



Clarendon Climb

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Battle over
Affordable Housing

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Battleground
Northern Virginia

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Building
International
Bridges

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Children try their luck climbing a jungle gym ladder made of fabric strips, one of many activities for the younger crowd at this year's Clarendon Day celebration, on Sept. 28.

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.



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PHOTOS BY RENÉE RUGGLES/THE CONNECTION

During the full scale emergency preparedness exercise at Reagan National Airport on Sept. 21, the fire is ignited on a training plane. The controlled fire is propane fed.

A Fiery Exercise



A first responder assesses the condition of one of the role players, by first reading the card describing their injuries. The role players also wear either red, yellow, or green wrist bands, indicating the severity of their injuries. When they are triaged, the red is most severe and green is considered walking wounded.



A firefighter climbs into the plane provided by US Airways for the exercise. Below, first responders assess victims and role players with less severe injuries walk around checking on fellow passengers.



Victims are moved to an area set up for triage. The red tarp indicates the most critical patients, who are tended to first.

Battleground Northern Virginia

What role will the region play in the election?

BY MICHAEL LEE POPE
THE CONNECTION

For many years, Northern Virginia has been written off by both parties as a Democratic stronghold — a place where Republicans simply try to cut their losses while they focus on the rest of the commonwealth. But this election cycle may be different. All three of the gubernatorial candidates are from Fairfax County. And recent statewide candidates have not been able to win without picking off selected jurisdictions in Northern Virginia.

“As you look at Northern Virginia that’s further from Washington, you see a more Republican area — Prince William, western Fairfax, Fauquier,” said Stephen Farnsworth, professor at University of Mary Washington. “That’s where the real action is in Northern Virginia politics.”

As Election Day draws closer and television becomes a virtual battlefield for attention, a real battle is brewing on the ground here in Northern Virginia. Candidates and their advisors are looking at the path to victory back in 2009 for Republican Bob McDonnell, who won Prince William County, Fairfax County and Fauquier County. Although this race is likely to be closer than 2009, the importance of Northern Virginia is looming larger than ever.

“I don’t expect Ken Cuccinelli to actually win Fairfax County, which Bob McDonnell actually managed to do in 2009,” said Geoff Skelley, analyst with the University of Virginia Center for Politics. “Cuccinelli will do very poorly in Reston or Annandale, so just because he’s from Fairfax doesn’t mean he has appeal throughout the county.”

ONE OF THE QUIRKS of Virginia politics is that the gubernatorial elections follow presidential elections, a phenomenon that has

SEE WHAT ROLE, PAGE 13

A House Divided

Advocates for affordable housing battle over wisdom of ballot initiative.

BY MICHAEL LEE POPE
THE CONNECTION

Arlington County is in the midst of an affordable housing crisis, a sweeping demographic change that has wiped away more than half of affordable housing units for the poorest residents in the last decade according to a recent report. But advocates for preserving affordable housing are divided about what to do about it.

On one side are members of the Green Party, who have long pushed for a ballot initiative that would create a housing authority for Arlington County. On the other side are members of the Alliance for Housing Solutions, who say the authority would create a new bureaucracy that would distract time and attention from ongoing efforts to preserve affordable housing.

At the center of the debate are voters, who will have the final say

next month when they head to the polls.

The debate over affordable housing in Arlington is nothing new, and county leaders have long struggled with how to cope with market demands for housing close to Washington, D.C. Opponents of a housing authority say Arlington has created more affordable housing units per capital than any other county in Northern Virginia, including those with housing authorities. Supporters are not persuaded by that argument.

“Affordable to whom?” asked Audrey Davis, Green Party candidate for Arlington County Board. “Donald Trump?”

According to the preliminary data report of the Affordable Housing Study, the average rent increased 47 percent in the last decade while the average salary increased only 37 percent. For lower income employment sectors,

SEE BATTLING, PAGE 6

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NEWS



PHOTO CONTRIBUTED

Members of the Ivano-Frankivsk Open World Delegation who visited Arlington from the Ukraine for 10 days include, from left: Igor Rudko, Oleksandra Fedoruk (president of the Ivano-Frankivsk/Arlington Sister City organization), Ambassador Oleksandr Motsky, Oleksandra, Andriy Farmuha and Mykola Havryliak.

Building International Bridges

Ukrainian group spent 10 days learning about business development, cultural opportunities.

BY AMBER HEALY
THE CONNECTION

They arrived as strangers but left filled with optimism and ideas for how to improve their own home, half a world away.

A group of young men and women from Ivano-Frankivsk, a city in western Ukraine, spent a week and a half in Arlington as part of the Open World Delegation, an international exchange partnership headquartered in Washington, D.C., to visit with cultural and business leaders here. The goal is to see how other similar-sized communities support development while exploring a different city in another country.

And while the group enjoyed their time in Arlington and Washington, visiting groups as varied as the Arlington Agency on Aging and the Northern Virginia Technology Council, their hearts were firmly in their homeland and the opportunities they would take back.

"We'd like to keep visiting but we don't want to emigrate" to the U.S., said Andriy Farmuha, one of the delegates, through interpreter Peter Voitsekhovsky. "We want to change to make it more like the U.S. at home. We'd like to be on par with the U.S." in terms of the opportunities people have to work together to make their community better.

"We've realized people here are not very different from our country," added Mykola Havryliak. "We can work to accomplish the same environment in Ukraine, where people have more opportunities to create a better place to live."

This was not the first exchange trip between Arlington and Ivano-Frankivsk, which have been sister cities for several years, said Andrew Tsintsiruk, president of

the Ivano-Frankivsk Committee with the Arlington Sister City Association and himself a native of Ukraine. The program is sponsored by Congress in partnership with the U.S.-Ukraine Foundation and has a special focus on the development of non-governmental organization. There are four or five program events each year between the two countries in addition to the exchange trip, which last year featured a handful of Arlington Public School students going to Ukraine for two weeks.

That trip culminated in a big party in Ivano-Frankivsk where the Americans were treated "like celebrities," Tsintsiruk said.

There was an equally warm reception for the group in Arlington this time around, as a reception at the Embassy of Ukraine drew more than 120 people from across Northern Virginia and Washington, D.C., he said.

Of course, an international exchange trip to a new culture brought a few surprises.

"One thing we saw that was surprising was so many people who do volunteer work, older people who work at NGOs," Havryliak said. "In our country, people at retirement age are far less active. Here, it's the other way around. Once they retire, they're more active, it seems. My host, who is retired, five days a week he has a different volunteer job with a different organization. That's impressive!"

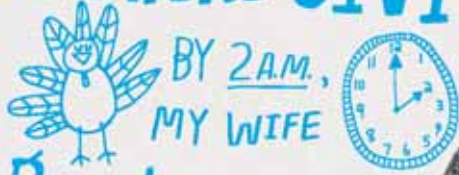
Oleksandra "Leysa" Fedoruk, president of the Ivano-Frankivsk Sister City Association, who gave an interview with Voice of America last Thursday, said it was good for her and the other delegates to see how many Arlington residents are "active constituents. They are fulfilling their rights and they're involved with their life. Good for them."

In her own community, "people are not

SEE SISTER CITIES, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

THE CONTRACTIONS STARTED
AROUND 11 P.M. ON THE NIGHT BEFORE:
THANKSGIVING.



BY 2 A.M.,
MY WIFE
Brooke, SAYS IT'S
GO TIME.

SHE'S PACKED UP AND
READY TO ROLL.

ME, NOT SO MUCH. "AHH!"

THE **FIRST THING** I DO

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YES! I RUN TO THE CAR,

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MEMBERSHIP
CARD,

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TO PICK UP Brooke-

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RESCUE. WITH NO

TRAFFIC, WE GET TO THE

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OPINION

Virginia's Easy Access to Guns

A parent asks why background checks aren't better.

BY RUTH HOFFMAN

How do you respond to a 7-year-old when she comes home from school and says "we did our bad man drill today Mommy, but don't worry it was just for practice, no one really came into our school to shoot us?"

After the Sandy Hook Elementary school shooting on Dec. 14, 2012, I learned that this was a routine drill she had been doing since she started kindergarten in 2011. It was only after Sandy Hook that I had discovered that fact.

So what else did I not know? As it turned out — plenty.

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year-old and 3-year-old, at the time, I wanted to do what any mother would do and find out what precautions my schools were taking. Certainly our schools in Fairfax were safer from gun violence than, say the schools where I grew up in rural Brookville, Kansas where guns were prevalent. I embarked on this journey and made some startling discoveries.

First, I attended our PTO meeting in February and listened to our principal explain what they could and could not do — there were limitations and budget constraints, and that our school was at a greater risk of a shooting from a custody dispute or domestic violence than a mass shooting. While I acknowledged his comments, it was unsettling to learn he prepares for risks of gun violence stemming from cus-

tody disputes.

Soon after, I discovered that Virginia is among the states that allow open carry. When I was in my grocery store and saw a customer wearing a "I shoot to kill" t-shirt, I asked the manager if weapons were banned from the store. He replied that Virginia was an open carry state but he reassured me that patrons would have to openly display weapons if they carried them.

**GUEST
EDITORIAL**

That led me to my third discovery and that was the facts around concealed weapon permits in Virginia. When I think of someone with a concealed weapon permit I think of someone with extensive training. But the threshold in Virginia was lowered in 2009. Virginia enacted a law allowing an applicant to demonstrate competence with a gun by participating in electronic, video, or online training. Essentially all that is needed is an internet connection, a printer, and small fee. Handling a gun is not a prerequisite. I discovered these revelations about the time Congress failed to pass a background check, which brought me to my fourth discovery — Virginia does not require universal background checks.

The only thing more startling than learning of the low thresholds and deficiencies in background checks was the revelation that the trajectory over the past 10 years has been to weaken gun laws in Virginia.

I want complete and thorough background checks before someone purchases a gun in Virginia. Why would anyone not want that espe-

cially in light of Virginia's existing laws allowing open carry and granting a low bar for concealed permits? I want to know that if I'm in my local grocery store shopping for milk and eggs that the customer next to me with a concealed weapon purchased the gun through a background check. I want to know that any risk stemming from a custody dispute or domestic violence, which could spill over into my school, has been mitigated by a law that requires a background check. And most importantly, I want to prevent dangerous weapons from falling into the hands of criminals, violent abusers, and the dangerously mentally ill.

I listened to the Governor's debate on Sept. 25. In a post-Newtown and Navy Yard context, I welcomed Mr. McAuliffe's strong position for universal background checks. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children among his highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscan, Aura, Newtown, and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed with guns.

As far as seeking the right words to respond to my daughter's declaration about their "bad man drills" — I haven't found the right words, I just hug her and thank God it was just a drill and she made it through the day safely.

Ruth Hoffman is a resident of McLean.

