programs offer a chance to play informally for 90 minutes each week, September through November. There are no set teams, score recording, uniforms or standings, just a chance to get out and play, get exercise and have fun. Beginners and intermediates play Tuesday nights at Long Bridge Park and advanced plays primarily on Wednesday nights, usually at Washington-Lee. The cost is \$75 for Arlington residents, \$100 for non-residents. The beginner program welcomes total novice players as well as those with a bit more experience.

Online registration for both programs is

open at <https://registration.arlingtonva.us>. For more information, contact Marta Cahill at mcahill@arlingtonva.us or 703-228-1818.

Soccer Skills Clinic for Adults

Arlington County is offering a soccer clinic for adults — for total novices who would like to learn to play, and beginning / low intermediate players who want to improve their soccer skills. The six-week clinic will teach basic skills in dribbling, passing, shooting and defense. Clinic sessions will be held on Sundays, 8 – 9:30 p.m. at Washington-Lee, starting Sept. 8. The cost for the six 90-minute clinic sessions is \$110 for Arlington residents, \$130 for non-residents.

Tips for Functional Homework Spaces

FROM PAGE 11

Evelyn Nicely, president of Nicely Done Kitchens in Springfield, said, “A design option is the designated computer or desk area, typically found on the perimeter of the kitchen, so school work is kept out of the way. But the most popular homework space we design is at the island. This casual seating appeals to children and gives them a stylish, yet functional, open space to do their work without isolating them.”

Arlington resident Christie Doebel, lead designer at Sun Design Inc., which has offices in both Burke and McLean, says she gets frequent requests for a space that allows for multitasking. “Very often we are looking to create the kind of environment where a parent can make dinner while still rehearsing words for the spelling bee.”

ONCE A SPACE IS CHOSEN, it's time to select the fixtures that will fill the space. Good indoor lighting with a window for sunlight is essential, said designers. Freeman said the most obvious components of a homework space are electrical outlets, a Wi-Fi connection and a comfortable, adjustable chair.

Designers suggest investing in a chair that fits your child's needs. “Don't use dad's old chair ... or pull a chair from the dining room table,” said Deborah Wiener, owner of Design-

ing Solutions in Silver Spring, Md. “If the back of the chair hits the back of their head, it is too tall. If their feet are dangling, the chair is too big. One of the many reasons kids tire when doing homework is that they don't get back support. ... It's a mistake to skimp on a chair.”

“The chair should support the student's back and posture, and adjust to the growing needs of the student,” added Freeman. “There should be an adequate work surface to accommodate books, computer, writing pad and task lighting, [as well as] storage.”

Lisa Magee, project designer at Case Design/Remodeling, Inc., adds, “A place with upright seating — no swivel chairs or recliners — is best for learning. Good lighting ... helps children stay focused on their work and also keeps them alert.”

Centreville resident Liz Lee, a senior designer at Sun Design Inc., encourages parents to ensure that the homework area has “functional types of storage, [such as] file cabinets, baskets for crayons [and] scissors, so all of the supplies they need are right there.”

Bruce Wentworth, president of Wentworth, Inc. in Chevy Chase, Md., said, “A simple counter top with bookcases is very practical. A large work surface for laptops, printers and scanners is desirable, and grommets help hide the cords below the work surface.” Wentworth also suggests adding custom-built drawers and

filing cabinets to homework spaces.

Arlington resident Allie Mann, project manager, Case Design/Remodeling, Inc., said “A fun or personalized calendar to teach time management,” she said. “Along those lines, have a clock nearby.”

Marika Meyer of Marika Meyer Interiors in Bethesda, Md., said, “One thing I always love to incorporate is a custom tack board. We choose a fun fabric that the children help pick out and then have [it] sized to fit specific workspace.”

WHEN DESIGNING A SPACE that is both functional and stylish, Moira Gannon Denson, an assistant professor of interior design at Marymount University, suggests using the elements and principles of design — color, shape, pattern and scale — to set the tone. This will allow the space to evolve as the child grows, she says: “Save the TV characters and cartoons for the stickers [for] their notebooks. ... Too much ‘trending’ can mean replacing in a year.”

When creating a space that is appealing to both children and their parents, Doebel does suggest teamwork, however. “It's fun when a kid gets involved in the design process,” she said. “They are drawn to contrast and comfort [like] bold, bright colors [and] soft, warm surfaces. They are always honest about what they see and how they feel.”

