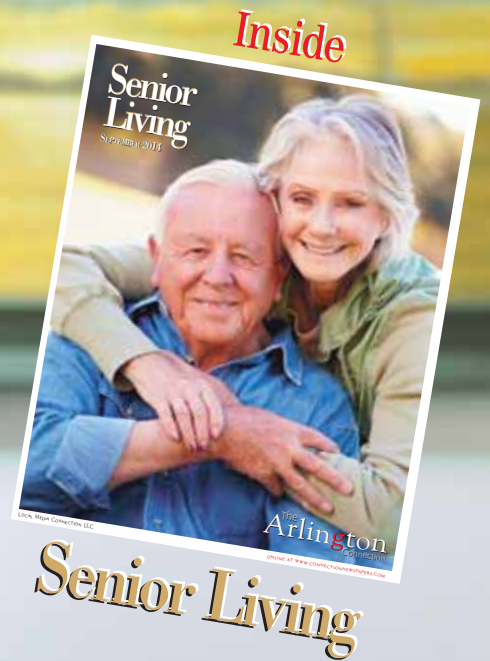


The Arlington Connection

Cherkita Williams strings a set of pearls in the Cyan Studio in the Crystal City Underground. The Arlington Artists Alliance has a juried show, "Left Out," through Sept. 26.



Art Underground

NEWS, PAGE 3

Politics of Attack

NEWS, PAGE 3

Looking Back At Watergate

NEWS, PAGE 2

New Minister At Unitarian Church

PEOPLE, PAGE 4

SPORTS, PAGE 8 ♦ ENTERTAINMENT, PAGE 7 ♦ CLASSIFIED, PAGE 10 ♦ REAL ESTATE, PAGE 9

PHOTO BY LOUISE KRAFT/THE CONNECTION

SEPTEMBER 3-9, 2014

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Just Arrived: Pansies and Mums!
Pansies \$1.29

Hosta Special!
25% Off All Varieties

Clearance Sale
30% OFF
All Trees 2013 Stock & Prior

Free Estimates
Patios, Walkways, Retaining Walls, Landscaping & so much more!

Blooming Tropicals
25% Off

60-75% Off Pottery
Lowest Prices Since 2008!

We have Citrus

Playground Chips & Organic Compost
\$29.99 cu. yd.

Bulk Mulch
\$24.99 cu. yd.

Cravens Nursery & Pottery
9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site:
www.cravensnursery.com

Follow us:
Facebook Twitter Google+

NEWS



A display at the Central Library of items related to President Richard Nixon and Watergate.



Elizabeth Drew speaking at the Central Library.

Looking Back at Watergate

Journalist speaks about her coverage of Richard Nixon and Watergate.

BY ROSS SYLVESTRI
THE CONNECTION

As the nation marked the 40th anniversary of Richard Nixon's resignation as president of the U.S. on Aug. 9, a fully packed auditorium at the Central Library gathered on Aug. 12 to see Elizabeth Drew, a journalist who covered the months leading up to Nixon's resignation for The New Yorker, and to hear about the recent edition of her book on the Watergate scandal, "Washington Journal: Reporting Watergate and Richard Nixon's Downfall."

Reflecting on that period, Drew described the Watergate years as "fun, hilarious, [and] frightening." People "were scared," she said, "we didn't know what was going to happen — what this strange man [Richard Nixon] in the White House was going to do next. He had done so many unpredictable things ... We would joke, 'Well, one of these conversations is being tapped.' It was possible that it was."

The story of Watergate began on June 17, 1972 when a group of burglars, known as the "plumbers," were caught breaking in to the Democratic National Committee headquarters at the Watergate Hotel in

Washington. Many of the "plumbers" were Cubans who were angry at President John F. Kennedy and the Democrats for the failed Bay of Pigs invasion in 1961. Drew discovered through research for her book that when they were caught it was fourth attempt to break-in.

DREW'S COVERAGE OF WATERGATE began in early-September 1973, when her editor at The New Yorker, William Shawn, asked her what she planned to write about next. She responded, "You know, I just have a sense that we're going to change vice presidents" referring to then-Vice President Spiro Agnew being charged with accepting bribes from contractors in Maryland, and "I also think we're going to change presidents." She said that the idea of the vice president and president leaving office was a "far-out thought at the time." Drew and her editor agreed that she would write about the events that unfolded in a journal format by attending press conferences and conducting interviews.

Not too long after Drew started covering Watergate, the "wildest night" of the scandal, in her words, was about to take place, which became known as the Saturday Night Massacre. It started in the summer of 1973, when Attorney General Elliot Richardson appointed Archibald Cox as a special investigator to investigate the Watergate break-in. Cox had subpoenaed Nixon to turn over tapes of recorded conversations at the White House. Nixon refused to turn over

SEE DREW ADDRESSES, PAGE 6

VDOT Virginia Department of Transportation

PUBLIC NOTICE

Pedestrian and Bicycle Safety Improvements on Lee Highway • Arlington County

VDOT Project: 0029-000-S53, P101, R201, M501
Federal Project: STP-5A01(204)

Pursuant to Section 6009 of the Safe, Accountable, Flexible, Efficient Transportation Equity Act – A Legacy for Users (SAFETEA-LU), the Federal Highway Administration (FHWA) intends to make a Section 4(f) de minimis finding for approximately 100-foot of trail realignment on the Washington and Old Dominion Railroad Regional Park (W&OD) along with temporary construction easements of approximately 34,700 square feet to complete all the pedestrian and bicycle safety improvements. The trail on the W&OD will remain open to the public during construction. Information regarding the project and this finding is available at VDOT – Northern Virginia District Office, 4975 Alliance Dr. Fairfax, VA 22030. Please contact Anna Fortune, Project Manager, anna.fortune@vdot.virginia.gov, or Nicole Grewell, Environmental Specialist nicole.grewell@vdot.virginia.gov, 703-259-1729, for more information.

On behalf of the FHWA, VDOT invites public comments related to this Section 4(f) de minimis finding. Comments must be received in writing at meeting_comments@VDOT.virginia.gov or by mail at the District Office, ATTN: Nicole Grewell, by September 22, 2014; please reference "Lee Highway Ped/Bike Improvements" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you have questions or concerns about your civil rights in regards to this project or special assistance for persons with disabilities or limited English proficiency, contact the VDOT manager listed above.

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-969-1179



Visit our website: www.twopoorteachers.com

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed
Est. 1999





PHOTOS BY LOUISE KRAFT/THE CONNECTION

The Underground galleries contain three group artists' studios, a gallery and a dance and theatre rehearsal space.



"Great Basin Watershed" by Rebecca McNeeley.

Art Underground in Crystal City

Art Underground, a northern Virginia arts destination, features work by more than two dozen local artists. Located in the Crystal City Underground at 2100 Crystal Drive, artists work in three studios that are open daily on weekdays and Saturdays. For more information or to arrange an appointment with a particular artist, email Studio Manager Bryan Jernigan at bryan@nafisdcc.org.



"How Was Your Day Dear?" by Dana Saxerud.



Artist Meg Mackenzie adds a layer to a mixed media piece she is working on.



"Blue Orbit into Space" by Vicki Doyle.



A still life by Judith Landry.



"Tangerine Dream" by Sybil Bedner-Ostrowski.



Custom animal oil paintings by Jean S. Moore.



"Villagescape" by Ann Bolster.



"Windy Run" by Mary Exline.

Politics of Attack

Challenger attacks incumbent County Board member on streetcar.

BY MICHAEL LEE POPE
THE CONNECTION

Howze Five-Point Plan

Democrat Alan Howze issued a harsh attack against incumbent County Board member John Vihstadt last week, accusing him of using opposition to the proposed \$333 million streetcar proposal on Columbia Pike as a "wedge issue" to score "political points" in a way that is "dividing our community." All of these attacks came before Howze outlined a five-point plan to improve the controversial project.

"My opponent is only interested in using the streetcar to drive his political agenda," Howze concludes. "It is time to lead Arlington, not divide it."

Vihstadt says the Howze attack is itself an attempt to divide the community. "Rather than hurling charges of divisiveness, my opponent's time might be better spent working to convince the three county board members who have endorsed him and likewise support the streetcar but who oppose a public referendum to allow this issue to be put to a vote," Vihstadt responded. "What are they scared of? Losing, of course."

THE COLUMBIA PIKE streetcar has been increasingly divisive over the past few years as opposition to the project has steadily grown and organized. The last two spe-

❖ **Timely Construction:** Howze said he wants speed and accountability to be a key requirement in any construction contract to build the system. Many advocates streetcar have become frustrated that the process has dragged on for years as opposition to the project grows.

❖ **Helping Small Businesses:** Howze says he would like to create what he calls a "contingency plan" to support small businesses during construction. Many small-businesses owners up and down Columbia Pike say they are concerned about how they will be able to operate during construction.

❖ **Community Input:** Howze says he wants to create an advisory council to ensure what he calls "community issues" are dealt with in a "timely manner."

❖ **Removing Wires:** Howze says he wants to examine the feasibility of using streetcars that run without wires for sections of the streetcar line. Critics say this is likely to add to the cost of the proposal.

❖ **Renewable Energy:** Howze says he wants to secure 100 percent renewable energy power supply for the streetcar line. Critics say this is likely to add to the cost of the proposal.

cial elections for County Board have seen Libby Garvey and John Vihstadt elected to office on a platform of opposing the project, which they say is too expensive and unworkable for the pike. Now opponents of the project, who support enhanced service some people call bus-rapid transit, say the suggestions Howze has pro-

SEE SPARRING OVER, PAGE 6

Test Scores Fall

Arlington test scores drop, but not as dramatically as statewide student test scores.

Newly released test scores of Arlington County School students have plummeted in recent years, with English performance dropping 10 percentage points in the last three years. Math performance has dropped seven percentage points in the last three years. Fortunately for Arlington, the performance of students across the commonwealth is even worse. Officials at the Virginia Department of Education say students posted gains on eight of the nine individual grade-level and end-of-course

mathematics SOL tests, with the biggest gains in grades 4, 5, 7, 8, Algebra I and Algebra II.

"The gains students made show that — despite all of the weather-related interruptions last winter — the statewide focus on teaching students to be problem solvers and to apply what they have learned in mathematics in real-life situations is producing results," Superintendent of Public Instruction Steven Staples said. "VDOE acknowledges the hard work of staff in local school divisions and will

SEE TEST, PAGE 11

PEOPLE

'To Take Down the 'Walls' That Separate Us'

New senior Unitarian minister to deliver first sermon Sunday.

BY SENITRA T. MCCOMBS
THE CONNECTION

On Sunday, Sept. 7, the new senior minister, the Rev. Aaron B. McEmry, will deliver his first sermon at the Unitarian Universalist Church of Arlington located at 4444 Arlington Blvd. Services are at 9:15 a.m. and 11:15 a.m.

McEmry is passionate about his new position and working with the congregation. He describes it as "online dating with 800 people ranging in ages from newborns to 100 year olds over a 9-month period."

Prior to speaking with McEmry, UUCA's search committee spoke with elders in the Unitarian Universalist denomination and asked if they could form a short list of ministers who would be the best fit for their congregation.

In each conversation, they kept hearing about the senior minister from Unitarian Society of Santa Barbara, Calif.

So after a 2-year search, the committee decided to give McEmry a call.

McEmry spent nearly 9 months speaking with the entire 800-member congregation in group settings to figure out their biggest hopes, fears and dreams.

He believes that "the most powerful journeys are the ones we walk together."

"For me, what success really looks like is unlocking the dreams and goals of the whole community. I am the vision carrier in this and I need to lead these people. ... So a lot of what I'm focusing on this year is on figuring out how to surface those things in the congregation," he said.

The first part of this vision includes the need to become "a congregation of circles instead of a congregation of rows."

Even though the church has 800 members, McEmry wants to develop ways for each one of those 800 members to find a way into a small circle where intimacy and depth as possible.

"We may end up sitting in rows still on Sunday mornings, but the way we are together is going to be tons and tons of overlapping circles of relationship. So that we can make this big church feel genuinely small and intimate in some ways," he said.

Secondly, he hopes to lead the Unitarian



The Rev. Aaron B. McEmry

Universalist Church of Arlington into becoming a "church without walls" where there is less and less distinction between who the congregation is and what they do inside and outside the church walls.

"A key piece of this vision is learning how to take down the 'walls' that separate us," he said.

