

Back to School

SCHOOLS, PAGE 6

Several Taylor Elementary School students work to put up the flags outside of the school on Tuesday morning in Arlington. Tuesday marked the first day of school for Arlington County.

Patriarch of Architects

NEWS, PAGE 3

Authorizing an Authority

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Who Are the Riverkeepers?

PEOPLE, PAGE 4



PHOTO BY LASHAWN AVERY-SIMON/THE CONNECTION

Restaurant Week

More than 17 restaurants participated in Restaurant Week, Aug. 26 - Sept. 1. Customers dine on the outside patio of Jaleo in Crystal City on Sunday, Sept. 1.

Ballot Question: Authorizing an Authority

Arlington County voters to determine fate of housing and redevelopment authority.

BY MICHAEL LEE POPE
THE CONNECTION

Should Arlington County have a housing authority? That's a question that will be put to voters this fall as they cast their ballots in the hotly contested gubernatorial race. At issue is a referendum supported by the Arlington Green Party, who collected thousands of signatures earlier this year to get the measure on the ballot. They face an uphill battle to persuade voters, who have defeated similar referenda in 1958, 1982 and 2008.

"If you are concerned about maintaining an affordable apartment in this county, you will want a housing authority," said Audrey Clement of the Arlington County Green Party. "Likewise if you are a homeowner who wants to keep your home, you will also

want a housing authority because it will put a damper on the speculative pricing of housing in the county."

Never has the need been more pressing, Clement said, citing figures that the county has lost about two-thirds of its affordable housing since 2000. That's why she says Arlington needs an authority to acquire properties slated for redevelopment to keep rental units affordable. It would provide housing to county workers and maintain a centralized apartment listing by raising capital to acquire rental properties by issuing federally guaranteed bonds paid off with rents rather than local taxes. Perhaps most importantly, she said, the authority will answer to citizens rather than developers through a citizens board appointed by the County Board.

"The developers don't want it because it will put a ceiling on rents," said Clement. "The nonprofit housing corporations that currently operate in this county do not want it because they will probably lose some degree of freedom and profit."

SUPPORTERS of the authority question the county's affordable housing strategy of working with nonprofit groups and private developers to build units. They say Arlington would have more affordable housing

units if the county operated them directly.

Opponents say an authority is not needed because the County Board encourages developers to set aside affordable units or to lend them money from Arlington's affordable housing investment trust fund as an incentive to purchase or rehabilitate units.

"I am not at all convinced that a housing authority would be either efficient or effective," said County Board member Libby Garvey. "I think this is something that was done years ago when there was a lot of federal money for affordable housing, and that money is simply not there right now."

Technically, Arlington County already has a housing and redevelopment authority. But it exists only theoretically. That means it would need to become operational, which is why the ballot language talks about activating the housing and redevelopment authority. Garvey said Arlington has maintained far more affordable housing than its neighbors in the region, which she said is an indication that the county's current strategy is working. And she added that a newly created authority might actually be counterproductive.

"Then you get into a whole layer of bureaucracy that is not helpful," she said. "This isn't a silver bullet that's going to fix everything for affordable housing."

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Poor Clares Monastery, 2503 Stone Hedge Drive, Mount Vernon



Southern Towers, Alexandria, Seminary Road at I-395

Patriarch of Architects Fredrick E. Sheridan retires.

BY MICHAEL MCMORROW
THE CONNECTION

Wearing combat fatigues on Okinawa in early 1946, Fredrick E. Sheridan thought about the future, and what he might do for a living once home. Two factors were important: He did not wish to be indoors all the time and he did not wish to be outdoors all the time. Knowingly or not, Sheridan was setting out on the same road his father had followed to become an architect. He reached the end of that road with this summer's announcement of retirement after five decades practicing in Northern Virginia. The office in Arlington would close. From now on, he would be at home with wife Irene in the

McLean house they built in 1959.

Washington Golf and Country Club was the scene of a recent luncheon for Sheridan. The guest list was a "who's who" of developers and builders who changed the face of Northern Virginia over the years since World War II.

Chris Brigham of Dittmar Company noted that Sheridan worked on projects with his company for more than 40 years. He describes Sheridan's personality as "humble and affable." Professionally, Brigham said Sheridan is "a high quality architect. More



Fredrick E. Sheridan, Architect

than that, he is a 'client's architect,' meaning he listens to the client and does not try to impose his own pre-existing ideas. One of Sheridan's unique skills, according to Brigham, is his ability to utilize space: He gets the most out of the available land area and interior layouts maximize efficiency. In terms of service to the community, Brigham concluded, Sheridan has been an early and major contributor to the development of local building and zoning codes.

Preston Carruthers of Carruthers Property Ltd., said that Sheridan "is a lovely man,

and I think the world of him." This opinion is arrived at after working together on numerous undertakings over many, many years.

Russell A. Hitt of HITT Contracting Inc. expressed that same thought and then said Sheridan "is always smiling, never 'down' and always a gentleman." As a final tribute and with hint of a chuckle, Hitt added: "Fred even did my own home."

SHERIDAN WAS BORN in November 1926 at Hazelton, Pa. Graduating from Pennsylvania State University following military service, his initial license to practice architecture in Virginia was dated 1954. With a seemingly endless post-war boom, Northern Virginia held great promise al

SEE FREDRICK, PAGE 7

Keeping It Clean on the Potomac

Riding with the Potomac Riverkeepers.

BY CAROLE FUNGER
THE CONNECTION

As the late-summer waters of the Potomac flow lazily by, it's good to know there are watchmen keeping guard over the river. These watchmen, known as Riverkeepers, patrol 383 miles of territory, the source of drinking water for almost six million people. The Riverkeepers have one mandate: To protect and preserve the quality of the water by bringing a halt to ongoing pollution in the Potomac and Shenandoah rivers.

On a recent sunny morning, President and Potomac Riverkeeper Matthew Logan and Advocacy and Outreach Manager Whit Overstreet made their morning rounds on the river. As Overstreet guided their boat out of the Gangplank Marina and pointed it downstream, the two men detailed their activities.

ON THE JOB Potomac Riverkeepers was formed in 2000 to protect the quality of the Potomac and Shenandoah rivers and their tributaries and to ensure the safety of the drinking water. Covering a jurisdiction that ranges from Fairfax Stone in the headwaters to Point Lookout at the Chesapeake Bay, the organization is comprised of nine full-time staff members and more than 300 volunteers who wage war against water pollution, using all available means to confront offenders at the source. The group doesn't hesitate to take legal action when necessary, but also strives to engage the community whenever possible to spot pollution and to report it.