GLC
GERMAN
LANGUAGE
COURSES

AT THE GERMAN SCHOOL
WASHINGTON, D.C.

37 YEARS
OF EXPERT INSTRUCTION

- CLASSES FOR CHILDREN AND TEENS OF ALL LANGUAGE PROFICIENCY LEVELS: AGE 3 & UP
- DIPLOMA CLASSES (DSD)
- CLASSES FOR ADULTS OF ALL LANGUAGE PROFICIENCY LEVELS
- LITERATURE CLASSES
- CONVERSATION CLASSES

Fall classes begin
September 7, 2013.

8617 Chateau Dr., Potomac, MD 20854
301.767.3824 • glc@dswash.org
www.dswashington.org/glc

Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

- | | | |
|--|---|--|
| <p>Anglican
Restoration Anglican Church...703-527-2720</p> <p>Assemblies of God
Arlington Assembly of God...703-524-1667
Calvary Gospel Church...703-525-6636</p> <p>Baptist
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
Westover Baptist Church...703-237-8292</p> <p>Baptist – Free Will
Bloss Memorial Free Will Baptist Church...703-527-7040</p> <p>Brethren
Church of The Brethren...703-524-4100</p> <p>Buddhist
The Vajrayogini Buddhist Center...202-331-2122</p> <p>Catholic
St. Luke Catholic Church...703-356-1255
St. Agnes Catholic Church...703-525-1166
Cathedral of St. Thomas More...703-525-1300
Holy Transfiguration Melkite Greek Catholic Church...703-734-9566
Our Lady of Lourdes...703-684-9261
Our Lady Queen of Peace Catholic...703-979-5580</p> | <p>St. Ann Catholic Church...703-528-6276
St. Charles Catholic Church...703-527-5500</p> <p>Vatican II Catholic Community
NOVA Catholic Community...703-852-7907</p> <p>Church of Christ
Arlington Church of Christ...703-528-0535</p> <p>Church of God – Anderson, Indiana
Church of God...703-671-6726</p> <p>Christian Science
McLean - First Church of Christ, Scientist...703-356-1391
First Church of Christ, Scientist, Arlington...703-534-0020</p> <p>Episcopal
St. Andrew Episcopal Church...703-522-1600
St. George Episcopal Church...703-525-8286
St. Johns Episcopal Church...703-671-6834
St. Johns Episcopal Church-McLean...703-356-4902
St. Mary Episcopal Church...703-527-6800
St. Michael S Episcopal Church...703-241-2474
St. Paul Episcopal Church...703-820-2625
St. Peter's Episcopal Church...703-536-6606
St. Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077</p> <p>Lutheran (ELCA)
Advent Lutheran Church...703-521-7010
Faith Lutheran Church...703-525-9283
German Lutheran Church...703-276-8952
Lutheran Church of The Redeemer...703-356-3346</p> | <p>Resurrection Lutheran Church...703-532-5991</p> <p>Lutheran (Missouri Synod)
Our Savior Lutheran Church...703-892-4846</p> <p>Nazarene
Arlington First Church of the Nazarene ...703-525-2516</p> <p>Non-Denominational
New Life Christian Church - McLean Campus...571-294-8306</p> <p>Metaphysical
Arlington Metaphysical Chapel...703-276-8738</p> <p>Orthodox
St. Luke Serbian Orthodox Church...703-893-1759</p> <p>Presbyterian
Arlington Presbyterian Church...703-920-5660
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</p> <p>Presbyterian Church in America
Christ Church of Arlington...703-527-0420</p> <p>Synagogues – Conservative
Congregation Etz Hayim...703-979-4466</p> <p>Synagogues – Orthodox
Fort Myer Minyan...571-236-1189
Chabad Lubavitch of Alexandria-Arlington...703-370-2774</p> <p>Synagogues – Reconstructionist
Kol Ami, the Northern Virginia Reconstructionist Community ...571-271-8387</p> <p>Unitarian Universalist
Unitarian Universalist Church of Arlington...703-892-2565</p> <p>United Methodist
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</p> <p>United Church of Christ
Bethel United Church of Christ...703-528-0937
Rock Spring Congregational United Church of Christ...703-538-4886</p> |
|--|---|--|

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
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

DAILY EUCHARIST:

Weekdays
Monday-Friday, 6:30 AM & 8:30 AM
Saturday, 8:30 AM

All Are
Welcome!



