

The Arlington Connection

Members of Rock Spring Congregational United Church of Christ take a moment to walk through the 155 T-shirts with the name, birth date and date of death of one of the victims of gun violence in metropolitan Virginia, Maryland and D.C. in 2014. Blue T-shirts represent victims of gun violence in Virginia, yellow for Maryland and white for D.C.

Pause To Reflect

NEWS, PAGE 3

Gun Control Compromise

NEWS, PAGE 3

Thrive At 40

NEWS, PAGE 5

HomeLifeStyle

PAGE 8

OCTOBER 14-20, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



— REAL STORIES FROM THE EXPRESS LANES —

*"I've shaved an hour off
my daily commute. It's made
me a better dad and a
better husband."*

- Donald B.
Stafford, VA

Public school teacher Donald lives in Stafford and works in Falls Church. Before the Express Lanes, he says his commute was stressful and unpredictable. When Donald would slug on the HOV lanes, sometimes it took him an hour to get work. He was always rushing and often resorted to fast food. Since the Lanes opened on 95, he still slugs or carools to work, but now he can eat breakfast and dinner with his family and is able to spend more time with those he loves. He no longer misses important events and says his personal relationships have significantly improved.

See more real stories from the Lanes at ExpressLanes.com



Donald's story was one of our winning entries in our "Express Lanes Love Story" promotion.

Pausing To Reflect

Memorial to gun violence victims.

BY SHIRLEY RUHE
THE CONNECTION

Blue, white and yellow T-shirts are draped over white crosses dotted across the lawn of Rock Spring United Congregational United Church of Christ at 5010 Little Falls Road in Arlington. Each T-shirt has the name, birth date and date of death of one of the 155 victims of gun violence in metropolitan Virginia, Maryland or D.C. in 2014 according to Heeding God's Call, who initiated this traveling memorial.

This display was installed Sunday, Oct. 11 on the Rock Spring church lawn and will be there through Saturday, Oct. 24. According to Kathy Dwyer, senior pastor of Rock Spring, the issue of gun violence will be addressed in the 9 a.m. and 11 a.m. church services on Oct. 18 and the display dedicated after the 11 a.m. service that day.

"I think there has been a shift since 9/11 and we all recognize our own vulnerability and that is difficult. The natural response is fear," Dwyer said. "As Christians our call in the face of fear is to have faith and to create places of peace."

She said that it seems every week there are senseless acts of gun violence, "and there are some whose response is to give the teachers guns so they can protect themselves. It is important to be people of faith." Rock Spring has also prepared a letter, which will be delivered to homes in the neighboring area explaining the memorial and giving resources to families who may have children asking questions. "Find out what your child knows already; keep your answers simple; ask more questions to find out how they feel," she said.

Dwyer says this is an effort "to pivot from fear to faith which is easier to do in a community that calls on us to be our best selves." The display will have 23 yellow T-shirts honoring Virginians in our area who have been the victims of gun violence in 2014, 57 blue T-shirts for metropolitan Maryland and 75 white T-shirts for Washington D.C.

"We welcome the community to attend the cer-



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

A memorial commemorating deaths caused by gun violence in metropolitan Virginia, Maryland and D.C. was installed on Sunday, Oct. 11 at Rock Spring Congregational United Church of Christ on Little Falls Road in Arlington. This project was organized by Heeding God's Call, who initiated the traveling memorial.



This traveling display, "T-shirt Memorial to the Lost," will remain on the lawn until Oct. 24 and in November will move to St. Mark Presbyterian in Rockville.

emony on the lawn Oct. 18 after the 11 a.m. service and to visit the memorial where you can walk among the T-shirts and reflect on the victims and their loved ones," she said. The memorial is scheduled to move to St Mark Presbyterian in Rockville for its last display of this year.

This display called "T-Shirt Memorial to the Lost" is a project of an organization called Heeding God's Call, an effort to call attention to the 30,000

SEE MEMORIAL, PAGE 7

Gun Control Compromise

31st Senate District candidates unite behind gun control legislation, at least conceptually.

BY VERNON MILES
THE CONNECTION

While Republicans and Democrats disagree on virtually everything, gun control still stands out above the rest as one of the more divisive issues. But in Arlington's 31st Senate District, it's one of the few issues that has found support from both the Democratic and Republican candidates.

Alongside education and preventing sexual assaults on campuses, state Sen. Barbara Favola (D-31) has made gun control a key platform in her campaign.

"I think that gun violence has reached unacceptable levels," said Favola. "I have put in bills to take firearms away from folks who have demonstrated violent behavior."

In December of 2014, Gov. Terry McAuliffe visited Arlington and expressed plans for stricter gun laws in Virginia, including a slate of bills to close the "gun-show loophole" and reinstating the one-gun per month limit on purchases. Favola was among the legislature's most vocal advocates of tighter gun control.

"Last session, I put in a bill to take guns away from folks who had been convicted of sexual assault," said Favola. "[We] have been working very hard to curb domestic violence... 80 percent of Virginians agree with my stance. My bills had widespread support among law enforcement and women's advocacy groups. The only people who voted against it were tea party Republicans."

Favola submitted Senate bill 943, which prohibited a person who has been convicted of stalking, assault and battery of a family or household member, or sexual battery from possessing a firearm. The bill, along with the rest of the proposed gun control legislation, never left the Courts of Justice subcommittee. In the 2015 legislative session, rather than enhancing gun control measures, bills were passed that loosened restrictions on gun owners. One of the bills exempted concealed carry



Barbara Favola



George Forakis

permit holders from local regulations that prohibited carrying or transporting loaded shotguns or rifles. While Favola claims that the majority of Virginians support her gun control legislation, Republicans still maintain control of the state legislature.

In the November election, Favola faces competition from Republican George Forakis. Forakis describes himself as an avid outdoorsman, a firearms enthusiast, and a hunter. Forakis said that while he doesn't want to impose unnecessary limitations on the right to bear arms, he would support legislation that required background checks for all firearms sales, including those conducted by private parties and at gun shows.

"I think what it boils down to is a fairly simple question," said Forakis in an email, "Do we want criminals and the mentally ill to be able to purchase firearms? If the answer to this question is no, and I really do think this is the bipartisan opinion, then why would we do background checks for some purchases and not others?"

Forakis explained that many from the right in his party are concerned that even common-sense gun control measures could open the way for broader and more restrictive measures. But as someone who is a responsible gun owner, Forakis doesn't think extensive background checks are a problem.

Regarding Senate bill 943, however, Forakis is less supportive.

"I think we need to take extraordinary care in considering groups on which to impose restrictions," said Forakis. "Most will agree that violent felons should not be able to purchase/own firearms, but

SEE GUN CONTROL, PAGE 7

News



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PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Lee Center Spelling Bee contestants dressed in their blue Lee Center Bees T-shirts include: (from left front) James Shea (winner of the sudden death spell-off), Thomas Kerwin (second sudden death contender); Carol Mackela, Adrianna Carr (director of the Lee Senior Center), Mary Wingo, Catherine Jamieson (contestant pulled from the group at the last minute to serve as judge), and Ruth Ann Neely.

Shea Wins Spelling Bee 67 Years Later

But this time
without fainting.

BY SHIRLEY RUHE
THE CONNECTION

It was a sudden death spell-off between two contestants who had gone through 43 rounds with no mistakes. The word was felicific. Tom Kerwin begins f-e-l-i. He pauses and he doesn't finish. Jim Shea is declared the winner of the Lee Senior Center Spelling Bee Competition on Oct. 7. He had made it through soliloquy and his next word would have been misal.

Except for a late arrival to the group, they had been meeting every month for the last year to practice the 1,000 potential words on the list. Mercantile, heinous, vehement, connoisseur, insouciance, verisimilitude, avoirdupois. They all agreed they didn't even know what felicific means (causing happiness).

Shea says he had won second place in the national spelling bee competition when he was 13 years old: "That was 67 years ago." He still remembers the word that tripped him up was dulcimer. "I spelled it with an o instead of a u and then I fainted. My grandchild-



Jim Shea, winner of the Lee Senior Center sudden death spell-off on Oct. 7 receives a congratulatory kiss from his wife Phyllis. Shea says he won second place in the national spelling bee 67 years ago when he misspelled dulcimer and then fainted.

dren make fun of me and tell me that they know how to spell that word."