According to Logan, the Riverkeepers' mission is tri-fold. "We look for pollution on the river. Once we find it, we try to stop it by using whatever approach is necessary. We also try to prevent pollution before it starts," he said.

With four full-time field staff, the group is involved daily in investigating pollution reports and policing the waters. The organization receives about 100 reports of illicit discharges each year. These can range from motor oil discarded in storm drains and hazardous debris dumped down creek to stealthy off-schedule nighttime pollution discharged by factories. The Riverkeepers often know or have a good rapport with residents and the respective environmental agencies that represent them, which aids them in their endeavor.

Riverkeepers receive reports from a multitude of sources; from boaters and fishermen to concerned citizens who call in tips. They study aerial photos. They also collaborate with local fishing guides to teach them what to look for in the water.

The Clean Water Act, which pledged to restore and maintain the integrity of the nation's waters by preventing pollution, is the cornerstone of the Riverkeepers' enforcement and prevention strategy. Enacted in 1972 and considered a pillar of the American environmental movement, the act established a framework for environmen-



Riverkeepers President Matt Logan

tal organizations to pursue compliance. The Riverkeepers draw on its protocol to stop polluters from destroying the water and to force others to clean up their act.

The legislation doesn't guarantee that pollution won't occur, however. Reporting on pollution and standing up to large-scale polluters, some of whom send tons of toxic pollution into the water is a full-time job requiring lots of muscle. The Riverkeepers are aided in this effort by nearly \$1 million in pro-bono legal services provided each year by the law firm Sidley Austin. If a polluter refuses to comply, the Riverkeepers' legal team won't hesitate to pursue action, something that sets them apart from many other environmental groups. They've found that most times just the threat is enough.



"We utilize the law to its fullest advantage," said Logan.

Satellite technology has proved especially beneficial in determining what time of year particular pollution has been discharged. The Riverkeepers analyze the imagery by looking at whether or not there are leaves on the trees and compare the timestamp of the imagery against the meteorological record. This allows them to determine if it has rained, thus enabling them to identify what time of year the event occurred, a crucial factor in establishing the origin of the pollution.

In a recent example, a citizen alerted the Riverkeepers to the presence of a large and foul discharge in the waterfowl sanctuary adjacent to the Pentagon. The pollution plume was clearly visible even on a satellite image for a time period in which there had been no rain. Ultimately, it turned out that the Pentagon, with its own water chiller

system, had been utilizing an old discharge point (outfall) while servicing their newer system. In all probability, sediment that had settled in the pipes from a different source was blown out when the old outfall was brought online. Though military and national security agencies can often carry out work under the cloak of confidentiality, they still must secure permits for their pollution discharge outfalls. The Pentagon had no choice but to allow Arlington Department of Environmental Services staff on site to investigate the source.

"In many of these instances involving military and security agencies, the usual protocol of public disclosure is not followed due to national security concerns," said Logan, "However, at least we were able to connect a third party with the proper clearance to provide oversight."

Added Overstreet, "It just goes to show you how complicated some of these pollution reports can be and how fortunate we are to have such a large network of partners out there to find the polluters."

Since their inception, the Riverkeepers can point to their efforts having resulted in a 60,000 lb. decrease in annual illegal nutrient pollution discharged by a single Virginia sewage treatment plant. They were also able to order the State of Maryland to remove over six inches of lead gunshot from a Potomac tributary, Great Seneca Creek.

Powering past the Haines Point stone seawall on the south side of the Tidal Basin, Logan and Overstreet described the District of Columbia's combined sewer system, an early sewer network designed to collect both sanitary sewage and stormwater runoff in a single pipe system. This type of sewer, no longer being built in modern communities, can adversely affect the quality of our water during large storms when combined stormwater and sewage often overrun the system.

Untreated sewage and stormwater runoff carry high levels of bacteria, including e coli. This is the reason why since 1957, swimming has been banned in the D.C. waters of the Potomac. Despite the estab-

lishment in 1959 of the Blue Plains Treatment facility, the largest sewage treatment center of its kind, heavy rains can quickly overwhelm the system. Rains regularly wash a combination of motor oil, fertilizers, chemicals and animal waste directly into the river. In fact, the state of Maryland advises all bathers to stay out of the water for at least two days following a rainstorm.

Said Logan, "It is almost inconceivable that in a country like ours we are unable to enjoy the water."

There is some hope, however, in the form of a proposal presently being examined. To address the overflow issue, the Environmental Protection Agency is requiring the District of Columbia to fix the combined sewer problem, and the District has agreed to build three massive underground sewage tunnels, one each along the Anacostia, Potomac and Rock Creek. Construction has already begun on the Anacostia line. Pressed by the District, however, the EPA is considering delaying the mandate for construction of the other two tunnels while they install and study the benefits of "green infrastructure." This would mean a healthy dose of "green" roofs, cisterns and barrels to capture rain on site and other environmentally friendly mechanisms to slow discharge into the water. The EPA is proposing to spend eight years studying the results to see what happens.

"We love green infrastructure, but believe it will be insufficient," argued Logan. "Our position is we need to do both."

Rounding the peninsula and passing by the Lincoln Memorial, its steps descending down to the water, Logan disclosed that these days the Riverkeepers are busy pursuing an additional cause. They're actively engaged in making the river more accessible to the community. "Our river supports local tourism, outfitters and farming industries, too," he said. "We are working to provide better access to the Potomac and to introduce the public to this vital resource through a growing number of water activities."

On Sept. 21 the Riverkeepers are hosting an afternoon of water fun, "Paddle for the Potomac," at the Key Bridge Boat House. From 1-5 p.m. participants will be able to experience paddling in all of its forms, from canoeing, to kayaking and stand-up paddleboarding. World-class sportsmen will be on hand to demonstrate how to use the equipment. There will also be skill demonstrations and organized activities led by local outfitters and certified instructors.

Said Logan, "We have rights as Americans to have access to clean water. It is a basic human right. I get a visceral reaction when I see a polluter. Why does his right to pollute outweigh my right to fish or swim?"

If the Potomac Riverkeepers have anything to do with it, those polluters will soon be vacating the premises. Added Logan, "Our aim is to create a whole network of people to be our eyes, and ears on the river."

For more information on the Potomac Riverkeepers go to <http://www.potomacriverkeeper.org/>.

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BULLETIN BOARD

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

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 openheartsoopenhomes@arlingtonva.us.

