Discovery Elementary incorporates ultra-modern building materials, extensive use of solar panels and tapping into geothermal energy.

# A School Of the Community

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CHAEL MCMORROW/THE CONNECTION

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# Arlington Incident Inspires Alexandria Defibrillators added to city's courthouse.

By Vernon Miles THE CONNECTION

n January, Judge Thomas J. Kelly Jr. in Arlington saved a man's life. A victim of a trespassing was testifying in trial when he began to exhibit signs of a heart attack. Kelly cleared the courtroom and leapt down from the bench to begin performing CPR on the victim. With chest compressions and mouth-to-mouth resuscitation, Kelly kept the victim alive until EMTs arrived on the scene, took the man to the hospital, and stabilized him. EMTs at the scene credited Kelly's quick action as potentially life saving, but in a way, Kelly's actions might begin saving more lives in Alexandria.

The victim's sister-in-law, Monica Hart, is a legal secretary in the office of the commonwealth's attorney in the Alexandria Courthouse. She relayed the story to a member of the Alexandria Sheriff's Department, who works security at the courthouse, and the story eventually found its way to Sheriff Dana Lawhorne.

"[The story] caused me to stop and take an inventory of what we do," said Lawhorne. "I realized we only had one in the courthouse, so I initiated the process to get more of them."

Most of the defibrillator units were do-



Deputy Gloria Wright with the AED on the third floor of the Alexandria Courthouse.

nated by the Alexandria Fire Department. were always defibrillators in the jail, one

The new defibrillators are installed on ev- has been added to the administrative side ery floor of the courthouse. While there of the complex. The biggest change, how-

ever, is that the defibrillators have also been installed in five of the Sheriff's Department patrol vehicles.

"Having them in public buildings is not a new idea," said Lawhorne, "but this is the first time they're being put in non-fire vehicles in the city."

In the Arlington Sheriff's Department, Chief Deputy Paul Larson disputed the idea that Alexandria's defibrillators would have prevented the necessity of Kelly Jr.'s quick action in January. According to Larson, every floor of the Arlington courthouse and adjacent detention center has a defibrilla-

"During this incident, the [defibrillator] was used," said Larson.

"The victim went into cardiac arrest and the defibrillator was utilized after CPR was administered."

Hart said she was surprised to see the new defibrillator units in the courthouse and didn't connect that it was all the result of her brother-in-law's heart attack until someone from the Alexandria Sheriff's Department told her. Her office is undergoing training on how to operate the defibrillators

"I'd never seen that before," said Hart. They have fire extinguishers and such. It's a great idea and I think it's a really good thing. I was relieved when I saw them."





# SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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### **OCTOBER**

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10/14/2015	HomeLifeStyle
10/21/2015	A+ Camps & Schools
Halloween is October 31	

### NOVEMBER

11/4/2015	Wellbeing
11/11/2015	HomeLifeStyle
11/18/2015	A+ Camps & Schools
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# News

# Much To Discover at Discovery Elementary

# Arlington's newest school opens on-time.

By Michael McMorrow
The Connection

new school often is thought of as "added to" the neighborhood. Dr. Erin Russo, founding principal of Discovery Elementary School located beside Williamsburg Middle School, disagrees. She says the new school is, and will remain, "of" the community it serves. Russo underscores the point by describing citizen involvement over the years between concept and completion.

Attendance boundaries of existing elementary schools, Nottingham, Jamestown and Taylor, were changed. Parents and children in those schools were involved from the beginning. The important question was which children in which houses on which streets would be assigned to the new school. Concerns over busing and walking were not far behind.

However, voices also were heard on lighter issues, issues where the views of prospective students weighed heavily. The adoption of a school nickname and a school logo belonged to the students. After surveys and balloting, those questions were answered with "Discovery Explorers" and an astronaut figure hovering over the earth.

In Arlington, and especially North Arlington, not much happens if civic association support is lacking. The new school touched on everyday affairs of residents in six associations: Donaldson Run, John M. Langston, Old Dominion, Rock Spring, Williamsburg and Yorktown. Each provided two representatives on an oversight committee which improved future school operations while minimizing adverse effects on the neighbors. The foremost issue, bus and automobile traffic on adjacent streets, was addressed and resolved.

With the school year underway, commu-



Meeting construction deadlines, the new school welcomes students this week.

### **Dedication Planned**

On Saturday, Oct. 24, the formal dedication of Discovery Elementary School will be held. Announcements of exact time and other details will be published early in October.

nity and school will stay in close touch, according to Russo. Her door will remain open to neighbors, and she is one of them since her home is not many blocks from the school. For an indefinite time, student-led tours of the building will be offered, likely on Friday afternoons. A website is being established through which students, parents, staff and neighbors can access up-to-the-minute information related to the school and its activities.

Russo is a 15-year veteran educator. With undergraduate and first graduate degrees from George Mason University, she earned a doctorate at George Washington University. Following classroom experience, she moved into administration and last bore the title of assistant principal in Williamsburg

Middle School.

As a new principal of a new school, Russo reacts to her situation in one word: "Thrilled." She can barely wait to greet the pioneering group of 538 registered students. On a different level, Russo is excited to test and experiment with design elements of the new building. "Every nook and cranny is designed as an educational space," she said. Built-in electronics will maximize collaborative learning by the students and afford great flexibility for the teachers, she added. Additionally, collaboration with the "next door neighbor," Williamsburg Middle School, offers great promise of benefiting both student bodies, Russo said.

**DURING** the month of August, many gazing at ongoing construction doubted the school would open on-time. Late last week, literally surrounded by dozens of hard hats, Project Manager Steve Stricker was confident the school's doors would open on schedule the morning after Labor Day. As he spoke, fire marshals, building inspectors and health officials were confirming that every safety and health item in the building was working properly to protect students and staff.

Stricker described many months of work as "a blast" and called selection as project manager "a privilege." The design incorporates ultra-modern building materials, extensive use of solar panels and even tapping into geothermal energy. The result is a structure recognized as a "net zero" consumer — meaning the energy produced onsite equals the energy used. Access to the area's electrical grid is preserved, if and as needed.

Visitors will be amazed at one feature in the school: The slide. A yellow, twisting tube runs from the second to the first floor. Quizzed about its educational value, Russo dissolves into laughter but then shares her confidence that the slide will create a very special bond among all the students that



Founding Principal Dr. Erin Russo

will make them happier and, thus, more willing to learn. Without prompting, she rushes to repeat the pledge made many times over recent weeks: "Every student will ride the slide on the first day of school."

### Why Discovery?

Years ago, a Marine officer named John Glenn moved his family to Arlington. The decision was based on the excellence of county schools for his children.



He built a house on North Harrison Street directly across from Williamsburg Middle School. Glenn became the first American to orbit the earth. When the new school was announced, naming it for Glenn was an obvious thought. The suggestion sank because of a School Board policy: No school can bear a person's name unless that person has been dead at least five years. Fortunately, Glenn is alive.

As a retired Marine officer and astronaut, Glenn continued in public service in the U.S. Senate. Invited to join the crew as a scientist, he became the oldest person to fly in space at age 77. The shuttle was christened "Discovery."



Teachers preparing for the beginning of school.

# News



Swanson Middle School offers the elective "dim sum" of choices, a strong music program and a number of sports including the ballroom dance sports team.



Principal Bridget Loft shows off a year-long art project situated in the lobby of Swanson Middle School, home of the Admirals.

# Middle School: Keeping the Whole Child in Mind

# At Swanson, a variety of opportunities.

By Shirley Ruhe
The Connection

iddle school kids are rising to new challenges — travel soccer teams, taking courses in middle school for high school credits, taking risks and challenging to stretch themselves," according to Bridget Loft, principal of Swanson Middle School at 5800 N. Washington Blvd. "But," she added, "There is a real rise in anxiety, too, with schools and parents struggling to find a balance. You have to keep the whole child in mind."

A sign inside the door of the main office says, "Bullying Has No Place in Our Schools."