Shea's wife Phyllis, who was there to cheer him on, said that last night one of the grandchildren called him and said, "Grandpa, don't faint."

Last year he and his wife returned to watch the national spelling bee at National Harbor. "Only this time it cost me \$40." He took along his scrapbook from 1948 and the spelling contestants gathered round to look through it with him. "It was pretty special."

The spelling contest had been advertised as "Declare your independence from spellcheck." Adrianna Carr, director of Lee's Senior Center presented Shea with a wooden plaque for first place while the other four contestants, sporting light blue Lee Center Bees

T-shirts, received a bright pastel piggy bank covered with daisies. "No special significance; what we had on hand given our budget," Carr said.

Cathy Jamieson was pulled out of the contestant pool at the last minute to serve as judge when the scheduled judge had a sudden illness.

Carr said, "Next year we are hoping to get spelling added to the Senior Olympics." The proposal is due in January.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Oct. 18-24.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 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: The National Circus and Acrobats of China, Hylton Performing Arts Center, Manassas, Sunday, Oct.

18, \$61; tour nation's capital, Tuesday, Oct. 20, \$6; water taxi to tour National Harbor, Thursday, Oct. 22, \$21; Bay Lighthouse Fall Foliage Cruise plus lunch, Annapolis, Saturday, Oct. 24, \$60. Call Arlington County 55+ Travel, 703-228-4748.

Changes that come with aging, Monday, Oct. 19, 11 a.m., Culpepper Garden.. Free. Register, 703-228-4403.

Cooking with root vegetables demo, Monday, Oct. 19, 11 a.m., Langston-Brown. Free. Register, 703-

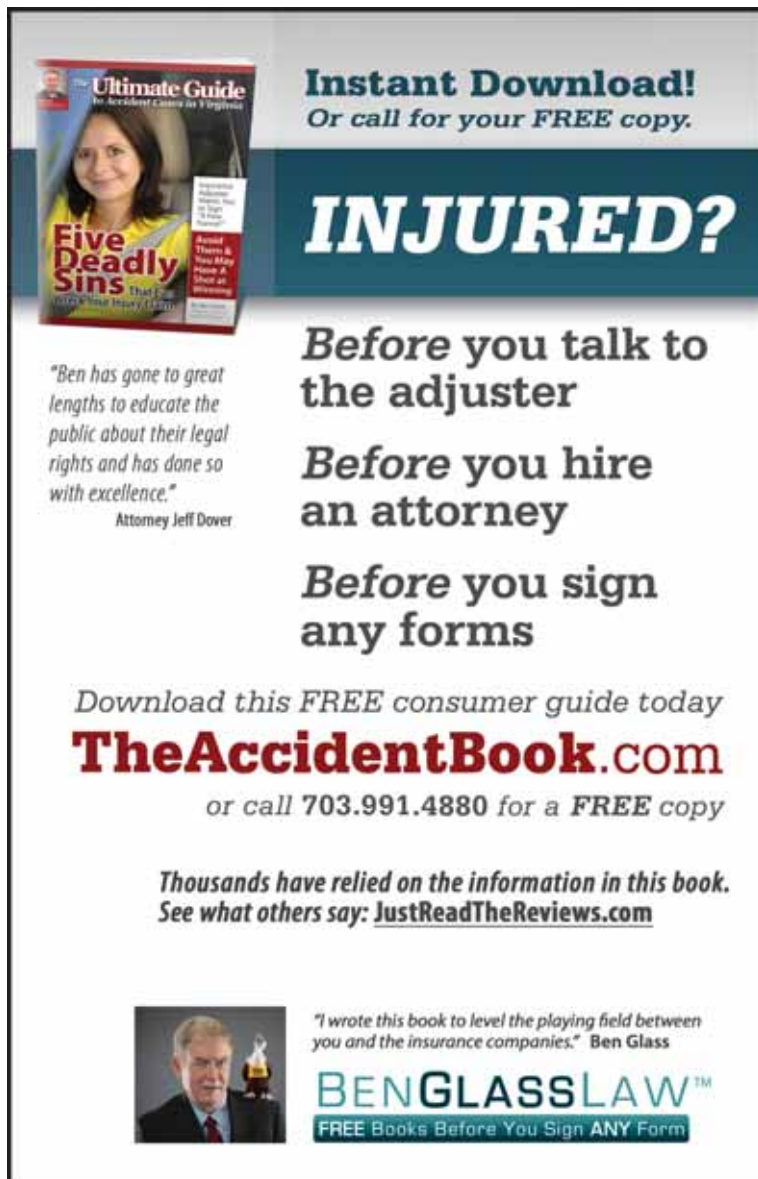
228-6300.

Car-Free Diet, Monday, Oct. 19, 1:30 p.m., Aurora Hills. Free. Register 703-28-5722.

Pickleball games and instruction, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

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

Madison Chess Club, Mondays, 9:30 a.m. Games and strategies. Free. Details, 703-534-6232.



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PHOTO COURTESY OF THRIVE

THRIVE staff members, from left, are Nicole LaFragola, administration manager; Shandra, Niswander, development manager; Nory Flores, program manager; and Gerry Shannon, executive director.

THRIVE To Celebrate 40 Years

Nonprofit provides money in an emergency.

BY EDEN BROWN
THE CONNECTION

Never heard of THRIVE Arlington? There is a reason for that. THRIVE has existed for 40 years in Arlington, albeit under a different name: AMEN. Because the organization is not church-affiliated, THRIVE wanted to assure donors it was a secular organization, hence the name change. But the other reason one might not have heard of THRIVE is the pride they take in being a behind-the-scenes organization. They aren't flashy; they don't seek the limelight. They have a budget of \$1 million to fill the gap for Arlingtonians who have an emergency need for money: anything from emergency medication for an infection, to rent money for two months when an accident sidelines a breadwinner.

THRIVE runs on a staff of four and a roster of volunteers. They will only provide emergency funding through a caseworker from an accredited aid organization: those case workers hear of a need, call THRIVE, and THRIVE writes a check. They write the check directly to the landlord or the pharmacy, so funds stay on track. Temporary is key word in THRIVE's mission: this is not for chronic needs. THRIVE will only help with rent or utilities payment twice a year. THRIVE can only give funds to residents of Arlington.

This is THRIVE's 40th year. Started by former County Board member Ellen Bozeman and several church representatives, it was called "Arlingtonians Meeting Emergency Needs," and while it has been helped by local religious organizations in the past, and the Presbyterian church provides a low rent office, it is secular, with a third of its funding from

individual donors who are private citizens. Half of THRIVE's funds come from the county; 10 percent from foundations; and the rest from individuals, including Combined Federal Campaign funds.

THRIVE is part of the Continuum of Care in Arlington. THRIVE's staff of 26 volunteers have a "duty phone" which they use to take calls and forward them to THRIVE staff. It also has all-volunteer board. Funding THRIVE has taken on new urgency since Fannie Mae help-the-homeless funding ended in 2013. In addition, Arlington County requires THRIVE to be able to match the funds the county provides, by half.

According to Gerry Shannon, THRIVE is finding an increase in elderly residents not being able to make ends meet.

The stories of those who benefitted from THRIVE are many. Shannon cites the family which lost its income temporarily when a landscape worker broke his leg: were it not for THRIVE, this family, who had paid rent faithfully and worked hard for years, would have been out on the street. Shannon also noted that THRIVE often receives funds from Arlingtonians it helped — one recipient donates, via her company, \$100 every year to "pay forward" the generosity she received when she was temporarily in need.

THRIVE's new board, is looking for increased involvement, both in terms of funding and volunteering, from Arlingtonians. It will kick off the effort with a gala event on Wednesday, Nov. 18, from 6:30 to 9 p.m. at the Army Navy Country Club, with tickets at \$100 each. Sponsorship opportunities are available. The Metropolitan Chorus will sing, hors d'oeuvres will be offered, and there will be an open bar.