Fall Course Preview. 9 a.m.-noon at GMU-Arlington, Founders Hall, 3351 N. Fairfax Drive. Instructors at Encore Learning will talk about their upcoming courses. Information on membership, clubs and special events will be available. Open to members and those age 50 and older. Visit www.EncoreLearning.net or 703-228-2144.

SUNDAY/SEPT. 8

Freedom Walk. 8 a.m.-noon at Arlington National Cemetery. Walk to commemorate the events of Sept. 11 and pay tribute to servicemembers and their families who have sacrificed to secure freedom. Walk-ups are welcome.

Day for World Peace. 10 a.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. The theme for the day will be "Two Faiths, One Creation". It recognizes that all people, regardless of faith tradition, are citizens of a single planet. Visit www.rockspringucc.org for more.

MONDAY/SEPT. 9

Meeting. 1 p.m. at Woman's Club of Arlington, 700 S. Buchanan St. Liz Crenshaw, consumer

advisor for NBC4 News will talk. Free. Refreshments will be served. 703-553-5800.

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.

ACF Night. 5-10 p.m. at Jaleo Crystal City, 2250 Crystal Drive. Thirty percent of all proceeds including wine shop sales will benefit Arlington Community Foundation. Visit www.arlcf.org for more.

WEDNESDAY/SEPT. 11

Meeting. The National Active and Retired Federal Employees Association Arlington Chapter 7 will hold its regular monthly at Culpepper Garden Senior Center, 4435 N. Pershing Drive. Social time begins at 12:30 p.m. with refreshments, followed by presentation by guest speaker Theo Stamos, the Commonwealth's Attorney for Arlington and the City of Falls Church, who will address the problems of identity theft and other crimes often targeting the elderly. Call Max Scruggs 703-536-9148.

Ceremony. Arlington County will hold a ceremony to commemorate the 184 victims who lost their lives at the Pentagon on Sept. 11, 2001. The event is open to the public. Starts at 9:30 a.m. with a moment of silence at 9:37 a.m. at Courthouse Plaza, 2100 Clarendon Blvd. Hear "Taps" and see the presentation of the colors.

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.

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SCHOOLS



Back to School

Finn Kelly, a first-grader at Taylor Elementary School in Arlington, puts his school supplies in his locker next to a classmate on the first day of classes in the county on Tuesday, Sept. 3.

SCHOOL NOTES

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

The 2013 Wakefield High School Education Foundation scholarship winners are: **Mohanned Abdelaziz**, NOVA; **Amine Amarir**, Georgia Tech; **Carla Astudillo**, NOVA; **Ridi Barua**, NOVA; **Isaac Becerra-Llanos**, VPI; **Miles Bunsaku Crank-Brock**, NOVA; **Magdalena Carpio-Melendez**, GMU; **Matthew Chen**, Evergreen State; **Brandon Corts**, MIT; **Aboubacar Dia**, UVA; **Meron Gessesse**, NOVA; **Victor Gomez**, Yale; **Zoe Amanda Hemenway**, JMU; **Daniel Hill**, NOVA; **Alec Scott Jackson**, University of Pittsburgh; **Philip Joyner**, NOVA; **Laura Lemus-Linares**, Vincent J Lopez, Inidana, PA; **Malcolm Maloney**, UVA; **Daniel**

Mercado-Rios, UVA; **Alexa Renee Moore**, University of Pittsburg; **Sibgatul Quayum**, VPI; **Briana N Rusin**, Pepperdine; **Rossnelly Salazar**, NOVA; **Shaneil Silvera**, VCU; **Ani Sinani**, William & Mary; **Danielle Vado**, NOVA

Cadet **Luis Antonio Gamarra Mendoza Jr.** will travel to Canada this summer with The Citadel Regimental Band and Pipes to participate in the Royal Nova Scotia International Tattoo, featuring more than 2,000 Canadian and international military and civilian performers. Mendoza is majoring in psychology.

Cadet Col. **Killian Hopcroft** was recognized at Randolph-Macon Academy for superior performance in Air Force JROTC. Hopcraft was presented The MacArthur Cadet of the Year



On the first day of school in Arlington County, Olivia Ames poses for a picture for her parents outside of her third-grade classroom.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Award, which recognizes a cadet who demonstrates exceptional performance of duties and responsibilities in a leadership role throughout the year.

The following students made the president's list at James Madison University for the spring 2013 semester: **Hannah Aiken, Michael Brown, David Elliot, Ellen Fransen, Rosemary Girard, Beatrix Haddon, Brian Hahn, Logan Knowles, Lisa Konort, Dana Probasco, Christina Radloff, Meghan Reed, and Shannon Smith.**

The following students graduated from James Madison University: **Madeline Boyd, Meghan Bourne, Chloe Lewis, Teresa Rusin, Samuel Easley, Katharine Donohoe, Matthew Demsky, Jaclyn Smith, Alexander Case,**

Colin Smith, Karlyn Doyle, Alice Nelson, Stephen Hunsberger, Robert Matyas, Claire Doyle, Meghan Reed, Jason McNabola, James Sheats, Abinezer Teklegiorgis, Jennifer Sun, Elizabeth Guttman, John Bernhardt, Selamawit Mamo, Brian Hahn, and Julia Magin.

Halle C. Ritter received a master's of engineering in environmental and water quality engineering from Massachusetts Institute of Technology.

The Binghamton University Alumni Association has elected **Christina M. Ritter** to its Board of Directors. Her term of service begins July 1.

Dr. Solomon Yayehe graduated from Northeast Ohio Medical University.

LETTER

Deserves Thanks, Not Scorn

To the Editor:

I feel compelled to write this letter because it seems to me that Gov. Bob McDonnell has not been treated fairly. He has taken some hits from the press and political opponents and has begun the process of restoring the faith of the people of the Commonwealth. As I understand (and has not been widely reported) he has repaid all the loans with interest and returned all the gifts. His daughters have returned their wedding gifts and the Governor has announced he is working with his lawyers to return all the gifts his wife received from Jonnie Williams.

The Governor's achievements seem to have been lost in the midst of all these reports. Recently, he has visited Virginia troops in Afghanistan, held two-hour radio interviews and met with reporters outside the statehouse. He has come clean and its time reporters do the same and report his good faith efforts.

When Bob took over Virginia unemployment was over 7 percent and we had a huge budget deficit. Four years later, unemployment is down to 5 percent and he has had four years of consecutive surpluses. He even took hits from his own party for working with the legislature to address Virginia roads. Bob deserves our thanks, not our scorn.