PARISH WEBSITE:
www.rc.net/arlington/stann

To highlight your Faith Community, call Karen at 703-778-9422

WHAT WOULD YOU
RATHER BE DOING
THIS SUMMER?

SPENDING TIME ON A
LADDER IS A DREAM
COME TRUE FOR US.

CALL US TODAY FOR A
FREE ESTIMATE:

703-684-7702

**Tech
Painting
Co.**

www.techpainting.com

N.P.O.

By KENNETH B. LOURIE



"Nothing per orem." Which means no food after midnight — with a Latin derivation. And why would I have a clue about "no food after midnight" in Latin or in plain old English? I wouldn't normally, but normally I wouldn't have been admitted to a hospital awaiting surgery to help relieve the terrible difficulty I've had lately speaking/breathing a complete sentence and still having air after the final word had been spoken, catching my breath after walking only a few steps (exerting myself physically as well and/or walking up stairs or at any pace other than snail's has been a further challenge) and finally, and most disturbingly, not being able to perform some of my activities of daily living — without some degree of stress, anyway.

Nevertheless, Friday, Aug. 2 was scheduled to be a chemotherapy day so off my wife, Dina and I went, as usual. Having been infused multiple times over the past four and a half years, I attributed the breathing difficulties that I was experiencing as merely semi-expected side effects (necessary evils) of my lung cancer treatment. However, after I explained — and exhibited, some of these same difficulties to my regular oncology nurse, Ron, he decided to walk me around the unit attached to an oxygen-monitoring machine in order to measure my oxidation rate. It was not good. My number was way too low — and cause for concern.

Ron then returned me to the infusion center where he spent the next 30 minutes attempting to coordinate my next step. It was not to continue chemotherapy, that's for sure. It was to have me evaluated by my H.M.O.'s Clinical Decision Unit, a unit I learned, where serious-type assessments and decisions are made. After being assigned to a room, the process began. I soon had an EKG and a Chest X-Ray. The X-Ray indicated that my left lung was almost entirely filled with fluid; no wonder I couldn't breathe. It was confirmed then: health-wise, I was in a bit of trouble.

Given these results, before too long, a multi-person, multi-hour effort was put forth to get me admitted directly into a room at Holy Cross Hospital with the expectation that my condition warranted surgery that evening to alleviate my discomfort. After having initially arrived at 10:30 a.m. for my infusion (an appointment which typically lasts about two hours and then I'm free to go home), I was quite anxious as the early afternoon passed without any resolution and the late afternoon fast approached. Finally, at approximately 6 p.m., an ambulance arrived and I was transported to the hospital arriving in my room by gurney at 6:45. Since there was a presumption/expectation that surgery would indeed occur that night — to possibly include anesthesia/a narcotic, I was advised not to eat — in English. However, hours later it became obvious that I would not be operated on that evening, and thus was allowed to eat — at 9:30, but subsequently received my first official "NPO" for Saturday, beginning of course at midnight that Friday, the first day of my admission.

I remember seeing the initials NPO printed on the easel on the wall directly in front of my bed, along with the understanding that I wasn't to eat — or drink, anything after 12 o'clock, but I couldn't reconcile the letters (NPO) with the words: "no food or drink after midnight" advisory/direct order. They didn't sync up. It wasn't until Saturday afternoon that I received the medical jargon/Latin connection.

So here I sit/lay in my hospital bed, hungry for a second consecutive day. After the surgery and post-op. recovery, presumably I'll be able to eat. I just hope I'll be able to breathe as well.

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

EMPLOYMENT

ZONE G: • ARLINGTON • GREAT FALLS
• MCLEAN • VIENNA/OAKTON

CLASSIFIED

703-917-6400

ZONE G Ad DEADLINE:
MONDAY NOON

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Two P/T Receptionists

needed for busy Real Estate ofc in Great Falls. Duties include phones, gen filing, maintaining ofc & bus supplies, create & proc files. 9-3 Mon-Thu or 9-4 Fri & 10-4 Sat/Sun. Prof in xcl, wrd, rpts, & mail merge. Pls submit resume, cover & sal req to GFreceptionist@gmail.com. & inc a short summary on why this is perfect for you.