Community outreach is another key part of his vision. He realizes that this will be a difficult task because he has moved to the area

from Santa Barbara, Calif.

"You never realize how much work goes into building these relationships until you have to start all over again. But I'm going to be really intentional about putting myself in situations where I will be able to work with a lot of different community leaders and communities," he said.

Besides working with community leaders to accomplish goals, he also wants to build partnerships with his congregation and the larger community by finding areas of common ground.

Another way of breaking down barriers and establishing partnerships is "just showing up." McEmry is committed to making sure that when "important things happen in the community" he is present along with

his congregation. "Initially, I will have to make a lot of calls and just introduce myself around the community and ask a people out for coffee or something to get to know them."

He also believes that Unitarian Universalist Church of Arlington's proximity to the nation's capital provides them with a "unique opportunity" to make a positive impact on their community and the nation.

The only challenge he foresees is figuring out how to harness all of the love, vision, talent and energy within UUCA's congregation so that it can do its most powerful work.

"We already have a congregation where Buddhists and Christians are sitting next to Muslims, Hindus and atheists ... and so we already have this unbelievable rich diversity. But sometimes we don't know how be brave enough to open ourselves wider," he said.

A part of accomplishing this is moving from tolerance of the differences between individuals toward pluralism which is where individuals move past dealing with each other's differences to where we feel lucky "... to be in a circle with people who are different than me in so many important ways."

Prior to entering the ministry, McEmry worked as a community organizer, an ex-

SEE MINISTRY, PAGE 11

'Stronger Than Cleopatra'

BY SENITRA T. MCCOMBS
THE CONNECTION

After enjoying a community barbeque with grilled hot dogs, ice cream and softball on Father's Day in 1994, the world of Jacqueline Jules and her two sons (Kevin, age 13 and Neal, age 9) was turned upside down the very next day when her husband Bill died from a sudden cardiac attack.

On the 20th year anniversary of her deceased first husband's death, Arlington author/poet Jacqueline Jules captured her journey through the grieving process in a collection of narrative poems entitled



Jacqueline Jules

"Stronger Than Cleopatra" released in early 2014.

"Stronger Than Cleopatra" contains 30 poems arranged in chronological order. She begins writing the poems right after her husband's funeral. However, her attention was divided between

putting together the collection and working on her children's books.

The collection begins with a poem entitled

Arlington poet/ author releases book on 20th anniversary of her husband's death.

"Yellow Marigolds" which refers to the yellow Marigolds Jules planted at the home she shared with her deceased first husband before moving to a new home and concludes with a poem entitled "Anniversary" based on the eight year anniversary of her first husband's death.

Jules describes each poem as a sort of letter to Bill.

"Often in grief therapy, we are told to write a letter to your loved one. And these poems gave me the opportunity to model the conversations that I needed to have with Bill even though he was no longer with me," she said.

A poem entitled "Four Days After Your Funeral" illustrates the closeness she felt with her deceased first husband despite her grief. She woke up one morning, four days after his funeral, to a tenacious thunderstorm outside her bedroom window.

"It felt like he was screaming to me about the injustice in the world. And I wanted to answer him back," she said.

The book also includes poems that reflect her memories of him including a poem where she remembers grocery shopping with her husband in comparison to having to shop alone now and seeing certain items

SEE STRONGER, PAGE 5

GEORGE MASON UNIVERSITY

MASON GAME & TECHNOLOGY ACADEMY
WHERE ART & TECHNOLOGY LEARN 2 PLAY

ENROLL IN CYBER SECURITY COURSES!

Sign up for 10 weekend classes of integrated courses in **Networking (Windows OS), Routers (Cisco), and/or Database (Oracle)** - starts September 27th (Ages 15 & up)

Prepare for college level computer engineering, CyberSecurity coursework, and certifications for entry level internships/employment!

www.PotomacAcademy.org
(Game & Technology)

CYBER SECURITY

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

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

All Are Welcome!

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

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

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION NEWSPAPERS

PEOPLE

'Stronger Than Cleopatra'

FROM PAGE 4
that he liked.

Through these poems she was also able to answer the question "How do I go on?" following his sudden death along with finding the answers to other common questions individuals face after losing a loved one. For instance, she discusses what to do with her wedding ring in one poem.

"Bill was buried with his wedding ring, and so I begin to wear mine on my right hand instead of my left hand," she said.

The book's title "Stronger Than Cleopatra" is also a poem featured in the book. When she went back to work as a school librarian she had to read the book "Cleopatra" by Diane Stanley. The book discussed Cleopatra's grief over the loss of her love Marc Anthony and how she finally ended her life because of it.

The book inspired Jules to write a poem demonstrating how, unlike Cleopatra, she was able to move forward from the loss of her first husband.

"In many ways, this is a book about sharing feelings of shock, grief and finally acceptance. It's a book about moving beyond grief," she said.

"Stronger Than Cleopatra" can be purchased online through Amazon or through ELJ publishing's website at <http://www.booknook-eljpublications.com>. It is also available at One More Page Books in Arlington or online at <http://www.onemorepagebooks.com/>.

Jules decided to compose a collection of poetry instead of a non-fiction work because she felt poetry's

style would be an easier read for someone who is grieving rather than a longer block style paragraphs found in non-fiction.

Currently, she has been keeping busy by doing combined book tours for "Stronger Than Cleopatra" and two children's books she wrote that were released this spring.

She has received positive praise from a number of readers and friends from social media. "One of the friends from social media told me that 'Stronger Than Cleopatra' was refreshing because it had a spiritual center and focused on moving forward in the face of grief," she said.

When she is not busy writing children's books, she spends her free time attending Signature theatre and walking.

Jules began writing poetry in the 1980s. Her poems have been published in more than 100 publications including "The Potomac Review," "Sunstone," "Minimus," "Soundings Review," "Gargoyle," "Main Street Rag" and "Christian Science Monitor." Some of her favorite poets include Linda Paxton, George Giguere and Arlington poet Hilary Cham.

Some of her children's books include: the "Zapato Power" series, "No English," "Sarah Laughs" and "Never Say a Mean Word Again." Prior to becoming an author/poet, she worked as a school librarian with Fairfax County Public School System. Jules is from Petersburg, Va. and has worked in Arlington for 19 years.



SUN DESIGN INVITES YOU TO A 3-LEVEL REMODELED HOME TOUR IN ALEXANDRIA!

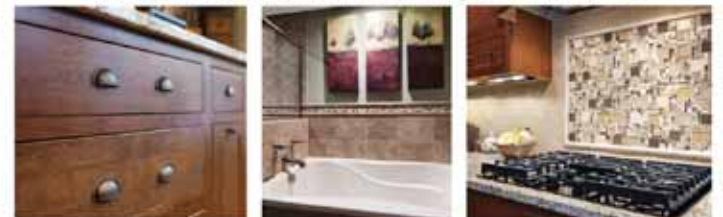
Saturday, September 13th, 12-4pm

1108 North Fairfax Street, Alexandria, VA 22314



REINVENT YOUR HOME TO ENRICH YOUR LIFE

Why add more square footage when, with careful consideration and armed with a unique design, you can accomplish much more with less? Come see first hand how redesigning existing space created better function, flow, and light in this home.



SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703.425.5588 SunDesignInc.com info@sundesigninc.com

Congressman Jim Moran's

Annual Women's Issues Conference

SATURDAY, SEPTEMBER 13, 2014

8:00 a.m. - 1:00 p.m.

Washington-Lee High School
1301 N. Stafford St., Arlington, VA 22201

FEATURING KEYNOTE SPEAKER:

Neera Tanden

President of the Center for American Progress

Join us for interactive workshops, informational booths, health demonstrations, and take home a free digital copy of your professional photo. A light breakfast and lunch will be served.

Register today at moran.house.gov.

Contact Krysta.Jones@mail.house.gov for more information.



GET ONE WHILE IT'S HOT!

MOTORCYCLE LOANS

5.79
%APR

- New OR used
- We refinance
- Instant online decision
- Check in your hand



America's Credit Union

Apply Now! PenFed.org/Motorcycle-Loan • 800-247-5626

Visit one of our branches!

Pentagon City: 701 12th Street, South Arlington, VA 22202

Fort Myer: 2nd Street & McNair, Bldg 450, Fort Myer, VA 22211

Arlington Hall: 111 South George Mason Drive, Arlington, VA 22204

Rate and offers are current as of August 29, 2014, and are subject to change. Term is based on amount borrowed and subject to change. Other restrictions may apply. Call 800-247-5626 for details. Motorcycle Loan Payment example: \$20,000 loan at 5.79% APR, 60 monthly payments of approximately \$384.71 each. Promotional rate is not available to refinance existing PenFed motorcycle loans.

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

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

Michael Lee Pope
Reporter
703-615-0960
mpope@connectionnewspapers.com
@MichaelLeePope

Jon Roetman
Sports Editor
703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

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

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

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

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

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



NEWS

Drew Addresses Watergate at Central Library

FROM PAGE 2

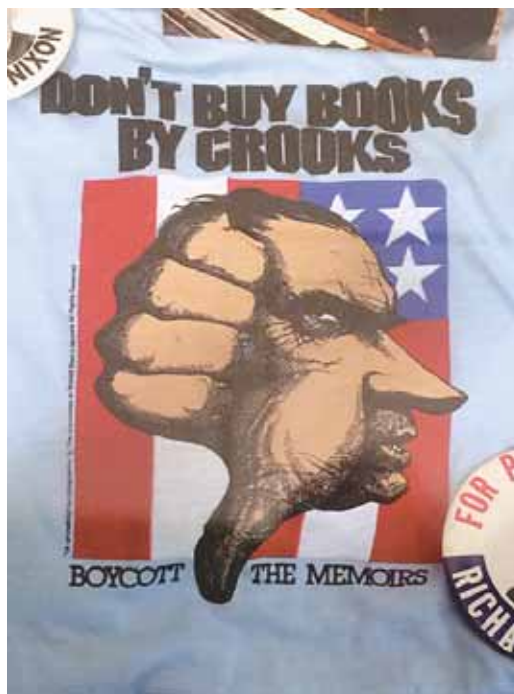
the tapes. On the evening of Oct. 20, 1973, Nixon ordered Richardson to fire Cox. Instead of complying with Nixon's demands, Richardson resigned. Nixon then asked Deputy Attorney General William Ruckelshaus to fire Cox, but, like Richardson, he refused and resigned as well. Eventually, Solicitor General Robert Bork, as acting attorney general, ended up firing Cox.

Drew said at that moment, the country was in a "constitutional crisis" and was wondering if the president considered himself above the law.

In her book, "Washington Journal," she described the mood of that night: "The news is coming too fast. Faster and harder than anyone expected. It is almost impossible to absorb. Summary firings are not our style ... Too much disarrangement at once. The speed of the events has become part of their substance. One journalist says it's like being in a banana republic." With regards to Nixon, she wondered, "Is there to be any check on him — or any President — ever again? Do we have a system of laws?"

Drew commented on how the dismissal of Cox was such a mystifying event for people to understand with the constant reports coming in. She was glad that 24-hour news channels or social media did not exist back then because she felt that people would have been inundated with too much information. According to her, the news cycle was "very peaceful compared to now" since people only received information from nightly news broadcasts, the radio, morning and evening newspapers, and the phone. "Thank heavens there was no cable" or "Twitter then. We'd have gone mad because any rumor would have been out there and you couldn't think. The competition to scoop would have been ferocious and, frankly, quite careless," said Drew.

NO ONE HAD SERIOUSLY CONSIDERED impeaching President Richard Nixon from office until the Saturday Night Massacre. Drew noted how the country felt it was such a powerful act to remove the president. The only U.S. president that had been previously impeached was President Andrew Johnson in 1868, who was subsequently acquitted.



A t-shirt from a campaign, which was headquartered in Arlington, to boycott President Richard Nixon's memoirs in the late-1970s.

PHOTO BY ROSS SYLVESTR/THE CONNECTION

Nixon remained defiant in the face of the investigations into Watergate.

"I made my mistakes, but in all of my years of public life, I have never profited, never profited from public service — I earned every cent. And in all of my years of public life, I have never obstructed justice," said Nixon at a press conference on Nov. 17, 1973. The president said he welcomed "this kind of examination, because people have got to know whether or not their president is a crook. Well, I am not a crook."

Drew argued that the issue of whether or not Nixon knew about Watergate is irrelevant because "it happened under his aegis. His aides were carrying out what they thought he wanted done. I find in the tapes no reference whatsoever [of him saying] 'what a terrible, stupid thing to do. What were they doing there?'"