Battling over Affordable Housing

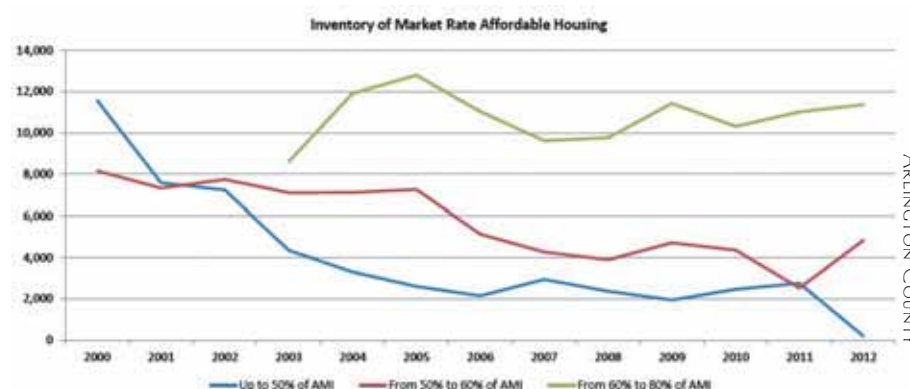
FROM PAGE 3

average salaries have not kept pace with increase in average rents. Meanwhile, a Virginia Tech Center for Housing Research study found that the demand for affordable housing units in Arlington is currently at 14,000. Nevertheless, opponents say, the county is doing a better job than its neighbors who are saddled with outdated housing authorities.

"The federal government is moving away from the model of the housing authority and more toward a public-private partnership approach," said Mary Rouleau, executive director of Alliance for Housing Solutions. "So if there's no new money on the table, the conversation shifts to an argument about which approach is more efficient."

SUPPORTERS of the housing authority say Fairfax County has done a better job of preserving affordable housing in part because it has a housing authority. And if

This graph show the stock of affordable housing units for the poorest residents has been steadily declining over the last decade.



the Arlington model is so successful, they argue, why has the county lost two thirds of its affordable housing since 2000? Although opponents acknowledge the county has lost market-rate affordable housing units, they say the county has been successful in setting aside dedicated units of affordable housing.

"Arlington has long used an innovative public, private and non-profit partnership approach to the creation and management of af-

fordable housing in our community," said Mary Margaret Whipple, former state senator and president of the Alliance for Housing Solutions. "This successful approach has allowed Arlington to access financial tools and state and federal funding in order to create mixed-income communities, while avoiding the costs of running a housing authority."

In the last decade, according to a recent county government report, Arlington has lost more than

half of its inventory of units that are affordable for those who earn up to 60 percent of the average median income. Meanwhile, the number of committed affordable units has grown, as has the inventory of market rate units affordable to those making 80 percent of the average median income. County officials say the main reason for the loss of affordable units is increases in rent, which account

SEE ADVOCATES, PAGE 13

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**

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

SATURDAY/OCT. 5

Sisters Called to Serve. Enjoy breakfast while local female Wounded Warriors are recognized, music and entertainment will be provided by Alfred Street Baptist Church Liurgical Dance Ministry. \$55/person with patron levels available. Visit www.NVDECS.org for more.

Breast Cancer Awareness Event. 9-11 a.m. at the Virginia Hospital's John T. Hazel, MD Conference Center. Get tools and information to make decisions about health and wellness. Free. To register, visit www.virginiahospitalcenter.com/events or 703-558-6700.

Special Artist Workshop. 1-2 p.m. at Langston-Brown Community Center, 2121 N. Culpepper St. Special artists in grades preschool through grade 12 can enter a contest "Believe, Dream, Inspire." RSVP to adenaporter@yahoo.com.

SUNDAY/OCT. 6

Senior Expos. 12-4 p.m. at Ballston Mall, 4238 Wilson Boulevard. The Expo will feature speakers, health screenings, resources, information and entertainment for older adults and their families. Bob Levey will give the keynote address. Call 301-949-9766.

Blessing of the Animals. 2 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Bring your pets (on a leash or in a cage) to the church porch. Visit www.htluther.org, call 703-532-6617 or email admin@htluther.org.

Blessing of the Animals. 3 p.m. at Rock Spring UCC Church, 5010 Little Falls Road. Meet on the lawn. Call 703-538-4886.

Blessing of the Animals. 5 p.m. at St. John's Episcopal Church, 415 S. Lexington St. Bring pets or bring a picture of a pet. Free. 703-671-6834.

Joint Candidate's Forum. 4-6 p.m. at Northern Virginia Community College, Annandale Campus, Ernst Cultural Center, 8333 Little River Turnpike, Annandale. This first-ever multi-

chamber event provides an opportunity for all six of the statewide candidates to meet leaders from the minority business communities in Northern Virginia. All six major-party candidates are confirmed including: Ken Cuccinelli (R) and Terry McAuliffe (D) for Governor; Ralph Northan (D) and E.W. Jackson (R) for Lieutenant Governor; Mark Herring (D) and Mark Obenshain (R) for Attorney General; and Robert Sarvis, Independent candidate for Governor, is also invited. This collaboration brings together members of the Virginia Hispanic Chamber of Commerce, the Asian American Chamber of Commerce, and the Northern Virginia Black Chamber of Commerce, as well as the Northern Virginia community, to hear what the candidates plan to do to foster economic growth. Free. Due to space limitations advance registration is required. Visit <http://novacandidateforum.com/> to register.

MONDAY/OCT. 7

Rehearsals Begin. NoVA Lights Chorale invites singers of all ages and musical abilities for their Dec. 8 performance of "Winter Variations." Rehearsals are 7-9 p.m. at Arlington Presbyterian Church, 3507 Columbia Pike. There are no auditions. Visit www.novalightschorale.jigsy.com.

TUESDAY/OCT. 8

Medicare Information Meeting. 3-4 p.m. at at Arlington County Human Services Center, 2100 Washington St. If you live in the City of Alexandria or Arlington County, and are newly eligible for Medicare or are a caregiver of someone on Medicare, learn how to use the Medicare Planfinder and what to look for in Part D and Medicare Advantage Plans. Free. Registration required, 703-228-1700.

Arlington Employment Center Fall Career Fair. 10 a.m.-2 p.m. at Founders Hall, Arlington campus of George Mason University, 3351 Fairfax Drive. Free. visit www.aecjobfair2013.eventbrite.com for a list of participating employers and to register.

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NOTICE TO THE PUBLIC

NOTICE TO THE PUBLIC OF AN APPLICATION BY WASHINGTON GAS LIGHT COMPANY, FOR APPROVAL TO REVISE ITS SAVE RIDER FOR CALENDAR YEAR 2014 CASE NO. PUE-2013-00099

On September 10, 2013, Washington Gas Light Company ("WGL" or "Company") completed an application ("Application") with the State Corporation Commission ("Commission") pursuant to § 56-603 et seq. of the Code of Virginia, the Steps to Advance Virginia's Energy Plan ("SAVE") Act, 5 VAC 5-20-80 of the Commission's Rules of Practice and Procedure ("Rules of Practice"), and the Commission's April 21, 2011, Order Approving SAVE Plan and Rider in Case No. PUE-2010-00087, requesting approval to revise its SAVE Rider for calendar year 2014.

In its Application, the Company states that the 2014 SAVE Rider will consist of two factors computed for each customer class: (1) a Current Factor, which is based on the Company's projected SAVE Plan program expenditures approved in Case No. PUE 2012-00096; and (2) a Reconciliation Factor for the twelve-month period ended April 30, 2013, computed in accordance with § 56-604 E of the SAVE Act. WGL computed costs for the Current Factor of approximately \$8,964,888 for the 2014 SAVE Rider, based on projected SAVE Plan expenditures of \$39,999,000 for 2014. For the Reconciliation Factor, the Company computed an overall over-recovery of SAVE Rider costs in the amount of \$178,755 for the period from May 1, 2012, to April 30, 2013. The Company arrived at its proposed 2014 SAVE Rider by subtracting the Reconciliation Factor from the Current Factor. The Company's proposed 2014 SAVE Rider rates per therm by rate schedule are as follows: Residential, \$0.0196; Commercial and Industrial, \$0.0089; Group Metered Apartment, \$0.0100; and Interruptible, \$0.0031.

The Company proposes to apply the 2014 SAVE Rider to meter readings beginning on the first day of the January 2014 billing cycle and to notate the SAVE Rider on customers' monthly bill in a separate line item labeled "All Applicable Riders." WGL estimates that the proposed 2014 SAVE Rider for a typical residential customer using 748 therms of gas annually would be \$14.44.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, Meera Ahamed, Esquire, Washington Gas Light Company, 3rd Floor West, 101 Constitution Avenue, NW, Washington, D.C. 20080. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before October 31, 2013, interested persons may file written comments on WGL's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before October 31, 2013, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2013-00099.

On or before October 31, 2013, any person may participate as a respondent in this proceeding by filing a notice of participation. If not filed electronically, an original and fifteen (15) copies of the notice of participation shall be submitted to Joel H. Peck, Clerk, State Corporation Commission, at the address set forth above, and the respondent simultaneously shall serve a copy of the notice of participation on counsel to the Company at the address set forth above. Pursuant to Rule 5 VAC 5-20-80 B, Participation as a respondent, of the Commission's Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent must be represented by counsel as required by 5 VAC 5-20-30, Counsel, of the Rules of Practice. All filings shall refer to Case No. PUE-2013-00099.

On or before October 31, 2013, any interested person may request that the Commission convene a hearing in this matter by filing an original and fifteen (15) copies of a request for hearing with Joel H. Peck, Clerk, State Corporation Commission, at the address set forth above. Requests for a hearing shall refer to Case No. PUE-2013-00099 and shall include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter. Copies of any such filings simultaneously shall be served on counsel for the Company at the address set forth above.

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NEWS



Crystal City Diamond Derby

Participants dress up in their wackiest costumes as they ride in the Crystal City Diamond Derby on Sept. 28.

PHOTOS BY LASHAWN AVERY-SIMON
THE CONNECTION



Mei Tussell rides her bike during the Kids' Race.



The derby was held inside 2345 Crystal Drive parking garage.



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| <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 Immanuel Presbyterian Church...703-356-3042 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



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NEWS

Sister Cities

FROM PAGE 4

so very active," but she said she hoped that might change over time.

The group went back to Ukraine on Saturday but hoped to return in the future.

"Thank you to Arlington ... for offering us such hospitality," Fedoruk said.

She wasn't the only one with an eye to the future.

"This cross-cultural visit is an exchange of knowledge between Ivano-Frankivsk and Arlington, and particularly an acknowledgement of what Ukraine can bring to the world," said Malcolm Phillips, chair of the Arlington Sister City Association Board. "The Ivano-Frankivsk and Arlington Sister City partnership will grow even stronger, and through the various meetings, friendships and professional connections explored during this time, we will be excited to see what springs from the seeds planted in both cities."

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Oct. 14-19.

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, 909 S. Dinwiddie St.; also Madison Community Center, 3829 N. Stafford St.; TJ Comm. Center, 3501 S. 2nd St.

Senior trips: Wednesday, Oct. 16, Fredericksburg Historic Homes, \$27; Thurs., Oct. 17, Doylestown, Pa., Fonthill Castle, Moravian Pottery Works, \$54; Saturday, Oct. 19, Graves Mountain Apple Harvest Fest, \$26. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Cell phone basics, 10 a.m. - 12 p.m., Mon., Oct. 14. Langston-Brown. Free. Register, 703-228-6300.

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

Ice skating, Mondays, 8 a.m. - 9:10 a.m., Kettler Capitals Iceplex, Ballston Mall. Cost \$1 (include skate rental). Register, 703-228-4745.

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ENTERTAINMENT

‘A Chorus Line’

Talented cast of 24 actors reveal their souls through song and dance.

BY STEVE HIBBARD
THE CONNECTION

Under the direction of Susan Devine, 56, of Fairfax, The Arlington Players is staging the iconic dance-musical “A Chorus Line,” through Oct. 12 at the Thomas Jefferson Community Center off Glebe Road in Arlington.