THRIVE also sponsors a running program, "Resolve to Run" with a series of training runs, working with a coach, leading up to the George Washington Parkway Ten Miler and 5K, when THRIVE runners will run to benefit the group. For more information about both events, see: info@arlingtonthrive.org.

BULLETIN BOARD

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.

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.

WEDNESDAY/OCT. 14

Arlington Neighborhood Villages

Open House. 6-8 p.m. at National See BULLETIN BOARD, PAGE 6

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Arlington County Board

November 3, 2015

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OPINION

Closer Look at School Spending

Report: Local schools spend less to educate more challenging students.

Since Fiscal Year 2009, Alexandria Public Schools has reduced per pupil spending by 13.3 percent, adjusted for inflation. Arlington County Public Schools has reduced per pupil spending by 15.7 percent, but still spends the most per student of any school district in the state.

Fairfax County Public Schools has reduced per pupil spending by 6.5 percent over the same period, adjusted for inflation, but FCPS spends significantly less per student than either Alexandria or Arlington.

These numbers are from a draft report released last month by the Joint Legislative Audit and Review Commission in a report on Efficiency and Effectiveness of K-12 Spending 2015. In FY 2014, the average Virginia school division spent 7 percent less to educate each student than it did in FY 2005.

These numbers are critical to understand as local schools, Fairfax County in particular, face a looming budget gap in the coming budget cycle. It's easy to skip the specifics, look at a large overall budget number and conclude that surely there is plenty of room to cut the budget. These numbers show the problem with that approach.

Fairfax County was among the Virginia school divisions with a reduction in resources and numbers of teachers per student which also had a growing percentage of "resource-intensive" students.

More than 27 percent of Fairfax County Public Schools students were living in poverty in 2014; that's 49,895 students, up from about 18 percent or 28,527 poor students in 2005. Number and percent of students with limited English have also grown over the time period. In 2014, 49,442 students, or 27 percent, in FCPS are limited English proficient, up from 35,091 or 22 percent in 2005. The report calls these students "resource intensive," and what that means is that it costs more to effectively teach them.

The larger chart comes from a different source, the 2015 Washington Area Boards of Education Guide, and shows Fairfax County with far lower per pupil costs and teacher salaries than surrounding school districts.

Arlington and Alexandria school districts also have large percentages of poor students.

Alexandria had 6,160, or 58.8 percent of its students living in poverty in 2005, and in 2014, 7,443 poor students, 55 percent. Alexandria has also had an increase in limited English proficient students, 33.3 percent of 4,510 students in 2014, up from 22.7 percent in 2005.

In Arlington, 7,972 students, 33.9 percent were living in poverty in 2014, up from 6,373 students, 35.8 percent in 2005. Arlington has seen a drop in limited English students, from 35.5 percent (6,323 students) in 2005 to 28 percent in 2014 (6,591 students).

As the saying goes, if you think education is expensive, try ignorance. And if you think it's too expensive to effectively educate the population we have, consider the costs of services to people who don't have the education they need to live successfully later in life.

Public Schools	Fairfax County	Montgomery County, MD	Arlington County	Alexandria City
FY 2015 Cost Per Pupil	\$13,519	\$15,351	\$19,040	\$17,041
Average Teacher Salary	\$66,782	\$75,452	\$76,892	\$73,612
2014 ACTUAL ENROLLMENT				
Total Enrollment	183,895	151,289	23,421	13,563
Percent ESOL Enrollment	17.0%	13.2%	17.4%	25.5%
Percent Free/Reduced Price Meal Eligible	27.5%	34.3%	31.8%	59.7%
Percent Special Education Enrollment	13.8%	11.7%	14.7%	12.6%
2015 APPROVED ENROLLMENT				
Number Increase/Decrease from 2014 Actual	2,890	2,889	792	548
Percent Increase/Decrease from 2014 Actual	1.6%	1.9%	3.4%	4.0%
SCHOOLS				
Elementary	139	133	22	12
Middle	23	38	5	2
Traditional (K-8)	0	0	0	1
Secondary and High Schools	25	26	5	1
Special Education	7	5	2	0
Alternative	2	0	3	2
SOURCES OF REVENUE				
Local	69.6%	66.6%	83.0%	79.3%
State	23.3%	27.9%	12.5%	14.9%
Other	7.2%	5.5%	4.6%	5.8%
AUTHORIZED POSITIONS				
School-Based	93.2%	91.2%	90.9%	89.7%
Nonschool-Based	6.8%	8.8%	9.1%	10.3%

SOURCE: 2015 Washington Area Boards of Education Guide

GRAPHIC BY LAURENCE FOONG/THE CONNECTION

Comparison of local school district finances and enrollment from the 2015 Washington Area Boards of Education Guide.

INFLATION ADJUSTED PER PUPIL SPENDING			
Division	FY 2009	FY 2014	% Change (FY 09-14)
Alexandria	\$20,323	\$17,622	"13.3%
Arlington	\$22,214	\$18,736	"15.7%
Fairfax	\$14,901	\$13,931	"6.5%

Inflation-adjusted to 2014 dollars.
SOURCE: Joint Legislative Audit and Review Commission report on Efficiency and Effectiveness of K-12 Spending 2015 <http://jlarc.virginia.gov/pdfs/reports/Rpt472.pdf>

Effective leaders in Northern Virginia will have to lead the way to funding effective school systems in a challenging economic environment. But if you hear a candidate claim that schools can get by on less by being more efficient, ask if they have read this report.

According to the JLARC report: School districts reduced per-student spending on instruction through a combination of employing fewer teachers per student, limiting teacher salary growth, and requiring teachers to pay a higher percentage of health insurance and retirement

benefit costs. Divisions report that these spending reductions are hindering instructional effectiveness.

School divisions reduced instructional spending by less than one percent, and non-instructional spending by 10 percent, at the statewide level during the time period.

You can read the Virginia JLARC report here: <http://jlarc.virginia.gov/pdfs/reports/Rpt472.pdf>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

FROM PAGE 5

Rural Electric Cooperative Association Conference Center, 4301 Wilson Blvd. Learn more about what Arlington Neighborhood Villages has to offer for interested parties and potential volunteers. Free. Visit www.arlnvil.org.

THURSDAY/OCT. 15

"From Menstruation to Menopause." 7-9 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Kelly Valceanu, CNM, IBCLC, of Midwifery Care Associates in Rockville, Md. will talk about women's monthly cycles and what happens as they near their end. The presentation will focus on what to expect from peri-menopause and menopause and how

to approach these transitions in a holistic way. Free. Call 73-801-8651 or email rajaenami@yahoo.com.

SATURDAY/OCT. 17

Live-In Arlington Info-Fair. 10 a.m.-4 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The Info-Fair is a way to get useful information about affordable housing opportunities in Arlington. It is also an opportunity to meet with housing professionals, including mortgage lenders, real estate agents, apartment rental professionals, County Agencies and not-for-profit counsellors. Free. Visit www.liveinarl.org.

SEE BULLETIN BOARD. PAGE 12

The
Arlington
Connection

www.ConnectionNewspapers.com

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

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Gun Control Compromise

FROM PAGE 3

where do we draw the line? Sometimes, perspective into the individual situation may be more valuable than simply drawing a line and trying to stay on one side."

But in many ways, Forakis' position on gun control echoes Favola's work in Richmond. Favola noted closing the private-transaction loophole in gun control as one of her legislative ambitions.

"I'm looking to reach a balance where I don't think we have a balance now," said Favola. "The [National Rifle Association] position of not accepting any gun safety laws has made it way too easy for the wrong people to get guns. When that happens, innocent people suffer. This isn't about blocking second amendment rights, it's about making sure people who have firearms are able to act responsibly."

But according to Favola, legislative change won't happen until Republican politicians take a hit in elections for their positions against gun control.

"My view is that lawmakers have to lose elections over this," said Favola. "That's really the only way to affect change over this: when voters make this an electoral issue. When voters say 'I want you to come more towards the center and consider public safety, and if you don't, I won't vote for you.'" The issue remains divisive in Arlington and across Virginia. Over the weekend, Rock Spring Congregational United Church of Christ displayed 155 t-shirts in their front lawn, commemorating the 155 lives lost to gun violence in 2014 in the D.C. metropolitan area. But the effectiveness of gun control measures remains uncertain. Dr. Joyce

Malcolm, a professor of Constitutional Law and the Second Amendment at George Mason University in Arlington, said Virginia's gun control laws are closer to the center in the national spectrum that most people think.