Several months later, the tide was turning against Nixon. On July 28, 1974, the House Judiciary Committee voted, with bipartisan

support, to impeach the president. The articles of impeachment against Nixon included abuse of power and obstruction of justice. However, Nixon was never formally impeached since he resigned on Aug. 9.

In September 1974, President Gerald Ford, who succeeded Nixon following his resignation, pardoned Nixon for any crimes he may have committed in relation to Watergate and throughout his presidency. It was a move that was highly controversial at the time. When asked about her opinion of the pardon, Drew agreed with what Ford did.

"I thought it was the right thing to do," she said. She felt that Nixon "had been seriously punished. I mean, how much more worse can it be when you're thrown out of the presidency, which you strived for decades and decades." For Ford, the lingering controversy over Watergate "would have been an enormous distraction" and he needed to focus on governing the country. Attendees of the library event felt that many Americans, especially those born after Watergate don't fully understand the importance of Watergate.

Despite that, in the words of Arlington resident Ainsley Stapleton who was born after that period, it is "the scandal against which you measure against all scandals." Stapleton, who works with people who are in their 20s, said that "most of them don't have the foggiest idea [about] Watergate — it's something they heard in history class."

Daniel Bonds, a George Mason University student from Clifton, referred to a recent CNN/ORC poll showing that 46 percent of Americans believe that Watergate was "just politics" as opposed to 51 percent who believe that it was a "serious matter." Also, 52 percent of Americans under the age of 35 say the scandal was "just politics."

"I think that that shows that we just really don't have the attentiveness to our recent history," said Bonds. He mentioned how "the word 'gate' is appended to all of our scandals now, and if you don't really have an understanding of what Watergate was you don't have a good perspective on the gravity of whatever situation you're currently encountering."

Sparring over Issues on Streetcar Proposal

FROM PAGE 3

posed are well intentioned but unnecessary. "Most of his proposals are efforts to basically put lipstick on a pig," said Peter Rousselot, founder of Arlingtonians for Sensible Transit. "It will be a more attractive pig and a more alluring pig with the lipstick, but it's still a pig."

Supporters of streetcar say the streetcar is necessary to generate economic development on Columbia Pike. "If that pig is the only thing that's going to feed your family, put lipstick on it or don't put lipstick on it," said John Snyder, founder of Streetcar Now. "The more important issue is that if you don't do the streetcar then we've got a lot more nonrenewable energy going out of tailpipes into people's

lungs."

THE HOWZE PROPOSALS are a mix of suggestions that respond to criticisms that are commonplace among businesses and residents who live up and down Columbia Pike. Some of them are about the potential chaos created by construction while others address a perception among supporters that the project is taking too long. Some of the streetcar supporters believe the suggestions go too far. One of the proposals, for example, would be to examine the feasibility of using streetcars that can run without wires for sections of the line.

"Now all of a sudden because those wires power a streetcar, they are terrible and ugly and this is horrible, but for the previous 50

years they were just fine," said Snyder. "If it's just as reliable and the same cost or not considerably more, then sure consider it."

Opponents say putting some of the streetcar wires underground is likely to substantially increase the price of the project, which has almost tripled already from the original estimate of \$120 million to \$333 million. Another Howze proposal that is likely to add cost to the project is to require that 100 percent of the energy to power the system come from renewable energy sources. "Currently, the power supply for the streetcar is the coal-fired electricity supplied by Dominion, which is a very dirty solution," said Rousselot. "There's a better environmental solution with bus-rapid transit."

ENTERTAINMENT

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

"Sunday in the Park With George." Through Sunday, Sept. 21 at Signature Theatre, 4200 Campbell Ave., in the MAX Theater. Tickets start at \$40. Single tickets are available in person at the Signature Box Office, by calling Ticketmaster at 703-573-SEAT, or online at www.signature-theatre.org.

Art Exhibit. Focus Gallery presents "Left Out" juried show through Sept. 26. Each work in the show will include a short statement by the artist on the original inspiration and how it evolved as the work progressed. Located in Gallery Underground, 2100 Crystal Drive. Visit www.galleryunderground.org.

Art Exhibit. See the August Members Show through Sept. 26. Features sculpture, glass, mixed media and more. Located in Gallery Underground, 2100 Crystal Drive. Visit www.galleryunderground.org for more.

Theater Performance. See "Seven Guitars - Fate, Justice and the Blues" Sept. 10-28 in Signature Theatre's ARK, 4200 Campbell Ave. Visit www.signature-theatre.org/ for tickets and information.

THURSDAY/SEPT. 4

Brown Bag Thursday. 1 p.m. in the Mead Lobby at Signature Theatre, 4200 Campbell Ave. Claybourne Elder, starring in Signatures "Sundays in the Park with George," is no stranger to Sondheim, having played Hollis in the original Off-Broadway production of "Road Show," the wolf in "Into the Woods" and performing in City Center's Sondheim 80th Birthday Celebration. Stop by to hear about his career and ask questions. Free, no reservation required. Visit www.signature-theatre.org for more.

"Now Playing on The Loop." 7:30-9:30 p.m. Market Common Clarendon, 2700 Clarendon Blvd. Top Gun will be playing at Market Common Clarendon. Rain date for the show will be Sept. 11. Call 703-476-9377 or visit www.marketcommonclarendon.com.

Fall Open House. 4:30-8 p.m. at Perfect Pointe Dance Studio, 2499 N. Harrison St., suite LL-1. Enjoy free classes, tours, giveaways, refreshments and more. Visit www.perfectpointe.com or 703-533-8830.

FRIDAY/SEPT. 5

Wine in the Water Park. 6-10 p.m. Crystal City Water Park, 1750 Crystal Drive. Combines sips and sounds to create an outdoor event featuring interesting wine varietals and music in the neighborhood's signature Crystal City Water Park. Every Friday in September. Visit crystalcity.org.

Opening Reception. 5-8 p.m. meet the artists of "Left Out" juried show and the August Members Show. Located in Gallery Underground, 2100 Crystal Drive. Visit www.galleryunderground.org.

Opening Reception. 5-7:30 p.m. at The Barry Gallery, located in the Reinsch Library at Marymount, 2807 North Glebe Road. The public is invited to a free opening reception for the Jim Burford Memorial Exhibition. Burford, who passed away in July, was an Arlington resident and art instructor at several area schools and colleges, including Marymount, where he taught for 15

A Stand-up Guy

Comedian brings stand-up comedians into American homes on new TV show, which could feature local talent.

It's been more than 20 years since people could sit in their living rooms and see what stand-up comedians really do, and Steve Hofstetter wants that to change.

If there's any lesson to be taken from the recent sales of "Weird Al" Yankovic's parody album hitting number one on the Billboard Chart, it's that people are hungry for creative, funny people, but not everyone has a comedy club nearby. Hofstetter's new show, "Laughs," which airs at midnight on Sunday and Monday on My20 in the Washington, D.C., area, bridges the gap.

Hofstetter got his start writing comedy at the age of 15, "mainly to impress girls," according to his website, www.SteveHofstetter.com. He was one of the first writers hired by CollegeHumor.com and co-founded the "Sports Jerk of the Week" website featured by newspapers, Sports Illustrated and CNN at 18. But he's perhaps best known for his online videos of addressing hecklers at his shows, a collection that has earned him more than 20 million views.

"Every decent comic says angry things" to hecklers, Hofstetter said. The ability to shut down someone who's being rude or trying to upstage a performer is part of the job, but he acknowledges he can take it to another level.

There hasn't been much of that give-and-reluctant-take in the show, which premiered earlier this summer and is currently on air in 11 markets across the country on Fox stations.

"Fox is very happy with it," Hofstetter said. "It's going wonderfully."

The show opens with a few jokes from Hofstetter, then jumps to bits from comedians who were previously recorded in comedy clubs around

the country. He's been touring the country hosting these open auditions to find what he feels are the best stand-up comedians that Americans don't yet know about, but should. The comics are given notes and those he feels are strongest are then

years and was known for riding his bike to class. His work is included in many private, corporate and public collections, including the Portland Museum of Art, the University of Art & Design in Finland, the Archives of the Smithsonian's National Museum of American Art and the National Portrait Gallery. The exhibit will run through Oct. 9. Visit www.marymount.edu/barrygallery.

Wine Tasting. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. One More Page hosts a wine tasting along with a visit by author Susan Coll, whose latest novel, "The Stager," is a dark comedy

about marriage, real estate and modern life. Visit www.onemorepagebooks.com or call 703-300-9746.

SATURDAY-SUNDAY/SEPT. 6-7

First Responders Cup. 7:30 a.m. at Barcroft Park, 4200 S Four Mile Run Drive. Each year on the weekend around the anniversary of 9/11, the First Responders Cup Tournament Committee, an IRS designated Disaster Assistance Organization, hosts a Girls Fast Pitch Tournament bringing together the very best teams from those areas directly affected by

the attacks of September 11, 2001. Visit www.firstresponderscup.org.

SATURDAY/SEPT. 6

Arlington History Bike Tour. Meet at 9 a.m. at Ballston Metro Center. Visit sites including Fort Myer, Mount Vernon Bike Trail, Bon Air Rose Garden and more. Easy ride with many stops. Bring lunch, water and any type of bike. \$2. Visit www.centerhikingclub.org for more.

Volunteer Work Party. 10 a.m. at Potomac Overlook Regional Park,

SEE ENTERTAINMENT, PAGE 8



PHOTO CONTRIBUTED

Comedian Steve Hofstetter will host a live audition for his Fox comedy show, "Laughs," at the Arlington Cinema and Drafthouse on Wednesday, Sept. 10, at 7:30 p.m.

taped for use on future shows.

In some markets, "Laughs" is on the air at the same time as "Saturday Night Live," which initially gave Hofstetter pause — until he learned "we beat SNL by about 25 percent (viewership)," he said. "It was just in one market, but it's growing. The idea is, every show gets better as we go. It's great."

ONE THING his show is not a talent competition similar to the abundant dancing and singing shows where artists perform in the hopes of winning a contract. That doesn't happen with his show, and Hofstetter has no intention of changing.

"There's a lot of politics in other shows, but that's not us," he said. He's just looking to give comedians he thinks are talented the chance to get their

names out to a wider audience.

He also admits that the show's concept wasn't his idea.

Fox Television Stations CEO Jack Abernethy approached Hofstetter with the idea, wanting to bring stand-up comedy to wider audiences. "There's all this amazing content being created at clubs all across the country. Why can't we take advantage of it," Hofstetter said, rephrasing Abernethy's idea for the show.



Open for Brunch & Dinner on Sundays

Monday & Tuesday Nites! Dinner for 2 and a bottle of wine for \$39.95 (2 course)

Group rates & private room

Celebrating 50 years!

10 East Glebe Road
Alexandria, Virginia 22305
Chezandree.com
703.836.1404

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

Adopt Donate Volunteer

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



lostdogandcatrescue.org

SPORTS

Harris: A Two-Way Threat for Washington-Lee

Senior RB/DB plans to play football in college.

Senior running back/defensive back Daquay Harris enters his third year as a member of the Washington-Lee varsity football team. As a sophomore, Harris received second-team All-National District honors as a cornerback. As a junior, he was a second-team All-Conference 6 selection as a running back and a cornerback.

In 2013, Harris rushed for 1,196 yards and nine touchdowns, helping the Generals finish 8-3 and earn their first district championship since 1975. He ran for more than 200 yards against rival Yorktown in the regular-season finale, helping the Generals secure a 10-0 victory — only the second time a W-L team defeated Yorktown since 1982 — and the district title.

Harris plans to play football in college, but has yet to commit to a school. He recently participated in a Q&A.

Q: At what age did you start playing football? Have you always been a running back/defensive back?

Harris: I started playing football when I was about 9 years old. I played youth football for the Lee Franconia Wolverines. I played as a linebacker and later on started on both sides of the football as I started playing running back my second-to-last year of playing youth football.

Q: You're listed at 5 feet 10, 165 pounds. Is that accurate? How do you survive as a smaller running back?

Harris: I am 5 feet 9, 155 pounds. I haven't had a hard time surviving as a smaller running back because I'm a lot



PHOTO BY LOUISE KRAFT/THE CONNECTION

Daquay Harris is a running back and defensive back for the Washington-Lee football team.

tougher, stronger, faster and smarter than most opponents think. I may only be 155 pounds but just because someone is 30 pounds heavier than me doesn't mean they will end up tackling me at the end of the play.