Swanson Middle School, like the others in Arlington County, requires five core subjects in sixth grade with one elective, PE and lunch with four core subjects in 7th and 8th grades and two electives. One of the sixth grade choices is the elective wheel that she calls "the dim sum" where the students rotate through different choices every 4-5

weeks. Family and consumer sciences is part of the wheel, and this former "home ec" now includes cooking, sewing, design and budget. Business, drama and art are also choices. In eighth grade art last year they replicated Van Gogh where "each kid had a segment and then they brought them together to learn Van Gogh's technique." Tech ed is another part of the elective wheel.

Loft says in 8th grade an assistant teacher's child had cerebral palsy, and the device he used to communicate didn't work very well. So the teacher brought this to the students in the tech ed class for ideas. They came up with a different design that worked better and the student test-drove it. "It was a real world application," she said.

Loft says Swanson has very strong music, band and chorus and they compete well in the district festivals. "We are engaged in rigorous music performance opportunities." In addition, she says they offer a number of sports including track with around 200 students, 150 plus students in dive, plus wresting, basketball, swimming, and "the ball-



**Principal Bridget Loft** 

room dance sports team is very popular." Languages include Spanish, French, which has picked up, five classes of Latin, and Chinese and Arabic, which share long distance learning with the other middle schools.

She says along her path to the current role of principal she was "really blessed." She taught history and government from 1992-2006 in Alexandria

where she was tapped to take a leadership role, and it "sparked my interest." She moved to Arlington as an assistant principal at Swanson from 2006-11 and became an assistant principal at Wakefield in 2011-12. She came to Swanson as principal in 2012 where she says she "wanted to affect change on a larger scale working with adults, too, which can be harder than working with kids."

Loft says they do a lot of visioning, taking the SOL results and coming up with changes in instructional practices. Her teachers meet in collaborative teaching teams so they can look at all of the methods in the classroom and deliver needed

### Part Two

Second in a series of five focusing on Arlington middle schools.

interventions strategically.

With the new school year, she finds herself lucky to have all 90 teacher positions filled including 10 new teachers, a task that began the previous spring. A welcome letter had been sent out to staff with an agenda for the preservice week — what to do to comply with county requirements. The student schedules had been sent mid-August; another complicated task of assigning individual schedules that had begun the previous spring.

Loft said every 6th grader countywide has been given an iPad, which leads to personalized learning. A lot of teachers have blended traditional learning with the technology. "It has been a blessing but a challenge, too." The students range from 30 percent who are identified as gifted to those who are challenged. Eighty-six percent of the students are rated as proficient in math and reading.

"In middle school you don't know what to expect. Every day is different," Loft said, concluding, "it is harder to be in middle school today. We provide opportunities and just let them be themselves."

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### THROUGH NOVEMBER

### **Borrow Gardening Tools.**

Wednesdays: 5-7 p.m., Fridays: 3-5 p.m., Saturdays: 10 a.m.-12 p.m. at Arlington Central Library, 1015 N Quincy St. "The Shed" at Arlington Central Library is open and lending gardening tools to Arlington residents and property owners. Free. See library.arlingtonva.us for more.

#### THURSDAY/SEPT. 10

Application Deadline. Arlington County's Neighborhood College Program is accepting applications through Sept. 10. Lessons will focus on neighborhood advocacy and leadership development. Visit www.projects.arlingtonva.us/ neighborhood-conservation/college.

Foster Care/Adoption Program. 6:30-8:30 p.m. at Department of Human Services, 2100 Washington Blvd. Learn about what it takes become a foster parent, and how you can help children in need of adoption. Free. Visit wwww.family.arlingtonva.us/foster-

Medicaid Expansion: Who Benefits? 7-9 p.m. at Arlington County Department of Human Services Auditorium (lower-level), 2100 Washington Blvd. Panel hosted by the Virginia League of Women Voters featuring speakers, state Senator Barbara Favola, Fairfax Chamber of Commerce Vice President, Joe Vidulch, and many more. Free. RSVP to LWVArlingtonVA@gmail.com.

### MONDAY/SEPT. 14

"Meet The Speaker." 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Dr. Beth Cabrera will offer a lecture on "Cultivating Positive Emotions for Enhanced Well-Being. Cabrera will present the benefits of positive emotions and discuss mindfulness and other strategies for increasing positive emotions. Free. Call Encore Learning at 703-228-

### WEDNESDAY/SEPT. 16

Healing Hands for Arthritis. 8 a.m.-10 p.m. at 1180 N Garfield St. As a

fundraiser for the Arthritis Foundation, all Massage Envy spas will donate \$10 for massage and facial services and 10 percent of



### Bird and Butterfly Friendly

"If you are a bird or a butterfly, what are the three things you need?" Thomas Condenzio asked the 11 attendees at Lee Senior Community Center's class Aug. 26 on "Making Gardens Bird and Butterfly Friendly." "Water," one shouts out. "Food" two others offer in tandem. "And what is the last one?" Shelter is the answer. Condenzio holds up a flowering purple verbena. "Purple is very attractive to butterflies, and you need to have pollen-rich flowers and keep them going all season." Bill Copeland, the other team member and organizer of the program says that Home Depot pairs up with Arlington County to offer sessions once a month at Walter Reed Community Center and Lee Community Center. Next month is "Lawn care for the Fall" and October is "Energy Preparedness for the Home and the Car."

product purchases to the organization. Service prices vary. Visit www.massageenvy.com/ healing-hands-for-arthritis.

**Open House.** 8-8:45 a.m. at Anna Valley View Apartments, 2300 S 25th St. The Arlington Partnership for Affordable Housing welcomes the community to learn more about affordable housing. Free. Visitwww.apah.org/events.

### FRIDAY/SEPT. 18

Register, 703-228-4403.

details, 703-228-4744.

"Healthy Vision, Healthy Eyes." 11 a.m.-12 p.m. at Carlin Springs Health

Yoga classes begin week of Mon-

Pickleball games and instruc-

Ice skating, Mondays, 8a.m. – 9:10

Madison Chess Club, Mondays,

Table tennis, Monday through Fri-

day, 9 a.m. - 3 p.m., Arlington Mill.

**tion**, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

a.m., Kettler Capitals Iceplex, Ballston

9:30 a.m. Games and strategies. Free.

Mall, \$1. Register, 703-228-4745.

day, Sept. 14 at senior centers. Call for

Pavilion, 601 S Carlin Springs Road. Dr. Amy Kotecha, of Capital Vision, will give a seminar on good eye health and hygiene for senior citizens. Free. Call 703-558-6859 to

### SATURDAY/SEPT. 19

ACE Fall Stream Cleanup. 10 a.m.-12 p.m. at Barcroft Park, 4200 S Four Mile Run Drive. Arlingtonians for Clean Environments partners with Clean Virginia Waterways for a coastal cleanup. Visit www.arlingtonenvironment.org.

### "Flourishing After 55"

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

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

Senior trips: Tuesday, Sept. 16, Ash Lawn-Highland tour, Charlottesville, \$52; Fri., Sept. 18, "Spirit of America," Patriot Center, Fairfax, \$6; Saturday, 19, historic district of Frederick, Md., \$11. Call Arlington County 55+ Travel, 703-228-4748. Registration re-

Classical music appreciation, Monday, Sept. 14, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Cooking for one, Monday, Sept. 14, 1 p.m., Culpepper Garden. Free.

Live acoustic guitar music, Tuesday, Sept. 15, 6:30p.m., Walter Reed.

Free. Register, 703-228-7369

Details, 703-534-6232.

Free. Register, 703-228-0955. Pilates classes begin Tuesday, Sept. 15, Arlington Mill, \$36/8 sessions. Register, 703-228-7369.

Volleyball, Tuesdays, 1:30 p.m., Langston-Brown. Free. Register, 703228-6300.

Belly dance class, Tuesdays and Fridays, 10 a.m., Lee. Free. Register, 703-228-0555.

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details,703-228-0555.

Arlington Mill Trekkers, Tuesdays, 9:30 a.m. Free, Register, 703-228-7369.