"The states have moved more towards deterrence from violence, and Virginia is in the mainstream with that," said Malcolm. "There are only a handful of states that are very restrictive and a lot of the areas with very strict laws have terrible gun violence."

Malcolm noted that many areas that passed strict gun control laws after the Sandy Hook massacre, like New York and Connecticut, have since pulled back from some of those measures.

"Gun control laws aren't really the answer," said Malcolm. "Basic background checks are a good idea, but people who misuse a gun aren't likely to go into a deal that involves one."

In preventing massacres like the recent one at Umpqua Community College in Oregon or the Virginia Tech shooting in 2007, Malcolm said mental health is really the key issue. In Virginia, mental health took a spotlight after former Gubernatorial candidate Creigh Deeds was stabbed by his son in 2013 after he was released from a hospital without mental treatment because of a lack of hospital beds. Since then, however, Malcolm says very little has changed. More than gun control legislation, Malcolm believes this is the key to stopping shootings.

"In cases like the Navy Yard, these [shooters] are actually asking to be helped," said Malcolm. "All stricter gun laws do is restrict people who use them legally."

Memorial to Gun Violence Victims

FROM PAGE 3

gun deaths in America each year targeting people from 3-73 years old. The organization advocates common sense gun measures. The T-shirts rotate among sites and will have been displayed at 14 locations in metropolitan Virginia, Maryland and D.C. by the end of the year.

The movement began when Heeding God's Call Philadelphia paired with the Pres-

byterian Church of Chestnut Hill and St Martin-in-the Fields Episcopal Church in 2012 to develop the "T-Shirt Memorial to the Lost" to commemorate the 288 lives lost to gun violence that year. The first local location to display the "Memorial to the Lost" in the D.C. area was Chevy Chase Presbyterian on April 5, 2014 where the local congregation assisted in writing the names on the 176 T-shirts of area gun violence victims in 2013.

Dreams and dedication are a powerful combination.

—William Longgood



Adopt. Don't buy.

The Animal Welfare League of Arlington offers community services, programs and a diverse selection of adoptable animals, including: cats, dogs, rabbits, birds, guinea pigs and hamsters.

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Top Bathroom Remodeling Trends



Whether remodeling a whole house, or just a room or two, a bathroom renovation is sure to be in the mix. So what are some of the popular trends in bathroom design that we are seeing today?

Nickel Fixtures: This sleek metal suits many types of fixtures, from faucets to sconces. Available in brushed-satin, matte, and pearl finishes it matches a variety of settings, including marble and stainless steel.

Wall-Mounted Faucets: This trend is the ultimate in streamlined style. Wall- or mirror-mounted faucets appeal to the desire for clean design without complicated plumbing.

Shimmering Effects: Designers are taking a shine to the array of decorative glass tiles and mosaics on the market and are using them either as an accent or to cover an entire wall. The tiles come in colored, clear, and iridescent finishes. New metallic and mother-of-pearl tiles are also adding a modern look to the bath.

Frameless Glass Shower: The new seamless glass showers with minimal framing complement any bathroom décor. The illusion of pure transparency makes a small bath seem larger.

Classic Subway Tiles: These vintage-style tiles, shaped like bricks and set in a staggered "running bond" fashion, are making a big comeback in baths. Many are opting for the black-and-white tiles for a crisp, clean look.

High-Tech Bathing: Convert your shower experience with a steam generator and rain dome. Add even more luxury with an all-purpose shower stack that has multiple heads, body sprays, and adjustable settings.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

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HomeLifeStyle

Buying Real Estate Abroad

Local Realtor to appear on "House Hunters International."

BY MARILYN CAMPBELL
THE CONNECTION

An Arlington-based real estate agent is getting a brush with fame. While recently in Roatan, Honduras, for scuba diving lessons, Stacy Hennessey of McEneaney Associates, Inc. made a quick decision buy a house that she can rent to vacationers.

"I travel a lot and I'm always on the lookout for properties," said Hennessey.

Her purchase caught the attention of producers of HGTV show, "House Hunters International," which chronicles the adventures of home hunters and their real estate agents as they purchase homes around the globe. The show explores local cultures and the intricacies of international real estate purchases.

Hennessey admits the process of buying a house abroad can be daunting. "The paperwork was all in Spanish," she said. "Make sure to work with a real estate agent that knows the laws, neighborhoods and where is a good investment if you are looking to own a vaca-

tion rental."

Finding a reputable property management firm to market and maintain one's investment is also an important part of the process. "That is essential, so is making sure you get insurance" she said. "Make sure you find out all the utility costs and whether there is a well for water ... and a backup generator."

She recommends that potential investors do their homework before purchasing. "Learn whether you need to pay cash and whether you will own clear title," said Hennessey. "Some countries don't allow foreigners to own property directly but Honduras does."

One suggestion she offers is visiting the website Vacation Rentals by Owner (VRBO) website to get a sense of the real estate market in a chosen area.

"Also, look at the flight schedules going to the chosen location so you know how much traffic and how many tourists come to the island," said Hennessey. "There are some cases



PHOTO COURTESY OF STACY HENNESSEY

Arlington-based real estate agent Stacy Hennessey will share her experience purchasing a home in Roatan, Honduras on the HGTV show, "House Hunters International."

where you can fly to a location easily and return easily at some times of the year, and other times when it can take you 20 hours to get back."

Hennessey said the features she found most appealing about the property she purchased is the fact that it is waterfront and its close proximity to restaurants and shopping. She also loved the locals. "People are so friendly there," she said. "When you pass someone on the street they always say hello no matter what color your skin is or what you do for a living."

Hennessey, who is in the process of renovating the home, says the show is expected to air in February.

A Place To Cook

Local designers transform outdated kitchens into timeless, elegant spaces.

BY MARILYN CAMPBELL
THE CONNECTION

Local designers recently took three Virginia kitchens in need of an overhaul and reimagined them to create spaces that are both spacious and elegant. Keeping with the open concept trend, the kitchens flow into the rest of their homes and allow cooks to prepare meals while mingling with friends and family.

When a Springfield couple decided that it was time to bring their 1960s kitchen into the 21st century, they enlisted the help of Stephanie Brick of Nicely Done Kitchens and Baths also in Springfield.

"The original space was confined to a small kitchen box in the back of their house," said Brick, who relocated the kitchen to an-

SEE KITCHEN, PAGE 9



PHOTO BY STEPHANIE BRICK

White cabinetry and white marble counter tops give this kitchen a clean, airy feel.

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HOME SALES

In August 2015, 257 Arlington homes sold between \$2,550,000-\$110,500. This week's list represents those homes sold in the \$2,550,000-\$1,300,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BRFB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
1881 NASH ST N #2009	2	3	1	ARLINGTON	\$2,550,000	Hi-Rise 9+ Floors	22209	22209	TURNBERRY TOWER CONDO
2326 VERMONT ST N	6	6	1	ARLINGTON	\$1,898,000	Detached	0.26	22207	LEE HEIGHTS
1201 NASH ST #604	3	2	1	ARLINGTON	\$1,850,000	Mid-Rise 5-8 Floors	22209	22209	MEMORIAL OVERLOOK
3886 30TH ST N	5	4	1	ARLINGTON	\$1,737,500	Detached	0.32	22207	BELLEVUE FOREST
3181 21ST ST N	5	3	1	ARLINGTON	\$1,666,000	Detached	0.28	22201	LYON VILLAGE
6531 WILLIAMSBURG BLVD	6	6	1	ARLINGTON	\$1,599,999	Detached	0.26	22213	MINOR HILL
5130 24TH ST N	6	5	0	ARLINGTON	\$1,544,300	Detached	0.18	22207	GARDEN CITY
4815 15TH ST N	5	4	1	ARLINGTON	\$1,509,000	Detached	0.20	22205	WAYCROFT
1027 EDISON ST N	5	4	1	ARLINGTON	\$1,462,500	Detached	0.23	22205	BALLSTON / LACEY WOODS
5028 25TH RD N	4	3	0	ARLINGTON	\$1,440,000	Detached	0.38	22207	GARDEN CITY
1312 EVERGREEN ST N	6	5	1	ARLINGTON	\$1,407,500	Detached	0.15	22205	LACEY LANE
3627 NELSON ST	4	3	2	ARLINGTON	\$1,365,000	Detached	0.66	22207	BELLEVUE FOREST
4504 38TH ST N	5	3	1	ARLINGTON	\$1,365,000	Detached	0.17	22207	COUNTRY CLUB GROVE
5101 25TH PL N	5	5	1	ARLINGTON	\$1,360,000	Detached	0.13	22207	COUNTRY CLUB ESTATES
4851 WILLIAMSBURG BLVD	5	5	2	ARLINGTON	\$1,325,000	Detached	0.16	22207	COUNTRY CLUB MANOR
2101 STAFFORD ST N	4	4	0	ARLINGTON	\$1,300,000	Detached	0.23	22207	CHERRYDALE

Copyright 2015 RealEstate Business Intelligence. Source: MRIS as of September 14, 2015.