Q: You're a senior. How do you feel about your game now compared to when you were younger?

Harris: I feel a lot better in most of my fundamental skills than from when I was younger, which helped me become better in my other skills, as well.

Q: How much time do you spend working on your football skills in the offseason?

Harris: I spent most of my time last year in the weight room or with my team playing in 7-on-7 passing league games and

tournaments (if I wasn't working). If I wasn't working with the team to get better I'd hear about it from my coach the next time I saw him.

Q: Do you prefer playing offense or defense?

Harris: I love playing offense, but defense has always been my favorite to play ever since I started playing football.

Q: Do you play any other sports at W-L?

Harris: I also [compete in] indoor and outdoor track here at W-L.

Q: What is your favorite football moment from your first three years at Washington-Lee?

Harris: My favorite football moment here at W-L was scoring a 10-yard touchdown in the last second of the game against Hayfield. After scoring, I turned around and saw the whole sideline go crazy with joy. I just really loved that moment.

Q: What is your favorite food?

Harris: My favorite thing to eat is baby back ribs

Q: Who is your favorite music artist? Why?

Harris: My favorite music [group] is the rap group Migos, because their flow is amazing just like the beats that they rap to. Migos, along with other rap artists like Chief Keef, get me very hyped before games.

Q: What is your favorite movie? Why?

Harris: My favorite movie is "Bad Boys II." I just loved that movie. It was great! It's action packed, mixed with some humorous moments in the film that made me love it. I watch it whenever it's on TV.

Q: What location is the farthest you have traveled from the Washington, D.C. metro area?

Harris: The farthest I have travelled from the D.C. Metro area was Nashville, Tenn.

Q: Are you a pro sports fan? If so, who are your favorite teams?

Harris: I love pro sports. My favorite teams are the Washington Redskins and the Washington Wizards (I don't watch baseball, hockey, or soccer).

Q: Do you have a favorite pro athlete(s)?

Harris: My favorite pro Athlete is Adrian Peterson.

— JON ROETMAN

SPORTS BRIEFS

O'Connell Football Beats Paul VI

The Bishop O'Connell football team opened its 2014 season with a 56-14 victory over Paul VI on Aug. 29 in Fairfax. The Knights' home opener is at 2 p.m. on Saturday, Sept. 6 against Bishop Ireton (1-0). The Cardinals won their season opener against Park View, 46-12, on Aug. 29.

Upcoming Football Season Openers

The Washington-Lee football team will host McLean at 7:30 p.m. on Friday, Sept. 5. The Generals finished 8-3 last season and won their first district championship since 1975. Yorktown will host Langley and Wakefield will travel to face Marshall, both at 7:30 p.m. on Friday.

CALENDAR

FROM PAGE 7

2845 Marcey Road. Spend the morning with park staff and help with indoor and outdoor projects. Free. Call 703-528-5406 for more.

24th Annual Rosslyn Jazz Festival. 1-7 p.m. Gateway Park, 1300 Lee Highway. Acclaimed artists to headline the festival include Corey Wallace DUBtet (1 p.m.), Ghost Train Orchestra (2:15 p.m.), Brooklyn eight-piece band Red Baraat (3:45 p.m.) and New Orleans Grammy winners Rebirth Brass Band (5:30 p.m.). Free to the public. Visit www.rosslynva.org/jazz for more.

Memorial 5K. 6 p.m. in Crystal City. Honors the victims, firefighters, and public safety who responded on Sept. 11, 2001. \$35-40 entry fee. Arlington911race.com.

Summer Concert. 7 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Performance by Second Wind, a southern rock band. Free, \$5 donations requested. Call 703-528-5406 for more.

Book Launch. 7 p.m. at One More Page Books, 2200 North Westmoreland St. The store hosts a

launch party for Mark Gilleo and his newest thriller, "Favors and Lies," featuring a private detective working in Washington, D.C. Visit www.onemorepagebooks.com or call 703-300-9746.

SUNDAY/SEPT. 7

Author Event. 4 p.m. at One More Page Books, 2200 North Westmoreland St. National Public Radio's book commentator and author Alan Cheuse reads from "An Authentic Captain Marvel Ring and Other Stories" and author Jeffrey Condran shares from his new release, "Prague Summer." Visit www.onemorepagebooks.com or call 703-300-9746.

MONDAY/SEPT. 8

Off Book. 7 p.m. in the Mead Lobby at Signature Theatre, 4200 Campbell Ave. Music director of Signature's 24 Sondheim productions and revues, over 30 Signature shows, seven Helen Hayes Awards and 23 nominations, Jon Kalbfleisch will join us for the first Off Book of the

season. Visit www.signature-theatre.org for more.

TUESDAY/SEPT. 9

Author Event. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Farmer's daughter, food writer, and food advocate Nina Planck shares from her newest cookbook, "The Real Food Cookbook: Traditional Dishes." Visit www.onemorepagebooks.com or call 703-300-9746.

First Chorale Rehearsal. 7:30-9:30 p.m. at United Baptist Church, 7100 Columbia Pike, Annandale. The Wakefield Chorale is looking for new members. No audition required. \$25 includes winter session plus cost of sheet music. Call 703-255-3489.

WEDNESDAY/SEPT. 10

Author Event. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Best-selling author Chris Guillebeau promotes "The Happiness of Pursuit: Finding the Quest That Will Bring Purpose to Your Life." Visit

www.onemorepagebooks.com or call 703-300-9746.

THURSDAY/SEPT. 11

Applicants Wanted for "Arlington's Got Talent." Leadership Arlington is seeking talent applications from Arlington and the greater DC metropolitan region for its third annual "Arlington's Got Talent" event. Talent submission applications are due by 5 p.m. \$500 cash prize for first place winner. Talent applications and more information online at www.leadershiparlington.org/agt. **Movie.** 7:30 p.m. at Arlington Mill Community Center Plaza, 909 S Dinwiddie St. Watch "Avatar." Visit <http://www.columbia-pike.org/events/> for more.

FRIDAY/SEPT. 12

Wine in the Water Park. 6-10 p.m. Crystal City Water Park, 1750 Crystal Drive. Combines sips and sounds to create an outdoor event featuring interesting wine varietals and music in the neighborhood's signature

Crystal City Water Park. Visit crystalcity.org for more.

SATURDAY/SEPT. 13

Central Arlington History Tour. Meet at 9 a.m. at Clarendon Metro Center. Visit sites including log cabins, historic library and springs, and more. Walk 1-12 miles. Bring lunch and water. Leisurely walk with many stops. \$2. Visit www.centerhikingclub.org for more. **Acting Class.** 10 a.m.-12:30 p.m. at Signature Theatre, 4200 Campbell Ave. Michele Shay will use both monologues and scenes from August Wilson to challenge actors. Visit www.signature-theatre.org/ for tickets and information. **Fundraiser.** 10 a.m.-noon at the Carlin Hall Recreation Center, 5711 S. 4th Street. Antiques and jewelry appraisal event as a fundraiser for the Ball-Sellers House with Todd Peenstra, president of Peenstra Antiques and Steve Gouterman, a nationally known antiques and art appraiser and co-owner of NovaGold. Visit www.arlingtonhistoricalsociety.org.

WWW.CONNECTIONNEWSPAPERS.COM

Arlington REAL ESTATE

PHOTOS BY VERONICA BRUNO/THE CONNECTION

Top Sales, January~June, 2014

2 1881 Nash Street
North #2110 —
\$2,600,000



4 4621 35th Street North — \$2,420,000



1 1111 19th Street North #3001 —
\$3,750,000



8 3033 Pollard Street North — \$2,050,000



6 2228 Kent Street South — \$2,130,000

	Address	BR	FB	HB	...	Postal	City	...	Sold Price	...	Type	...	Lot AC	...	PostalCode	...	Subdivision	...	Date Sold
1	1111 19TH ST N #3001	4	3	1	...	ARLINGTON	22209	...	\$3,750,000	...	Hi-Rise 9+ Floors	...	0.25	...	22209	...	THE WATERVIEW	...	04/04/14
2	1881 NASH ST N #2110	2	2	1	...	ARLINGTON	22209	...	\$2,600,000	...	Hi-Rise 9+ Floors	...	0.25	...	22209	...	TURNBERRY TOWER	...	02/27/14
3	1801 HERNDON ST	4	5	1	...	ARLINGTON	22201	...	\$2,518,420	...	Detached	...	0.25	...	22201	...	LYON VILLAGE	...	06/23/14
4	4621 35TH ST N	5	5	2	...	ARLINGTON	22207	...	\$2,420,000	...	Detached	...	0.33	...	22207	...	COUNTRY CLUB HILLS	...	05/19/14
5	3602 13TH ST N	5	5	1	...	ARLINGTON	22201	...	\$2,300,000	...	Detached	...	0.36	...	22201	...	VIRGINIA SQUARE	...	04/23/14
6	2228 KENT ST S	5	5	3	...	ARLINGTON	22202	...	\$2,130,000	...	Detached	...	0.22	...	22202	...	ARLINGTON RIDGE	...	03/14/14
7	4732 DITTMAR RD	6	5	1	...	ARLINGTON	22207	...	\$2,100,000	...	Detached	...	0.26	...	22207	...	COUNTRY CLUB HILLS	...	06/03/14
8	3033 POLLARD ST N	5	6	2	...	ARLINGTON	22207	...	\$2,050,000	...	Detached	...	0.23	...	22207	...	BELLEVUE FOREST	...	03/31/14
9	3711 VERNON ST N	6	6	1	...	ARLINGTON	22207	...	\$1,997,000	...	Detached	...	0.27	...	22207	...	COUNTRY CLUB HILLS	...	06/24/14
10	4050 40TH ST N	5	5	1	...	ARLINGTON	22207	...	\$1,883,000	...	Detached	...	0.46	...	22207	...	ARLINGWOOD	...	03/10/14

COPYRIGHT 2014 REAL ESTATE BUSINESS INTELLIGENCE. SOURCE: MRIS AS OF JULY 15, 2014.

I Scream



By KENNETH B. LOURIE

...for ice cream; from Brigham's in Boston, the local New England establishment of my youth where I spent dollars – although it was likely cents back in those days – many afternoons, evenings and weekends. And why, other than it's still technically summer and extremely hazy, hot and humid today – and perfect ice cream weather of course – am I writing about this non-cancer subject? Because, at this very moment, my brother Richard is en route – by CAR – from Massachusetts (after a week's vacation), and aside from Vanessa, his wife; their golf clubs and a week's worth of vacation residue; there are two coolers loaded with pre-packed quarts of a delicacy from our past and one (many actually) likely most rewarding for our present and future, too: Brigham's Ice Cream.

Though the original stores, a Howard Johnson's-type restaurant/ice cream parlor combination, no longer exist, thankfully, their recipes still do; sort of like the Washington, D.C.-area Gifford's Ice Cream Shops did before they were re-established a few years back. Within a few hours now, my freezer will be filled with "Just Jimmies," "Chocolate" and "Chocolate Chip," maybe a "Strawberry," and given what it's likely to cost (the ice cream is expensive and there's no multi-quart discount; however, there are no delivery charges), I may have to put a lock on my freezer door. Not to keep my wife out, but to stop other potential perpetrators from getting any ideas.

And just as music is supposed to soothe the savage beast, so too is ice cream supposed to cure what ails you (although emotional eating does have its ups and downs). Moreover, ice cream from your formative years, the age of innocence, is best of all; especially if it's not local, you haven't had it in years (it's not available in our region), is not deliverable by mail, and it's the kind of indulgence where one fills up two large coolers with ice and cream to guarantee its availability – for a few months, anyway.

Not that there's any relationship or causation, but my first two jobs as an adolescent were in ice cream shops. First at Baskin Robbins in Newton Centre, beginning the summer after ninth grade (\$1.60 per hour) and then again the following summer, after tenth grade, at McManus Ice Cream in Cleveland Circle. Inasmuch as it was unlikely I was weaned on ice cream, I was certainly indoctrinated at a very early age. Before I knew whether it was good for me or not, I knew what was good for me: ice cream and more ice cream. And to reinforce the importance of ice cream in my life, most evenings, at home, around 7:30, my mother, lying in bed after yet another long day of "non-stop-stay-at-home mothering," would call out to my brother and me: "ice cream," which would require one of us to walk into the kitchen, open the freezer door, defrost the ice cream, scoop it into a bowl and deliver it to her for a most appreciative kiss. She loved her Brigham's Ice Cream.