Table tennis, Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-

Poker games, Tuesdays and Thursdays, 10 a.m.-12:30 p.m., Lee. Register,

Trivia challenge for all ages, Wednesday, Sept. 16, 6:30 p.m. - 8 p.m., Arlington Mill. Free. Details,703-228-7369.

Beginners watercolor painting, Wednesday, Sept. 16, 10 a.m., Arlignton Mill, \$61/6 sessions. Register, 703-228-







# **OPINION**

# Focusing on Suicide Prevention

### Help is a phone call away.

his week is Suicide Prevention Week. Preventing suicide means paying attention to mental health and treating depression, and there is no better time to focus on that than the first week of school.

In 2013, more than 41,000 people ended their own lives in the United States, more than 21,000 with firearms. EDITORIAL (Compare to the number of murders in 2013, 16,120.) In 2013, more than

800,000 people were treated in U.S. emergency departments for self-inflicted injuries. More than a million adults report making a suicide attempt each year, while many more people struggle with thoughts of suicide, according to the Centers for Disease Control and Preven-

Suicide is the 10th leading cause of death for Americans overall and the second leading cause of death among adolescents and young adults aged 15-29. More than half of suicides involve firearms.

In 2013, 1,047 Virginians died by suicide,

with white males accounting for 716 of those deaths. The Southside region had the highest suicide rate at 19.3 per 100,000 in 2013, while the Northern region had the lowest rate at 10.1 deaths. (By comparison, there were 383 homicides in Virginia in 2013.)

Two groups particularly at risk are youth and the elderly. Data from the Virginia Department of Health indicates that rates of suicide in Virginia were higher for older people than youth - but suicide is a leading cause of death for young people.

One strategy to prevent suicide is to learn about the warning signs of suicide, which can include individuals talking about wanting to hurt themselves,

increasing substance use, and having changes in their mood, diet, or sleeping patterns, according to the CDC. When these warning signs appear, quickly connecting the person to supportive services is critical. Promoting opportunities and settings that strengthen connections among people, families, and communities is another suicide prevention goal.

Exhibiting any of the signs listed below is reason for an immediate call to the National Suicide Prevention hotline at 1-800-273-8255 (TALK). If you cannot reach someone on this line, go to an emergency room, make sure you or your loved one is not alone until professional help arrives and remove all firearms, sharp objects, drugs, alcohol and other things that could be used in a suicide attempt.

- \* Talking about wanting to die or kill one-
- \* Talking or writing about suicide or death.
- Talking about feeling hopeless or having no reason to live.
- \* Talking about being a burden to others and how the world would be better off without him/her.
- \* Talking about being trapped or in unbearable pain.
- Complete withdrawal.
- Showing rage or talking about seeking re-
- \* Displaying extreme mood swings and acting recklessly.
- ❖ Looking for ways to kill oneself, such as searching online or obtaining access to firearms, pills, or other means to kill oneself.
- Giving away prized possessions and other personal things; tying up loose ends.

See http://www.afsp.org/understandingsuicide/facts-and-figures

> MARY KIMM MKIMM@CONNECTIONNEWSPAPERS.COM

# Seniors: Just Say No to Scams

BY SHIRLEY RUHE The Connection

eniors are targeted for scams "because sometimes they just want to talk to people," Bill Ross began the class on Senior Scams at the Langston-Brown Senior Community Center Aug. 26. "Seniors are more vulnerable. They believe the pitches they hear; they have lived a long time and they trust people."

In addition, he says seniors are unable to spot fraud and are often reluctant to seek advice about financial matters because they might feel embarrassed. He asked, "How many of you have been a victim," and at least half of the hands in the room go up.

Ross, an economist along with Mariane Dunn, a tax accountant, teaches this class as part of Arlington Financial Extension, a series of classes on subjects such as budgeting, saving and student debt. The class addresses how to recognize senior scams, how to protect yourself, steps to take if you know you have been a victim and references or resources.

Ross points out that seniors 62 and older account for 15 percent of the population but are an estimated 30 percent of fraud victims. He talks about "the sucker list", those who are good candidates for fraud. Ross explains this happens if you have ever signed up for a sweepstakes or a giveaway of some kind. Ross said it happened to him recently when "I signed up for free groceries from a local store and ended up on a list of potential condo buyers in Florida."

He listed some of the most common scams including the Nigerian email in which a huge pot of money is waiting but you need to send



Bill Ross and Mariane Dunne, master financial volunteers for Arlington Financial Extension, teach a class on Senior Scams at Langston-Brown Senior **Community Center.** 

account number and the popular "grandson call" where an imposter grandson calls and says he is in trouble from getting rowdy at a Jamaican wedding and needs "some get out of jail money." A woman in the back row volunteers that she got one of those calls but she knew it wasn't her grandson, "so I laid him out on the

a deposit, "phishing" where you get an email phone." Dunne warns against travel scams. She from what appears to be your bank or a repusays to check whether the company is legititable organization but they request your somate from the Better Business Bureau. Also she cial security number or verification of your cautions to always use a credit card when purchasing these travel packages so if you find out it's not good you can cancel. Dunne says also be careful of "sound alike" charities. "You may end up giving money to an organization you think is the Red Cross." Dunno says to check with a charity watchdog organization like www.charitywatch.org.

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6 ❖ Arlington Connection ❖ September 9-15, 2015

# **OPINION**

# Pledge to Prevent Suicide

BY WENDY GRADISON CEO, PRS, INC.

uicide is the second leading cause of death for Virginia youth between the ages of 15-24 and the 11th leading cause of death for all Virginians. That's why it is so important to destigmatize mental illness. We have got to get people talking. It's only through open and honest conversations that we

can get people the help they need to survive.

COMMENTARY

In fact, why not start now since National Suicide Prevention Week

(NSPW) is Sept. 7-13? At PRS, Inc. — a local nonprofit helping those living with serious mental health issues and facing life crises — we have started a social media campaign called #mindsmatter. The initiative is designed to encourage followers to pledge to do something that raises awareness about mental health and suicide prevention.

Suicide is a cry for help — often not heard. Social media is a powerful tool to hold real discussions around difficult topics. With #mindsmatter, we are touching our community and engaging them as ambassadors for mental health. This is an especially important way to reach younger people with a message of hope since they are more likely to contemplate suicide.

The #mindsmatter pledge outlines activities that people can do to make a difference and spread awareness during the week and beyond. Examples of activities people can pledge to do include:

Following PRS Facebook and Twitter pages

- Submitting a selfie showing support of NSPW
- Participating in the American Foundation for Suicide Prevention's Out of the Darkness Fairfax Walk on September 13th
- \* Participating in NAMIWalks Northern Virginia on September 19th
  - ❖ Taking a stress test
  - ❖ Sharing the campaign with family and friends
- ❖ Setting a personal goal to improve mental health
- **❖** Making a donation
- Reading and sharing stories about individuals overcoming mental illness

The #mindsmatter campaign specifically seeks to educate the public about suicide and mental health by destignatizing the act of contacting a crisis hotline or textline, or even simply discussing mental health issues openly.

One of our core programs is PRS CrisisLink, a telephone hotline and textline for individuals facing serious life challenges, suicidal thoughts, emotional or situational problems. Last year, our telephone hotline (703-527-4077) handled nearly 40.000 crisis calls from the Northern Virginia region. To help us reach youth better, we launched a textline (text "CON-NECT" to 85511) a year ago. Already our trained volunteers have exchanged over a quarter of a million crisis text messages.

Clearly, demand for conversation is high and having these phone and text outlets are important ways to communicate with those in crisis. But an even better way is to reach people before they are in crisis. We can all start by pledging to be part of the dialogue.





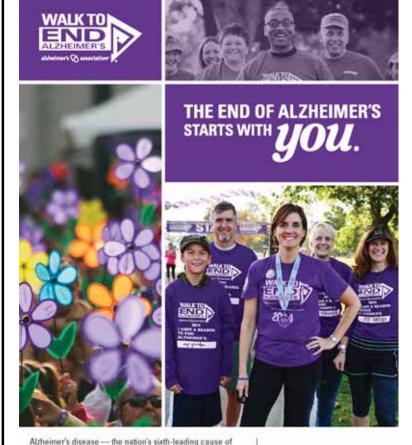
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death — is destroying our families, our finances and our future. But you can do something to stop it. Register for the Alzheimer's Association Walk to End Alzheimer's' and lead the way to a world without Alzheimer's.