David Nygaard



PHOTO CONTRIBUTED

Marymount Welcomes the Class of 2017

A parade of orange bins as Marymount University freshmen arrive. The class of 2017 is a geographically diverse group, hailing from 23 states, two U.S. territories, and 17 foreign countries. While the majority of freshmen are from the DC-metro area and mid-Atlantic states, the class is represented from coast-to-coast with a large cohort from New England, many from the heartland, and 11 students from California.

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BUSINESS

Email announcements to arlington@connectionnews.com. Deadline is Thursday at noon. Photos welcomed.

George Mason Mortgage, a subsidiary of Cardinal Bank, announces the opening of a new mortgage office in Arlington. George Mason Mortgage's first Arlington location will be managed by lifelong area resident **Andrew Siddon**. His decade of industry experience, prior to joining George Mason Mortgage in July of 2012, includes five years as a top producer with Bank of America, ranking in the top 1 percent nationally. Siddon, who resides in Arlington with his wife, is a member of the River Bend Golf and Country Club, and serves on the Board of the National Potomac Yacht Club.

The new office is located at 4100 N. Fairfax Drive, Suite 301. The office will be open from 9 a.m. to 5 p.m., Monday through Friday, or appointments can be made via phone, 703-802-5398.

Virginia-Battelle, a nonprofit research and development organization, has hired **Justin J. Jackson** as a vice president as senior relationship manager for special programs. Jackson, a 28-year veteran of the Central Intelligence Agency, served until recently as the deputy director of the CIA's National Clandestine Service.

In his new position, Jackson will focus on customer relations, business development and the execution of strategies to build on and expand Battelle's relationships throughout the intelligence community. He is responsible for establishing and maintaining effective customer contact, understanding customer requirements and bringing solutions to meet clients' key mission priorities.

Jackson is based in Arlington. He earned a bachelor of arts degree in political science, international relations and Spanish from Colgate University. He holds a juris doctor degree from Harvard Law School.

Engineering Services Network, Inc., an engineering and technology solutions company that provides services to the Department of Defense and other federal agencies, was ranked by Hispanic Business in its "100 Fastest Growing Companies" in the U.S.

The list shows that ESN had a five-year sales growth of 122 percent. ESN also had a compound annual rate of 22 percent. During a five-year period, ESN had revenue of \$22 million in 2007, rising to a conservative \$48.8 million in 2011, according to the list. ESN officials said actual revenues for 2011 were higher, topping more than \$51 million. They said the company's revenues in a one-year time frame grew by 46.9 percent, from \$34.8 million in 2010 to \$51.2 million in 2011.

Alecia M. Schmuhl has joined **Bean, Kinney & Korman, P.C.** as an associate. Schmuhl focuses her practice primarily in intellectual property and business transactions and is admitted to practice in Virginia, the District of Columbia and Illinois. Schmuhl earned her J.D. from Valparaiso University School of Law School, and received her bachelor of arts degree in music business from Bradley University.

ABC7, News Channel 8 and **POLITICO** have been honored with a Walter Cronkite Award for Excellence in Television Journalism. The Cronkite Award, administered by the USC Annenberg School for Communication and Journalism recognizes distinguished work produced during the 2011-2012 election cycle.

The ABC7, News Channel 8 and POLITICO team was rec-



PHOTO BY LASHAWN AVERY-SIMON/THE CONNECTION

Under Construction

Passers-by in Rosslyn watch workers complete the top structure of the 35-story trophy-class building located on 1812 N. More St. on Friday, Aug. 23.

ognized for in-depth and incisive reporting and their innovative use of technology. The team was also praised for using a cross-platform approach.

Bean, Kinney & Korman's Jennifer A. Brust has been named to the Class of 2013 of "Influential Women of Virginia" by Virginia Lawyers Media. Brust was named an "Influential Woman of Virginia" for her range of legal and civic activities throughout the Commonwealth.

She has served as a Commissioner in Chancery for the Arlington County Circuit Court since 1996 and an adjunct professor of law teaching secured finance at the George Mason University School of Law since 2010.

Brust is a past president of the Arlington County Bar Association and has served on the Virginia State Bar Council and the Virginia State Bar's Standing Committee on Legal Ethics. She currently serves on the Executive Board for the Washington & Lee High School Booster's Club, as well as having coached youth soccer and basketball teams for many years.

Fredrick E. Sheridan Retires

FROM PAGE 3

though some people insisted on calling it "the sticks." He established an office in Arlington, and never left.

Asked how a young native of Pennsylvania new to the region expected to make a success in the area, Sheridan laughed and said, "I began by joining every organization that would have me. Once a member, jobs came my way and the firm gradually grew."

Sheridan decided early on to stay away from two sectors of practice — whenever he could afford it. One area was geographic, and the other emotional. The former area was the City of Alexandria, whose architectural review systems made plan approvals and inspections very time-consuming and restrictive. The latter area involved designing a couple's home; constant changes and disagreements between the couple concerning style, materials and layout were inescapable. Sheridan's simple goal was to avoid "difficult situations" while striving to develop a profitable practice. Whether for residential or business purpose, his work centered on commercial projects.

"Every day was different" are the words Sheridan used to describe the personal satisfaction factor of his career. He found professional satisfaction in solving the challenges hidden in a client's wishes.

Asked to identify one of his favorite works, Sheridan points to a building torn down this year: 3440 North Fairfax Drive, Arlington. He offers several reasons for the choice. Visually, the structure was pleasing. Technically, a design placed above Metro tunnel near Ballston station was complicated. Also technically, cantilevering a story over Metro easements allowed him to create more useable space than anticipated. Financially, the project involved a first-of-a-kind Small Business Administration loan in Arlington. The past 60 years have seen Alexandria, Arlington and Fairfax explode with change.

Population increased many-fold, accompanied by demand for more houses and other buildings to meet new needs. Sheridan played a significant role in that change. With no other active practitioner older than 87 years, he enters retirement recognized as the "patriarch of architects" in Northern Virginia.

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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.

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

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

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

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 afterwards 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.

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

Register Now. 2013 Master Gardener Training Class still has a few spaces available for the program which runs from Sept. 10-Nov. 21 on Tuesday and Thursdays, 9 a.m.-noon. Classes held at the Fairfaxington 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/SEPT. 4

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.

Author Discussion. 7 p.m. at One More Page, 2200 N. Westmoreland St. Maggie Sefton will share from "Poisoned Politics," the second book in her D.C.-set mystery series. Free. Visit www.onemorepagebooks.com or

'Miss Saigon'

The heat is on at Signature Theatre.