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

THE
CONNECTION
NEWSPAPERS

HOW TO SUBMIT ADS TO

THE
CONNECTION
Newspapers & Online
CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH • Serving the Area Since 1995
➤ Speed up Slow Computers
➤ Troubleshooting
➤ Virus Removal
➤ Computer Setup
(571) 265-2038 • jsmithhdi@aol.com

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

21 Announcements

ABC LICENSE
TAJ Corporation trading as TAJ of India, 509 S. 23rd Street, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer, Wine, Mixed Beverage on premises license to sell or manufacture alcoholic beverages. Shahjahan Mia, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

21 Announcements

21 Announcements

21 Announcements

New surgical help for

MACULAR DEGENERATION

Call to see if you are a candidate for the Implantable miniature telescope

Free phone consultation with
Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com

21 Announcements

21 Announcements

21 Announcements

AMERICALAWGROUP.COM with 13 Virginia Offices BANKRUPTCY* or DEBT ADJUSTMENT*

For help call 804 Debt Law (332-8529) Debt Relief Agency

Plain & Simple **DIVORCE*** Easy Payments

Separation Agreements. 804-245-7848 Agreed custody & support.

Social Security **DISABILITY*** Veteran Disability

*Call for fees & restrictions. America Law Group Inc.

7825 Midlothian Pike, Richmond 23235 Jfellows

21 Announcements

21 Announcements

21 Announcements

**THIS AD
FOR SALE!**

Reach across Virginia
with this ad!

No other media offers
the audience of loyal,
local, repeat readers
you'll reach through
community newspapers!

71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)

Virginia Press Services will run this business card-size display ad across Virginia for one low discounted price. For more details, call Adriane at 804-521-7585.

Virginia
PRESS
Services

21 Announcements

21 Announcements

21 Announcements

AUCTION 5 FORECLOSURES BY FORTIS

<p>#1</p> <p>CURRENTLY LEASED BUILDING FRONTS E. KING ST</p> <p>12,183± SF SHOPPING CENTER, 4 UNITS, 0.79± AC 390 EAST KING ST, STRASBURG, VA 22657</p>	<p>#2</p> <p>A 10,000 GALLON, & 6,000 GALLON TANK</p> <p>2,975± SF GAS-N-GO 2 RESTAURANTS, 0.58± AC 1709 BERRYVILLE PIKE, WINCHESTER, VA 22603</p>
--	---

#3&4: 2 SELF-STORAGE FACILITIES, FRONT ROYAL • #5: RESIDENTIAL LOT, WOODSTOCK
TUES, 8/20 VISIT MOTLEYS.COM FOR LOCATION/TIMES
motleys.com 877-668-5397

ZONE 6: • ARLINGTON • GREAT FALLS
• MCLEAN • VIENNA/OAKTON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE 6 AD DEADLINE:
MONDAY NOON

BULLETIN BOARD

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

BATHS

CUSTOM BATHROOM REMODELING & MORE!
BY CAPITOL BATH, INC.
Tile & Marble Installation/Repair
Tub & Tile Resurfacing • Tile Regrouting
General Carpentry • Drywall Repair
Angie's list Licensed & Insured • 703-739-1118

BATHS

IMPROVEMENTS

IMPROVEMENTS

Picture Perfect Home Improvements
(703) 590-3187 www.pphionline.com
Remodeling Bathrooms, Kitchens & Basements
• FREE Estimates Exterior & Interior Repair,
• FAST & Reliable Service Painting, Carpentry, Wood Rot,
• EASY To Schedule Drywall, All Flooring, Decks
• NO \$\$\$ DOWN!
Handyman Services "If it can be done, we can do it"
Available Licensed — Bonded — Insured

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell
7 DAYS A WEEK

LANDSCAPING

Remodeling Interior,
Bathrooms, Kitchens,
Floors, Ceramic Tile,
Painting, Decks,
Fences, Additions.
240-603-6182

THURSDAY/AUG. 22

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

TUESDAY-SATURDAY/AUG. 27-31

Wait-List Application. The Arlington Partnership for Affordable Housing (APAH) announced the opening of the Arlington Mill Residences leasing office and the process for submitting a wait-list application. The Arlington Mill leasing office will begin to accept wait-list applications on Tuesday, Aug. 27. Wait-list applications received between Aug. 27 and Aug. 31 will be entered into a lottery in order to determine wait-list priority. Applications received on or after Sept. 1 will be considered on a first come, first served basis. The wait-list application is available apah.org, under News and Updates. Applicants can print out the form and submit it in person to the leasing office or via e-mail to arlingtonmillapts@paradigmcos.com. Applications received prior to Aug. 27 will not be accepted; applications received after Aug. 31 will not be eligible for the initial lottery. The temporary leasing office is located at 1001 S. Frederick St. Apt. 1031. The office hours are Tuesday-Saturday, 10 a.m.-6 p.m. The leasing office phone number is 703-566-6213. Visit www.arlingtonmillapts.com.