The complex show features a cast of 24 actors, singers and dancers on a bare stage with only a wall-length mirror during their audition for a musical.

The director Zach, played by formidable real-life director and actor Blakeman Brophy, moves freely through the audience, while running the auditions and putting actors through their paces. As the play progresses, Zach gets them to reveal their souls through song (“What I Did for Love,” and “I Can Do That”) and dance.

Devine wanted to convey the feeling of Zach directing from an empty auditorium — even though he was moving around the audience. She said, “I wanted to make this feel like this was as real an audition as possible.”

The original Broadway production was a mega-hit — running 6,137 times and winning nine Tony Awards, including the Pulitzer Prize for Drama in 1976. With

music by Marvin Hamlisch, lyrics by Edward Kleban and book by Nicholas Dante and James Kirkwood Jr., the show has been produced in dozens of international tours around the world.

Besides its intricate and polished choral music and dance numbers, the show portrays the tough life of an artist, said Devine, who stamped her own vision on it. “I think it gives people an opportunity to see what an artist’s life is like,” she said. “Everybody has struggles in their life and deals with rejection.”

Co-producer Amanda Acker, 31, of Alexandria said, “It is deceptively not simple. It needs to come across as a very simple show, but it’s actually difficult and complicated.”

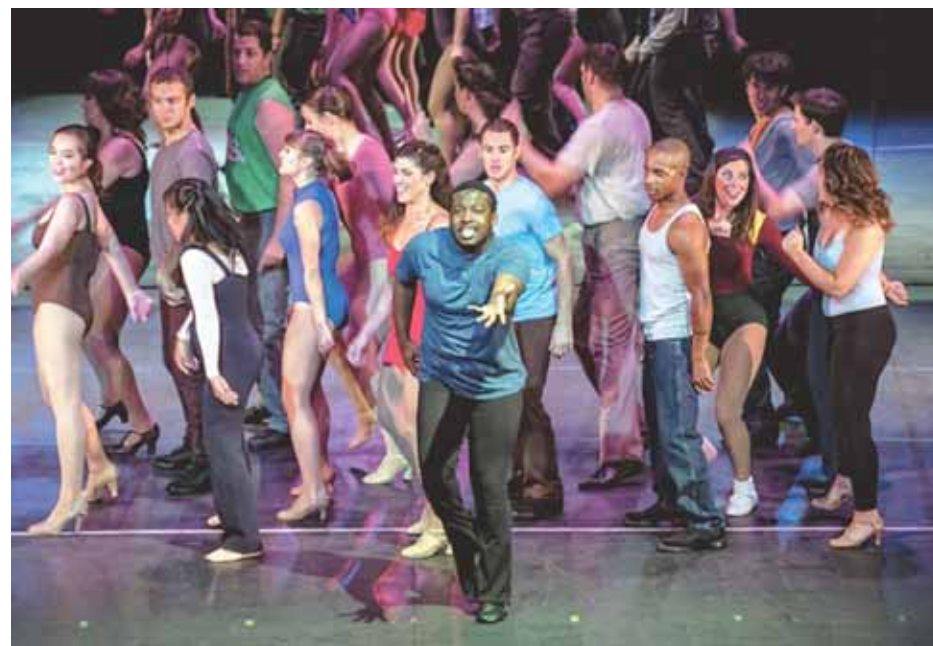
Devine says her biggest challenge was in the casting: “You need 17 people who can sing, dance or act — you need a lot of really strong talent.”

So after 80 20-somethings auditioned over two weeks, Devine selected the cast with musical director Paul Nasto and choreographer Stefan Sittig. They narrowed it down to 24 actors, and spent seven weeks in rehearsals.

“We lucked out,” said first-time producer Acker. “We had a lot of talented people who came out.” She added that the cast had to be a triple threat. “Everyone has to be able to sing, dance and act. In community theater, that’s what you strive for, and in this show, it really makes it or breaks it.”

Sittig added his own choreographic vision to the show — using the original choreography and also mixing things up by changing the opening sequence.

The scene, “At the Ballet,” sung by the choral-trio of Kristen Magee, Evie Korothesis



The chorus takes the stage in “A Chorus Line.”

and Caroline Griswold — was spectacular with its haunting melodies. Lighting Designer Chris Hardy set the right moods for this and many of the poignantly-lit scenes.

Allison Block played the plum role of valium-chugger Cassie, who had a “history” with director Zach. A versatile and seasoned actress with exceptional vocals, Block worked with choreographer Sittig and assistant choreographer Kristina Friedgen on a six-minute solo dance routine. “She’s just able to convey her love of dance, and the tension that goes along with dance,” said Devine. “I thought it was a beautiful piece of theater.”

Details

Tickets for “A Chorus Line” are \$23/adults; \$20/seniors/juniors. Showtimes are Oct. 4 and 5 at 8 p.m.; Oct. 6 at 2:30 p.m.; Oct. 11-12 at 8 p.m. At The Thomas Jefferson Community Center, 125 S. Old Glebe Road, Arlington, VA 22204. Visit www.thearlingtonplayers.org.

Devine says actor Chris Galindo who played the role of Paul with a troubled past, did a “brilliant” job with his monologue... “A five-minute monologue that’s tragic. He held the room every night.”

Nasto built an orchestra of strong musicians, and Bill Van Lear lent his talents as both the rehearsal pianist and show pianist. The work paid off, especially in the finale, when the company changed from their dark slacks, solid-colored T-shirts and leotards, into matching sparkly gold costumes, when they danced to “One” (Singular Sensation) — with synchronized, high kicks and choreographed hand-hat-moves.

CALENDAR

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

ONGOING

Theater Performances. Through Saturday, Oct. 12, at Gunston Theatre Two, 2700 S. Lang St., TACT 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.

Art Exhibit. Through Thursday, Oct. 31, see “Grass Etchings and Paintings” by Mary Ott at Gallery Underground, located in the Crystal City Shops, 2100 Crystal Drive. She is a painter and print-maker, and this exhibit focuses on blades of grass. Free. Visit www.galleryunderground.org or call 571-483-0652.

Art Exhibit. Through Friday, Nov. 1, see the gallery members’ show at Gallery Underground, located in the Crystal City Shops, 2100 Crystal Drive. Features an array of media including sculpture, glass, ceramics, oil and more. Free. Visit www.galleryunderground.org or call 571-483-0652.

Art Exhibit. See “Faces of Afghanistan: Images by Arlington Photographer Kenneth Chadwick” at Cherrydale Branch Library, 2190 Military Road.

On display through Jan. 6. Hours are Monday and Thursday from 10 a.m.-9 p.m., Tuesday and Wednesday from 1-9 p.m.; and Friday and Saturday from 10 a.m.-5 p.m. Free.

CLASSES & WORKSHOPS

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

THURSDAY/OCT. 3

Drop-in Storytime: Over 2s. 10:30 a.m. or 11:15 a.m. at Shirlington Library, 4200 Campbell Ave. For children age 25 months to 5 years. Free. 703-228-6545.

Drop-in Storytime. 10:30 a.m. at Cherrydale Library, 2190 N. Military Road. For children up to age 5. Free. 703-228-6330.

Drop-in Storytime: Under 2s. 10:30 a.m. at Aurora Hills Library, 735 S. 18th St. For children up to age 2. Free. 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.

Shut Up and Write: A Panel Discussion. 7-9 p.m. at Central Library, 1015 N. Quincy St. Adults who are interested in writing young adult literature can learn writing tips and more. Some guest authors will be there. Free. 703-228-5990.

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

FRIDAY/OCT. 4

Story Time: Baby Steps. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to 1 year old can enjoy stories. Free. 703-228-5710.

Story Time: Baby Steps. 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children up to age 1. Free. 703-228-5260.

Story Time: Over 2s. 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N. Quincy St. Children age 25 months to 5 years. Free. 703-228-5946.

Story Time: Under 2s. 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N. Quincy St. Children up to age 2. Free. 703-228-5946.

Story Time: Wobbly Walkers. 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children

age 13-24 months. Free. 703-228-5260.

Opening Reception. 5-8 p.m. meet the artist of “Grass Etchings and Paintings,” Mary Ott at Gallery Underground, located in the Crystal City Shops, 2100 Crystal Drive. She is a painter and print-maker, and this exhibit focuses on blades of grass. Free. Visit www.galleryunderground.org or call 571-483-0652.

Author Series. 7 p.m. at One More Page, 2200 N. Westmoreland St. Tom Dunkel, author of “Color Blind: The Forgotten Team That Broke Baseball’s Color Line” and Tim Wendel, author of “Summer of ‘68: The Season that Changed Baseball and America Forever.” Free. Visit www.onemorepagebooks.com or call 703-300-9746.

SATURDAY/OCT. 5

Arlington Fun Ride. 8 a.m. at Crystal City Water Park. Families can enjoy a 17-mile ride around the “Arlington Loop,” a network of paved, off-street, multi-use trails. Many pit stops for snacks and water will be available. At the finish festival, families can enjoy activities, games, music and more. \$10/person or \$25/family. To learn more about the Arlington Fun Ride or to register, visit www.arlingtonfunride.org.

Drop in Story Time. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to age 5 can

enjoy stories and more. Free. 703-228-5710.

Oktoberfest. Noon-7 p.m. at the Village at Shirlington, 4001 Campbell Ave. Listen to Alpine folk music and enjoy handcrafted beers and authentic German cuisine. \$25/beer drinker, which includes a wristband, official tasting glass and 10 drink tickets. Additional drink tickets can be purchased for \$1 each. Free for non-drinkers and children. For more visit www.capcitybrew.com.

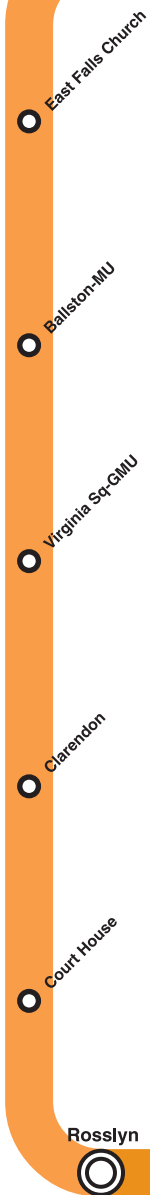
Dogtober Day. 1-3 p.m. at Lacey Woods Park. Enjoy contests, agility fun course, games and more. Leashes and current vaccinations required. Registration starts at noon.

Dance Performance. Be surrounded by ‘flowers’ and experience the expressive message they represent in “Sweet Zinnia.” Noon-2 p.m. at Theatre on the Run, 3700 S Four Mile Run Drive. \$20. Visit www.janefranklin.com or 703-933-1111 for tickets.

Author Series. 7 p.m. at One More Page, 2200 N. Westmoreland St. YA author Alethea Kontis will discuss “Hero,” a companion novel to her book “Enchanted.” Free. Visit www.onemorepagebooks.com or call 703-300-9746.

SUNDAY/OCT. 6

Film. 6-8 p.m. at Shirlington Library, 4200 Campbell Ave. Watch “Bells are Ringing.” Free. 703-228-6545.