BY JEANNE THEISMANN
THE CONNECTION

It was 24 years ago this month that London's West End saw the debut of a modern adaptation of Giacomo Puccini's 1904 opera "Madame Butterfly." Set in the waning days of the American-Vietnamese conflict, "Miss Saigon" set theater records around the world and has now made its highly anticipated return to the D.C. area at Signature Theatre.

From the creators of "Les Miserables," Alain Boublil and Claude-Michel Schönberg's phenomenally successful musical tells the tragic tale of the doomed romance between an American GI and a young Vietnamese bar girl. Guided by the expert eye of Signature's Artistic Director Eric Schaeffer, "Miss Saigon" is sleekly staged with an impressive cast that includes Diana Huey as Kim, Gannon O'Brien as Chris, and Thom Sesma as the nightclub owner known as the Engineer.

Kim and Chris fall in love as the city of Saigon descends into chaos in April of 1975 and Chris' plans to bring Kim home with him are ultimately thwarted. Chris moves on after his return to the U.S. while Kim fights to survive in Vietnam, believing they will one day reunite and raise the son Chris doesn't know about.

A newcomer to Signature, Huey is luminous as Kim, the young heroine who falls in love with an American soldier. Huey delivers a performance filled with emotional acuity, particularly in tandem with Gannon O'Brien, a last-minute substitution for Jason Michael Evans as Chris. Together their duets are soaring and potent with clear and commanding voices that soar.

Their foil is the Engineer, a pimping, visa-obsessed entrepreneur desperate to escape to America. Broadway veteran Sesma sizzles in the role, played with a sinewy style and sardonic grit. As the evening's narrative engine, Sesma oozes with sleaze and manipulation from the opening "The Heat is On in Saigon" to his expertly demented rendition of "The American Dream."

The talented trio is joined on stage by Erin Driscoll as Chris's wife Ellen, Chris Sizemore as Chris's friend John, and Christopher Mueller as Thuy, Kim's intended fiancé through an arranged marriage.

Filling out the star-studded cast are Cheryl Daro, Stephen Gregory Smith, James Gardiner, Vincent Kempfski, Nicho-



PHOTO BY CHRISTOPHER MUELLER

Kim (Diana Huey) comforts her son Tam (Joel Chen) in "Miss Saigon," now playing at Signature Theatre through Sept. 29.

las Yenson, Kevin Kulp, Ryan Sellers, Katie Mariko Murray, Tamara Young and Eunice Bae.

Schaeffer's award-winning creative team includes Karma Camp (choreographer), Adam Koch (scenic designer), Frank Labowitz (costume designer), Chris Lee (lighting designer), Matt Rowe (sound designer), and Anne Nesmith (wig designer). Gabriel Mangiante is the Music Director and Kerry Epstein is Production Stage Manager.

Details

"Miss Saigon" plays through Sept. 29 at Signature Theatre, 4200 Campbell Ave. A Pride performance is scheduled for Sept. 20. Discussion performances are scheduled for Sept. 10 and Sept. 18. For tickets or more information, call 703-820-9771 or visit www.signature-theatre.org.

Together, they have crafted a sensational production highlighted by an impressively staged fall of Saigon, with the image of an arriving helicopter that fills the theater with flashing lights and pulsating sounds.

A 15-piece orchestra brings to life a lush, string-laden score featuring hit

songs including "I Still Believe," "Why God Why?" and "Last Night of the World." This production also premieres the new song "Maybe," written for Ellen by Boublil's original co-lyricist Richard Maltby Jr.

From the opening scenes where gyrating hookers vie for the highest bidder to the tragic end of Chris and Kim's love affair, Signature Theatre has delivered to D.C. area theatergoers an unrivaled production of "Miss Saigon" that is not to be missed.

ORANGE LINE CONNECTION

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

ONGOING

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.

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.

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.

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.

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.

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.

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>.

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.

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

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.

Art Exhibit. See new artist in residence Emily Francisco through Jan. 12 at Artisphere, 1101 Wilson Blvd. Francisco has hours every Friday from 6-10 p.m. and Saturdays from noon-6 p.m. Her exhibit is called "May I Have the Piano Delivered to You?" Free. Visit www.artisphere.com or call 703-875-1100.

SATURDAY/SEPT. 7

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

Urban Gardening in Containers. 10:30 a.m.-noon at Arlington Arts Center, 3550 Wilson Blvd. Learn how to plant and maintain a productive container garden. Free. Visit www.arlingtonartscenter.org or call 703-248-6800.

Gallery Talk. 5 p.m. at the American University Museum at the Katzen Arts Center, 4400 Massachusetts Ave., N.W., Washington D.C. Arlington Arts Center executive director Stefanie Fedor and

Nature Extracted

Marymount's Barry Gallery will exhibit Nature Extracted - Paintings, Prints, and Constructions by Patterson Clark and Pam Rogers from Friday, Sept. 6 to Thursday, Oct. 17. The show is curated by Trudi Van Dyke. All are invited to attend the opening reception Friday, Sept. 6, 5-7:30 p.m., or to visit the Gallery during the exhibition's run. Free. Contact Judy Bass at 703-284-1561 or judy.bass@marymount.edu. Visit www.marymount.edu.

The Barry Gallery, in the Reinsch Library on Marymount's Main Campus, 2807 North Glebe Road. Gallery hours are Monday-Thursday, 10 a.m.-8 p.m., and Friday and Saturday, 10 a.m.-6 p.m.

THURSDAY/SEPT. 12

Night of Ikebana. 6:30-7:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. See a demonstration of the Japanese tradition of Ikebano style Ikebana, arranging flowers into live sculptures. Free. Visit www.arlingtonartscenter.org or call 703-248-6800.

SATURDAY/SEPT. 14

Workshop. 10:30 a.m.-2:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. D.C.-based artist Anthony Dihle will lead a hands-on workshop on screen-printing with household and natural materials. Must be 18 and older. Visit www.screenprinting-anthonydihle.eventbrite.com for tickets.

Concert. 8 p.m. in the Ballroom at Artisphere, 1101 Wilson Blvd. Tal National and Janka Nabay & the Bubu Gang perform. \$15. Visit www.artisphere.com or call 703-875-1100.

SATURDAY-SUNDAY/SEPT. 14-15

Grand Opening Celebration. Unleashed by Petco is opening at 3902 Wilson Blvd. There will be samples of

dog treats, pet adoptions, giveaways and more.