Transform Outdated Kitchens

FROM PAGE 8

other part of the house in order to make the room larger, free-flowing and better suited for entertaining. It includes an island with bar-height seating, allowing the couple to prepare meals while enjoying the company of their guests.

The bold, contrasting colors of red, white and black cabinetry, accented by stainless steel appliances and fixtures, create a modern, European design.

Brick also transformed a cramped Burke kitchen with a U-shaped design that separated the food-prep room from the rest of the home into a warm and open space.

The kitchen includes dark cabinetry made from alder wood, which is contrasted against light granite countertops. "We eliminated the peninsula and the low-hanging cabinets above it and were able to


open up the kitchen to the rest of the home," said Brick.

Instead of including a separate kitchen table, the Nicely design team modified the height of the end of the island for standard chair-height seating. "This family can now work, eat, and enjoy company without the restrictive barriers of their past kitchen," said Brick.


Together with Evelyn Nicely, Brick co-designed a free-flowing, bright white kitchen with clean lines in Arlington. White Carrera marble counters and white cabinetry, along with recessed and natural lighting from an over-the-sink window combine to create an airy space. Guests and family members can mingle with the cook while gathered around a walnut butcher block-topped island. "[It] invites them to join in the kitchen preparations without being underfoot," said Nicely.

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ENTERTAINMENT

Signature Theater Presents 'Cake Off'

It's a battle-of-the-baking-sexes world premiere musical.

BY STEVE HIBBARD
THE CONNECTION

It's the 50th Annual Millberry Cake Off. The legendary jackpot: \$1 million for the best homemade sugary delight. After a chilly pre-heating, contestants Paul and Rita don their aprons, strap on their oven mitts and square off. Armed with whisks, bowls, knives and eggs, the two engage in an increasingly ludicrous all-out brawl — and only one can remain standing when the timer dings.

"Cake Off," a musical satire written by Sheri Wilner, Julia Jordan and Adam Gwon, is presented by Signature Theater now through Nov. 22 as part of the Women's Voices Theater Festival.

Todd Buonopane plays the role of Paul Hubbard, living proof that good guys don't always finish first. "He is a good-hearted fella that always tries to take the high road," he said. "But his wife has left him for her personal trainer and his world is falling apart. He enters the Cake Off as a last effort to bond with his son."

He said he couldn't love the role more, but this is one of the most complicated shows he's ever worked on. "Sherri Edelen and I are often baking and singing and spinning (on a turn-table) at the same time. We are breaking eggs, stirring batter and pouring chocolate for real on stage. Luckily our char-



Todd Buonopane and Sherri L. Edelen star in Signature Theater's "Cake Off" through Nov. 22.

acters are meant to look stressed during the baking rounds. There's not a lot of acting going on there."

He added: "Cake Off" is hilarious and fun, but it's also moving and poignant. The show will really get you thinking about gender politics. Most of all, I hope the audiences realize the brilliance of our writers: Sheri Wilner, Julia Jordan and Adam Gwon."

He said that a musical is tough to create, but with the guidance of director Joe Calarco, they have created a fantastic new American musical.

Sherri L. Edelen plays the role of Rita Gaw, an intelligent wife and mother of five. "She was accepted into college in the mid

'60s to study chemistry, but married her high school sweetheart and dropped out of college to raise their children," she said. "She sold Avon to help put her husband through law school. He divorced her when most of the children were young adults," she said. "Chemistry is her passion, so she transferred her passion into baking."

She added: "She's the kind of person who does everything well. When you meet her in the play, she is a third-time contestant in the Millberry Cake Off."

In addition to the props being a major challenge to work with, she said there were several audience takeaways from the show: "1) Equal rights for women is still an issue

today; 2) Parents often sacrifice their personal dreams for their children; and 3) Life is in constant change and so are you. There is always time for dreams to come true."

Signature Theater is presenting "Cake Off" now through Nov. 22. Show times are Tuesdays through Sundays (check the times). Tickets are \$40 to \$97. Discussion Nights are Wednesday, Oct. 14, Tuesday, Oct. 27, and Wednesday, Nov. 4; Pride Nights are Fridays, Oct. 16 and Nov. 6. Open Captioned Performances are Nov. 15 at 2 p.m. and Nov. 17 at 7:30 p.m. Signature Theater is located at 4200 Campbell Ave., Arlington. Visit www.sigtheatre.org.

CALENDAR

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

"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.

Crystal Scream. Mondays through Oct. 26 at sunset in the courtyard on S. Bell Street between 18th and 20th streets. Watch "Pet Sematary," "Scream," "Poltergeist," and "Exorcist." Free. Visit www.crystalcity.org for more.

Art Exhibit. Through Oct. 31 during gallery hours at Gallery Underground, 2100 Crystal Drive. The Focus Gallery presents paintings by 14 professional painters who met 28 years ago as graduate students in the MFA painting program at American University. Their media includes oil, collage, acrylic, encaustic, watercolor and mixed media. Free. Visit www.galleryunderground.org for more.

October Members Show. Through Oct. 31 during gallery hours at

Gallery Underground, 2100 Crystal Drive. Find an exhibit of members' work in the Main Gallery, including sculpture, glass, ceramics, jewelry, watercolor, oil, acrylic and mixed media. Featured artist this month will be iconographer and Gallery member, Laura Clerici. Free. Visit www.galleryunderground.org for more.

"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.

"Girlstar." Through Nov. 15 at various times at Signature Theatre, 4200 Campbell Ave. "Girlstar" is a musical combining witchcraft with pop music to detail the journey of a young woman who believes she is destined for fame. Tickets start at \$25. Visit www.sigtheatre.org for more.

"Cake Off." Through Nov. 22, various times at Signature Theatre, 4200 Campbell Ave. Watch a satire dealing with stereotypical gender roles. Tickets start at \$72. Visit www.sigtheatre.org.

THROUGH NOV. 8

"Alice in Wonderland." Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. at Synetic Theater, 1800 S. Bell St. Watch Synetic's production of the Lewis Carroll classic. Tickets start at \$15. Call 866-811-4111 or visit www.synetictheater.org to buy tickets.

FRIDAY-SUNDAY/OCT. 9-24

"Little Shop of Horrors." Various times at Thomas Jefferson Theatre, 3501 Second St., South. The Arlington Players present the Broadway comedic musical. Tickets are \$20-23. Visit www.thearlingtonplayers.org for more.

WEDNESDAY/OCT. 14

Author Talk. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Author Kelly Williams Brown will discuss her book, "Adulthood: How to Become A Grown-Up in 468 Easy(ish) Steps. Free. Visit www.onemorepagebooks.com for more.

THURSDAY/OCT. 15

Harvest for Hope Breakfast. 8-9 a.m. at the Sheraton Hotel, 900 S. Orme St. Sponsored by Volunteers of America Chesapeake. Free; donations accepted. Visit www.VOAches.org/harvestforhope.

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Robert Dorr will discuss his book "365 Aircraft You Must Fly," which describes the world's largest and smallest aircraft. Free. Visit www.onemorepagebooks.com for more.