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

ONGOING

- 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.
- 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.
- 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. 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.
- Art Exhibit.** See “Nature Extracted: Paintings, Prints and Constructions” by Patterson Clark and Pam Rogers through Oct. 17 at Marymount’s Barry Gallery, 2807 N. Glebe Road. Hours are Monday-

- Thursday, 10 a.m.-8 p.m. and Friday-Saturday, 10 a.m.-6 p.m. Free. Visit www.marymount.edu for more.
- Art Exhibit.** See Becca Kallem’s “Sweet and Tough” through Oct. 19 at the Mezz Gallery at Artisphere, 1101 Wilson Blvd. They are recent paintings and drawings that focus on symbols, fragments and wonders. Free. Visit www.artisphere.com or call 703-875-1100.
- On View.** See Eoin Duffy’s “Encounters” through Oct. 20 at Artisphere, 1101 Wilson Blvd. Watch an animated short film which explores the territorial responses of various North Atlantic species. Free. Visit www.artisphere.com or call 703-875-1100.
- On Exhibit.** See Andy Warhol’s “Silver Clouds” through Oct. 20 at Artisphere, 1101 Wilson Blvd. Watch as 150 silver clouds interact with the viewer and each other. Free. Visit www.artisphere.com or call 703-875-1100.
- Exhibit.** See Sergio Albiac’s “Three Generative Video Portraits” through Oct. 20 at Artisphere, 1101 Wilson Blvd. On display in conjunction with the Andy Warhol exhibit, Sergio Albiac uses computer code as one of his artistic mediums. He writes his own computer programs that create visual results in form of still images or video, including the debut of a commissioned work of First Lady Michelle Obama. Free. Visit www.artisphere.com or call 703-875-1100.
- Mr. Knick Knack.** Fridays 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.
- Comics Making Studio.** Watch members of the DC Conspiracy, a comics-creating collaborative, work on actual page submissions for the Spring 2014 edition of “Magic Bullet” through Nov. 2 at Works in Progress Gallery at Artisphere, 1101 Wilson Blvd. Create a comic and leave it behind to be hung in the gallery. Hours are Thursdays from 6:30-9:30 p.m. and Saturdays from 1-4 p.m. Free. Visit www.artisphere.com or call 703-875-1100.
- Theater Performance.** Through Sunday, Nov. 3, see “The Picture of Dorian Gray” at Synetic Theater, 1800 S. Bell St. Performances are Wednesday-Saturday at 8 p.m. and Sunday at 2 p.m. Visit <http://www.synetictheater.org/> for tickets.
- Art Exhibit.** See 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.

CLASSES

Fall Classes. Arlington Arts Center, 3550 Wilson Blvd. New fall classes and public programs for all ages and in a variety of media are available. Visit www.arlingtonartscenter.org or call 703-248-6800 for a schedule.

FRIDAY/OCT. 4

Soundscapes. 7-9 p.m. at Terrace Gallery at Artisphere, 1101 Wilson Blvd. In response to the exhibition “Andy Warhol: Silver Clouds,” Jakub Alexander (aka Feathered Pearls) has collaborated with Almunia, Dirty Beaches, and Praveen Sharma to

create an original collection of soundscapes that are directly inspired by and designed to be listened to while experiencing Silver Clouds. Free. Visit www.artisphere.com or call 703-875-1100.

Music Performance. 8 p.m. in the Ballroom at Artisphere, 1101 Wilson Blvd. Roberto Fonseca will perform. \$19/advance; \$23/day of; \$32/Lounge level. Visit www.artisphere.com or call 703-875-1100.

SATURDAY/OCT. 5

The 5 Ws of Sustainable Agriculture and Eating. 10:30 a.m.-1:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Learn about the economic and social impact of eating local food, what makes some produce safer than others and how to find the best food to put on the table. Register by visiting <http://www.eventbrite.com/event/7989365407/es2/?rank=3>.

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.

SATURDAY/OCT. 12

Harvest Festival. 1-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Enjoy art, food and fun for the whole family. Free. Visit www.arlingtonartscenter.org or call 703-248-6800.

GoCouture! Fashion Show. 6-9 p.m. at NRECA Conference Center, 4301 Wilson Blvd. Event Couturists LLC is hosting the event, which will showcase emerging fashion designs and accessories. Shop at mini-boutiques, enjoy sips, music, giveaways and more. Visit gocouture.eventbrite.com for tickets.

CALENDAR

- Music Performance.** 2 p.m. at Cherrydale United Methodist Church, 3701 Lorcom Lane. LYRA, the Russian Vocal ensemble of St. Petersburg will perform. Free, but a free-will offering will be accepted. 703-527-2621.
- Book Discussion.** 3 p.m. at One More Page, 2200 N. Westmoreland St. Melanie Rigney will discuss her book “Sisterhood of Saints: Daily Guidance and Inspiration.” Free. Visit www.onemorepagebooks.com or 703-300-9746.

MONDAY/OCT. 7

- Story Time: Under 2s.** 10:30 a.m. at Glencarlyn Library, 300 S. Kensington St. For children up to age 2. Free. 703-228-6548.
- Drop-in Story Time.** 10:30 a.m. or 11:15 a.m. at Shirlington Library, 4200 Campbell Ave. For children up to age 2. Free. 703-228-6545.
- Story Time: Baby Steps.** 2 p.m. at Central Library, 1015 N. Quincy St. For children up to age 1. Free. 703-228-5946.
- Teens: Warm Up for Writers.** 4:30 p.m. at Central Library, 1015 N. Quincy St. Bring imagination and get ready to write. Free. 703-228-5946.
- Drop in Family Storytime.** 6:45 p.m. at Cherrydale Library, 2190 N. Military Road. For all ages. Free. 703-228-6330.
- Meet the Artist.** 6:30-8 p.m. at Shirlington Library, 4200 Campbell Ave. Signature Theatre playwright Paul Downs Colaizzo will discuss his new play. Free. 703-228-6545.
- Educator Appreciation Night.** 6:30 p.m. at One More Page, 2200 N. Westmoreland St. Area teachers and

- librarians can learn about new and soon-to-be-released books, giveaways and more. Free. Visit www.onemorepagebooks.com or 703-300-9746.
- Book Club.** 7:30-8:30 p.m. at Cherrydale Library, 2190 N. Military Road. Discuss “1861: The Civil War Awakening” by Adam Goodhart. Free. 703-228-6330.

TUESDAY/OCT. 8

- Film.** 2-3:30 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Watch “Jumper” (2008). Free. 703-228-5710.
- Teen Afternoon.** 3-6 p.m. at Shirlington Library, 4200 Campbell Ave. Make items with friends. Free. 703-228-6545.
- Story Time.** 4:15 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children up to age 5. Free. 703-228-5260.
- Drop-in Story Time: Over 2s.** 4:30-5:15 p.m. at Cherrydale Library, 2190 N. Military Road. For children age 25 months to 5 years. Free. 703-228-6330.
- Paws to Read.** 5:30-6:30 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Children in grades K-5 can read to therapy dogs. Free. Register for a slot by calling 703-228-5260.
- Family Story Time.** 6:30 p.m. at Central Library, 1015 N. Quincy St. For all ages. Free. 703-228-5946.
- Book Discussion.** 7 p.m. at One More Page, 2200 N. Westmoreland St. Thomas Van Essen will discuss “The Center of the World.” Free. Visit www.onemorepagebooks.com or 703-300-9746.

WEDNESDAY/OCT. 9

- 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.
- Story Time.** 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children age 25 months-5 years. Free. 703-228-5260.
- Stop in for Stories.** 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N. Quincy St. For children up to age 5. Free. 703-228-5946.
- ASL Club for Children.** 4 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children in grades K-5 can learn American Sign Language through activities, songs and rhymes. Free. 703-228-5710.
- Kids Club.** 4:15 p.m. at Central Library, 1015 N. Quincy St. Children in grades K-5 can enjoy activities and more. Free 703-228-5710.
- Paws to Read.** 5:30-6:30 p.m. at Shirlington Library, 4200 Campbell Ave. Children in grades K-5 can read to therapy dogs. Free. Register for a slot by calling 703-228-6545.
- Family Story Time.** 6:30 p.m. at Glencarlyn Library, 300 S. Kensington St. For all ages. Free. 703-228-6548.
- Book Discussion.** 7 p.m. at One More Page, 2200 N. Westmoreland St. Monica Bhide will share her cookbook “Modern Spice: Inspired Indian Flavors for the Contemporary Kitchen.” Free. Visit www.onemorepagebooks.com or 703-300-9746.

THURSDAY/OCT. 10

Drop-in Storytime. 10:30 a.m. or

- 11:15 a.m. at Shirlington Library, 4200 Campbell Ave. For children age 25 months to 5 years. Free. 703-228-6545.
- Drop-in Storytime.** 10:30 a.m. at Cherrydale Library, 2190 N. Military Road. For children up to age 5. Free. 703-228-6330.
- Drop-in Storytime: Under 2s.** 10:30 a.m. at Aurora Hills Library, 735 S. 18th St. For children up to age 2. Free. 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.
- Book Club.** 7 p.m. at Boccato Gelato & Espresso, 2719 Wilson Blvd. Discuss “Canada” by Richard Ford. Free.
- Book Discussion.** 7 p.m. at One More Page, 2200 N. Westmoreland St. Tiffany Hawk, author of “Love Me Anyway,” and Dana Sachs, author of “The Secret of the Nightingale Palace,” will participate in a travel writing workshop. Free. Visit www.onemorepagebooks.com or 703-300-9746.

FRIDAY/OCT. 11

Story Time: Baby Steps. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to 1 year old can enjoy stories. Free. 703-

- 228-5710.
- Story Time: Baby Steps.** 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children up to age 1. Free. 703-228-5260.
- Story Time: Over 2s.** 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N. Quincy St. Children age 25 months to 5 years. Free. 703-228-5946.
- Story Time: Under 2s.** 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N. Quincy St. Children up to age 2. Free. 703-228-5946.
- Story Time: Wobbly Walkers.** 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children age 13-24 months. Free. 703-228-5260.

SATURDAY/OCT. 12

- Drop in Story Time.** 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to age 5 can enjoy stories and more. Free. 703-228-5710.
- Dance Performance.** Be surrounded by ‘flowers’ and experience the expressive message they represent in “Sweet Zinnia.” Noon-2 p.m. at Theatre on the Run, 3700 S Four Mile Run Drive. \$20. Visit www.janefranklin.com or 703-933-1111 for tickets.
- Boundary Stone Bike Tour.** Meet at 9:15 a.m. at the entrance to East Falls Church Metro station. See 12 historic boundary stones in Arlington, Alexandria and Fairfax County. It is a leisurely bike ride with many stops. Bring lunch, water and any type of bike. \$2/person. Visit www.centerhikingclub.org for more.



PHOTOS BY AMBER HEALY/ THE CONNECTION

The band Abandon the Shadows, featuring Zachary Monfredo (right) on guitar and vocals, Alyssa Monfredo (left) on guitar and vocals and Elliot Monfredo (back) on drums, performed early in the day on Clarendon Day Saturday, on the ARC stage in the middle of Clarendon Central Park.



The band 49 Cent Dress, featuring Melissa Orr on vocals, Erik Robelen (left) on guitar and vocals, Steve Andrzejczyk (right) on bass and vocals and John Rowny (rear) on drums and vocals, performed on the Burke & Herbert stage.

Another Successful Clarendon Day

The dark clouds might have rolled in and threatened to rain on the festivities, but this year's Clarendon Day went off without a hitch.