TUESDAY/SEPT. 24

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

SATURDAY/SEPT. 28

Inaugural Eight-Thirteen Ball. 9 p.m. at Artisphere, 1101 Wilson Blvd. The event will support Arlington Public Library's early literacy initiatives. The theme is "A Night Out with The Great Gatsby." Prizes will be given for the best 1920s attire. Visit www.library.arlingtonva.us.

SUNDAY/SEPT. 29

Music Performance. 8 p.m. at IOTA, 2832 Wilson Blvd. Mike Mangione & The Union will perform songs from their new album. \$12. Visit www.iotaclubandcafe.com or call 703-522-8340.

TUESDAY/OCT. 8

Fundraiser. 5-8 p.m. for Arlington Partnership for Affordable Housing at The Clarendon Ballroom, 3185 Wilson Blvd. from 5-8 p.m. For information call 703-276-7444 ext. 102 or email lkelleher@apah.org or visit www.apah.org.

703-228-5715.

Drop-in Storytime: Over 2s. 11:15 a.m. at Aurora Hills Library, 735 S. 18th St. For children age 2-5. Free. 703-228-5715.

Bilingual Story Time. 4:15 p.m. at Central Library, 1015 N. Quincy St. Children can enjoy stories, songs and crafts in English and Spanish. Free. 703-228-5990.

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

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

THURSDAYS/ATURDAY/SEPT 12-OCT 12

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

Lament."Free. Visit www.onemorepagebooks.com or 703-300-9746.

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.

SUNDAY/SEPT. 8

Film. 6-8 p.m. at Shirlington Library, 4200 Campbell Ave. Watch "The Birdcage." Free. 703-228-6545.

at Animal Welfare League of Arlington, 2650 S. Arlington Mill Drive. Meet adoptable animals, receive pet information and learn about animal resources in the community. There will be free giveaways, microchipping for cats and dogs for \$30 and nail trims for pets. Free.

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.

Author Discussion. 7 p.m. at One More Page, 2200 N. Westmoreland St. John Milliken Thompson will discuss and sign copies of "Love and

David O. Stewart will sign "The Lincoln Deception." Free. Visit www.onemorepagebooks.com or 703-300-9746.

FRIDAY/SEPT. 6

Opening Reception. 5-8 p.m. at Gallery Underground, 2100 Crystal Drive. Enjoy music, food and conversations with the artists of "Be Square." Free. Visit www.galleryunderground.org for more.

Wine Tasting. 7 p.m. at One More Page, 2200 N. Westmoreland St. Free. Visit www.onemorepagebooks.com or 703-300-9746.

SATURDAY/SEPT. 7

Fall Fair Animal House. Noon-3 p.m.

703-300-9746.

WEDNESDAY-SATURDAY/SEPT. 4-21

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

THURSDAY/SEPT. 5

Author Discussion. 7 p.m. at One More Page, 2200 N. Westmoreland St.

How To Set Realistic Goals

Local experts say the key to success is setting achievable goals.

BY MARILYN CAMPBELL
THE CONNECTION

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

"Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way."

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology



Laura Wheeler Poms



Amy Van Arsdale

at Howard University in Washington, as well as a Potomac, Md., resident. "If you say, 'I'm going to exercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure. "If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful."

To make lasting changes, experts say, one must be prepared for the work involved in making the shift. "Sometimes when people want to make a change, they are not quite ready," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington and a therapist in

private practice who lives in Fairfax. "And sometimes people want to make a change, but they aren't sure how."

"Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued.

Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to maintain your perseverance.

"If someone starts to give up," said Van Arsdale, "I recommend that they do a check-in and ask 'What is going on that makes me want to quit?'"

Assessing how much control one has over the situation is another key tactic. "A person should look at what they can change and what cannot change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that are part of your normal routine," she said. "It is not making behav-

ioral changes, it is fading from one behavior to another on a long continuum, little by little."

Re-evaluate specific goals and tweak them if needed. "Sometimes people set goals that are too high," said Van Arsdale. "If you set you goals to go to the gym five days a week and that it isn't happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up."

Poms recommends a SMART (specific, measureable, achievable, realistic, time-based) model when setting and working to reach goals. "Set small, achievable goals and get excited when you meet your goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."



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Cherrydale Baptist Church...703-525-8210
First Baptist of Ballston...703-525-7824
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Bloss Memorial Free Will Baptist Church...703-527-7040
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The Vajrayogini Buddhist Center...202-331-2122
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St. Luke Catholic Church...703-356-1255
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St. Ann Catholic Church...703-528-6276
St. Charles Catholic Church...703-527-5500
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Church of Christ
Arlington Church of Christ...703-528-0535
Church of God - Anderson, Indiana
Church of God...703-671-6726
Christian Science
McLean - First Church of Christ, Scientist...703-356-1391
First Church of Christ, Scientist, Arlington...703-534-0020
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
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

Resurrection Lutheran Church...703-532-5991
Lutheran (Missouri Synod)
Our Savior Lutheran Church...703-892-4846
Nazarene
Arlington First Church of the Nazarene...703-525-2516
Non-Denominational
New Life Christian Church - McLean Campus...571-294-8306
Metaphysical
Arlington Metaphysical Chapel...703-276-8738
Orthodox
St. Luke Serbian Orthodox Church...703-893-1759
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Arlington Presbyterian Church...703-920-5660
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Clarendon Presbyterian Church...703-527-9513
Little Falls Presbyterian Church...703-538-5230
Trinity Presbyterian Church...703-536-5600
Westminster Presbyterian...703-549-4766
Presbyterian Church in America
Christ Church of Arlington...703-527-0420
Synagogues - Conservative
Congregation Etz Hayim...703-979-4466
Synagogues - Orthodox
Fort Myer Minyan...571-236-1189
Chabad Lubavitch of Alexandria-Arlington...703-370-2774
Synagogues - Reconstructionist
Kol Ami, the Northern Virginia Reconstructionist Community ...571-271-8387
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WELLBEING

Knights' Golf Outing Fights Pancreatic Cancer

The Edward Douglas White Council, Knights of Columbus, Little Falls Road, Arlington, will hold its annual Jim Savarese Memorial Golf Tournament on Friday, September 27 at South Riding Golf Club.

The shotgun start is at 9 a.m., beverage service is provided through the day and luncheon will follow.

Hole-in-One prizes at designated holes are: \$10,000, Rolex watch, and Maui vacation.

Cost per player is \$75. Proceeds will benefit Pancreatic Cancer Network, a leader in research and vic-



tim assistance.