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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**

#### **Nauck Community Portrait**

**Exhibition.** Various times at Gallery 3700, 3700 S. Four Mile Run Drive. Students from Drew Model Elementary School display "visual biographies." Admission to the gallery is free. Visit

www.arlingtonarts.org for more.

Barre in the Park. Tuesdays through
Sept., 6-7 p.m. at Gateway Park,
1300 Lee Highway. Lava Barre
provides an outdoor fitness class
focused on the ballet barre. Free.
Visit www.rosslynva.org.

Fashion Truck Fridays. Last Friday

Fashion Truck Fridays. Last Friday of the month through September, 11 a.m.-2 p.m. at the corner of Lynn St. and Wilson Blvd. or the Plaza at 19th and N. Moore St. Fashion trucks The G Truck, Curvy Chix Chariot, Tin Lizzy Mobile Boutique, Zoe's Shoe Bar, The Board Bus, TNTN Unique Designs, Sheyla's Boutique, and The Pink Armoire will rotate their schedules to appear. Free to attend. Visit www.rosslynva.org for more.

Summer Movies @Penrose Square. Saturdays, through Sept. 19. Sundown at Penrose Square, 2597 Columbia Pike. Free. Visit www.columbia-pike.org.

"The Fix." Through Sept. 20, at various times at Signature Theatre, 4200 Campbell Ave. The scorned widow of the dead president transforms her son into an ideal candidate. Ticket prices vary. Visit www.sigtheatre.org for more.

"PLAY: Tinker, Tech & Toy" Art
Exhibit. Through Oct. 11,
Wednesday-Sunday, 12-5 p.m. at the
Arlington Arts Center, 3500 Wilson
Blvd. "PLAY" is an exhibition that
examines games and play through
the lens of contemporary art. Free.
Visit www.arlingtonartscenter.org/
exhibitions/play for more.

exhibitions/play for more.

"Metropolis: Perspectives of Two
Cities" Exhibition. Through Oct.
25, gallery hours at the Jenkins
Community Gallery on the Lower
Level at Arlington Arts Center, 3550
Wilson Blvd. The exhibition displays
the work of teenage photographers in
partnership with CHAW (Capitol Hill
Arts Workshop) after learning the
aspects of creativity and marketing.
Free. Visit

www.arlingtonartscenter.org/exhibitions.

"Ice and Sky: Photographs of Antarctica by Robin Kent."

Through Nov. 2 Monday-Thursday 10 a.m.-9 p.m.; Tuesday-Wednesday 1-9 p.m.; Friday-Saturday 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road. Local landscape and landmark photographer displays work from Antarctica. Admission is free. Call 703-228-6330 for more.

Arlington's Historical Museum to open on First Wednesdays. The Arlington Historical Museum, which until now was only open on weekends, will now be open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from its original Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

### LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclub andcafe.com for more information.

Open Mic Comedy.
Wednesdays 8-10
p.m. at Ri Ra Irish
Pub, 2915 Wilson
Blvd. Doors open at
7 p.m. 21 and up
only. Free show,
\$25 cash prize for
best joke. Call 703248-9888 or visit

www.RiRa.com/

Arlington for more. **Food Truck** 

Thursdays. 5:30-8:30 p.m. at the corner of North Irving St., and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

### Invasive Plants

Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no

registration required.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call

703-522-8340.

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

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

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

**Storytime.** Mondays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

**Lego Club.** Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Ball-Sellers House Tours. Saturdays, April-Oct.,1-4 p.m. at The Ball-Sellers House, 1015 N. Quincy St. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit www.arlingtonhistoricalsociety.org.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market





Todd Buonopane (left) and Sherri Edelen will star in Signature Theatre's "Cake Off."

### 'Cake Off' Casting Announced

"Cake Off," a satire based around a baking competition will play at Signature Theatre, 4200 Campbell Ave, Sept. 29-Nov. 22. Todd Buonopane will star as Paul, Sherri Edelen as Rita, Jamie Smithson as Jack DeVault/Multi-Character Man and Ian Berlin as Wyatt. Tickets start at \$72. Visit www.sigtheatre.org.

is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 and 10 p.m., at Iota Club & Café, 2832 Wilson Blvd. Free. Visit http://www.iotaclubandcafe.com/.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

www.torpedofactory.org. **Brunch at Freddie's.** Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-caneat breakfast buffet (\$9.99). All are welcome to join. No reservation is required. Visit www.facebook.com/events/700174390103305.

### THROUGH OCT. 11

"Yes, and." During gallery hours at
Wyatt Resident Artists Gallery on the
Upper Level at Arlington Arts Center,
3550 Wilson Blvd. "Yes, and" is a
group show featuring Arlington Art
Center residents curated by Caitlin
Tucker-Melvin. Free. Visit
www.arlingtonartscenter.org/
exhibitions.

### WEDNESDAY/SEPT. 9

Author Talk and Book Signing. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Avraham Azrieli will discuss and sign his latest book, "The Bookstrap Ultimatum." Free. Visit www.onemorepagebooks.com.

### THURSDAY/SEPT. 10

Hot Sauce Contest. 5:30-8 p.m. at Rocklands BBQ and Grilling Company, 3471 Washington Blvd. Participants will compete, and guests will find all-you-care-to-eat barbeque, judging, and tasting. Proceeds benefit the Wounded Warrior Project. Tickets are \$20 at the door. Visit www.rocklands.com.

Dance through Life. 6-8 p.m. at Madison Community Center & Park, 3829 N. Stafford St. The evening will include performances by The Sultanas, The Lee Line Dancers, Tom & Fran's Partner Dance, Go Bananas Dancing students and teachers, and The Diamond Tappers. Free. Visit www.arlingtonva.us for more.

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., Arlington. Brad Parks will discuss his latest book, "The Fraud," another title in his Carter Ross mystery series. Free. Visit www.onemorepages.com. "Walt Whitman in Washington." 7-

"Walt Whitman in Washington." 7 8 p.m. at Marymount University Library, 2807 N. Glebe Road. The Arlington Historical Society will host Garrett Peck as he presents "Walt Whitman in Washington, D.C.: The Civil War and America's Great Poet." Free. Visit www.arlingtonhistoricalsociety.org.

### FRIDAY/SEPT. 11

Mr. Knick Knack. 10:30-11:15 a.m. at Market Common Clarendon, 2700 Clarendon Blvd. Local children's entertainer will perform familyfriendly songs. Free. Visit www.marketcommonclarendon.com for more.

Kickoff Jazz Concert. 6-9 p.m. at 1812 N. Moore St., 33rd Floor. Celebrate the start of Rosslyn's Jazz Festival by tuning into Troker, an energetic jazz/rock band. Free, but registration required. Visit www.rosslynjazz.com.

"Material Differences: Collage and Assemblage" Reception. 6-8 p.m. at Barry Gallery at Marymount University, 2807 North Glebe Road. Robert Cwiok, Lee Wayne Mills and Sherry Trachtman will showcase their work and be available for discussion. Free. Visit www.marymount.edu/barrygallery.

Wine Tasting. 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St. One More Page Books will host a wine tasting in celebration of the coming of fall. Free. Visit www.onemorepagebooks.com.

Www.ohenorepagebooks.com.

Live Music. 9 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Attend a concert featuring The Bobby Thompson Project with Laura Cheedle. \$12. Visit www.iotaclubandcafe.com or call 703-522-8340.

### SATURDAY/SEPT. 12

Bike Tour. 9 a.m. at the top of

escalator at Ballston Metro Station, 4230 Fairfax Drive. Visit Arlington parks and historic sites through a leisurely bike tour. The tour costs \$2 to participate. Visit www.centerhikingclub.org.