FRIDAY/OCT. 16

Marie Miller. 7-10 p.m. at FORUM Arlington, 3304 Washington Blvd. Singer, songwriter and instrumentalist will perform. Tickets

are \$9 in advance and \$15 at the door, plus a service fee. Visit www.arlingtonforum.org for more.

"The Undiscovered Worlds: The Search Beyond Our Sun." 7:30 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. This documentary explores stars much like the sun. Tickets are \$4-6. Visit www.friendsoftheplanetarium.org for more.

Baroque Banquet. 8 p.m. at St. George's Episcopal Church, 915 N. Oakland St. Listen to a concert of diverse sonatas by French and German Baroque masters performed by period instrument ensemble Les Bostonades. Tickets are \$25 for adults and \$10 for students 18 and under. Visit www.capitollearlymusic.org for more.

SATURDAY/OCT. 16-18

U.S. FreedomWalk Festival. 3-6 p.m. on Friday, 7 a.m.-6 p.m. on Saturday, 7 a.m.-4 p.m. at 1900 N. Fort Myer Drive. The FreedomWalk Festival is a three-day long social walking challenge meant to bring together people of different backgrounds. Different trails are offered each day at a variety of distances from 3-27 miles starting at the Holiday Inn. Costs vary. Visit www.usfreedomwalk.org for more.

SATURDAY/OCT. 17

Columbia Pike Pop-Up Gallery. 11 a.m.-5 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Arlington photographers Lloyd Wolf, Aleksandra Lagkueva, Mimi Xang Ho, Paul Endo and Duy Tran

have been documenting the change in Arlington's cultural landscape. View the one-day photo exhibit. Free, but reservations required. Visit www.columbia-pike.org for more.

Teens Read (and Write) Event. 12-4 p.m. at Arlington Central Library, 1015 N. Quincy St. 15 Young Adult authors will be on hand to celebrate Teen Read Week. Free. Visit www.onemorepagebooks.com for more.

Grand Opening of Verde Pointe Apartments. 12-6 p.m. at Verde Pointe Apartments and Townhome Flats, 1947 N. Uhle St. Verde Pointe Apartments and Townhome Flats celebrate a grand opening with food, drinks, tours and a sweepstakes. Free. Visit www.verdepointe.com for more.

Fall Heritage Festival. 1-5 p.m. at Gulf Branch Nature Center & Park, 3608 N. Military Road. Make a corn-husk doll, try on a 'coonskin' cap, use a quill pen, bring clothes to make a scarecrow or work the cider press. Admission is \$5. Visit www.parks.arlingtonva.us for more.

A Reforming Church Sings: A Hymn Festival for Reformation. 3-5 p.m. at Resurrection Lutheran Church, 6201 Washington Blvd. A selection of hymns sung by the audience, led by organist, pianist, composer and conductor, David Cherwien, Cantor of Mount Olive Lutheran Church in Minneapolis and Artistic Director of the National Lutheran Choir, who will be joined by the Resurrection Adult Choir and instrumental and vocal soloists, with reflections by liturgical scholars Gail Ramshaw and Gordon Lathrop. Free. Visit www.relarlington.org.

ENTERTAINMENT



PHOTO CONTRIBUTED

BalletNova Presents Global Dance Showcase

The second annual Global Dance Showcase will be held on Oct. 17 at 7 p.m. at Fredgren Studio Theatre, 3443 Carlin Springs Road, Falls Church. Sponsored by BalletNova, the event will feature performances from Furia Flamenca, a Spanish flamenco dance company; Nomad Dancers, a collective inspired by dance traditions of Iran, Uzbekistan, Afghanistan, Azerbaijan, Tajikistan, India and Turkey; Four Seasons Dance Group, presenting dances from Armenia and Russia; and Jayantika Dance Company, specializing in Odissi dance from India. Tickets are \$15 or \$12 for students and seniors. Visit www.balletnova.org.

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Eric Lichota will discuss and sign his book "Five Uniforms: A WWII Story Like No Other." Free. Visit www.onemorepagebooks.com for more.

Mozart and Friends. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. The National Chamber Ensemble will perform music composed by Mozart, Beethoven, Hoffmeister and more. Tickets are \$33, \$15 for students. Visit www.NationalChamberEnsemble.org for more.

"October Sky" Screening. 7:30 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. "October Sky," starring Jake Gyllenhaal details the real aftermath of the first artificial satellite in which a coal miner's son takes up rocketry. Tickets are \$4-6. Visit www.friendsoftheplanetarium.org for more.

ACAtoberfest. 7:30-9:30 p.m. at Arlington Temple United Methodist Church, 1835 N. Nash St. DC's Supreme Chord and Boston's Ball in the House present ACAtoberfest, an a cappella concert. Tickets are \$17. Visit www.supremechordsings.com for more.

BalletNova's Global Dance Showcase. 7:30 p.m. at Fredgren Studio Theatre, BalletNova Center for Dance, 3443 Carlin Springs Road, Falls Church. Furia Flamenca, a Spanish flamenco dance company; Nomad Dancers, a collective inspired by dance traditions of Iran, Uzbekistan, Afghanistan, Azerbaijan, Tajikistan, India and Turkey; Four Seasons Dance Group, presenting dances from Armenia and Russia; Jayantika Dance Company, specializing in Odissi dance from India perform. Tickets are \$15, \$12 for students and seniors 60+. Visit www.BalletNova.org.

Live Music. 8-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Mouth of Babes will give a concert to benefit the efforts of Americans

United for Separation of Church & State, which represents members and supporters in all 50 states and the District of Columbia. Visit www.stonerroomconcerts.com to purchase tickets.

SUNDAY/OCT. 18

Kinhaven 5k. 9-11 a.m. at Bluemont Park, 601 Manchester St. A 5K, 1K fun run and toddler dash to benefit Kinhaven Preschool in Ballston. Registration is \$30 online and \$35 on day of the race. Visit www.runinkinhaven.com.

An Afternoon With Encore. 12-1:30 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Encore Stage & Studio's cast of "Hansel & Gretel" visits the store for an afternoon of theatre games, storytelling, and a sneak preview of the play. Free. Call 703-527-5933 for more.

"Dyshonesty" Screening. 2:30-4 p.m. at George Mason University, 3351 N. Fairfax Drive. This documentary attempts to reveal how and why people lie. Free. Visit www.stsachurch.org/dyshonesty.

Arlington Philharmonic 10th Anniversary Season Launch. 3 p.m. at Washington-Lee High School, 1301 N. Stafford St. The Arlington Philharmonic launches its 10th Anniversary Season with works by Bach - "Prelude in G minor," Beethoven - "Violin Concerto" featuring soloist Amy Beth Horman; and Brahms - "Symphony No. 1." Free, \$20 donations accepted. Visit www.arlingtonphilharmonic.org for more.

MONDAY/OCT. 19

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Counter-terrorism expert and author Anne Speckhard will discuss and sign her book "Bride of ISIS: One Young Woman's Path into Homegrown Terrorism." Free. Visit www.onemorepagebooks.com for more.

TUESDAY/OCT. 20

"A Secret Still Not Worth Keeping: Artists Speak Against Domestic Violence." 6:30-8:30 p.m. at Busboys and Poets, 4251 S. Campbell Ave. October is Domestic Violence Awareness Month and The Northern Virginia Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated and the Northern Virginia Delta Education and Community Service Foundation invite the public to a night of poetry, music and presentations. Free. Visit www.artists-speak-against-dv.eventbrite.com.

"Stolen Beauty." 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. "Stolen Beauty," inspired by real-life events surrounding the so-called "Flea Market Renoir," is part of First Draft's free New Play Reading Series designed to encourage audiences to explore and engage. Free. Visit www.firstdraft.org for more.

WEDNESDAY/OCT. 21

Dominion Guild Showhouse. 10 a.m.-4 p.m. at Country Club Hills, 4502 N. 32nd Road. Attend an open house featuring boutiques and coffee. All proceeds will benefit local organizations, including: Culmore Clinic, Culpepper Garden, Doorways for Women and Families, New Hope Housing, Offender Aid and Restoration and Shelter House. Tickets are \$15 in advance and \$20 at the door. Contact Kathy Townshend at 703-628-6066 or ktownshend3@aol.com.