Sponsorship opportunities are available. Full details for players and for sponsors are available by contacting Chairman John Skotek at scotty412@verizon.net

Miller, Pittman To Compete In Northern Va. Senior Olympics

Debbi Miller, the 2013 Ms. Senior America-Virginia and Annmarie Pittman a former Ms. Senior America-Virginia and the current director of the State Pageant, will both compete in track events at the 2013 Northern Virginia Senior Olympics. Miller will compete in the 400 and 800 meter walks and Pittman, the 200, 400 and 800 meter walks.

The track events will take place following opening ceremonies, Saturday, Sept. 7, 9 a.m., at Thomas Jefferson Community Center, 3501 S. 2nd St., Arlington. Miller is a resident of Fairfax and Pittman, of Alexandria. This is the first time either of them has competed in NVSO.

NVSO will be held Sept. 7-19 with more than 50 events at 17 venues throughout Northern Virginia. Participants must be 50 years of age by Dec. 31, 2013 and live in a sponsoring jurisdiction — the counties of Arlington Fairfax, Fauquier, Loudoun and Prince William; cities of Alexandria, Fairfax and Falls Church.

Gold Patrons are Greenspring Retirement Community, Goodwin House Incorporated, Safeway, Humana, Ashby Ponds, The Virgin-



Debbi Miller (left), 2013 Ms. Senior America-Virginia and Annmarie Pittman, State Pageant director

ian, Aetna, M. Quinn Designs/Pack 'n Move, Westminster at Lake Ridge, Somerset Retirement Community, Serenity Senior Care and Wellness Services, LLC, Loudoun Sports Therapy Center and HealthSouth Rehabilitation Hospital of Northern Virginia.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Sept. 15-21.

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. Culpeper St.; Lee, 5722 Lee Hwy.; Arlington Mill, 909 S. Dinwiddie St.; also Madison Community Center, 3829 N. Stafford St.; TJ Comm. Center, 3501 S. 2nd St.

Senior trips: Sunday, Sept. 15,

Embassy Tour, brunch at the Mansion on O St., D.C., \$91; Tuesday, Sept. 17, Sports Legend Museum and Camden Yards, Baltimore, \$26; Wednesday, Sept. 18, Nationals vs. Atlanta, \$56; Friday, Sept. 20, Delaware Adventure, \$35; Saturday, Sept. 21, Eastern Market, D.C., \$8. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Creating a family history, Monday, Sept. 16, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

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Bishop O'Connell quarterback Michael Galvan threw three touchdown passes and ran for two scores during a 41-0 victory against Paul VI on Aug. 31 in Arlington.



Bishop O'Connell running back Kamrin Moore rushed for 97 yards and a touchdown against Paul VI on Aug. 31.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

O'Connell Football Blanks Rival Paul VI in Hope Opener

Quarterback Galvan throws 3 TD passes, runs for 2.

BY JON ROETMAN
THE CONNECTION

The Bishop O'Connell football team closed its 2012 season with a 42-20 loss to rival Paul VI, leaving the Knights with a foul taste that lingered through the offseason.

Nearly 10 months later, O'Connell got another crack at Paul VI and used the opportunity to set a positive tone not only for the football program, but for the student body, as well.

The Knights scored 21 first-quarter points and cruised to a 41-0 victory over the Panthers in their Washington Catholic Athletic Conference opener on Aug. 31 at Bishop O'Connell High School. Senior running back Kamrin Moore scored the game's first touch-

down on a 48-yard run and the Knights never looked back.

Moore finished with 97 yards in seven carries. He also intercepted a pass on defense on a hot Saturday afternoon.

"It feels good," Moore said. "This is what we prepared for. We knew it was going to be hot. We tried to get in shape as much as we could — 95 degrees is not really a football game, it's more like a desert. ... We had to make a statement because last year, we ended our season wrong versus PVI. We didn't like it. We had a bad taste in our mouth and we came out and we had to make a statement. ... This is a rival game; it means a lot to our school."

Moore is committed to Boston College.

"Kamrin Moore, he's a team leader and it's not always vocal," O'Connell head coach

Del Smith said. "Every rep he takes in practice and everything he does is full speed. He gets it done in the classroom and he is the essence of an O'Connell football player."

Junior quarterback Michael Galvan completed 8 of 12 passes for 210 yards and three touchdowns. He also rushed for 47 yards and two scores in 10 carries. Galvan found Marquis Rowe for a 16-yard touchdown with five seconds left in the first half and connected with Rowe for an 81-yard score on the third play of the second half to give O'Connell a commanding 34-0 lead.

"Michael did a great job," Smith said. "He's an extremely affluent and bright kid. He has over a 4.0 GPA, he has grasped the offense very well and today he protected the football and executed and I think he did a great job."

The victory came one week after O'Connell stumbled in its season opener, losing to McDonogh 28-14 on Aug. 24.

"It's bigger than a team win," Smith said.

"It's kind of a school win, a program win. I told our guys all week when you open at home, especially against a rival, you have a chance to start the school year off on the right foot."

Lawrence King pulled in a 38-yard touchdown reception from Galvan in the fourth quarter.

Smith said linebacker Santoni Graham, lineman Drew Tessier and receiver George Hawkins also played well.

O'Connell will travel to face Bishop Ireton at 2 p.m. on Saturday, Sept. 7. The Knights' next home game is Sept. 21 against Archbishop Carroll.

RECREATION NOTES

Arlington Mill Ribbon-Cutting Set

The new Arlington Mill Community Center features including a high school size gymnasium, a teaching and preparation kitchen, Project Family, Early Headstart and senior nutrition program areas on the plaza level. On the Dinwiddie Street level is the game room, shared areas for youth, teen and senior programs, the community living room with public access computers and bakery shop. Visual arts, fitness, community outreach, clinic and computer skills training programs are on the top level of the center. There are a total of four multi-purpose rooms and five classrooms. Also the Capital Bikeshare station has been installed.

Join the community in welcoming this facility on Saturday, Sept. 21, 5-7 p.m. The ribbon cutting ceremony will include remarks from the County Board, a sneak peek of the center's programs, light refreshments,

an opportunity to sign up for classes at the center, live music and more.

Harlem Wizards Basketball Game

Watch the Harlem Wizards take on the Arlington Elite at Thomas Jefferson Community Center on Friday, Sept. 27, 7-9 p.m. The halftime show invites hundreds of youths on the court. The Wizards will stay until every autograph is signed. Haven't heard of the Arlington Elite? They are made up of school teachers and administrators, parks and recreation staff, police and firefighters, and other community leaders. Purchase tickets online or at the event.