Bark Rangers. 10-11 a.m. at Gulf
Branch Nature Center & Park, 3608
N. Military Road. Learn about a dog's
connection with natural surroundings
and explore the park. Go at a
leisurely pace, with time to stop and
sniff. Well socialized dogs only. Free.
Visit www.parks.arlingtonva.us.

DC DogFest Walk 'n Roll. 10 a.m.-1 p.m. at Pentagon Row, 1201 S. Joyce St. This community dog walk supports the mission of Canine Companions for Independence, which works to partner dogs with people with disabilities. Free. Visit www.kintera.org/faf/home/default.asp?ievent=1136546.

Audition for Teen Production of "Romeo and Juliet." 10 a.m.-2 p.m. at Synetic Studio, 2155 Crystal Plaza Arcade. Teens are invited to audition for an eight-week theatre education program resulting in a fully stage, full-length production. Free. Schedule an audition by emailing education@synetictheatre.org.

Rosslyn Jazz Festival. 1-7 p.m. at Gateway Park, 1300 Lee Highway. Free admission. See www.rosslynva.org/events.

www.rosslynva.org/events. **Author Event.** 3 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Mike Maggio will read excerpts from "Garden of Rain" and "The Wizard in the White House." Free. Visit www.library.arlingtonva.us/ eventscalendar/.

Woodstock Park Festival. 4-7 p.m. at Woodstock Park, 2049 N. Woodstock St. Hosted by the Waverly Hills Civic Association, the festival will have food, activities, and entertainment for the whole family. Free. Visit www.waverlyhillscivic.com or call 502-452-4311.

Author Meeting and Signing. 7-8 p.m. at One More Page Books, 2200 N. Westmoreland St. Richard Peabody will sign and discuss "The Richard Peabody Reader," a collection of poetry and prose. Free. Visit www.onemorepagebooks.com.

**Memorial 5K.** 6 p.m. in Crystal City. This race was organized to honor the victims, firefighters, and public safety who responded on Sept. 11, 2001.

www.ConnectionNewspapers.com

## ENTERTAINMENT

Registration fees are \$35-40. Visit www.arlington911race.com.

Live Music. 8 p.m. Iota Club & Cafe, 2832 Wilson Blvd. Listen to the Chess Club Romeos. \$12. Visit www.iotaclubandcafe.com or call 703-522-8340.

Live Music. 9:30p.m. at Fireworks American Pizza and Bar, 2350 Clarendon Blvd. James Stevens will perform. Free. Visit www.fireworkspizza.com or call 703-527-8700.

#### **SEPT. 12-25**

#### 33rd Annual Senior Olympics.

Various times at various locations. Participants over 50 years old will participate in track and field, swimming, diving, tennis, table tennis, golf, miniature golf, ten pin bowling, Wii bowling, scrabble, duplicate bridge, cribbage, Mexican train dominoes, pickleball, racquetball, handball, volleyball, badminton, bocce, eight ball pool, cycling, horseshoes, yo-yo tricks, American style Mah Jongg, 5K run and more. Admission varies based on event. Visit www.nvso.us.

#### SUNDAY/SEPT. 13

#### **VCE Master Gardeners Annual**

**Taste and Tour.** 1-4 p.m. at Potomac Overlook Regional Park, 2845 N. Marcey Road. Master Gardeners will be on hand to talk about growing vegetables in Northern Virginia, with a special emphasis on planting fall crops and overwintering vegetables. Free. Visit www.ext.vt.edu.

Vintage Crystal: Sip and Salsa. 2-6 p.m. at 1900 Crystal Drive. Wine from Spain Portugal, and Argentina and food from local latin restaurants come together at this annual event. Also find live Latin music and salsa lessons. Tickets are \$25 at the the door, \$20 in advance and, and designated drivers tickets are also available for \$10. Visit www.crystalcity.org.

Author Talk. 3 p.m. at One More Page Books, 2200 N. Westmoreland St. Amy Stewart will discuss her book "Girl Waits with Gun." Free. Visit www.onemorepagebooks.com.

### MONDAY/SEPT. 14

Author Talk and Greeting. 7 p.m. at Saint Ann Roman Catholic Church, 5300 N. 10th St. One More Page Books will co-host Father Michael Collins as he speaks about his book, "Pope Francis: A Photographic Portrait of the People's Pope." Free. Visit www.onemorepagebooks.com.

### TUESDAY/SEPT. 15

Bingo Happy Hour. 5:30-8:30 p.m. at Arlington Rooftop Bar and Grill, 2424 Wilson Blvd. Arlington Thrive's Young Professional Group is hosting a bingo night to raise money to prevent homelessness in Arlington. Admission and the first bingo card is free. Visit www.arlingtonthrive.org for more.

### WEDNESDAY/SEPT. 16

10th Annual Scholar's Cup. 3:30-7 p.m. at Upton Hill Regional Park, 6060 Wilson Blvd. Attend the Arlington Chamber of Commerce's mini golf tournament to raise funds for its scholarship programs. Visit www.arlingtonchamber.org.

### THURSDAY/SEPT. 17

### **Author Reception and Panel**

Piscussion. 7:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Adam Lazarus will discuss "Hail to the Redskins: Gibbs, the Diesel, the Hogs, and the Glory Days



In honor of the 150th anniversary of the first publication of "Alice in Wonderland," Synetic Theatre founders Paata and Irina Tsikurishvili have decided to give the classic fairytale a "gothic" spin. This darker rendition will star company member Kathy Gordon in the title role. The play will run Sept. 30-Nov. 8. Tickets are \$15 for students, and \$35+ for all others, with a \$5 discount for seniors and military. Visit www.synetictheater.org for more.

of D.C.'s Football Dynasty," including a panel discussion with former players and staff. Free. Visit www.onemorepagebooks.com.

### FRIDAY/SEPT. 18

Mr. Knick Knack. 10:30-11:15 a.m. at Market Common Clarendon, 2700 Clarendon Blvd. Local children's entertainer will perform familyfriendly songs. Free. Visit www.marketcommonclarendon.com for more.

Nick Jaina. 8 p.m. at One More Page Books, 2200 N. Westmoreland St., Arlington. Composer and author Nick Jaina will perform and share his collection of stories, "Get It While You Can." Free. Visit www.onemorepagebooks.com.

**Live Music.** 8 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Tommy Keene performs with with Dot Dash. \$15. Visit www.iotaclubandcafe.com or call 703-522-8340.

### SATURDAY/SEPT. 19

**Fall Fest in the Park.** 10 a.m.-1 p.m. at Bluemont Park, 329 N. Manchester St. Play games, mingles, and more. Free. Call Emily Thrasher at 703-228-4773 for more.

Fall Native Plant Sale. 10 a.m.-1 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Find butterfly-attracting plants and a selection of wildflowers, shade lovers, ferns, shrubs, etc. Free to attend. Call 703-228-6535.

Fall Lawn Care. 10:30 a.m.-12 p.m. at Fairlington Community Center, 3308 S. Stafford St. Learn how to improve lawn and soil—when, how, and what steps to take to ensure a beautiful weed-free lawn. Alternatives to turf will be explored. Free. Registration requested. Sign up at mgnv.org.

Backyard Beer Festival. 12-10 p.m. at Gateway Park, 1300 Lee Highway. Unlimited beer tasting featuring entertainment, food trucks, and backyard games and activities. Admission is \$35. Visit www.backyardbeerfest.com for

### Nauck Civic & Community Pride

**Day.** 12-5 p.m. at at Drew Model School and Community Center, 3500 S. 23rd St. Find a diversity of activities, fish fry, concession stands, moon bounces, historical community exhibits, a health fair, staged events of gospel music, blues, jazz, hip hop, dance, and more. Free. Visit www.ncaarlington.org.

Samuel Beckett's Celtic Festival. 12-7 p.m. at The Village at Shirlington, 4150 Campbell Ave. Find traditional live music, dance, food and more. Free to attend. Visit

www.samuelbecketts.com.