THURSDAY/OCT. 22

Author Talk: Judy Blume. 7 p.m. at Washington-Lee High School, 1301 N. Stafford St. Author Judy Blue will discuss "In the Unlikely Event," her first novel for adult readers. Free. Visit www.onemorepagebooks.com for more.

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Wakefield sophomore James Clark, seen against Mount Vernon on Oct. 1, was one of three Warrior running backs to rush for more than 100 yards against Edison on Oct. 9.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Gene Jones (21), seen earlier this season, and the Washington-Lee football team defeated Langley in overtime on Oct. 9.

Three Wakefield RBs Reach 100 Yards in Victory

BY JON ROETMAN
THE CONNECTION

For the second straight week, the Wakefield ground attack thrived despite an injury to a key contributor. Three Warrior running backs rushed for more than 100 yards and the Wakefield football team extended its win streak to four games with a 36-18 victory over Edison on Oct. 9 at Wakefield High School.

Leon Young (157), George Brooks (121) and James Clark (109) each surpassed 100 yards on the ground for Wakefield, a feat three Warrior backs had not accomplished since 2002.

"I thought we played very well," head coach Wayne Hogwood said. "I think our offensive line the last two weeks has shown up big time. ... When you do that, there's a lot of holes and the backs are finding them."

Young missed the previous week's game against Mount Vernon with a lower right leg injury. He returned to action Friday and carried 19 times for a team-high 157 yards and a touchdown.

"I feel awesome being back," Young wrote in an email. "I haven't been able to do anything for a week and a half I feel like I'm 85 percent but I can definitely still go 18-25 carries."

Brooks, playing in place of injured Fred Bowles, carried 20 times for 121 yards and two touchdowns against Edison. The junior received his first varsity carries in the second half of Wakefield's 45-0 victory over Mount Vernon on Oct. 1.

"George did an awesome job with stepping up and showing us his leadership," Young wrote, "by not having the team skip a beat."

Clark, a sophomore and the team's JV quarterback, carried eight times for 109

yards and a touchdown.

Does Young, a senior, offer any pointers to his younger teammate?

"He's just young, so you just teach the urgent things like ball control, security, how small things don't discourage you and how sometimes you'll get 2 yards, then 4, then 40, then [minus-4] and to never give up on your game," Young wrote. "Other than that, there isn't anything to give James. He is a pure athlete. He has something that you can't teach, which is instinct. Sometimes it's right to juke, sometimes stiff arm, sometimes out-run, sometimes run over. He has that special voice that gives you the answer in that split second. In his case he has an extra answer which is spin that I don't have, so I guess James has some things to tell me."

Wakefield finished with 384 yards on the ground. The previous week, Wakefield rushed for 360 yards against Mount Vernon.

Friday's win over Edison snapped an eight-game home losing streak to the Eagles. The Warriors (4-2) will travel to face Stuart at 7 p.m. on Friday, Oct. 16.

at Langley High School.

Malone, listed at 5 feet 11 and 160 pounds, had been the program's JV quarterback prior to Friday's game. After W-L struggled in the first half, Shapiro made the switch to Malone in the second half and it paid off with the Generals' first Conference 6 victory.

Malone completed 13 of 20 passes for 152 yards and the game-winning touchdown.

"He's one of those kids — he works real hard," Shapiro said. "He was a JV player as a sophomore. He played linebacker and slot receiver. We never envisioned having him at quarterback."

Malone made a good impression early in the third quarter, connecting with senior receiver Gene Jones for a 12-yard gain.

"Everyone on the sideline was amazed," Shapiro said.

Senior Henry Casey, who started the game at quarterback, caught three passes for 48 yards. Jones finished with five receptions for 89 yards and Parks had five catches for 29 yards.

"We've always liked our receivers," Shapiro said, "it's been a question of who was going to deliver the ball to them."

Parks returned an interception for a touchdown. Tyler Lutz also intercepted a pass for W-L.

The game went to overtime tied at 17. W-L held Langley to a field goal on the opening possession before scoring the game-winning touchdown.

The win improved W-L's record to 2-4, including 1-2 in the conference. Langley fell to 1-5. The Saxons qualified for the playoffs in each of the previous five seasons.

"Langley's a good football team," Shapiro said. "Battling through a tough game and winning against a good team ... just showed so much resiliency and toughness. ... It was a really fabulous."

W-L will host Fairfax for homecoming at 7 p.m. on Friday, Oct. 16.

BULLETIN BOARD

FROM PAGE 6

MONDAY/OCT. 19

Grant Application Deadline. 5 p.m. The Arlington Community Foundation is seeking grant applications to two competitive grant programs: Homelessness Prevention - Looking toward Tomorrow and Arlington Education Fund grants. Nonprofit organizations providing temporary, emergency assistance for rent, food and services to individuals and families in Arlington County may submit one request for up to \$10,000 in order to enhance, revitalize and/or change a part of their organization to meet future needs of the population they serve. Organizations and individuals with projects designed to meet educational needs of Arlington residents are encouraged to apply. The Arlington Education Fund will award grants of up to \$1,500 towards total project cost. All grant awards must be payable through a 501(c)3 nonprofit or equivalent organization. Visit www.arlcf.org for more.

WEDNESDAY/OCT. 21

Phoenix House Mid-Atlantic Recovery Summit. 8 a.m.-4 p.m. at Joint Base Myer-Henderson Hall Spates Community Club, 214

McNair Road, Building 407, Fort Myer. The summit will include a panel moderated by Melissa Fitzgerald, keynote addresses by Chief James Schwartz of the Arlington County Fire Department and Lieutenant Commander Seth Y. Flagg, M.D., the United States Marine Corp Wounded Warrior Regimental Surgeon, and two clinical trainings. Free. Visit www.phoenixhouse.org for more.

THURSDAY/OCT. 22

Information Session. 7-9 p.m. at Key Elementary School, 2300 Key Blvd. Learn more about Amigos de las Americas Washington DC Chapter, which is recruiting high school participants for the summer of 2016 for full immersion, cross-cultural experience in collaborative community service in Latin America. Visit www.amigosinternational.org.

FRIDAY/OCT. 23

"Men's and Women's Urologic Issues." 11 a.m.-12 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road. Dr. Andrew Joel will discuss incontinence, overactive bladder syndrome, kidney stones, enlarged prostate, and other urologic conditions that may be life-altering for older patients. Free. Call 703-558-6859 to RSVP.

W-L Football Beats Langley in Overtime

Washington-Lee football coach Josh Shapiro and members of the Generals of offensive line went to dinner at Outback Steakhouse on Monday night. Among the topics of conversation: Would junior Andrew Malone remain as the team's starting quarterback?

Shapiro informed his linemen they would indeed continue blocking for Malone, whose second-half performance against Langley has given the Generals a much-needed boost.

Malone connected with Quinn Parks for a 10-yard touchdown pass on the Generals' first play of overtime, giving Washington-Lee a 23-20 victory over Langley on Oct. 9

ENTERTAINMENT

FRIDAY-SATURDAY/OCT. 23-24

“Carrie: The Musical.” 8 p.m. at Gunston Arts Center, 2700 S. Lang St. Dominion Stage will open its 66th season with “Carrie: The Musical,” based on Stephen King’s “Carrie,” is a rock-opera musical centered about a bullied teenage girl with secret powers. Tickets are \$25. Visit www.dominionstage.org.

FRIDAY-SUNDAY/OCT. 23-25

Marine Corps Marathon Weekend.

Events like the Health & Fitness Expo, First Timers Pep Rally, Runners bRUNch, and more, lead up to the main event, the 40th Annual Marine Corps Marathon, on Sunday at 7:55 a.m. and the MCM Finish Festival. Visit www.marinemarathon.com for more.

SATURDAY/OCT. 24

Octoberfest Sale. 9 a.m.-2 p.m. at Walker Chapel United Methodist Church, 4102 N. Glebe Road. Features gently used clothing, furniture and household items, crafts, jewelry and boutique, bake sale, silent auction. Free to attend. Call 703-538-5200 or visit www.walkerchapel.org for more.