Thousands of people filled the streets near the intersection of Highland Street and Clarendon Boulevard on Saturday, Sept. 28,

for an afternoon filled with food, bands, dance group exhibitions and the opportunity to purchase everything from terrariums to t-shirts. Clarendon Day this year also played host to the DC Chili Cookoff, previously held in the District in the spring.

— AMBER HEALY



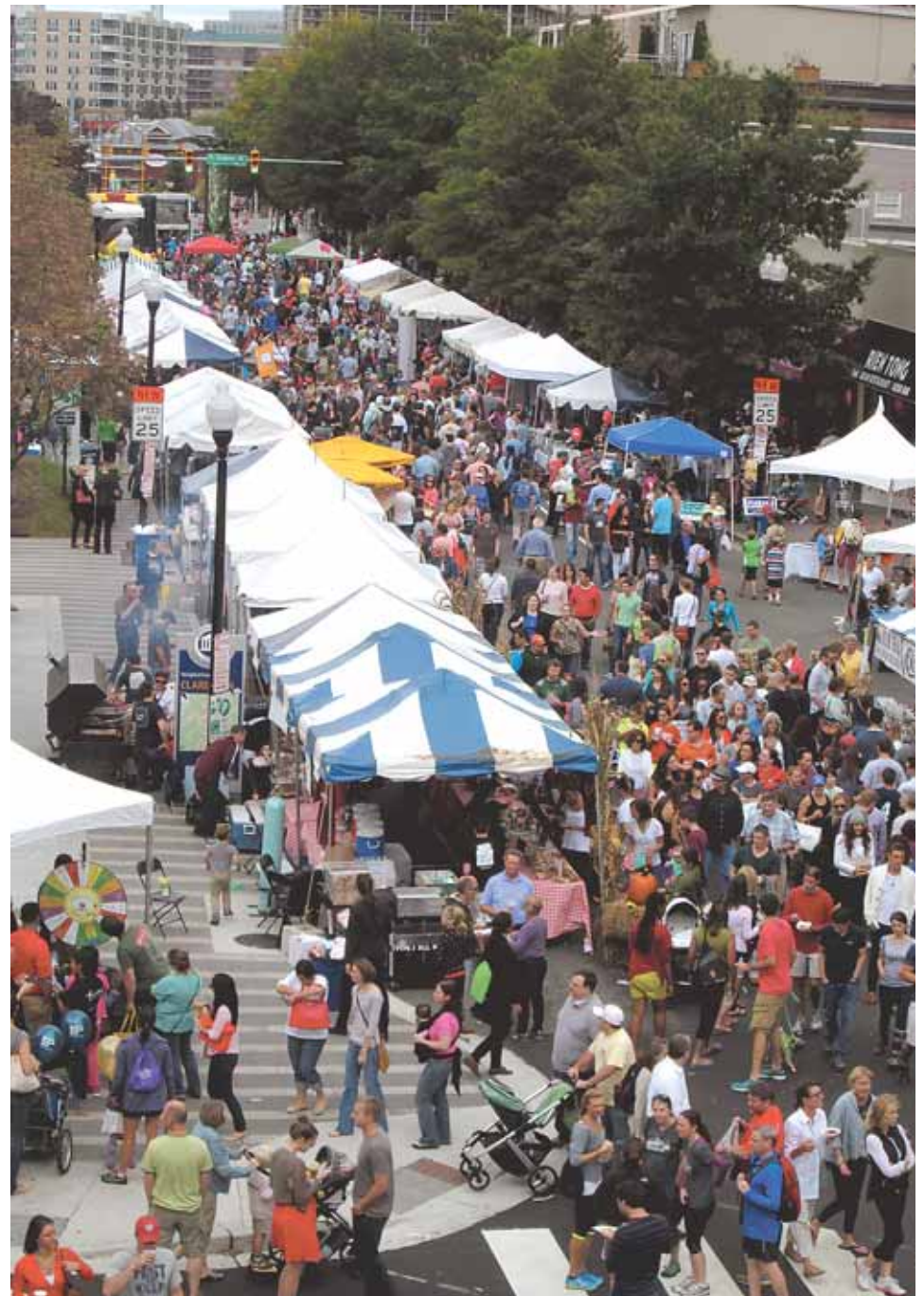
Trevor Krainik, left, a volunteer with Arlington Independent media, interviews children after they attempted a palm tree climbing competition while Victor Omar filmed it for a video highlighting the events of this year's Clarendon Day.



Josu Zubikarai, a chef with La Tasca in Clarendon, prepared three different kinds of paella, just some of the dozens of restaurant samples available during Clarendon Day.



This year, Clarendon Day hosted what had previously been called the DC 101 Chili Cookoff, welcoming more than a dozen chili aficionados to cook their specialties for judges to taste and consider. Competition was held in four categories: Salsa; red chili; green chili, and home style.



Clarendon Boulevard was closed to traffic but filled with people, booths, rides and food for the annual Clarendon Day event on Saturday.

What Role Will Region Play in the Election?

FROM PAGE 3

frequently seen voters reject the party that won the White House the previous year. But a look at the numbers tells a different story. Although 3.7 million voters cast a ballot in 2008, fewer than 2 million votes participated the next year. That means that election officials are expecting about half of last year's turnout, which included a record-breaking 3.8 million votes. "For [Democrat Terry] McAuliffe, the goal is to get as many voters out as possible," said Skelley. "For Cuccinelli, the goal is to hold down the margins." According to Census data, Northern Virginia expanded its population about 24 percent in the last decade — growing from 2.6 million from 2.1 million. Northern Virginia is the most populous region of the commonwealth and the Washington Metropolitan Area. And the rate of growth here far outpaces other urban areas in Virginia, including Richmond and Hampton Roads. That means rural and outlying areas are experiencing an erosion of influence, particularly in western parts of the state and Southside.

"The big problem for Republicans statewide is how they do in the more rapidly suburbanizing areas," said Farnsworth. "This is true in Northern Virginia and in the Richmond area."

DURING THE GUBERNATORIAL debate last week, Republican Ken Cuccinelli was trying to establish himself as the choice for Northern Virginia. He mentioned the region five times, and he tried to use his experience representing Fairfax County in the General Assembly to his advantage. When the issue of the government shutdown was raised, Cuccinelli responded with a direct appeal to residents of the region who have strong economic ties to the federal government. "I'm a Northern Virginian. I've lived up here my whole life," said Cuccinelli. "We're already seeing in the Virginia economy the problems associated with the uncertainty of federal budgeting as it is, both in Northern Virginia and in Southeastern Virginia in the Hampton Roads area."

Despite the fact that the debate took place in Tysons Corner, the McAuliffe did not point out that he has lived in Fairfax County for more than 20 years. Instead, the Democrat attempted to portray himself as the best candidate for the interests of Northern Virginia voters. At one point, he pointed out Fairfax Chamber of Commerce president and CEO Jim Corcoran in the front row and



Republican gubernatorial candidate Ken Cuccinelli



Democratic gubernatorial candidate Terry McAuliffe



Supporters of both major party candidates for governor rally at the entrance to the Capital One campus in McLean on Wednesday, Sept. 25, just before Ken Cuccinelli (R) and Terry McAuliffe (D) participated in an hour-long debate sponsored by the Fairfax County Chamber of Commerce.

mentioned he agreed with the chamber's position on Medicaid expansion. Later in the debate, he argued that Cuccinelli's tax proposal would hurt Northern Virginia.

"What it would mean to Fairfax County to be losing this revenue," said McAuliffe. "What it would mean to Sharon Bulova and Fairfax County and the loss of teachers at a time we should be investing in our teach-

ers, investing in those STEM courses, science, technology, engineering and math," said McAuliffe. "His plan literally would force us to lay off thousands of teachers."

THE TENSION within the region was evident in recent weeks as business leaders across Northern Virginia began issuing their endorsements. The first was from the po-

litical arm of the Northern Virginia Technology Council, which endorsed Cuccinelli last month. But that announcement was delayed after some internal dissension within the organization, which led to a series of accusations and counter-accusations. The drama surrounding the delay of the endorsement became a talking point for Republicans eager to portray McAuliffe as a Washington insider.

"I am appalled that Terry McAuliffe and other prominent Democrats would threaten to hold the legislative agenda of Northern Virginia business leaders hostage to their political agenda," said Republican House of Delegates Speaker Bill Howell in a written statement. "That might work in Washington, but it is unacceptable here in Virginia."

Hours after Cuccinelli and McAuliffe debated each other at the Fairfax Chamber of Commerce's forum, the organization issued its own endorsement for the Democrat. In a statement explaining the endorsement, the business group praised McAuliffe for opposing mandatory project labor agreements and supporting Virginia's longstanding right-to-work law. The chamber also mentioned his support for accepting federal funds for Medicaid expansion and his support of the transportation funding package that passed the General Assembly earlier this year — both of which were opposed by the Republican candidate.

"In terms of the priorities of the Northern Virginia business community," said Corcoran in a written statement, "Mr. McAuliffe's policy positions and proposals closely align with the Fairfax Chamber's legislative agenda."

Advocates for Affordable Housing Battle over Ballot Initiative

FROM PAGE 6

for 43 percent of the losses.

"Average apartment rents in Arlington have steadily increased over the past 10 years and have tracked fairly closely to average salaries with the exception of the change from 2011 to 2012," according to the recently released preliminary data re-

port of the Affordable Housing Study. "In 2012, the average rent jumped 13 percent outpacing salary growth."

THE NUMBERS paint an alarming picture for those who are concerned about preserving affordable housing. But opinions are sharply divided about what to do about it. Supporters of the housing authority say

Arlington recently lost out on federal money that was available at the beginning of the Obama administration because it did not have a housing authority to receive the money.

"When the stimulus money became available, housing authorities had those funds available but Arlington didn't," said Stephen Davis, chairman of the Arlington Green

Party. "We didn't have the hunting license we needed to apply for that money because we didn't have a housing authority."

Opponents say that they don't expect federal money to be available anytime soon. And if it does become available, they say, the county will adjust accordingly.

"If there is new money, we'll cross that bridge when we come to it," said Rouleau.

"Mor-Tality" Or Less



By KENNETH B. LOURIE

Meaning, in my head anyway, the future and what there is left of it. More specifically, I mean life expectancy. When you're given a "13-month to two-year" prognosis – at age 54 and a half, by a cancer doctor, your cancer doctor, the timeline between where you are and where you thought you'd be – and when, becomes as clear as mud. Yet not planning for the future, a future that previous to your diagnosis was thought to be guaranteed (based on family/patient history) creates a negative when all health care professionals advise being positive. Anecdotal evidence suggests that acting like you have a future helps in some unexplainable way in you/the patient having one.

Over the last month, I've had some time-sensitive and planning-for-the-future-type decisions/expenditures that on paper at least – given my terminal diagnosis, could be construed as money poorly spent. Nevertheless, since it is my life – and I'm trying to live it, I went ahead and signed up and paid to have these future benefits in place (starting at the present), and I'm not talking funeral arrangements, either. What I'm referring to are everyday/ordinary expenses where your dollars guarantee years ahead rather than years behind: one-year anti-virus coverage for my computer – until September 14, 2014; two-year coverage until September 30, 2015, for my Life & Health Insurance from the Maryland State Insurance Administration (I used to be an active agent in my previous career); and finally, six-years renewal (although one has no choice, really) until September 30, 2019, for my new Maryland Driver's License.