"The Wizard of Songs." 3 p.m. at
Thomas Jefferson Community
Theater, 125 S. Old Glebe Road. "The
Wizard of Songs - A Musical Quest
Through the Land of Ozzi," is an
original show loosely based on ideas
from the the iconic story. Tickets are
\$20 for adults 18 and older, \$15 for
seniors and children. Call 703-7643896.

Book Launch. 5 p.m. at One More Page Books, 2200. Westmoreland St. Author Art Taylor will celebrate his new book "On the Road with Del & Louise." Free. Visit

www.onemorepagebooks.com.

Live Music. 7:30-9 p.m. at Unitarian
Universalist Church of Arlington,
4444 Arlington Blvd., Falls Church.
Ayeheart will perform. Tickets are
\$20. Visit
www.stoneroomconcerts.com to
purchase tickets.

Live Music. 9:30 p.m. at Fireworks
American Pizza and Bar, 2350
Clarendon Blvd. Ken Fischer will
perform. Free. Visit
www.fireworkspizza.com or call 703-

**SUNDAY/SEPT. 20 AutumnFest Celebration.** 10 a.m.-3

p.m. at Glencarlyn Library Community Garden, 300 S. Kensington St. Free tastes of herbal treats and drinks, a naturalist with critters, balloon artist. Free Master Gardener-led mini-workshops. Hundreds of locally grown perennials, ferns, shrubs, and trees for sale. Contact Judy Funderburk at 703-671-5310.

Vintage Crystal: Pups and
Pilsners. 2-6 p.m. at 12th and
Crystal Drive. This dog-friendly
festival will feature a beer garden
with 10 stations—each featuring a
different brew. Visit
www.crystalcity.org for more.

Rebecca Loebe and Betty Soo Performance. 7:30 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. Artists Rebecca Loebe and Betty Soo will perform together. Tickets are \$15. Visit www.iotaclubandcafe.com.

### MONDAY/SEPT. 21

Author Event. 7 p.m. at Arlington Central Library auditorium, 1015 N. Quincy St. Sheri Fink will discuss her book "Five Days at Memorial," about a New Orleans hospital during Hurricane Katrina. Free. Visit www.library.arlingtonva.us/ eventscalendar.

Putting the Herb Garden to Bed. 7-8:30 p.m. at Barrett Branch Library, 717 Queen St. CE Master Gardener Sally Baker will cover what herbs to prune, pull, protect, and bring inside and herbs that can be planted in fall. She will also offer tips and techniques for using or preserving cut herbs, including how to make flavored vinegars. Free. Visit www.mgnv.org.

The Bachelor Boys Performance. 8 p.m. at IOTA Club & Cafe, 2832 Wilson Blvd. The Bachelor Boys perform a variety of music. Free. Visit www.iotaclubandcafe.com.

### TUESDAY/SEPT. 22

**Eric Litwin.** 6 p.m. at Arlington

Central Library auditorium, 1015 N. Quincy St. Author and musician Eric Litwin will release "The Nuts: Sing and Dance in Your Polka-Dot Pants," the latest entry in "The Nut" series. Free. Visit

www.onemorepagebooks.com. **Author Event.** 6 p.m. at Arlington
Central Library auditorium, 1015 N.
Quincy St. Eric Litwin, author of
"Pete the Cat" picture books and the
musical series "The Nuts," will
perform and read his stories. Free.
Visit www.library.arlingtonva.us/
eventscalendar.

Author Event. 7 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Veronica Li will discuss her work "Confucious Says: A Novel," about her relationship with her parents in a Chinese American family. Free. Visit www.library.arlingtonva.us/ eventscalendar.

Fall Lawn Care. 7-8:30 p.m. at
Fairlington Community Center, 3308
S. Stafford St. Learn how to improve
your lawn and soil—when, how, and
what steps to take to ensure a
beautiful weed-free lawn.
Alternatives to turf will be explored.
Free. Registration requested. Sign up
at mgnv.org.

#### WEDNESDAY/SEPT. 23

Author Meeting and Signing. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Thierry Sagnier will discuss and sign his suspense novel, "Thirst." Free. Visit www.onemorepagebooks.com.

### WEDNESDAYTHURSDAY/SEPT. 23-24

Reel Rock 10. 7:15 and 9:45 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. The Reel Rock Film Tour is a film festival specifically for adventure filmmaking. Tickets are \$17. Visit www.arlingtondrafthouse.com for more.

### FRIDAY/SEPT. 25

Mr. Knick Knack. 10:30-11:15 a.m. at Market Common Clarendon, 2700 Clarendon Blvd. Local children's entertainer will perform familyfriendly songs. Free. Visit www.marketcommonclarendon.com

USO Show. 6-9 p.m. at Freddie's Beach Bar and Restaurant, 555 23rd St. The Arlington Gay & Lesbian Alliance puts on its annual USO Show honoring military, and commemorating "Don't Ask, Don't Tell." The suggested donations is \$10. Visit www.agla.org.

Open Mic & Talent Showcase. 10 p.m.-12 a.m. at Busboys and Poets, 4251 S. Campbell Ave. Hosted by Benny Blaq. All performers welcome. Tickets are \$5. Visit www.busboysandpoets.com.

### SATURDAY/SEPT. 26

Affordable Housing Bike Tour.

9:30-11 a.m. starting at Clarendon Boulevard and N. Pierce Street. The tour begins in Rosslyn and covers two easy miles, ending at the Clarendon Day. Tour Parc Rosslyn and Colonial Village Apartments. RSVP to Eric Timar, etimar@arlingtonva.us or 703 228 7932. Visit www.housing.arlingtonva.us/events/affordable-housing-bike-tour.

Clarendon Day. 11 a.m.-6 p.m. at Wilson and Clarendon Blvd. The annual Clarendon Day Festival is eight city blocks of live music and other entertainment. This year, the festival will also be home to the Clarendon Chili Cookoff, mobile event bars and more. General admission is free. Visit www.clarendonday.org.



# Home LifeStyle

# New Real Estate Firm Opens in Arlington Office located in Liberty Center.

BY MARILYN CAMPBELL The Connection

new real estate firm specializing in urban development and custom single-family homes has opened in Arlington. Real estate professionals Ron Smith, Marty Schnider and Julie Zelaska announced the formation of Smith | Schnider. The firm, which is located at Liberty Center, offers both developer and custom home builder services

The principals boast more than 75 years of real estate development, marketing and sales experience. "Our platform offers a deep, comprehensive and complementary blend of talent in multiple disciplines ... sales, marketing, development and finance ... and an approach to advising on development that is sensitive to all aspects of project feasibility," said Marty Schnider, founding principal of Smith | Schnider.

The trio has been involved in prominent local real estate sales including Turnberry Tower, The Columbia Residences and Lionsgate at Woodmont Corner.

Smith, the company's founding principal, president and principal broker, worked as senior vice president of The Mayhood Company. Zelaska, principal and executive vice president, has worked at residential sales



From left: Principal and Executive Vice President Julie Zelaska; Founding Principal Marty Schnider; and Founding Principal, President and Principal Broker Ron Smith formed a new development/real estate/ condo/custom home firm in Arlington called Smith | Schnider.

and marketing companies including The Mayhood Company, McWilliams Ballard and Van Metre Companies. Schnider, founding principal, manages the day-to-day operation of his family real estate company, Fred Schnider Investment Group, LLC, which was founded by his grandfather Fred Schnider in the 1930s.

Real estate firm Smith | Schnider opened in Arlington.

Рното ву STACY ZARIN GOLDBER







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# PEOPLE

# 'Good News' Examines Gospel Music

### Anne Smith of Arlington writes book for music lovers and students.

BY SENITRA T. McCombs The Connection

usic teacher and Arlington native Anne Smith struggled to find a way to relate the academic study of classical and Harlem Renaissance musicians to her students at Jefferson-Houston School in Alexandria.

A few years ago, she found the answer. She begin teaching them about more current artists from the 20th century with whom they could more easily connect to by using various interactive activities like crossword puzzles.