CLEANING

CLEANING

A CLEANING SERVICE
Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

ELECTRICAL

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated
Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabeling Service Upgrades Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

GUTTER

GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards
PINNACLE SERVICES
lic/ins **703-802-0483** free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS

IMPROVEMENTS

R&N Carpentry
♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting
We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION
**BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE**
You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
Licensed Insured We Accept VISA/MC
703-441-8811

LAWN SERVICE

LAWN SERVICE

PINNACLE SERVICES, INC.
LAWN SERVICE
**MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES**
Friendly Service for a Friendly Price
703-802-0483

MASONRY

MASONRY

ALBA CONSTRUCTION INC.
CONCRETE WORK
Licensed • Insured
Driveways • Patios • Exposed Aggregate
Sidewalks • Carports • Pool Decks • Garages
Flagstone • Brick • Stonework
703-204-0733

PAINTING

PAINTING

STRONG PACE CONTRACTORS
21 Yrs Exp. Class A License
Painting, Remodeling Specialists
703-328-6067
703-750-0749

PAVING

PAVING

GOLDY BRICK CONSTRUCTION
Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATE
LIC. INS AND BONDED
703-250-6231

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured
Summer Shape up...
Tree removal, topping, & pruning,
shrubbery trimming, mulching, leaf removal,
sodding, hauling, gutter cleaning, retaining
walls, drainage problems, etc.
20 yrs. of experience - Free estimates
703-868-5358

ANGEL'S HAULING
Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.
703-863-1086
703-582-3709
240-603-6182

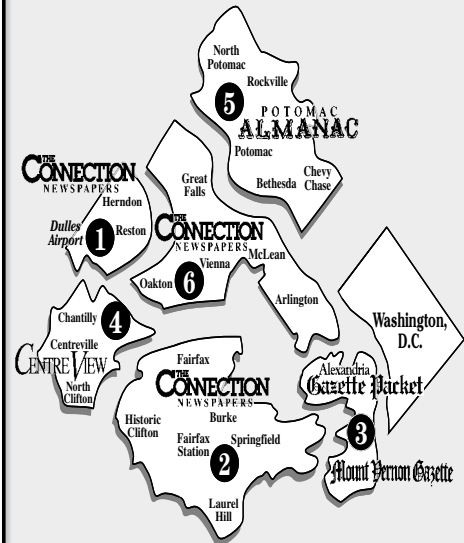
TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

Employers:

Are your recruiting ads not
working in other papers?

Try a better way to fill your
employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers • Great Results!

THURSDAY/SEPT. 5

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

SATURDAY/SEPT. 7

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

TUESDAY/SEPT. 10

Black Belt for High Performing Leaders Workshop. 9 a.m. at Marymount University's Ballston Campus, 1000 North Glebe Road. Dr. Bill Combs, assistant professor of management at Marymount University, will be trainer for the workshop. Combs has more than 30 years of experience leading organizations in defense contracting and management consulting. The workshop is \$99 per person and breakfast will be provided. Visit www.leadershiparlington.org.

THURSDAY/SEPT. 12

Meeting. 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes Pete Smith, owner of SmithImpact. Visit www.arlingtonrotaryclub.org.

THURSDAY/SEPT. 19

Meeting. 12:15 p.m. at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club welcomes Sue Pyatt, owner of Kinderhaus Toys. Vist www.arlingtonrotaryclub.org.

FRIDAY/SEPT. 27

Fall Risk Assessment. 1 p.m. at Virginia Hospital Center, 601 S. Carlin Springs Road. The assessment will provide participants with a personalized evaluation of their risk for a fall, recommendations on how to reduce or eliminate those risks, and provide education about successful independent living. To schedule an appointment, please call 703-558-6861.

SATURDAY-SUNDAY/SEPT. 28-29

Bead & Jewelry Show . 10 a.m. to 5 p.m. Taking Place at Northern Virginia Community College, 8333 Little River Turnpike (Route 236), Annandale, VA in Building CE. The event, put on by The Northern Virginia Bead Society, costs \$6. For tickets visit www.NVBS.org.