We may have learned to love Brigham's from her, but we've taken it to new levels and new lengths, decades in fact. So here I am, 50 years or so after my mother's recurring nighttime request, waiting for ice cream, just as she so often did. I imagine my love for her and for the ice cream she loved is all related somehow; probably why it makes me so happy when I'm scooping it.

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

EMPLOYMENT

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

CLASSIFIED

703-917-6400

ZONE G Ad DEADLINE:
MONDAY NOON

BUSINESS OPP

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

BUSINESS OPP

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

VET RECEPTIONIST

Small animal hosp. Great Falls.
Will train. 703-757-7570 •
www.ourvets.com



If you want to
make a difference,
Apply with us!

Serve the elderly with non-medical care,
companionship and help in their homes.
Flexible day, evening and weekend shifts available.
No certification required and age is no barrier.
11347 Sunset Hills Rd., Reston, VA 20109
703-464-1268 • www.caregiversareawesome.com

MUST LOVE CATS

Volunteers needed for cat caretaker shifts with
Lost Dog & Cat Rescue Foundation at
7 Corners/Falls Church, Tysons Corner, Reston
or Leesburg PetSmart locations. Morning, mid-
day or evening shifts available, need varies by
location. Shifts are generally 60-90 minutes,
training provided. Great opportunity for
student service hours. Also opportunities for
transport volunteers and fostering. Email
cats@lostdogrescue.org with questions
or interest.

Educational Internships

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

THE CONNECTION
NEWSPAPERS

THE CONNECTION
NEWSPAPERS **CLASSIFIED**

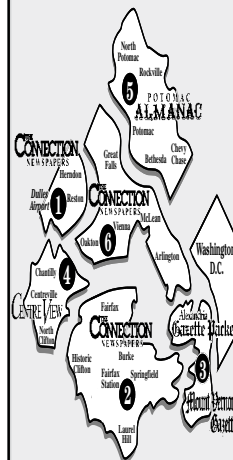
Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

Employers:
Are your
recruiting ads
not working in
other papers?

Try a better
way to fill
your
employment
openings



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

THE CONNECTION
to your community

703-917-6464

[classified@connection
newspapers.com](mailto:classified@connectionnewspapers.com)

Great Papers • Great Readers
Great Results!

26 Antiques

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

28 Yard Sales

Reston Community
Yard Sale
95 families
Sat. 9/6
8:30am-12:30pm
12001 Sunrise Valley Dr.
Rain Date 9/7
703-435-6577

Yard sale 9/6 dishes decor
Clothes books kids toys
Furniture. All must go!
4261 Allison Cir Ffx 22030

I'am a
slow walker,
but I never
walk back.
-Abraham Lincoln

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- > Speed up Slow Computers
- > Troubleshooting
- > Virus Removal
- > Computer Setup



(571) 265-2038

jennifer@HDIComputerSolutions.com

202 Domestic Auto

202 Domestic Auto

FOR SALE-1994 GEO PRIZM LSi



95.6K miles (white/minor dings). Runs great! 5-spd. Standard
Transmission; Sunroof; AM/FM/Cassette Deck/4 Speakers;
Power Side Mirrors; 1-yr. old tires; Pampered with Synthetic
Oil every 3 mos./3K mi. for 20 yrs; Fully Detailed; Price: \$2K.

Call: 571/338-1576 or 703/222-4492 (Fairfax)

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VaCarolina Buildings, INC



It's storm season! Are you prepared?
Call the experts at VaCarolina Buildings
today for your free estimate on a new
professionally installed Lifetime Metal Roof!

Houses - Single Wides - Double Wides

Last Roof You'll Ever Need For Your Home!

Free Roof Inspection
45 Year Warranty
Financing Available

1.800.893.1242
metalroofover.com

HOW TO SUBMIT ADS TO

THE CONNECTION
Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6 Mon @ noon

Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: [classified@connection
newspapers.com](mailto:classified@connectionnewspapers.com) or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 1, 5, 6 Mon @ noon

Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: [classified@connection
newspapers.com](mailto:classified@connectionnewspapers.com) or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection
The Burke Connection

The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton
Connection

The McLean Connection

The Great Falls
Connection

HOME & GARDEN

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

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE G Ad DEADLINE:
MONDAY NOON

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

IMPROVEMENTS

IMPROVEMENTS

Picture Perfect Home Improvements

(703) 590-3187 www.pphtionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services Available

"If it can be done, we can do it"

Licensed — Bonded — Insured

HAULING

LANDSCAPING

AL'S HAULING

Junk & Rubbish
Concrete, furn., office,
yard, construction debris

Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commercial,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-4338 N-VA

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.

Licensed
Insured

We Accept VISA/MC

703-441-8811



R&N Carpentry

♦ BASEMENTS ♦ BATHS ♦ KITCHENS

Foreclosure specialist/Power washing

♦ Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured

703-987-5096

LANDSCAPING

LANDSCAPING

JUAN'S LANDSCAPING

Since 1987

- COMPLETE TREE SERVICE • MASONRY • HAULING
- BACKHOE • EXCAVATING • POWER WASHING
- HANDYMAN • PAINTING • TRASH REMOVAL • DRYWALL



Res./Com. • Free Estimates

• CELL 703-732-7175

Flower Garden Delight

Est 1995

Prompt Reliable Service
Seasonal plantings & garden
maintenance to suite your
personal taste

Stacey 703-242-2421

Lic & Ins

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

IMPROVEMENTS

IMPROVEMENTS

IMPROVEMENTS

IMPROVEMENTS

CRESCENT HOME SERVICES

703-953-7309 • crescenthomeservices@gmail.com

Spring Special!

15% off

For a limited time, Connection readers can take 20% off labor costs on any home maintenance or improvement project when they mention this ad.

Your Home Handyman since 1999!

Call or email us today for a fast, free estimate on any home maintenance or improvement project. **No job too small—we do it all!**

- Gutter cleaning & repairs
- Kitchen/Bath remodeling
- Exterior/Interior painting
- Rotten wood replacement
- And way too much to list here!

FAST, RELIABLE & AFFORDABLE.

Call Crescent today! Your "friend in the business," we're owner-operated, licensed and insured.

We're on Angie's List! ID# 8088426

www.facebook.com/crescenthomeservices

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded

703-250-6231

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Spring Cleanup...

Tree removal, topping & pruning,
shrubby trimming, mulching, leaf
removal, planting, hauling, gutter cleaning,
retaining walls, drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency Tree Service

Test Scores

FROM PAGE 3

continue to work in partnership with them to share best practices and to provide the resources and support teachers need to help their students succeed."

Arlington school officials say pass rates exceed the statewide performance in 31 of 33 assessments. On two of the 33 assessments, Arlington's pass rates were only one point below the state pass rate. One of those was high school end-of-course assessment for reading, which was 89 percent. The other was Virginia history, which was 86 percent. Across the nine mathematics assessments, Arlington's average passing rate for 2014 is almost 9 points higher than the pass rate for Virginia.

— MICHAEL LEE POPE

Ministry

FROM PAGE 4

perience he draws heavily from in his current position. He has worked as a council representative to the AFL-CIO and grassroots activist for the Oregon State Public Interest Group in Oregon, he had to learn to work with every kind of person from environmentalist to businesspersons to monks.

The Wisconsin-raised minister feels that he did not choose the ministry but rather matured into the ministry. He feels that every position prior has been a driving force in preparing him for the ministry. As a child, he recognized the unfairness in the world and his role in changing it.

"I just love people. I think people are the most beautiful, crazy making, inspiring, irritating things in the world. They are full of endless surprises and possibility and also really fragile. I have the good fortune to be invited in to the most sacred parts of life. That is an unbelievable honor," he said.

During his downtime, McEmry enjoys biking, archery and backpacking through the mountains. He has a master of divinity from the Meadville Lombard Theological Seminary and a bachelor of science in labor studies from the National Labor College. He lives with his wife Eliza and 3-year-old son, Luke, in Arlington.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Sept. 13-20.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior trips: Sunday, Sept. 14, Blue Angels Cruise, \$72; Tuesday, Sept. 16, Philadelphia Walking Tour and lunch, \$103; Thursday, Sept. 18, Carderock Division Headquarters tour, \$7; Friday, Sept. 19, Cirque du Soleil, National Harbor, \$106. Call Arlington County 55+ Travel, 703-228-4748. Registration required

Current events round table, Monday, Sept. 15, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

Just Playin' Country Musicians, Monday, Sept. 15, 10:15 a.m., Lee. Free. Details, 703-228-0555.

Beginners Tai Chi starts Monday, Sept. 15, 3 p.m., Langston-Brown, \$90/20 sessions. Register, 703-228-6300.

Chinese Mysticism, Tuesday, Sept. 16, 5 sessions, 10 a.m., free, TJ. Register, 703-228-4403.

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305

703-684-0710

www.alexandriatoyota.com



Service Department Hours:
Monday – Friday, 7:00am to 9:00pm
Saturday, 8:00am to 5:00pm

Make your next service appointment at:
alexandriatoyota.com



ServiceCenters
Keep Your Toyota
a Toyota



27 YEARS OF
RECEIVING THIS
HONOR



ToyotaOwnersOnline.com

TOYOTA
LIFETIME GUARANTEE

Mufflers • Exhaust Pipes • Shocks • Struts
Toyota mufflers, exhaust pipes, shocks, struts
and strut cartridges are guaranteed to the
original purchaser for the life of the vehicle
when installed by an authorized Toyota dealer.
See us for full details.



TOYOTA
Let's Go Places

You Have Saturdays Off
That's Exactly Why We Don't!



BACK-TO-SCHOOL SPECIAL \$59⁹⁵

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters

SYNTHETIC OIL \$10.00 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE BRAKE SPECIAL \$99⁹⁵ PADS

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE 30000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁹ Synthetic \$10 More

Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE FALL DETAIL SPECIAL \$119⁹⁵

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior.
Vans & SUVs add \$20.00.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE 4 WHEEL ALIGNMENT \$79⁹⁵ PREVENT UNEVEN WEAR

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE 10% OFF LABOR ON ANY ONE REPAIR

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE 15% OFF ANY ACCESSORIES

• Apparel • Window visors
• I-pad adaptors • All weather floor mats
• Toyota bedliners

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE VARIABLE DISCOUNT

\$5.00 OFF with purchase of \$35.00 - \$49.99

\$10.00 OFF with purchase of \$50.00 - \$99.99

\$15.00 OFF with purchase of \$100.00 - \$199.99

\$20.00 OFF with purchase of \$200.00 - \$499.99

\$50.00 OFF with purchase of \$500.00 Or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE TRUE START BATTERY SPECIAL \$139⁹⁵



INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE ROTATE & BALANCE SPECIAL \$59⁹⁵

Includes: Rotate and balance all 4 wheels and inspect brakes and tires.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE BUY 3 TIRES AND GET 4TH FOR \$1⁰⁰

GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE DETAIL SPECIALS

\$39⁹⁵

Wash & Vacuum

\$139⁹⁵

Hand wash, wax

& interior cleaning

\$295⁹⁵

Full premium detail

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE COMPLIMENTARY MULTI-POINT INSPECTION

Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

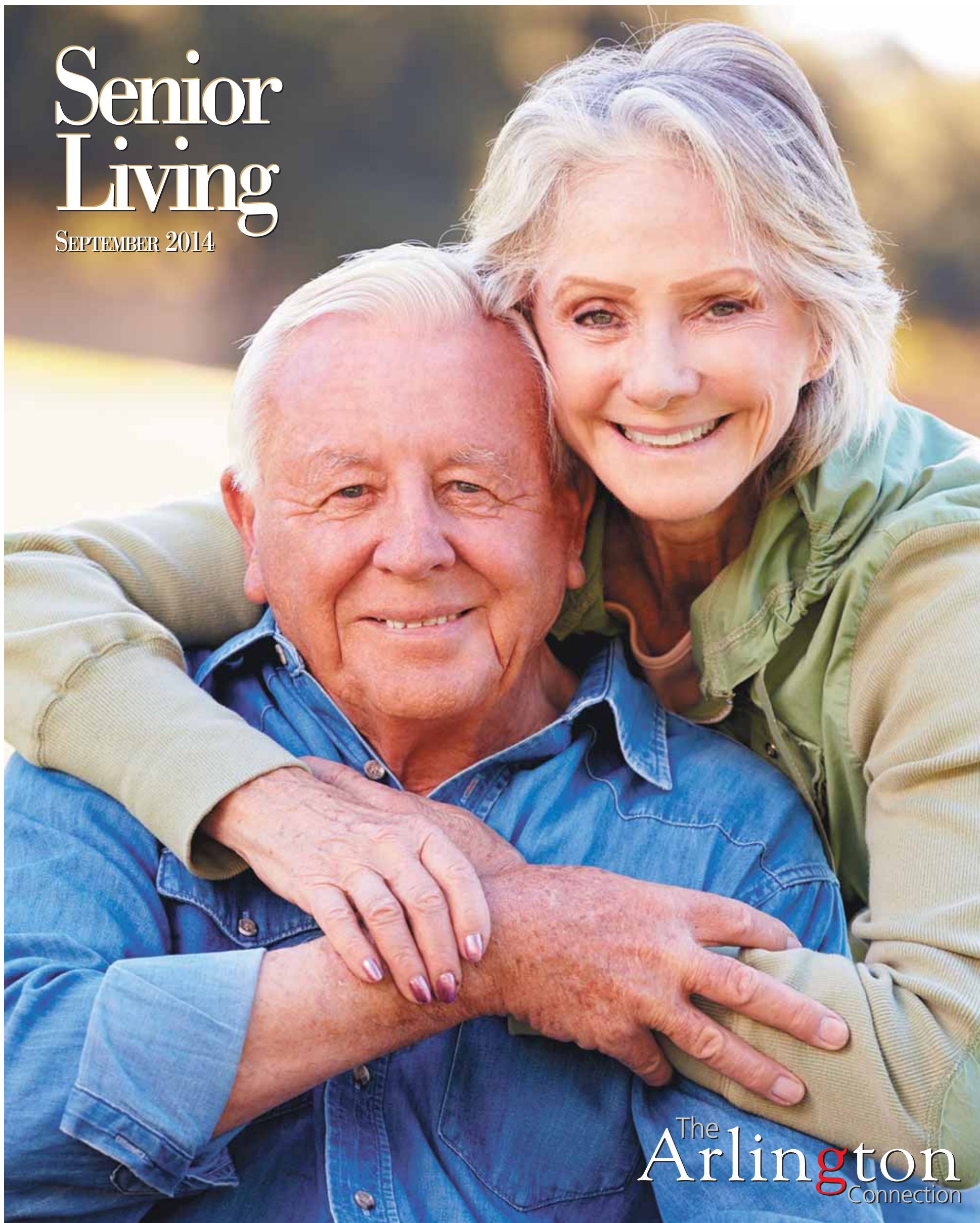
ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
1-866-616-8420 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!



**Let's
Go
Places**

Senior Living

SEPTEMBER 2014



The
Arlington
Connection

Senior Living

Village Movement Comes to Arlington

Arlington Neighborhood Villages (ANV) is a non-profit organization dedicated to enabling Arlington seniors to continue living in their homes as they age. ANV combines elements of a senior cooperative, a social club and a concierge service. ANV opens in Arlington County in April. County residents 55 years of age and older are eligible for membership. They will pay an annual fee based on the level of services desired.

Arlington Neighborhood Villages is part of an expanding village movement across the country as a new model to facilitate aging in place.

Some of the ANV programs and services that will be available include transportation to medical appointments and grocery stores, household tasks, technology assistance, light household and lawn care tasks, daily check-in calls and more. ANV is supported by a team of trained volunteers. For more information, visit www.arlnvil.org or call 703-509-8057.

According to the Arlington County Elder Readiness Plan, the 65+ age group in the County is expected to more than double between 2000 and 2030.

National surveys indicate that most seniors want to remain in their homes as they age. They want to age-in-place. Arlington Neighborhood Villages is here to help Arlington's seniors do just that.

Arlington Neighborhood Villages (ANV) is a non-profit organization dedicated to enabling all of Arlington County's senior residents to continue living in their homes and communities as they age – safely, independently, and with an enhanced quality of life.

ANV combines elements of a senior cooperative, a social club, and a concierge service. It offers members transportation and shopping assistance, access to social and cultural activities, exercise and fitness opportunities, help with household and home maintenance tasks, as well as information on a host of professional and social services.

ANV is part of the rapidly expanding village movement. Since the early 2000s the Village Movement has been emerging nationwide as a new model to facilitate aging in place. Villages

are self-governing, grassroots, community-based organizations created for the sole purpose of enabling people to remain in their homes and communities as they age. There are already a number of villages in the Washington DC metro area, including At Home Alexandria and Mount Vernon At Home in Virginia.

Arlington Neighborhood Villages will operate as a single non-profit organization serving all of Arlington County.

An important ANV goal is to make village services and programs available to all senior residents of Arlington seeking to age in their homes.

All Arlington County residents who are 55 years or older are eligible for membership. ANV has three membership categories.

Financial assistance may be available to full individual and household members who need it.

ANV Programs and services available to Full and Associate members include: social gatherings, outings and educational activities; daily check-in calls; help identifying and accessing county-provided services and other service providers; caregiver and other support groups; volunteer-provided services including transportation, home checks, help with tasks, errands, technology support, occasional yard care, medical companion to serve as another set of ears, making sure all medical information and instructions are noted during a visit to the doctor, support in power outages and weather emergencies, such as snow shoveling or finding someone who can store refrigerated medications.

To learn more about Arlington Neighborhood Villages, visit www.arlnvil.org, or call 703-509-8057.

Choose
how you
spend
your time!



Enjoy a day along the pond, visit nearby historic Occoquan, coffee and conversation with a friend or experience our nation's capital. Westminster at Lake Ridge is an exciting, vibrant community with exceptional services and amenities. Call 703-791-1100 today for a personal tour!

*Westminster at Lake Ridge is happy to announce,
we are now accepting Wait List reservations!*



Westminster
at Lake Ridge

Northern Virginia's Best Kept Secret in Retirement Living

www.wlrva.org • 703-791-1100 • 12191 Clipper Drive, Lake Ridge, VA 22192



SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

HomeLifeStyle.....9/10/14
A+ Camps & Schools.....9/17/14
Fall Fun & Arts Preview.....9/24/14

OCTOBER

Wellbeing.....10/1/14
HomeLifeStyle PULLOUT:
Deadline is 9/25/14.....10/8/14
A+ Camps & Schools.....10/15/14
Election Preview I.....10/22/14
Election Preview II.....10/29/14



NOVEMBER

Election Day is Tuesday,
November 4.
Wellbeing.....11/5/14

E-mail sales@connectionnewspapers.com for more information.

THE CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

HomeLifeStyle.....11/12/14
Holiday Entertainment &
Gift Guide I.....11/19/14
A+11/25/14

Thanksgiving is November 27.

DECEMBER

Wellbeing.....12/3/14
HomeLifeStyle: Home for the
Holidays.....12/10/14
Hanukkah begins December 16.
Holiday Entertainment &
Gift Guide II.....12/16/14
A+ Camps & Schools.....12/16/14
CHILDREN'S CONNECTION.....12/24/14

The
Arlington
Connection

Senior Living

IS PRODUCED BY
CONNECTION NEWSPAPERS
WWW.CONNECTIONNEWSPAPERS.COM
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,
CALL 703-778-9431 OR EMAIL
SALES@CONNECTIONNEWSPAPERS.COM

Senior Living Time to Downsize?

BY MARILYN CAMPBELL
THE CONNECTION

When Beverly Quinn's fourth child, a daughter, got married, she decided it was time to downsize. The 69-year-old widow moved out of the 4,000-square-foot home in Vienna, Va., where she and her husband raised their children and into a 1,300-square-foot townhouse in North Potomac, Md., which meets her new needs perfectly.

"It's a big change," she said. "But I guess that is part of downsizing."

One of the most difficult parts of Quinn's transition was boxing up more than 30 years of memories, and deciding which items to move into her new home, which to give to her children and deciding which to donate or discard. It's a familiar conundrum for many seniors: organizing, decluttering and resisting the desire to take more than their new, smaller homes can accommodate.

"We see it all the time with our members," said Barbara Sullivan, executive director of Mount Vernon At Home, a nonprofit that helps senior citizens age in their own homes. "Our volunteers help with downsizing by reorganizing, cleaning out closets, and decluttering."

Downsizing is also emotional: "Moving from a 4,000-square-foot home into a retirement community or small 800- to 1,200-square-foot apartment can be difficult," said Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company. "There is often a conflict between what Mom and Dad want them to take with them and what they can actually accom-



PHOTO COURTESY OF FOUR SALE

Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company, helps clear out a garage. Such services make it easier for seniors down move from a large home into a smaller house.

modate."

When tackling the downsizing process, Sanders suggests a few guidelines: "We strongly recommend using an emotional yard stick to determine whether to keep or not keep something," he said. "Look for things that have a memory associated with them. Like, 'Remember when Mom and

Dad went to Rehoboth [Beach] and bought this Murano glass bird? It was one of the best days of their lives.'"

"A personal space is like an autobiography. People are complex so it is often difficult to find just one style that fits every impulse."

— Susan Hergenrath, Ph.D., professor of interior design, Marymount University

Those mementos go on a list of items to consider keeping, said Sanders. He recommends waiting 24 hours and then trying to cut the list in half. "Depending on the age of the parent, it's good to work in two to

three hour shifts, take a break and do another two to three hour shift.

"We want to build mild frustration because you begin to make decisive decisions that are more precise," he said. "And you are less likely to rethink and over-think."

When cleaning a larger home in preparation for a downsize, Sanders suggests that families go through each room of the house in a systematic fashion, collecting family photos; family records like birth, death and marriage certificates; and financial records.

"You'd be surprised by how much you accumulate over the years," said Quinn. "The process is draining, both physically and mentally. The only bright spot was that I was going to be living closer to my children and grandchildren and I liked my new town house."

Once seniors have pared down their belongings and begun the moving process, some, like Quinn, begin to look forward to starting anew and designing their new homes to reflect their new styles and needs. However, it's not only important to arrange furniture and accessories tastefully, but in a way that takes issues like safety hazards and new lifestyle issues into consideration.

"The best advice is understanding that personal style is rooted in your past, places that you love, the present, what you love today, and the future," said Susan Hergenrath, Ph.D. associate professor of interior design at Marymount University in Arlington, Va. "A personal space is like an autobiography. People are complex, so it is often difficult to find just one style that fits every impulse."

When it comes to creating a comfortable

SEE DOWNSIZE, PAGE 5

Quilting Studio Adds to Dream Home

At 72, Wanda Rogers engages in an early American craft she first learned from her grandmother.

BY JOHN BYRD
THE CONNECTION

Quilting takes patience; ditto the steps entailed in setting up a quilting studio all of one's own.

Such are the reflections of Wanda Rogers, 72, who is now tapering off a 51-year professional career, and increasing precious hours spent in the pursuit of a mountain-state handicraft she learned from her mother and grandmother.

"We were all quilters where I grew up in West Virginia," Rogers recalls. "My mother, my grandmother, my aunt. The originality of a quilt's pattern is the larger artistic goal,

but it takes a lot of concentrated quiet time to achieve it. Between raising children, moving frequently and then working, there just weren't a lot hours for quilting before now, much as I love it."

The particularly hectic phase of Rogers' young married life included setting up 18 different households in places where husband Ted, an Air Force pilot, was stationed. In the early 1980s, the family finally settled into a 2,533-square-foot ranch house on two acres near Springfield.

Three years ago, when Ted retired, the couple collaborated with remodeler David



PHOTO COURTESY OF HOME FRONTS NEWS

Wanda and her daughter Janyce preparing fabrics at the studio's work table. The marble counter surface also has a role in the studio's kitchenette.

SEE QUILTING STUDIO, PAGE 4

Quilting Studio Adds to Dream Home

FROM PAGE 3

Foster in transforming the ranch into a substantially enlarged and upgraded “dream house,” complete with a two-car garage topped by a future quilting studio.

“I knew my plans were getting closer to reality when we added drywall to the attic room above the garage,” Rogers says. “Once the space was shelled-in, I began to see how the studio would look and function.”

For the next three years, however, Rogers kept up her a daily work schedule with a healthcare consulting firm, a job that required frequent out-of-town meetings.

“We had installed temperature controls in the studio when we remodeled the house,” Rogers says. “Everything was well-insulated and bright, so I moved-in an easy chair and started thinking about what I wanted to do.”