Soon after, Smith decided to share this information with music lovers and students across the country with the release of her book "Good News" in July 2015.

In her book, Smith examines how musical giants such as Aretha Franklin, Elvis Presley and Ray Charles were not only influenced by Gospel music but also how these musicians helped to shape the genre of Gospel music.

In addition to mini-biographies of each artist, Smith uses activities such as fill-inblank, crossword puzzles, true/false, pyramid and spelling and writing activities to teach the reader about these artists and the role Gospel music has played in their musical development.

"It is American music. It is a musical genre that has started in America and we have always ignored it in our culture but it is celebrated around the world," she said.

During the nine months of research and writing, Smith's greatest challenge was find-



**Anne Smith** 

ing information on many of the earlier pioneers of Gospel music. Since many of these individuals are getting older and dying, their legacies are being lost because there are not a lot of written resources about

Smith relied heavily on the material gained from each artist's hometown's historical society and chamber of commerce.

In addition, she also utilized a few older academic books as well as information from the Gospel Music Association of American and the Thomas Dorsey Convention of

Being a graduate of Howard University's music department also helped her research because she was able to meet many of these individuals during their previous visits to Howard's campus.

As a music lover herself, Smith was already knowledgeable about many of the artists profiled in the book; however, she

did learn some about the lesserknown figures in the Gospel music genre such as performer Sally Martin who also owned a Gospel music publishing company.

"Gospel is the backbone. It has really permeated every genre. From the Motown sound to Beyonce and Destiny's Child, it has really changed the way we experience music. Whitney Houston wouldn't be who she was if not for her choir director mother pushing her," she said.

Although she does not have any upcoming book events in the area, she has received an enthusiastic response from her students who have used some of the activities from the book.

Recently, one of her 5th grade students came in and told her that he was watching an interview with a sports hero and the athlete mentioned Yolanda Adams. After learning this, he excitedly told his parents that Yolanda Adams was one of the artists he learned about in his music class.

"As much as I love classical composers, most of our students don't listen to that. But this music that they do listen to and that they are connected with we were ignoring. Having the kids get excited about the different ways they can interact with the material has been the best response," she said.

In an era of standardized testing, Smith hopes that "Good News" will show educators how the arts can be a vital part of the core curriculum through engaging students in history, critical thinking and reading through the forum of music.

> "I hope it inspires other people, especially my students, to look at music outside the box and understand how it connects to the world," she said.

Inspired by a suggestion from one of her students, she plans to write another book about Latin

"Good News" is available on Amazon.com and also through Tate Publishing at www.tatepublishing.com.

More information about future book events can be found through the "Good News" Facebook page.

Smith is a native and resident of Arlington. She remembers learning to drive on the parking lot of the Pentagon as a teenager. In her spare time, she also enjoys reading, scrapbooking, watching movies and enjoying music. One of her favorite musical artists is Michael Jackson.

She has a degree in musical therapy with a double minor in voice and piano from Howard University, and a master's in teaching from Regent University and an education development specialist degree from Liberty University. She teaches general music to pre-K to 5th grade and choral music to 6th-8th grade at Jefferson-Houston School in Alexandria.

### Freedmans Village Bridge to Be Dedicated

he Virginia Department of Transportation (VDOT) will dedicate the new Freedmans Village Bridge on Thursday, Sept. 10, in a ceremony at the crossing of Washington Boulevard and Columbia Pike at 10 a.m. Gov. Terry McAuliffe will be the featured speaker, along with representatives from the U.S. Department of Transportation, VDOT, and citizens groups. There will be a color guard presentation and marchby of black soldiers in Civil War uniforms.

Among the speakers will be John Richardson, vice president of the Arlington Historical Society, and Craig Syphax, chairman of the Black Heritage Museum of Arlington. Syphax's predecessor, the late Dr. Talmadge Williams, campaigned for wider recognition of Freedman's Village, a model community for former slaves established in 1863 on the grounds around Arlington House, the Custis-Lee mansion. The new bridge is a short distance from the historical village site, and numerous residents of the village are buried in Arlington National Cemetery. Freedmans Village Bridge is a



recognition of Williams' efforts.

The new bridge, which carries Washington Boulevard over Columbia Pike, is wider and longer than the former struc-

The dedication ceremony is open to the public. Attendees should plan on arriving by 9:30 a.m.; some parking can be found in the Sheraton Pentagon City Hotel overflow lot at 900 S. Orme Street.

### SCHOOL NOTES

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

Luke Polito graduated with a Bachelor of Arts in biblical and theological studies and ancient languages from Wheaton College (Wheaton, Ill.).

Michael Grieg graduated from Randolph-Macon Academy (Fort Royal, Va.). Grieg will attend United States Air Force Academy in the

Jessica Neupane graduated in spring 2015 from Randolph-Macon Academy (Fort Royal, Va.).

Neupane will attend the University of Virginia (Charlottesville, Va.) in the fall.

Julia Goloiuch has been named to the dean's list for the spring 2015 semester at James Madison University (Harrisonburg,

president's list for the spring 2015 semester at James Madison University (Harrisonburg,

Michael Ferguson received several awards at Randolph-Macon Academy Middle School (Front Royal, Va.) for outstanding academic achievement and work in the community including the Certificate of Exemplary Participation for STARBASE Academy (a STEM program) along with the Certificate of Appreciation for Community Service and the Certificate of Participation for the Interact

Ferguson finished the 6th grade at Randolph-Macon in the 2014-2015 school

Pantoja Sonner Santiago, a student at Colgate University (Hamilton, N.Y.), has earned the dean's award for academic excellence for the spring 2015 semester.

Hayley House has received dean's list recognition at Belmont University (Nashville, Tenn.) for the summer 2015 semester.

Bailey Kowalski will attend Kent State University (Kent, Ohio) in fall 2015.

The Washington-Lee High School Evan Kopca has been named to the Best Buddies Chapter was name all outstanding high school chapter by Best Buddies International, which creates opportunities for one-on-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities.

# SPORTS

# Wakefield Football Turns Attention to Yorktown

fter a rough season opener, the ing 44-21. Wakefield football team is turning its attention to the next challenge: Arlington foe Yorktown.

The Warriors started the 2015 campaign with a 40-6 home loss to Briar Woods on Sept. 4. Wakefield finished with 219 yards of offense, with its lone score coming on a 3-yard run by Leon Young.

After last year's historical season, during which Wakefield finished 8-4, the program's first winning record since 1983 and best record since 1972, and won a playoff game for the first time in school history, head coach Wayne Hogwood called Friday's loss a "humbling" experience.

"I definitely think we ran into a really good football program and we didn't play our best football," Hogwood said. "... I definitely think if we bring our 'A' game, we can play with that team. I'm not saying we win eight out of 10 times, but 40-6 is not indicative of how we can play football."

Wakefield's next challenge is traveling to face Yorktown at 7 p.m. on Friday, Sept. 11. The Patriots lost their season opener to Wilson in Washington, D.C., but figures to provide the Warriors with some sturdy competition under the leadership of long-time head coach Bruce Hanson, who is his 31st season with the Patriots.

Even as a much-improved team in 2014, Wakefield struggled against Yorktown, losThe Patriots have won 19 consecutive games against the Warriors.

Hogwood was an assistant coach at Yorktown for eight seasons, including four as defensive coordinator, before taking over as head coach at his alma mater Wakefield in 2013.

"That would be awesome," Hogwood said about beating Yorktown, "but it's just one football

game. ... We want to be in the state championship talk and the region championship talk ... but you can't be the best team in the region if we're not the best team in Arling-



Photo by Jon Roetman/The Connection

The Wakefield football team, seen during practice in August, lost its season opener to Broad Run 40-6 on Sept. 4.

Young finished with 16 carries for 41 yards against Broad Run. Fred Bowles had nine carries for 42 yards, and Lucas Guajardo rushed eight times for 34 yards.

Junior quarterback Tim Stroble, in his first

season as a varsity starter, completed 6 of 19 passes for 105 yards, and was intercepted twice.