Reasons to love Alexandria Toyota



Low Prices



Exceptional
Customer Service



State-of-the-art
service lane



Call, Click or Visit and learn why
we are **1 of only 4 dealerships** in the
nation to win Toyota's President's
Award 27 years straight!

\$1,500 OVER BLACK BOOK
TRADE IN VALUE⁴

0% APR FINANCING
ON SELECT NEW MODELS FOR UP TO 60 MONTHS²

OVER 600 VEHICLES AVAILABLE

\$2,750 CASH BACK³

BRAND NEW 2013 TOYOTA COROLLA LE
4 DR. SEDAN, 4-SPD. AUTO

LEASE FOR
\$169 PER
MO.¹

36 MOS. \$2,199 DUE AT SIGNING.

OR 0% APR FINANCING
FOR UP TO 60 MO.²

OR \$500 CASH BACK³

27 CITY
34 HWY⁷



WELCOME TO THE FAMILY
BRINGING THE SPORT BACK TO THE CAR

BRAND NEW 2013
SCION iQ
\$139 PER MO.
FOR 36 MONTHS¹
\$1,999 due at signing



The Best New Cars Make The Best Used Cars

- 7YR/100K MILE ROADSIDE ASSISTANCE PLAN[†]
- 160 POINT QUALITY ASSURANCE INSPECTION^{††}
- CARFAX VEHICLE HISTORY REPORT
- 1.9% APR FINANCING AVAILABLE^{†††}
- 12 MO./12K MI COMPREHENSIVE WARRANTY
- 7 YR./100K MI LIMITED POWERTRAIN WARRANTY

BRAND NEW 2013 TOYOTA CAMRY LE
4 DR. SEDAN, 6-SPD. AUTO

LEASE FOR
\$199 PER
MO.¹

24 MOS. \$2,699 DUE AT SIGNING

OR 0% APR FINANCING
FOR UP TO 60 MO.²

OR GET \$1,000 CASH BACK³

25 CITY
35 HWY⁷



0% APR FINANCING
AVAILABLE²



PRIUS FAMILY IN-STOCK NOW
prius goes plural



UP TO
95 MPG⁷



BRAND NEW 2013 TOYOTA RAV4 LE
2WD 4 CYLINDER AUTO.

LEASE FOR
\$219 PER
MO.¹

36 MOS. \$2,999 DUE AT SIGNING.

PLUS \$500 LEASE
LOYALTY CASH⁸

24 CITY
31 HWY⁷



ToyotaCare

Complimentary maintenance plan
with roadside assistance.

• Covers 2 years or 25k miles. Oil and Filter - Tire Rotation - Multi-Point Inspection⁹

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

ALEXANDRIA TOYOTA/SCION

3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305

1-866-616-8420 | ALEXANDRIATOYOTA.COM

JUST MINUTES FROM REAGAN NATIONAL AIRPORT!



**Let's
Go
Places**

(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: \$1,999, CAMRY: \$2,499, RAV4: \$2,999), FIRST MONTH'S PAYMENT, \$499 PROCESSING FEE AND NO SECURITY DEPOSIT. NOT ALL CUSTOMERS WILL QUALIFY. TAX, REGISTRATION AND INSURANCES ARE EXTRA. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$0.15 PER MILE IN EXCESS OF AGREEMENT'S MILES (COROLLA/RAV4: 36,000 MILES, CAMRY: 24,000 MILES). OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFIED BUYERS WITH APPROVED TIER 1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF \$16.67 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO \$2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. AMOUNT VARIES PER MODEL. (4) BASED ON BLACK BOOK 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) COLLEGE GRAD AND MILITARY REBATE AVAILABLE ON APPROVED CREDIT THRU TFS. ELIGIBLE CUSTOMERS MUST BE IN ACTIVE DUTY STATUS IN U.S. MILITARY TO RECEIVE REBATE. (7) 2012 OR 2013 EPA-ESTIMATED MILEAGE. ACTUAL MILEAGE MAY VARY. (8) CUSTOMERS CAN RECEIVE A \$500 INCENTIVE FROM TOYOTA UPON LEASING A NEW 2013 RAV4 AND TRADING IN A TOYOTA VEHICLE. (†) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (††) FROM DATE OF TCUV PURCHASE. (†††) 1.9% APR FINANCING ON ALL CPO VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF \$17.05 PER \$1,000 BORROWED. ONE INCENTIVE PER TRANSACTION. ALL OFFERS EXPIRE 9/3/13.