Last year, Ted presented Wanda with a professional quality Bernina Sewing Machine, and the studio makeover got underway in earnest.

“We designed the suite specifically to support Wanda’s creative process,” says Foster, who has operated Foster Remodeling Solutions for more than 35 years. “We had to allocate enough floor space in the middle of the room so she could completely lay out a quilt in progress. Her process also requires a way to keep carefully catalogued materials within easy reach.”

AT 400 SQUARE FEET, with large windows on both the eastern- and western-facing walls, the studio is flooded with natural light during the day, an effect Wanda finds inspiring. The hickory wood flooring, apart from its lovely aesthetics, is entirely functional as a surface for cutting and assembling fabrics. Built-ins on either side of the assembly area have been custom-designed to hold specific fabrics and other



PHOTOS COURTESY OF HOME FRONTS NEWS

Three generations (from left): Janyce Rogers, Wanda Rogers and Julia Walker display recent handiwork.

essentials. Rogers says some of the fabrics date back to the 1930s and were passed down from her grandmother.

“All the women in the family were active in quilting bees” Rogers recalls. “One of my aunts’ designs was featured over the cover of a national magazine. We were also active in the National Quilting Symposium”.

But for all its delicacy of color and pattern, a quilt must also be functional as a bed cover. To assure the end-product is well-made, Rogers employs a Bernina “surger” which stitches finished overlock seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety of colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

Like most dedicated artisans, Rogers insisted on a self-sufficient studio that would

allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walk-in shower. Also, the Advantium oven; two-burner cooktop; the WiFi hook-up, the laptop.

“I don’t have to run back to the house for lunch, or a cup of tea,” Rogers says. “The amenities simply allow me to concentrate on the project at hand. That’s what it takes to do this kind of work well.”

While the full bath and refined finishwork will also allow the attic to double as a guest room when needed, Rogers says the studio is fundamentally designed for quilting. By inserting a specially designed cutting board

over the sink, for instance, the L-shaped kitchenette surface converts to a work table. There’s even an unseen custom niche to hold the ironing board Rogers uses to flatten fabric.

“I see the studio as an integral part to my life ahead,” says Rogers, adding that that her 10-year old granddaughter now wants to learn quilting from her. “This kind of fulfillment isn’t just good luck; it’s something you have to plan.”

On a related note, David Foster observes that the studio is consistent with the kind broader-scale retirement home upgrades his firm has been seeing in the recent past. Seventy-five percent of his current clients are now over 55; as of last year, 44 percent had come back to him for a second project.

“We’re seeing a lot more interest in a phased development approach to retrofitting the family house for retirement,” Foster says. “To save money on future projects,

a remodeling client sometimes asks us to insulate and dry-wall a part of the house they don’t plan to actually use for a while. This is a simple way of thinking ahead that adds value and usually doesn’t appreciably increase the existing remodeling budget. There’s a kind of generational search for more enduring

housing solutions that’s now underway, and it’s evolving rapidly.”

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit www.fosterremodeling.com for more. John Byrd (byrdmatx@gmail.com) has been writing about home improvement topics for 30 years.



Pattern originality is one of quilting’s primary artistic goals, Rogers says, adding: “it’s a process that can’t be rushed.”



Situated above the family’s two car garage, the new quilting studio provides the privacy Wanda Rogers was seeking when she decided to resume the craft she learned from her grandmother more than 60 years ago.



Wanda Rogers, 71, displays some of her quilts.

Tips for Right-sizing the Next Phase

FROM PAGE 3

but elegant living space, Hergenrather says, “First, think about the work the space needs to do.”

WAITING TOO LONG before making the decision to downsize can complicate the process. “It’s always better for someone to downsize to a smaller home before they are in a crisis situation, [for example] suddenly, they can no longer climb a lot of stairs and must move to a single-level dwelling, but often a person will put off that decision until it’s nearly too late,” said Cele Garrett, Executive Director of At Home in Alexandria. “We have some members facing that decision right now and they’ll often admit they should have done it sooner.”

For many seniors, a living space needs to keep them safe. “You might need to add grab bars,” said Sullivan. “Also watch for trip hazards like throw rugs and clutter. Check for furniture that needs to be moved back to make the house more accessible for moving around. Relocate plates, cups and saucers so that they are in easy reach for seniors.”

Sullivan’s organization has volunteers who can help with enlarging bathrooms and widening doorways to accommodate wheelchairs and walkers.

When designing a new, smaller space,

Sanders recommends interior design magnetic floor planning kits, which help determine a person’s furniture needs and placement before they actually move. “The starting point for every good move is the floor plan at the receiving location,” he said.

When moving out of a familiar environment and into new surroundings, there are a few factors that can be overlooked when striving to maintain one’s quality of life.

“Personal style is rooted in your past, places that you love, the present, what you love today, and the future.”

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

If a senior chooses to live alone, there are several issues that should be monitored, advises Maura Barillaro, a registered nurse with Home Care Assistance in Bethesda, McLean and Fairfax. “Basically, there are so many needs that we see in the elderly, including boredom, frailty, loneliness, mobility issues, progressing illnesses,” she said.

“We would all like to maintain cognitive functioning throughout our lives and this is especially important late in life,” said Pam

Greenwood, Ph.D., associate professor of psychology, George Mason University in Fairfax, Va. So when looking for a new place to live, make sure there are opportunities for physical exercise, mental stimulation and social stimulation.

“The strongest evidence concerns aerobic exercise – there are real benefits for mind and brain of moving physically daily,”

said Greenwood.

“There is also growing evidence of the benefits of cognitive training for everyday functioning – perhaps the strongest evidence is perception training – visual and auditory perception. Several studies, including our own, have shown broad transfer of benefits from perception training to everyday functioning.”



When remodeling this bathroom, Glickman Design Build added a bench to this shower. Such features can help seniors to downsize and live alone safely.

PHOTOS COURTESY OF GLICKMAN DESIGN BUILD



PHOTO COURTESY OF MOUNT VERNON AT HOME

A volunteer helps change a light bulb for a Mount Vernon at Home member.



PHOTOS COURTESY OF ALEXANDRIA AT HOME

An Alexandria at Home volunteer hangs a painting for one of the organization’s seniors who chose to downsize and live alone.



Alexandria at Home volunteers helps a member with yard work. Such services allow seniors to downsize and live alone more easily.

Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL
THE CONNECTION

There was a time when 83-year-old Bob Kanchuger spent most Friday mornings on a 30-mile bike ride with friends. The group of retirees would pedal toward a local destination – Bethesda, Md., to Old Town Alexandria, Va., was a favorite trek — where they would have coffee and spirited debates on everything from foreign policy to economic inequality before making the return trip.

“One of the things that kept people coming together is that we would have a defined day of riding and we would make sure we had an interesting place to stop and have coffee and discussions,” said Kanchuger, a resident of Potomac, Md., and an attorney who retired from the World Bank Group.

While outdoor exercise was a definite benefit, it wasn’t the best part for all of the group members. “The most enjoyable part was the discussion at our mid-way point,” said Dr. Elliot C. Wilner, a retired neurologist who lives in Bethesda.

Kanchuger wanted to preserve the stimulating discussions even after the bike rides were no longer possible. “It was likely that biking would come to an end because of our age and physical health,” said Kanchuger. “Several of us subscribed to the New Yorker and enjoyed discussing the articles, and that was an activity that would meet some of our social needs of retirement.”

So Kanchuger approached Wilner with the idea of forming a New Yorker magazine discussion group. They invited a few like-minded friends from the biking group. The men meet on the first Wednesday afternoon



PHOTO COURTESY OF DAWN LANDSMAN

Before the New Yorker Group, spirited discussions took place as part of the Friday morning bicycling group. Here, Tony Abrams, Dawn Landsman, Mark Zweig, Elliot Wilner, Ian McDonald and Bob Kanchuger pictured in 2009.

of each month for two hours of insightful conversation. Group members choose three to four stories from the magazine to read and analyze. Each article discussion is led by a group member who prepares ideas for analysis ahead of time and emails them to the group.

“I’ve gained and reinvigorated friendships,” said Wilner. “I enjoy the intellectually stimulating discussions with bright, educated, well-informed people.”

FOR THE SEPTEMBER MEETING, Wilner suggested two of James Surowiecki’s

columns. “Because they present both sides of an important issue,” Wilner said. “Corporate America has, over the past 40 years or so, evolved a business model that has been almost totally devoted to the personal enrichment of executives and shareholders, with very little concern for the welfare of workers or the nation; and yet there is another, more socially conscious business model that has been shown to be successful but is not widely emulated,” said Wilner.

The men are united, in part, by their affinity for mental rigor. “We all enjoy the intellectual stimulation, but the camaraderie is one of the best aspects,” said Peter

Kimm of Potomac, a retired foreign aid official who was for 30-years Director of Housing and Urban Programs at the U.S. Agency for International Development. “We like each other. We’re a diverse group of people – retired doctors, lawyers, engineers ... with a wide range of interests. Everybody in the group is successful.”

Light snacks, coffee and spirited debates characterize most of the meetings.

“We don’t agree on everything,” said 80-year-old Victor Kimm, Peter Kimm’s brother, of McLean, Va., an engineer and retired senior executive for the Environmental Protection Agency. “We’ve seen people who’ve had very different views, but there is a mutual respect. We have different ways of looking at an issue and moving on. I think it has something to do with the age of the group members.”

Victor Kimm, who is also the executive director of SHARE, a non-profit organization in McLean that helps meet the emergency needs of those with limited financial resources, says the men have explored articles ranging from the growing inequity of income in the United States to stories about the group of Chilean miners trapped underground for more than two months.

“There is a certain rigor or discipline in having a monthly meeting where you read and prepare in advance,” he said. “You have to stick with it.”

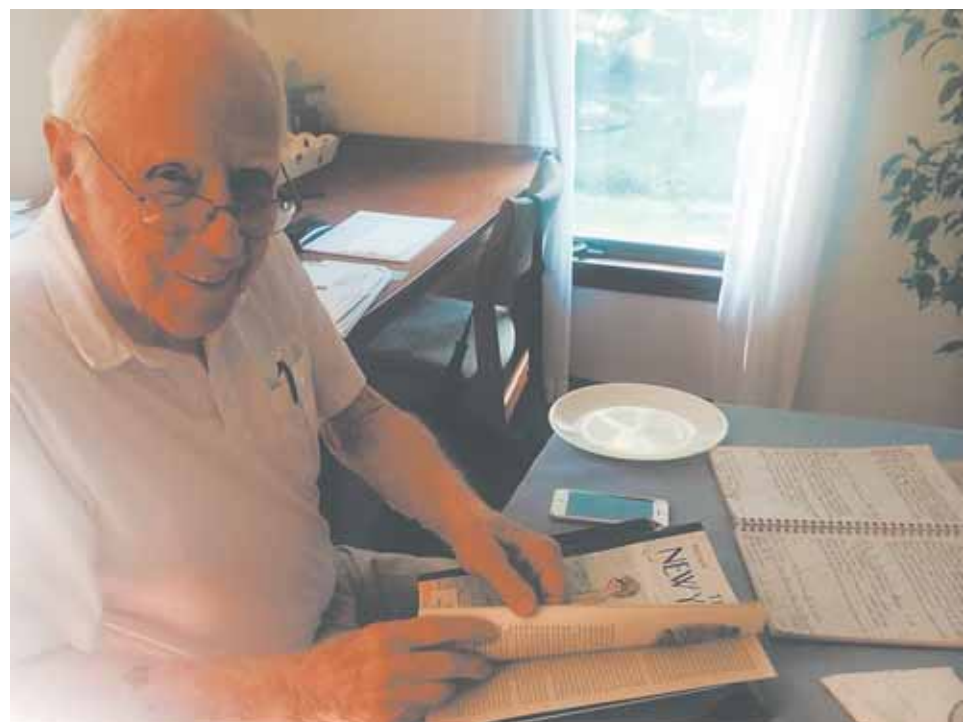
The bond between the men, however, extends beyond erudition.

“We all greatly value the friendships of this group,” said Ian MacDonald, a resident of Chevy Chase, Md., a former journalist who retired from the International Monetary Fund and who grew up in Great Britain and graduated from the University of Oxford. “And we’ve been there for each other during difficult times.”



PHOTO COURTESY OF ELLIOT WILNER

Elliot Wilner reads to his granddaughter, Yael Fritschie, who is not yet a member of either the New Yorker or bicycle group.