Certainly, in my mind and experience, these renewals are sort of necessary, perhaps more so for the present than the future, but since I can't know for sure, I felt as if hedging my bets was the prudent course of action. And though not renewing these three obligations was not really practical, given the realities of my life and its related responsibilities, the planning-for and purchase-of them did give me pause to consider my future and my expectations for it. Having terminal cancer will do that to you: stop you in your tracks and cause you to measure (almost literally) every step you take. It's not exactly fun, but it is a living, and I'm particularly happy to be the one doing the living.

And during these past few weeks, I did stop, and I hemmed and hawed too and decided to pay it (and my life) forward; to invoke and rework a concept made famous by a movie of the same name starring Haley Joel Osment. So I'm now officially paid up – for a few years. If I think too much about what's happened to me (stage IV non-small cell lung cancer) and why, I fear it will weaken my resolve. A resolve which is short on facts but really long on feelings. Feelings which I've become accustomed to having and believing.

I have to believe in something, and believing I have a future is the best way I know how to turn these feelings into facts.

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

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SUMMONS

IN THE SUPERIOR COURT OF THE VIRGIN ISLANDS
DIVISION OF ST THOMAS AND ST JOHN

RC HOTELS(Virgin Islands), INC (Plaintiff)
vs
ALKESH TAYAL (Defendant)

CIVIL NO. 191/2010
ACTION FOR DEBT AND FORCLOSURE OF REAL
PROPERTY MORTGAGE

TO: Alkesh Tayal
1014 Salt Meadow Lane
McLean, VA 22101

Within the time limited by law(see not below) you are hereby
required to appear before this Court and answer claim filed
against you in this action. In the case of your failure to appear
or answer, judgement by default will be taken against you as
demanded in the Complaint for **ACTION FOR DEBT AND
FORECLOSURE OF REAL PROPERTY MORTGAGE**.
Witness my hand and the Seal of the Court this 7th day of
April, 2010.

VENETIA HARVEY VELASQUEZ, Clerk of the Court
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Birch, de Jongh & Hindels, PLLC
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SPORTS



By CRAIG STERBUTZEL/THE CONNECTION

Reilly Burlingame, playing Sept. 23 against Falls Church, and the Yorktown volleyball team won the Stuart Raider Rumble Invitational Sept. 28.

Yorktown Volleyball Wins Raider Rumble

The Yorktown volleyball team won the
Stuart Raider Rumble Invitational on Sept.
28. In a best-of-five format, the Patriots did
not drop a set all tournament, sweeping
Wakefield, Mount Vernon, Marshall, Stuart
and Mills Goodwin to win the
tournament.

On Sept. 30, Yorktown trav-
eled to Edison and beat the
Eagles 3-1. The Patriots faced
rival Washington-Lee on Oct. 1, after The
Connection deadline.

Yorktown will travel to face Madison at
7:30 p.m. on Tuesday, Oct. 8.

Yorktown Football Improves to 3-1

The Yorktown football team defeated pre-
viously unbeaten Falls Church 17-14 on
Sept. 27, improving the Patriots' record to
3-1.

According to stats from the Washington
Post's allmetsports.com, Yorktown running
back MJ Stewart carried 27 times for 121
yards and a touchdown, and caught a 36-
yard touchdown pass.

The Patriots will travel to face Stuart at
7:30 p.m. on Friday, Oct. 4.

W-L Football Edges Hayfield

The Washington-Lee Football team edged
Hayfield 23-21 on Sept. 27.

The Generals will host Falls Church in a
battle of 3-1 teams at 7:30 p.m. on Friday,
Oct. 4.

Wakefield Football Falls to Edison

The Wakefield football team dropped to
2-2 with a 45-14 loss to Edison on Sept. 27.

Leon Young led Wakefield with 63 yards
rushing. Quarterback Riley Wilson com-
pleted 9 of 13 passes for 124 yards.

The Warriors will return to action at home
against Hayfield at 7:30 p.m. on Friday, Oct.
4.

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on the homepage using PayPal.

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797-5343 or egrooms@alexandriatoyota.com

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ABOUT ALEXANDRIA'S BRENDAN O'TOOLE

Brendan O'Toole served in the United States Marine Corps from 2008-2012. He enlisted during his senior year at T. C. Williams High School in Alexandria. During his time in the Corps, O'Toole completed two overseas deployments as a communications specialist based out of Marine Corps Air Station Cherry Point (N.C.).

On his first deployment (2009), Brendan served as a member of the 24th Marine Expeditionary Unit (MEU) which assisted in the Haitian earthquake relief effort, before serving in the Indian Ocean, the country of Djibouti, and patrolling the Gulf of Aden and the east coast of Africa where pirating was a major problem. During their Haitian duty, O'Toole established a functioning communication system that was used to coordinate the distribution of vital humanitarian supplies.

On his second deployment (2011), O'Toole was stationed in Afghanistan with Marine Air Support Squadron 1. Upon his arrival, he was assigned to Regimental Combat Team 6, which was assigned to the western part of the Helmand Province, outside the city of Delaram. O'Toole was responsible for all ground communications efforts of the Direct Air Support Center's area of operation. Sgt. O'Toole established and maintained radio and tactical communications systems used to coordinate air strikes against insurgent forces as well as support medical evacuations, and re-supply to U.S. military and coalition forces throughout the battlefield. It was during his Afghanistan deployment that Brendan started planning for The Run for Veterans.

In June 2012, Brendan completed his active duty military service with the rank of Sergeant. On his return home to Alexandria, he began planning and organizing The Run for Veterans, which was chartered by the State of Virginia in August, 2012.

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THURSDAY/OCT. 3

Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year-old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

TUESDAY/OCT. 8

Caregiver Support Group. 7-8 p.m. Fairfax County's free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm or call 703-324-5484, TTY 711.

Family Caregiver Seminars. 7-8:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. "Financial Issues for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/OCT. 9

Health Expo. 10 a.m.-2 p.m. at U.S. Patent and Trademark Office, 600 Dulany St. Free. Features healthy cooking demonstration, heart healthy information, health screenings, booths and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

Medicare 101. 3-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5205.

Oktoberfest Tour and Tasting. 5:30-8:30 p.m. at Port City Brewing Company, 3950 Wheeler Ave., Alexandria. \$50. Register at www.seniorservicesalex.org.

THURSDAY/OCT. 10

Medicare 101. 10 a.m.-noon at Shepherd's Center of Oakton-Vienna, Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

NARFE Meeting. 1:30 p.m. at the Vienna Community Center 120 Cherry St., Vienna. National Association of Federal and Active Retired Employees, Chapter 1116 Vienna-Oakton presents Gayle Nelson from Blue Cross, Blue Shield. Also Del. Mark Keam and challenger Leiann Luse. Free and is open to all members and their guests. Call 703-938-7346.

TUESDAY/OCT. 15

Medicare Open Season Workshop. 10:30 a.m. at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-914-0223.

WEDNESDAY/OCT. 16

Navigating the Local Transit System. 10 a.m.-12:30 p.m. at Reston Association, 12001 Sunrise Valley Drive. Learn to read bus schedules and route maps, pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station to learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards and read the system map. 55 years and older. Free. Call 703-435-6577 to register.

Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 8350 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Can I Afford That? 1:30 p.m. at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Free educational program. A financial manager will lead the discussion on the cost of long term care, options available, and steps to prepare for future care needs. Call 703-204-4664 to RSVP.

NARFE Meeting. 7 p.m. Dinner meeting for Federal Employment Retirement and Benefits Presentation at Neighbor's Restaurant, 252 Cedar Lane, Vienna. There is a cost. Sponsored by NARFE Chapter 1116 (Vienna-Oakton). If interested in attending, call 703-205-9041 or 703-938-7346 for reservations.

WEDNESDAYS/OCT. 16-NOV. 20

Chronic Disease Management. 10 a.m.-noon at The Shepherd's Center of Oakton-Vienna, 541 Marshall Road, S.W., Vienna. Free six-week chronic disease self-management program, held in partnership with Division of Adult and Aging Services/Fairfax Area Agency on Aging/ElderLink. Learn strategies to cope with concerns and develop personal goals. Caregivers and older adults with chronic conditions also welcome. Registration deadline: Oct. 11. Attendees must register at 703-281-0538. Contact Maureen Riddel, Shepherd's Center volunteer at 703-481-2371 or Casey Tarr, SCOV Health Advocate at 703-821-6838.

THURSDAY/OCT. 17

Annual Seniors Fair. 9 a.m.-noon at Inova Mount Vernon Hospital, 2501 Parkers Lane. Event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-694-6682 and press 2.

Medicare Open Season Workshop. 12:45 p.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-550-7195.

Vietnam Vets of America Chapter Meeting. 7:30 p.m. at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends and the general public are invited to hear Jack Connolly, Army veteran and career State Department Foreign Service officer, who will share his personal experiences of the battle of Vientiane, Laos in 1961, Saigon intrigue in 1968, and the assassination of an American ambassador to Lebanon in 1976. 703-255-0353 or www.vva227.org.

THURSDAYS/OCT. 17-NOV. 21

Independent Living Project. 1-3 p.m. at Martha Washington Library, 6614 Fort Hunt Road, Alexandria. Join Fairfax County's Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm, call 703-324-7210, TTY 711 or email Jennifer.Edge@fairfaxcounty.gov.

SATURDAY/OCT. 19

Craft Sale. 9 a.m.-2 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. More than 30 crafters, silent auction, bake sale, lunch and door prizes will be featured. Free admission. This is the main fundraiser for the center. 703-324-4600 TTY 711.

Senior Law Day 2013. 8:30 a.m.-12:15 p.m. at First Baptist Church, 2932 King St. Learn from law enforcement, legal and financial experts about the diverse frauds, scams, identity theft, financial abuse and other schemes targeting seniors in the Washington Metropolitan area. Free. To register visit www.seniorservicesalex.org or call Senior Services of Alexandria at 703-836-4414, ext. 10.

SUNDAY/OCT. 20

Hope for the Holidays Seminar. 4-7 p.m. at Jefferson Funeral Chapel. Designed to help people who have lost loved ones since last Christmas. Free, but registration by Oct. 11 is requested. E-mail info@jeffersonfuneralchapel.com or 703-971-7400 to register.

SEE CALENDAR, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARILYN CAMPBELL
THE CONNECTION

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus at The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

"We were getting older and keeping up a house and yard in Fairfax was getting harder," said Jim Harkin, a retired Navy captain. "We also wanted to make our own decisions about where and when we moved and not have that left up to our busy children."

Phyllis Harkin, a former real estate appraiser, said, "We did it in time, but after living at The Fairfax, we wish we'd done it earlier. You have no idea how much fun it is over here."

Kathy Aust, 67, has lived at Heritage Hunt Golf and Country Club, an independent liv-



Phyllis and Jim Harkin are active residents of the Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. Jim, 81, runs the facility's birding club and Phyllis, 80, manages the campus gift shop. The couple wanted to live among people with similar lifestyles without the responsibility of maintaining a household.

ing retirement community, in Gainesville, Va., since 2001. She moved there from Burke, she said, for social reasons. "I wanted to move into a community where there were people who had lifestyles that were similar to mine," said Aust, a retired federal employee who has no children. "I like living in

a community with people in similar situations. It is very active here. There are indoor and outdoor pools, tennis and golf. There is so much to be done here." Aust volunteers on the Heritage Hunt community task force and with the

Where to Find Help for Seniors

**ARLINGTON COUNTY
DEPARTMENT OF HUMAN SERVICES**
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Arlington, VA 22204
Tel: 703-228-1700(TTY: 703-228-1788
www.arlingtonva.us/Departments/humanservices/services/aging/HumanServicesServicesAgingAgingDisability.aspx)

community's women's group.