Arlington Youth Fitness, Wellness

Discover the variety of youth-based fit-

ness offerings in the community at a free expo held on Saturday, Sept. 28, 5-8 p.m. at Thomas Jefferson Community Center. Open to all ages, it will feature sports and fitness demos, inflatable moon bounces and slides, rock climbing wall, an obstacle course, live performances and more. For more information, contact Kevin Clements at 703-228-4729.

Latinoamericano Festival

Celebrate the best of Latino culture during Hispanic Heritage Month, Sunday, Sept. 29, 1-5 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Live music, authentic food, local vendors and artistic performances from different countries. Free entrance. Free Parking. Free shuttles from Ballston Metro. For more information, call 703-228-3329 or visit the Latinoamericano Festival webpage.

SPORTS BRIEF

Yorktown Football Beats Coolidge

The Yorktown football team defeated Coolidge 49-0 in its season opener on Aug. 29 at Greenbrier Stadium.

According to stats from the Washington Post's Website, Yorktown running back MJ Stewart carried 15 times for 220 yards, caught two passes for 17 yards and scored four touchdowns.

Yorktown will travel to face Langley at 7:30 p.m. on Friday, Sept. 6.

Indeterminate Sentence

By KENNETH B. LOURIE



And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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Beautiful white Platinum Mink Tonkinese cat missing in the Oakton area around the Vale Rd., Valewood Dr., Lyrac, and Waples Mill areas. "Tami" went missing on August 13 in the evening. She is an indoor/outdoor cat who is shy but very friendly. She has a pink collar and tag and is micro-chipped with Home Again. Please call the Dales at 703 620-6497 if you should see her. She is greatly loved and we would appreciate any help in getting her home again.



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WELLBEING

Northern Virginia Senior Olympics

Events take place Sept. 7-19 at 17 venues throughout Northern Virginia. Registration for participants is closed. Open to the public and free of charge for spectators. If no location with listing, call for venue. Call 703-228-4721 or visit www.nvso.us.

SATURDAY/SEPT. 7

Opening Ceremonies, Track and Rowing Events, Exhibits. 9 a.m. at Thomas Jefferson Community Center, 3501 S. 2nd St., Arlington.
Diving Competition. 3 p.m. at Yorktown High School pool, 5200 Yorktown Blvd., Arlington.

SUNDAY/SEPT. 8

Cycling Competition. 10K, 8 a.m. and 20K, 9 a.m., at Northern Fauquier Community Park, 4155 Monroe Parkway, Marshall.

MONDAY/SEPT. 9

Events. Team line dancing, women's eight ball pool, racquetball and ten pin bowling. Events will take place at the James Lee Community Center Theatre, Falls Church; Wakefield District Park, Annandale; Lincolnia Senior Center, Alexandria and Bowl America Shirley, Alexandria. Call for event times, 703-228-4721.

TUESDAY/SEPT. 10

Senior Olympic Events. Wii bowling, eight ball pool (men), bocce, tennis (singles 50-69), horseshoes, handball, softball hit and throw, football throw and yo-yo tricks competition will take place at the Greenspring Retirement Community, Springfield; Lincolnia Senior Center, Alexandria; City of Fairfax Senior Center, Fairfax; Lincolnia Senior Center, Alexandria and Wakefield District Park, Annandale. Call for event times, 703-228-4721.

WEDNESDAY/SEPT. 11

Tennis, Mini Golf and Bunco. They will be held at Wakefield District Park, Annandale; Oak Marr Recreation Center, Oakton and Hollin Hall Senior Center, Alexandria. Call for locations and event times, 703-228-4721.

THURSDAY/SEPT. 12

Tennis and More Events. Northern Virginia Senior Olympics events taking place include tennis (doubles all ages), table tennis, Mexican Train Dominoes and duplicate bridge. Venues include Wakefield District Park, Annandale; Goodwin House Bailey's Crossroads, Falls Church and Lincolnia Senior Center, Alexandria. Call for event times, 703-228-4721

FRIDAY/SEPT. 13

Swimming and Doubles Tennis. Swimming events and mixed doubles tennis highlight events at the Northern Virginia Senior Olympics. Tennis will start at 10 a.m. at Wakefield District Park, Annandale and swimming at 9:30 a.m. at the Claude Moore Recreation Center, Sterling.

SATURDAY/SEPT. 14

Volleyball and Basketball Competition. Volleyball games will be held at 9:30 a.m. at the Charles Houston Recreation Center, Alexandria. Men's and women's basketball free throw and field goals plus men's 3v3 games will be held beginning at 11 a.m. at the Thomas Jefferson Community Center, Arlington.

SUNDAY/SEPT. 15

Field Events. Field events including, standing and running long jump, high jump, mini javelin throw, Frisbee throw, shotput and discus start at 9 a.m. at George Mason High School, Falls Church. Badminton competition will take place at the K2 Badminton Club, Sterling. Call for event times, 703-228-4721.

MONDAY/SEPT. 16-18

Mixed Doubles Pickleball Competition. 9 a.m. at Thomas Jefferson Community Center, 3501 S. 2nd St., Arlington.

TUESDAY/SEPT. 17

Pickleball: Doubles. 9 a.m. at Thomas Jefferson Community Center, 3501 S. 2nd St., Arlington.

WEDNESDAY/SEPT. 18

Pickleball: Singles. 9 a.m. at Thomas Jefferson Community Center, 3501 S. 2nd St., Arlington.

THURSDAY/SEPT. 19

Golf Competition. 9 a.m. at Forest Greens Golf Course, Triangle. The final event in the Northern Virginia Senior Olympics.

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(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: \$1,999; CAMRY: \$2,499; RAV4: \$2,990). 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 TIER1+ 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. (11) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (111) FROM DATE OF TCUV PURCHASE. (1111) 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.

Five out of

Inova is the only local health system with all five of its hospitals ranked among the DC region's top 15 by U.S. News & World Report.



Inova Alexandria Hospital



Inova Fairfax Hospital



Inova Mount Vernon Hospital



Inova Loudoun Hospital



Inova Fair Oaks Hospital

Inova Alexandria Hospital has been ranked #6 in the DC region by U.S. News & World Report out of the 58 hospitals considered in DC, Maryland and Virginia. Inova Alexandria was also recognized as High Performing in cardiology and heart surgery, cancer, diabetes and endocrinology, ENT, gastroenterology, geriatrics, nephrology, neurology and neurosurgery, orthopedics, pulmonology and urology.

Inova Alexandria Hospital is proud to deliver exceptional care, close to home. Learn more at inova.org/usnews