Peter Kimm

After The Fall

BY ANN EMMONS
PETRI

It started off like any other February day with our usual trip to the fitness club for morning exercises. What made this day different was that Bill, my 93-year-old husband, slipped and fell on some ice on our driveway, striking the back of his head. He said it didn't hurt.

But the next day he complained of feeling tired and each day after that he felt a little worse. Still, we didn't see any connection to his fall. By the fourth day, however, he was so weak he couldn't even get out of his chair for lunch. It finally dawned on me that something was seriously wrong and I needed to call 911.

It turned out I was four days too late. All this time, because he was on a blood thinner for his high blood pressure, he had been bleeding in his brain. The neurologist at the hospital where the ambulance took him later told me that it was one of the worst cerebral hemorrhages she had ever seen.

IN MY OWN WORDS

The symptoms are similar to those of a stroke and by then he was unable to talk coherently, remember things, or walk. This was a man, who, before he retired, had been a successful United States Government chemical and aeronautical engineer, someone who had his own chem lab in the basement next to a beautiful woodworking shop furnished with tools handed down from his craftsman father. A man who could fix anything.

After the first week in Intensive Care he was moved to a floor which specialized in stroke victims where he spent the next month. Little by little he began to show improvement. His next stop after six weeks in the regular hospital would be a rehabilitation facility where he could receive the daily intensive speech, physical, and occupational therapy he needed. There he would have to relearn the simplest tasks like how to speak, how to feed himself, how to get out of a bed and into a wheelchair, and how to care for himself in general.

A rehab hospital very close to our home in McLean, Virginia was found which had a bed available and he was transferred there by ambulance. Here, he was kept busy most of the day with one kind of therapy or another. After several weeks he graduated from using a wheelchair to a walker and when he wasn't occupied with therapy we



Ann and Bill Petri

PHOTO BY WILLIAM ARTHUR PETRI, JR.

practiced using his walker in the halls and some days we even had time to take in a movie in the rehab center's small theater! There was also a Happy Hour on Tuesdays that I especially liked with wine, snacks, and lively conversation!

As I look back during all this time, probably the most positive factor in his long slow recovery has been his attitude. He never stops trying, no matter how discouraging his progress must seem. His attitude is simply amazing. He is always upbeat.

Another positive aspect is that we are the parents of three doctors (and one lawyer) which kind of made us celebrities in a medical setting. One or the other of them was often visiting and conferring with the rehab staff on their father's care even though their specialties (rheumatology, infectious diseases, and oncology) were far afield.

After several months, it was decided that Bill could continue his recovery at home. And so, on May 8, 2014, exactly three months after the initial injury he returned home.

While he was in the rehabilitation hospital I had taken the opportunity to prepare our two story home for his return with grab bars in the bathrooms and shower, and a stair lift so that he could sleep in his own bed.

So, now, here we are, six months later, settled in our own house, with Bill dependent on me for almost everything, including something I was not expecting: making all the decisions by myself. I won't say it's been easy. It hasn't. I have to say, though, that after 61 years of being the dependent one, I am getting pretty good at being the boss!

Senior Living Calendar

A sampling of calendar items from around the region.

NOW OPEN

Register for Classes. Registration is in full swing for Enjoy Arlington classes. Find activities to satisfy the whole family with more than 20 categories including Crafts & Arts, Fitness, Cooking and Science at <http://parks.arlingtonva.us/classes/>. Want to explore the great outdoors? Check out The Snag, our Nature Centers' quarterly publication, to register for nature and history programs at <http://arlingtonparks.us/snag>. Are you age 55 or older? Our 55+ Membership is the perfect, cost-effective way to stay active and engaged. Find out how to become a member and check out the latest 55+ Guide, packed with our upcoming Fall offerings at parks.arlingtonva.us/programs/adults-55.

SUNDAY-SATURDAY/SEPT. 7-13

The Magic of Music. At Spring Hills Mount Vernon, 3709 Shannons Green Way, Alexandria. A flurry of musical activities will bring a broad spectrum of entertaining and educational musical events to Spring Hills Mount Vernon Assisted Living Community. The highlight of the week is the "Spring Hills Got Talent Show," featuring performances by residents, staff and community members on Sunday, September 7 at 6 p.m. The public is welcome. Call 703-780-7100 or visit www.springhillsmountvernon.com.

SATURDAY-WEDNESDAY/SEPT.13-24

Northern Virginia Senior Olympics.

Online registration open. Various venues around Northern Virginia. Events include badminton, volleyball, cycling, a 5k road race, and many more. \$12 per person to register, free to spectators. Visit www.nvso.us for more.

FRIDAY/SEPT. 26

"Fall-Risk" Assessment. 1-4 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington. Virginia Hospital Center and Marymount University will provide comprehensive examinations measuring your risk for falling down. The appointment includes a one-on-one medication review, blood pressure check, vision screening, and six physical therapy tests to assess balance and risk for a fall. A physical therapist will review results and give a personalized evaluation, recommendations on how to reduce or eliminate those risks, and provide education about successful independent living. To schedule an appointment, call 703-558-6861.

SUNDAY/SEPT. 28

Walk to End Alzheimer's. 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit <http://act.alz.org>.

SATURDAY/OCT. 4

Lovely Low-Maintenance Gardens. 10:30 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Garden smarter, not harder with Brenda Skarphol, who leads you to sunny plant combinations and eco-friendly gardening techniques. Admissions: \$18/person. Register at www.fairfaxcounty.gov/parks/greenspring using code 290 488 5401 or call 703-642-5173.

FRIDAY-SUNDAY/OCT. 17-19

FreedomWalk Festival.

The US FreedomWalk Festival is a weekend long, non-competitive, social walking challenge bringing participants of all ages and abilities together for fun, fitness, and international friendship. Different trails will be offered each day, and a variety of distances ranging from 3-27 miles (5-43 kilometers) starting at the Holiday Inn Rosslyn, 1900 N Fort Myer Drive. Visit www.rosslynva.org/do for more.

FRIDAY/OCT. 24

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. 2014-2015 Medicare Update with John Glowacky of Arlington County

ADSD. Every year there are changes made with the Medicare coverage. It is always advised to stay up to date with these changes to avoid any medical billing mishaps. Free. Call 703-558-6859 to RSVP.

THURSDAY/NOV. 13

Memory Screening. 9 a.m.-noon at Langston Brown Senior Center, 2121 N Culpeper St., Arlington. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote detection of memory problems and provide education about successful aging. The one-to-one, noninvasive screening takes only about five to 10 minutes administered by a qualified healthcare professional. For more information or to schedule an appointment, call 703-237-9048.

FRIDAY/NOV. 21

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. Nutrition: Living Healthy with Heart Disease with Mary Ann Petryszy, RD. One of the nation's biggest killers is diseases related to lifestyle choices. What we eat is much more impactful on our long-term health than any medicine that we take. Making appropriate nutrition choices as part of our daily routine is an important step in the right direction. Learn about maintaining a healthy diet with VHC's registered dietitian. Free. Call 703-558-6859 to RSVP.

ONGOING

Yoga for Everybody. Wednesdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. This traditional approach to yoga reduces stress and increases strength and flexibility. Classes begin Wednesday, July 9 and Saturday, July 12. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

Adaptive/Seated Yoga. Tuesdays, 11:15 a.m.-12:15 p.m.; Sundays, 3-4 p.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. Classes begin Sunday, July 13. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

Alzheimer's Association Support Group has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at www.alz.org/nca.

Arlington Commission on Long-Term Care Residences needs advocates who work or live in Arlington. The Commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. For more information or an application, go to the Commission on Long-Term Care Residence's website: <http://commissions.arlingtonva.us/ltrc/>, or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail ArlAAA@arlingtonva.us.

The Arlington Senior Golf Club, sponsored by the Office of Senior Adult Programs, is open to Arlington residents, men and women, 55 years of age and older. All skill levels are welcome. ASGC members play on Tuesdays and Thursdays at more than 20 courses in Northern Virginia with reasonable green fees between April and October. Tee times are available from 7:30 a.m. to 10 a.m. Contact President John Mashaw at 703-892-3793, johnmashaw@comcast.net or Membership Chairman Terry Townshend at 703-971-3124. Visit <http://sites.google.com/site/arlingtoncountyseniorgolfclub/> for more.

Award-Winning Connection Newspapers

More Reasons the Connection Newspapers are the Best-Read Community Papers

Winners of Awards in the 2013 Virginia Press Association
and Maryland-Delaware-D.C. Press Association Editorial Contests

First Place Winners

- ❖ **Bonnie Hobbs**, *Centre View* – General news writing.
- ❖ **Kenneth Lourie**, *Potomac Almanac* – Sports Column.
- ❖ **Michael Lee Pope**, *Arlington Connection* – In-depth or investigative reporting: •Uncovering Secret Government
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Education writing: •Alexandria Education Dollars
- ❖ **Michael Lee Pope**, *Mount Vernon Gazette* – Business and financial writing: •Car Title Loans
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Public safety writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Personal service writing.
- ❖ **Mary Kimm**, **Laurence Foong**, **Geovani Flores**, **Marilyn Campbell**, **John Byrd**, **Tim Peterson** and **Jean Card**, *Vienna/Oakton Connection* – Specialty pages or sections: •HomeLifeStyle
- ❖ **Jean Card**, **Laurence Foong**, **Renee Ruggles** and **Craig Sterbutzel**, *Mount Vernon Gazette* – Informational graphics: •Fairfax County parks
- ❖ **Staff**, *Potomac Almanac* – Insiders Edition: Newcomers & Community Guide



Second Place Winners

- ❖ **Steven Mauren**, **Jeanne Theismann**, **John Bordner**, **Jean Card**, **Geovani Flores** and **Laurence Foong**, *Alexandria Gazette Packet* – Special sections or special editions: Insider's Guide.
- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.
- ❖ **Jean Card**, *Mount Vernon Gazette* – Page design.



Michael Lee Pope



Jean Card



Geovani Flores



John Bordner



Ken Moore



Alex McVeigh

- ❖ **Mary Kimm**, *Alexandria Gazette Packet* – Editorial writing.
- ❖ **Alex McVeigh**, *Great Falls Connection* – In-depth or investigative reporting.



Bonnie Hobbs



Steven Mauren



Marilyn Campbell



Victoria Ross



Kenneth Lourie



John Byrd



Renee Ruggles



Jeanne Theismann



Laurence Foong



Steve Artley



Mary Kimm



Louise Krafft



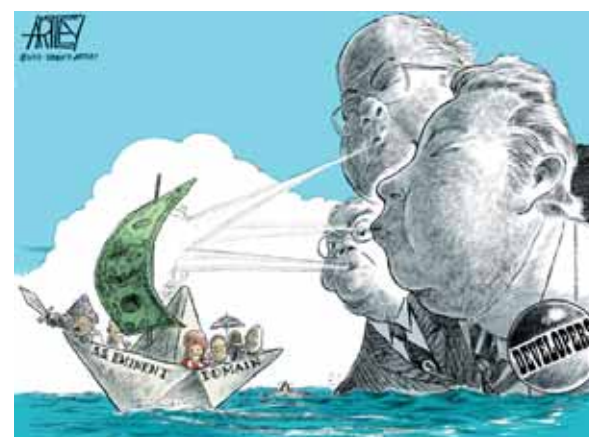
Tim Peterson



Craig Sterbutzel

LOCAL MEDIA
CONNECTION

www.connectionnewspapers.com



Steve Artley, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.

- ❖ **Ken Moore**, *Potomac Almanac* – Medical Science Reporting
- ❖ **Michael Lee Pope**, *Arlington Connection* – Health, science and environmental writing.
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Government writing.
- ❖ **Victoria Ross**, *Burke Connection* – Feature series or continuing story.
- ❖ **Victoria Ross**, *Fairfax Connection* – Personal service writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Column writing.
- ❖ **Staff**, *Potomac Almanac* – HomeLifeStyle



Louise Krafft, *Alexandria Gazette Packet* – Feature photo: Summer Fun.

Third Place Winners

- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations.
- ❖ **Mary Kimm**, *Fairfax Connection* – Editorial writing.
- ❖ **Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.
- ❖ **Donna Manz**, *Vienna/Oakton Connection* – Feature writing portfolio.
- ❖ **Michael Lee Pope**, *Arlington Connection* – Education writing.