THESE TRANSITIONS were smooth and logical for them, based on their own choice.

But the decision to move out of one's home and into a retirement community is often complicated and can be fraught with anxiety. Experts in geriatrics say that reasons to relocate to a retirement community usually boil down to three factors: social connections, physical condition and personal safety.

"It's like a trifecta or a three-legged stool.

It is hard to be stable if one leg isn't working" said Andrew Carle, an executive-in-residence at George Mason University's program in senior housing administration in Fairfax. "A person might be physically healthy, but if they are

**"We wish we'd
[moved] earlier.
You have no idea
how much fun it
is over here."**

— Phyllis Harkin

SEE CHOOSING A HOME, PAGE 4

Diverse Needs, Desires Drive Mobility Solutions

Seniors increasingly seek innovative plans that embrace both the present and the future.

BY JOHN BYRD

Russ Glickman was a traditional full-service remodeler until the late 1990s when he abruptly added a host of accessibility certifications to a long list of building industry credentials. The service extension was less about opportunity than a personal call to apply what he'd learned from personal experience in helping his son, Michael, who was born with cerebral palsy.

"As a professional builder and a parent, I was fascinated with the challenges entailed in helping people with mobility issues make use of their homes, and really eager to absorb the evolving strategies and technologies that were then beginning to evolve," Glickman said. "I spent several years acquiring new certifications while continuing to execute full-scale remodeling projects."

Starting initially as a helpful neighbor with sound advice, Glickman, who has op-

erated Glickman Design Build for more than 30 years, eventually recognized that the demand for accessibility solutions was larger than he had thought.

"I was offering feasibility studies in special needs situations mostly on referral, but the inquiries pretty quickly became about half of my work," he said. "It wasn't that there weren't other practitioners in this field. But I soon discovered that the need for original solutions was as pronounced among people with mobility requirements as it is in remodeling — may be more so."

His conclusion: an accessibility solution that's tailored to an individual is always best, especially when designed to accommodate both current and probable future needs.

"Mastering guidelines and practices specific to a particular condition is a good starting point," Glickman said. "The Americans with Disabilities Act, for instance, publishes recommendations everyone should know.

But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well."

On top of this, Glickman said, there are always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

In the end, it is field experience that makes a mobility or access solution practical.

"This is an enormous societal issue, with a significant and growing practice literature that must be absorbed," he said. "Having said this, I find that the best solutions arise from effectively collaborating with someone facing challenges who's really passionate about making the most of their situation."

IF THERE'S ONE TREND that's well underway in Northern Virginia, it's that seniors are consistently deciding to age in place — even when a major retrofit is called for.

In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story

elevator in their 10,000-plus-square-foot house. "The owners are in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve."

SEE DIVERSE NEEDS, PAGE 6

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Senior Living

Choosing a Home for the Golden Years

FROM PAGE 3

isolated in their home and not driving or have lost touch with friends, they could become depressed.”

Carle, who has more than 25 years of executive-level senior housing and health care experience, adds that if a person has had a stroke or another condition that affects mobility, living alone is challenging. “If you need assistance with dressing and bathing that would make it difficult for you to stay in your home alone,” he said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be safe living alone, said Carle. “If you fall and hit your head and nobody comes, you could die,” he said. “There is also the medication issue. The average 75-year-old is on between seven to 12 medications each day. The number one cause of hospitalization in people over 75 is medication error. The number one cause of death due to injury in seniors is falls.”

Not everyone who leaves their home does so willingly. Gail, who has no children or family in the area and asked that her last name be withheld, moved to Potomac Valley Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not healthy enough to live alone. “I want to go back to my house,” she said. “That is where I want to be.”

Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, who teaches aging psychology, says that despite the amenities and services that make retirement communities a good fit for many people, a feeling of losing the ability to make decisions about one’s life makes many seniors resistant to leaving their homes.

“One of the biggest psychological issues faced by the older person is the feeling they are giving up control of their lives in so many ways and that can be depressing,” she said. “Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or what to bring.”

Andrew Carle said, “The very best strategy for a resistant parent is respite stay, which is essentially a short-term stay. The family goes on vacation and lets the senior stay at a retirement community for a week or two. It gives the senior a chance to meet the people, eat the food and participate in the activities. Usually after about a week or two the senior realizes that living alone in their home and watching television all day isn’t all it is cracked up to be.”

WHEN ONE DECIDES that living alone is no longer wise, there are plenty of options. Local retirement communities run the gamut from independent living where a person lives among fellow seniors, but does not need special care, to levels of assisted living. Assisted living facilities provide different levels of care for those who need help



Jim Harkin, a resident of The Fairfax in Fort Belvoir, helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

with small tasks such as medication administration, to those who need help with daily tasks such as getting dressed or taking a bath. Skilled nursing facilities, where residents have greater medical needs, are another option.

Some facilities such as The Fairfax and the Hermitage in Alexandria, are actually continuing care retirement communities that enable residents to transition from independent living to nursing care in the same facility as conditions change.

“Independent living basically meets a person’s social needs,” said Carle. “Assisted living is for people who have physical needs or limitations. I don’t think of nursing homes as senior housing. It is long-term health care or for someone who is recovering from an injury or who needs physical therapy.”

Lynette Mitchell, director of marketing and community outreach at The Hermitage, explains that, “We have everything from people who are totally independent to people who need help bathing and dressing. We can deliver all of those services.”

Debra Norberg, associate director of marketing at The Hermitage, said that in addition to amenities on campus, which include a game and fitness rooms, there is support throughout the facility.

“There is a community aspect,” Norberg said. “If someone doesn’t show up for a meal, we notice. We work as a team to make sure we all know the residents, and if they don’t show up for something, someone is going to check on them.”

Activities as simple as a meal in the dining room can become an opportunity for socializing. “Some of these people were

coming from situations where they were isolated,” she said. “This is a new chapter in their lives. We try to pair people up and give them a buddy and we have activities every single day of the week.”

Many assisted living facilities also offer mental health counseling services. “We have a social work component that deals with the psycho-social issues,” said Norberg. “We can provide grief counseling and we have psychiatrists on staff.”

“Fox Hill’s... amenities, services and fascinating residents all combine to offer a distinctive retirement lifestyle that is both very

attractive and very accessible,” said Julie Sabag, director of marketing at Fox Hill, in Bethesda, Md.

Westminster at Lake Ridge in Occoquan, Va., another continuing care retirement community, offers residents an array of activities that run the gamut from performing arts to gardening.

“We have the Westminstrels, a choir and the Westphalians, a drama group,” said Carolyn Crosby, assistant administrator at



Retirement communities such as Bethesda’s Fox Hill, a gated luxury retirement community for those aged 60 and above, offers independent living condominium ownership, as well as access to assisted living and memory care.



John Mutchler



Peg Bixler



Dorothy Lavoie



Retirement communities like Heritage Hunt Golf and Country Club in Northern Virginia offer seniors options for maintaining an active lifestyle such as indoor and outdoor pools, tennis and golf.

Westminster. “We also have a resident garden, which the residents tend themselves. They grow vegetables and leave overflow produce for other residents to take.”

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with illnesses such as Alzheimer’s disease and dementia.

Peg Bixler, an assisted living resident at The Hermitage, said her doctor advised her that she should not live alone anymore. “I do miss my career and I miss traveling, but I’ve traveled all over the world.” Bixler says living in an assisted living community allows her to maintain an active lifestyle and avoid isolation and loneliness while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts in Washington, and for the USO at Washington Reagan National Air-

port, greeting veterans and passing out flags.

“I’m busy 24 hours a day. I get out and walk every single day,” said Bixler. “I do a lot of reading. You socialize at meals here. I go out when they go on the shopping trips, which gets you out and about.”

Most importantly, said Bixler, she’s still able to live in close proximity to her family, which includes a daughter who lives in Alexandria and a son who lives in Maryland. She also has a son in Pennsylvania and a daughter in Maine.

While Bixler has remained near her family, relocating from a different state to be close to family as one ages is also a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. “I don’t have any children, but I am close to my niece” said Lavoie, a former nurse who served in World War II and the Korean War. “I was living in California, and my niece who lived here wanted me to live near her.”

Another Hermitage resident, John Mutchler, a retired chemist who has a daughter in Arlington, and a twin sister in Alexandria, moved from New Jersey to Alexandria to be closer to his family. “It is no problem for me to visit with my family often, which is nice for me,” he said. “I keep busy here. I am the chairman of the executive committee. I am also a member of the poetry group where we read poetry every week. I am a member of the current events group.”

“It is a great way to retire and a great way to live,” said Jarad Smith, director of marketing and sales at The Fairfax. “Clients want to be active, social and in a safe environment. As I walk around, I see residents play poker or bridge. We’re on 60 acres. There are a lot of nature trails.”



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Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 3

Since elevator access within the home's existing structure wasn't feasible, Glickman's plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

Inside, the tower will connect a finished lower level, a study on the main level and a third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite, a choice which will entail extending the tower another floor, finishing selected attic rooms and tying off the roof.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry. The new roof will then be tied into existing rafters, reframed and reslated.

Not surprisingly, professionals regarded this as a highly specialized assignment.

"There aren't lot of local contractors who could execute a project like this," said Andria Gregory of Area Access, Inc, the firm that will install the elevator inside the new shaft.

"The specifications are always exacting, so it's important to us to work with people who have a track record," Gregory said.

Gregory notes that Glickman's experience in mobility prescription puts him in a selective class. "He's among a handful of our preferred contractors in Northern Virginia," Gregory said. "It's critical to us that the project satisfies the client in every respect."

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components has been implemented in the two-level ranch Jaime and Janice Marquez have occupied for 24 years.

Jaime, 59, who had polio as a child but



A McLean couple in their late-60s had Glickman design a 60-foot 4-level elevator tower on the home's right elevation. The tower will be re-clad in brick that matches the existing masonry and will not be visible from the front facade.

Details

Russ Glickman periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com or call 301-444-4663

walked without assistance for most of his adult life, started intermittently using crutches again about 10 years ago.

"This wasn't a surprise," Janice Marquez said. "The research shows that polio survivors can have increased mobility challenges as they age, so we wanted a wheel-chair friendly plan even though it's not a necessity right now."

The biggest obstacles: a curving, ruggedly-steep front walk that links up with a front stoop; standard-width interior halls and doorways that had proven restrictive; and a back deck inaccessible to Jaime Marquez from the ground.

"It had become difficult for Jaime to negotiate the house on crutches, so we're looking ahead," Janice Marquez said. "Initially, I wasn't sure if we should remain in this house, but I had read about Glickman and decided to get his feedback."

Compounding the "move vs. improve" question was the couple's mutual concern that an accessibility solution might make the house less functional for others, including two daughters away at college who are frequent visitors.

"I've seen accessibility modifications that become obstructive," Janice Marquez said. "I wanted to see if we could make changes that would enhance the property — functionally and aesthetically."

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a "zero step" entry.

Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

To facilitate Jaime Marquez's access between the rear deck and the yard, Glickman designed and constructed a wider, low-rise staircase that accommodates his crutches.