— Jon Roetman

# W-L Expects Return of Quarterback Espinoza, Jr.

he Washington-Lee football team is hoping brighter days are ahead. The Generals opened the season with a 30-10 loss to Westfield on Sept. 3 in Arlington. After an adversity-filled offseason and preseason, W-L entered Thursday's game with a back-up quarterback against a program that had reached the region championship game in each of the last four seasons. But W-L head coach Josh Shapiro said the Generals and fill-in quarterback Henry Casey played admirably in defeat.

"I thought we played very well," Shapiro said. "We stopped them two consecutive drives to start the game. ... Third possession, we had them backed up ... and the kid broke one off the edge. That's when the game changed. ... [We have] a lot of tough kids here. We made some big plays, had some miscues, but overall given who we had and the stuff we went through, I've never lost by 20 points and felt good, but I felt good about our team."

Casey, a senior with no quarterbacking experience prior to the season, filled in for senior Ceneca Espinoza, Jr., who experienced a family tragedy prior to the season.

"The toughness and the athleticism [Casey] brought to that position," Shapiro said, "were admirable."

Espinoza, Jr. is expected to start this week when W-L hosts Thomas Jefferson at 7 p.m. on Friday, Sept. 11. Casey will move to slot



The Washington-Lee football team, seen during a scrimmage in August, lost to Westfield on Sept. 3.

receiver

"The offense is exponentially better when [Espinoza, Jr.] is in there," Shapiro said. "... He's extremely athletic. ... Ceneca is going

to open it up for us. He's a bigger threat to opening Conference 6 play on the road run and throw.'

After facing TJ, W-L will travel to face Arlington foe Wakefield on Sept. 18 before against Hayfield on Sept. 25.

Jon Roetman

Arlington Connection ❖ September 9-15, 2015 ❖ 13 www.ConnectionNewspapers.com

# Say What?

By KENNETH B. LOURIE

Since I referenced, and initiated last week's column with, one of my favorite cancer stories (the thoracic surgeon quote), I thought it timely to update you with my newest - and most recent (July 31st, in fact) cancer story (yet another doctor's quote, from my oncologist).

Typically, I see my oncologist every three months, a week or so after my every-threemonths CT Scan, to discuss the results and to examine me in person. As the years have passed, these post-scan examinations - given that the scan indicates the patient's condition/status, have been less about touching and feeling and more about asking and answering. As my oncologist has explained to me, there's been an evolution of sorts in the medical profession with respect to these post-scan appointments. If the scan shows no/minimal growth and/or movement, the doctor doesn't feel the need to examine me to learn that, since he knows that already from the previous week's scan. Generally speaking, a physical exam will likely not contradict/contraindicate what has already been interpreted by the radiologist. As an example, my oncologist doesn't need to feel if my lymph nodes are swollen if the scan shows they're not.

Up until July 31st, though, I've always had my usual face-to-face appointment/examination. But not this July 31st. That's when I had after having it suggested by my doctor and his staff – my first phone appointment in lieu of an in-person one. If I had preferred meeting the doctor in his office, it certainly would have been allowed; but presumably, since my scan results were good/not problematic, there was no real need, so I was happy to save myself the 45-minute drive and phone it in.

Sure enough, at 11 A.M., my oncologist called me. I put the phone on speaker so that my wife, Dina, could hear/participate and then we began. It was identical to our usual in-person appointment. He asked me how I was "feeling; any new symptoms, any old symptoms (neuropathy, fatigue, headaches, eating/taste issues) which had gotten worse;" then the usual follow-up question, which led to my new favorite story: "Are you (meaning me) able to do the things in life that you usually do?" "Yes," I responded. Then, out of the blue, he asks: "Can you use chopsticks?" (To myself, I repeat: can I use chopsticks!?) Being a wise guy and sort of guessing his intent (wanting to judge my manual dexterity), I answered honestly and succinctly: "No," I said, and stayed silent, waiting, baiting him almost. There seemed to be some hesitation on his end as if he was processing new information from me or so I thought, so I felt compelled a few seconds later to add: "But I've never been able to use chopsticks" and laughed out loud.

Now if truth be told, my doctor is Chinese, but we have never, ever had any kind of conversation about Chinese food or anything remotely Chinese, yet he felt it appropriate somehow to throw out this chopsticks reference. I've been laughing about it for weeks. I'm already looking forward to our next phone appointment. Although, given the fact that the next appointment - given any foreseen/ unforeseen circumstances - will be scheduled the week after the first PET Scan I will have had in six and a half years (typically when we discuss the results of the previous week's scan), imagine we'll meet in person. Still, if the PET indicates no change to my current condition, perhaps I won't be examined in person after all, or even phone it in again. Maybe we'll compromise and meet for lunch - at a Chinese restaurant?

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

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### **OBITUARY**

### **Carolyn Weaver Mackay (Age 63)**

On August 26, 2015 in Arlington, VA, Carolyn passed away with her family by her side. A native of the DC area, Carolyn grew up in Bethesda, MD and was a graduate of Mary Washington College in 1973 with her degree in Economics and was a member of Phi Beta Kappa. She then attended graduate school at Virginia Tech where she earned her Doctorate in Economics in 1977. She served on

the economics faculties of Tulane University and Virginia Tech and was a Research Associate at the Center for Study of Public Choice at Virginia Tech. She was a Senior Research Fellow at the Hoover Institute at Stanford University from 1984-1986. Carolyn served as Editor of Regulation magazine from 1986-1988 and was a Resident Scholar and the Director of Social Security and Pension Studies at the American Enterprise Institute from 1987-2000.

From 1981-1984, Carolyn was chief professional staff member on social security for the U.S. Senate Committee on Finance, under the Chairmanship of Senator Robert Dole, and during that time also served as Senior Advisor to the 1983 National Commission on Social Security Reform ("Greenspan Panel"). She served on several federal advisory councils dealing with social security and disability policy, including the 1994-1996 Social Security Advisory Council, the 1994-1997 U.S. Social Security Advisory Board, the U.S. Disability Advisory Council, and the Social Security Public Trustees Working Group on Trust Fund Solvency, and was a founding member of the National Academy of Social Insurance. Carolyn testified frequently on Capitol Hill on issues pertaining to social security and the budget, social security solvency and reform, disability policy, and welfare reform. She also wrote books, articles, and editorials on these subjects and was a policy advisor to two presidential can-

didates. Carolyn is recognized in Who's Who in America. Carolyn lived out her faith in service to the Lord. She taught Sunday school and served on the Pastoral Care Committee and the Vestry at St. Paul's Episcopal Church in Alexandria. She also devoted herself to outreach and service to her Christian Brothers and Sisters in Uganda and Sudan and was a founding board member of the

American Friends of the Episcopal Church of Sudan (AFRECS). In 2009, Carolyn and her family joined The Falls Church Anglican, where she was an active member of Women's Ministry Bible Study and served on the Guild of the Christ Child and the Hospitality Committee. She was also a long-time supporter, mentor, and tutor with Central Union Mission in Washington, DC. Carolyn is survived by her ever-loving husband of 35 years, Robert J. Mackay; children, Taylor and Bennett Mackay; step-daughter, Stacy Mackay O'Bryant; grandchildren, Patrick and Joseph O'Bryant; brothers, Kenneth Jr., Brian, and Scott Weaver; as well as a host of nieces, nephews, cousins and other extended family. She was pre ceded in death by her parents, Kenneth and Margaret Weaver.

Family and friends may gather on Thursday, September 10, 2015 from 2-4 & 6-8 p.m. at Everly-Wheatley Funeral Home, 1500 W. Braddock Rd., Alexandria, VA 22302, A funeral service will be held on Friday, September 11, 2015 at 10:00 a.m. at Columbia Baptist Church, 103 W. Columbia St., Falls Church, VA 22046. The committal will follow at Columbia Gardens Cemetery in Arlington, VA. In lieu of flowers, donations may be made to the Central Union Mission at www.missiondc.org with a designation for the Carolyn Mackay Education Fund. A guest register may be found at www.everlywheatley.com.

### 21 Announcements

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