While focused and small-scale, the changes have dramatically improved Jaime Marquez's ability to move freely from driveway to front door and throughout the house. They've also bestowed an unexpected benefit.

"The interior now feels much more spacious," Janice Marquez said, "and the wider doorways allow more natural light."

Also, she notes, the new front walk adds considerable curb appeal. "Honestly," she said, "I wish the walk had been in place when I was still pushing the girls in their stroller. It's just a lot easier for everyone."



When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family. The new walk rises one inch per foot. The plan included replacing a front stoop with a "zero step" entry and widening interior doors and halls.



The original front walk — which included stairs in several places — was too steep for Jaime, who now requires crutches to get around the house.

OUT IN STERLING, the Saads, both in their mid-60s, asked Glickman for a plan that would make life easier for Mrs. Saad — who recently transitioned to a

wheel-chair — yet would preserve the home's resale value should the couple eventually decide to move to a retirement home.

"It's a three-level single-family home," Glickman said. "So we first looked at options for installing an elevator ... only to find that the space required would obstruct some of the bathroom accessibility benefits Mrs. Saad was seeking."

The couple's desire to stay in place for the near-term, however, soon inspired an alternative vision: convert the 2,000-square-

foot lower level into a four-room suite complete with accessible bath, kitchenette and other amenities.

To facilitate access to the new one-level living area, Glickman designed a lift that connects the first floor to the new suite. Top level bedrooms are now reserved for guests and storage.

To make it easier to see who has come to call, the home's front door has been equipped with a security camera linked to the couple's laptop.

"Our goal was to satisfy immediate needs while implementing a makeover that will add resale value," Glickman said. "In this sense, the house has simply been redefined as a traditional single family home that includes a full-size in-law suite. It's a very marketable improvement, yet meets all the present requirements."

PHOTOS COURTESY OF HOME FRONTS NEWS



Arlington seniors Jaime Marquez and Janice Shack-Marquez on their newly designed accessible front walk.

Senior Living

55 Years or Older?

Register for county's senior adult programs.

Arlington County's Office of Senior Adult Programs, a unit of the Department of Parks and Recreation, coordinates activities and programs at the county's six senior centers and several community centers.

It also administers a 55+ Travel Program. Arlington residents 55 years of age and older can register for a 55+ Pass with OSAP which gives them access to programs at all of the centers plus free access to exercise facilities from 6:25 a.m. to 2:30 p.m. at Thomas Jefferson Community Center and Barcroft Sports and Fitness Center. They will also receive a bi-monthly, 36 page magazine ("55+ Guide") and be eligible to participate in the travel program. The cost is \$20 annually.

OSAP programs focus on fitness, sports, wellness, recreation, arts, education and community engagement.

The travel program offers 15 to 20 trips per month to places of interest in the Metropolitan area as well as out of state. Many Center programs are free and those requiring a professional instructor, charge a small fee. OSAP supports special events for the

55+ community such as health fairs, retirement seminars, transition workshops and senior Olympics. It also partners with other age-related groups and services such as Encore Learning, AARP, the Area Agency on Aging and more.

Senior programming in Arlington began in 1954 by the Recreation Department when the first "senior citizens" group was formed with 42 residents interested in activities for seniors. Participation has grown to nearly 5,000 and over 155 different programs take place each week at the Centers.

"We strive to provide Arlington seniors with programs and resources to stimulate their minds and talents, keep their brains and bodies active and healthy, make social connections and expand their horizons through learning and travel," according to Cheryl Johnson, manager, OSAP

TO REGISTER for a 55+ Pass, call 703-228-4744, visit a senior center or online at www.arlingtonva.us, search 55+ Pass. For a complimentary copy of the "55+ Guide," call 703-228-4721 or email, jmassa@arlingtonva.us.

Arlington Senior Centers

❖ **ARLINGTON MILL**, 4975 Columbia Pike, 703-228-7791. Open Tuesday through Friday, 9 a.m. – 12:30 p.m. e-mail: evalencia@arlingtonva.us

❖ **AURORA HILLS SENIOR CENTER**, 735 S. 18th St. (near Pentagon City), 703-228-5722. Open Monday, Wednesday, Friday, 10 a.m. – 3 p.m. e-mail: jsparks@arlingtonva.us

❖ **CULPEPPER GARDEN SENIOR CENTER**, 4435 N. Pershing Dr. (off N. Geo. Mason Dr.), 703-228-4403. Open Monday through Friday, 9 a.m. – 3 p.m. e-mail: cbluford@arlingtonva.us

❖ **LANGSTON-BROWN SENIOR CENTER**, 2121 N. Culpeper St. (off Lee Hwy.), 703-228-6300. Open Monday through Friday, 9 a.m. – 3 p.m. e-mail: epoole@arlingtonva.us

❖ **LEE SENIOR CENTER**, 5722 Lee Hwy. (at N. Lexington St.), 703-228-0555. Open Monday through Friday, 10 a.m. – 3 p.m. e-mail: acarr@arlingtonva.us

❖ **WALTER REED SENIOR CENTER**, 2909 S. 16th St. (between Col. Pike & Glebe, off S. Walter Reed Dr.), 703-228-0955. Open Monday through Friday, 9 a.m. – 3 p.m. e-mail: mkot@arlingtonva.us.

GET INVOLVED

Arlingtonians Meeting Emergency Needs

AMEN provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. Call 703-558-0035 or visit www.emergencynneeds.org.

Doorways for Women and Families

Provides services to help women out of domestic violence and homelessness toward safe and stable lives. 703-504-9400 or www.doorwaysva.org.

The Arlington Food Assistance Center

Provides supplemental food assistance to Arlington County residents, on average serving 3,500 adults and 1,500 children a week. The center is at 2708 South Nelson Street, Arlington. 703-845-8486 or <http://www.afac.org/>.

Arlington Free Clinic

Provides medical care for low-income, uninsured adults in Arlington, 703-979-1425, 2921 11th St. South Arlington. www.arlingtonfreeclinic.org.

Arlington-Alexandria Coalition for the Homeless

The Arlington-Alexandria Coalition for the Homeless, Inc. works with public agencies, businesses and community groups to give homeless people the support, shelter, counseling and training they need to regain self-sufficiency. 703-525-7177 or www.aachhomeless.org.

A-SPAN

Provides services for Arlington's street homeless. Their mission is to secure permanent housing for one of Arlington's most vulnerable populations. 703-820-4357 or <http://www.a-span.org/>.

Senior Living Calendar

FROM PAGE 2

FRIDAY/OCT. 25

Arlington Candidate Forum. 10-11:30 a.m. at Fairlington Community Center, 3304 S. Stafford St., Arlington (enter from Quaker Lane on 33rd St.). Discuss aging issues with Arlington's and Alexandria's Virginia General Assembly candidates from House Districts 45-49, including 45: Rob Krupicka*, Jeffrey Engle; 46: Charniele Herring*; 47: Patrick Hope*, Laura Delhomme; 48: Bob Brink*; and 49: Alfonso Lopez*, Terrence Modglin (* Incumbents). Contact the Arlington Agency on Aging via e-mail ArlAAA@arlingtonva.us or by phone at 703-228-1700.

THURSDAY/NOV. 14

Family Caregiver Seminars. 7-8:30 p.m. at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. "Legal Tools for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for

Caregiver Seminars, or call 703-324-5205, TTY 711.

ONGOING

The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and caregivers are welcome.

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other

information. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

Free Mall Walking Program for Seniors.

Tuesdays and Thursdays at 8:30 a.m. Walk at your own pace in a safe and friendly environment. Group stretch and cool down led by hospital staff. Call 703-558-6859. Ballston Common Mall (Food Court Level), 4238 Wilson Blvd.

Strength & Stretch For Seniors. Mondays and Thursdays at 1 p.m. Improve range of motion, strength & bone health. All abilities welcome. \$42. Mondays at Virginia Hospital Center, 1701 N. George Mason Drive. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.

Adaptive/Seated Yoga. Tuesdays at 11:15 a.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy.

Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. \$66 Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

VOLUNTEER OPPORTUNITIES

Advocates. The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is provided. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm.



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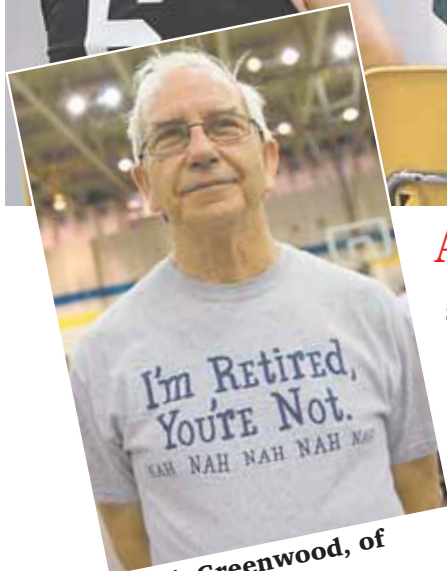
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SENIOR LIVING



PHOTOS BY
LAUREN
SCHNEIDERMAN

Jim Martin, of Rosslyn, talks to members of an opposing team while waiting for the basketball game to begin.



Ralph Greenwood, of Reston.

Active Seniors Compete for Glory

After 11 days of more than 50 events held Sept. 7-19, the Northern Virginia Senior Olympics finished with a golf event at Forest Greens Golf Course in Triangle, Va. Other events ranged from cycling, swimming and pickle ball to Mexican train dominos and Scrabble.

NVSO Chairman Janet Garber said, "Nearly 750 adults, age 50 and over, competed in this year's events which took place at 17 different venues throughout Northern Virginia. We are always impressed with the enthusiasm and camaraderie of the participants who ranged in age from 50 to 103." She also said, "These seniors exemplify NVSO's mission, living healthy longer, and are spectacular role models." Results for each of the events are available at www.nvso.us.

NVSO is sponsored by the Parks and Recreation departments and other agencies in the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.



Mary Lou D'alessandris, of Falls Church.



Judy Massabny, of Arlington, awards Ed Ladd (Falcons Landing, Va.) a bronze medal for the field goal competition.



Shelia Gildea, of McLean, shoots the ball while Suzanne Spicer, from Arlington, watches.



The Hawaiian Stars, from the Senior Center, Without Walls took first place. The Hawaiian Stars are: Edna Noe, Annandale; Michelle Ro, Burke; Marilu Morada, Burke; Tessie Buri, Burke; Fran Cornett, Fairfax Station; Rita Perrotti, Springfield; and Melanie Willis, Fairfax.



Team Silver Diamond took second place. Silver Diamond dancers are: Susie Thomas, Burke; Cathy Byun, Annandale; JeeHeea Kim, Clifton; Chungsoon Yang, Fairfax; Kisook Garber, Woodbridge; and Youngsook Chon, Centreville.

The Lee Center Dancers, who came in third are: Kathy Fanelli, Annandale; Neelima Gokhale, Inga Ercolano, May McWilliams, Marcia Diamond, Janey Brauning and Melissa Mendell, of Arlington; and Bill Wong, Fairfax.



Mia Bernette, Jeanette Wurster, Gloria Reisman, Phebe Masson and Jane McKeel, from Goodwin House in Bailey's Crossroads, make up The Silver Steppers. The Silver Steppers came in fourth.



Mia Bernette, a 94-year-old line dance competitor, receives a special award from event director Joan Silverman.