Howl-O-Ween. 9:30 a.m.-12 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Market Common Clarendon has partnered with Homeward Trails and Doorways VA to host the 2015 Howl-O-Ween Dog Walk. The walk will start and finish at Market Common Clarendon with trick-or-treating, a pet costume contest, and a dog agility course. Tickets are \$30 for adults and \$20 for children. Visit www.marketcommonclarendon.com

for more.

Discovery Elementary Fall Festival.

11 a.m.-2 p.m. at Discovery Elementary, 5241 36th St. N. Arlington’s only net zero energy school will host a scavenger hunt so guests may learn more about the school. There will also be games, moon bounces, a bake sale, food trucks and more. Free. Visit www.discoverypta.org/fall-fair

Falloween.

12-4 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. Immediately following the conclusion of the Howl-O-Ween dog walk, FALLOWEEN will kick off with live music from Mr. Knick Knack, followed by Rainbow Rock. Also find a petting zoo, face painters, pumpkin decorating, a photo opportunity, and trick-or-treating. Free. Visit www.marketcommonclarendon.com for more.

Fall SOLOS 2015 and “Wired” Reception.

6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Celebrate the exhibit featuring a diverse collection, and “Wired,” a solo exhibit from Michele Colburn. Studios will also be open so guests may visit artists. Free. Visit www.arlingtonartscenter.org.

Oktoberfest. 6-10 p.m. at NRECA, 4301 Wilson Blvd. The Annual Gala is Arlington Academy of Hope’s biggest fundraiser of the year and helps many children go to school, get life-saving medical care, and more. Find food, beer, wine, and music. Tickets are \$100 each. Visit www.aahuganda.org for more.

OCT. 24-DEC. 20

Fall SOLOS 2015. Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artists featured in the exhibit: Katie Duffy, Rachel Guardiollo, Dean

Kessman, Sonya Lawyer, Nara Park, Austin Shull, and Benjamin Zellmer Bellas. Free. Visit www.arlingtonartscenter.org.

“Wired.” Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artist Michele Colburn presents a solo exhibition exploring the impact of war and violence on culture. This is reflected in the use of gunpowder, trip wire, and military-themed fabric. Free. Visit www.arlingtonartscenter.org.

“Cause and Effect.” Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artists Robert Allen, Kathleen Ramich, and Dave Seiler explore war and violence as a complement to Michele Colburn’s “Wired.” Free. Visit www.arlingtonartscenter.org.

SATURDAY-SUNDAY/OCT. 24-25

Bowen McCauley Dance: 2

Decades. 8 p.m. on Saturday, 7 p.m. on Sunday at Dance Place, 3225 8th St. NE, Washington, D.C. Bowen McCauley Dance Company of Arlington celebrates 20 years with performances of “What’ll Ya ‘Ave Luv,” “Lucy’s Playlist,” and “Bach Chaconne in D minor.” Performance will be followed by an after-party on Saturday. Tickets for the performance are \$15-30, tickets to the after-party are \$25. Visit www.bmdc.org.

SUNDAY/OCT. 25

Mystery & Thriller Author Panel. 1 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Anthony Fraze will moderate a panel including Jenn Milchman, E.A. Aymar and Steve Piacente. Free. Visit www.onemorepagebooks.com for more.

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Clockwise from top left: “Out of the Woods” by Barry D. Lindley; “Aegean Odyssey” by Nan Morrison; and “Manhattan” by Vladimir Zabavsky



Columbia Pike Artist Studios To Host Open House pARTy

The Columbia Pike Artist Studios is home to 27 local artists working in diverse media. On Saturday, Nov. 14 from 6-9 p.m. and Sunday, Nov. 15 2-5 p.m. at The Arlington Career Center, 816 S. Walter Reed Road, the Artist Studios will be open to the public. Admission to the pARTy is free. Visit www.columbiapikeartiststudios.org for more.



It's Essential, Apparently

By KENNETH B. LOURIE



From what little I know, and even less from what I read, but mostly from what I hear – from Rebecca (my certified holistic health coach) – essential oils (lemon, lavender, peppermint, frankincense, to name a few) are the possible/potential answer to many questions and conditions: insomnia, indigestion, anxiety, stress, muscle tension, and even cancer and immune system health, among many others. Unfortunately, one never knows for sure of the outcomes because, other than The Ten Commandments, especially as it concerns science and medicine, very little is written in stone. In this context, if a patient wants to pursue alternatives to standard/a.k.a. Western medicine, there are ample avenues on which to travel. Information will flow freely on the Internet, and of course, numerous books have been written outlining non-conventional treatments for pretty much anything that ails you, especially cancer. Knowing what to do is difficult – to say the least; and impossible, to say the most.

Sifting through the many choices and filtering out the advertising and self-promotion are skills with which I was not blessed. I'm fairly gullible and inclined to accept and embrace a reasonable-sounding premise. My problem is that – other than sports and chocolate, writing a column, and selling a non-tangible – I know very little about a lot of things. As such, I am ill-equipped to deal with the many issues and decisions common – and recurring, in a cancer patient's life: life and death mostly; sustaining the former and avoiding the latter in particular. And in that struggle, one is faced with many challenges. Challenges which my heretofore normal/uneventful and healthy life did not and likely could not have prepared me for, beginning with the words I unexpectedly heard from an oncologist in February, 2009: "You have stage IV, non-small cell lung cancer. I can treat you but I cannot cure you. Your prognosis is 13 months to two years." Sentences which, almost seven years later, I can still see and hear. Try falling asleep every night with that advisory/scenario rolling around in your head.

But sleeping is a must, as is being open to new/non-traditional ideas/remedies. Standing pat and/or going along with the standard program has merit certainly, and decades of success way beyond this mortal man. However, when your doctor uses the "t" word (as in terminal), standing pat no longer seems prudent – at least it didn't for me.

The incredulity of it all is almost overwhelming. It's akin to being knocked off your feet, almost literally. Eventually though, you pick yourself up emotionally and begin to consider – not that day of course (you'll note I didn't say decide) – how you're going to live the rest of your life: as a victim or as a victor. Are you going to live and learn or just wait your turn? It's an extremely personal choice and one that didn't come easily or naturally for me. The process took/takes time and one size – so to speak, does not fit all. For all I know – and it's very little, actually – I'm still alive in spite of the alternatives I've incorporated into my routine. Nevertheless, life is still going on and I am still open to adding new anti-cancer-sounding products/pursuits. Essential oils are simply the most recent tool in this cancer patient's arsenal. Will its use matter? I can only hope. But as long as I'm still in the game, I'll continue to believe that "oil's well that ends well."

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

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Job/Resident Housing Opportunity

The Department of Housing and Community Development (HCD) is seeking a resident/manager to provide management, maintenance and emergency support for Coan Pond Residences located on Pender Drive in Fairfax, Va. Preferred qualifications include experience in resident management or maintenance and the ability to work cooperatively and effectively with a diverse group of individuals. Work schedule is flexible, 10-15 hours per week, includes weekday evenings, and weekends. Qualified individual will receive reduced or free rent for a large studio apartment at Coan Pond. If interested, submit your resume to Pamela.crum-davis@fairfaxcounty.gov or by mail to: Dept. of Housing and Community Development, 3700 Pender Drive, Ste. 300, Fairfax, VA, 22030 Attn: HR Dept./Coan Pond. Resumes accepted through Friday, Oct. 9, 2015. Fairfax County is an Equal Opportunity Employer.

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21 Announcements

21 Announcements

FAMILY COURT FOR THE STATE OF DELAWARE NOTICE OF FAMILY COURT PROTECTION FROM ABUSE ACTION

TO: Michelle Oliva, Respondent
Petitioner, Jhon Caceres has filed a Petition for an Order of Protection From Abuse against you in the Family Court of the State of Delaware for New Castle County. Petition No. 15-29228. A court hearing has been scheduled for 10/16/2015 at 11:30 am. The Family Court is located at 500 N. King St, Wilmington, DE 19801. If you fail to appear the hearing may proceed without you. There is Ex-Parte Order in effect. If you wish to obtain the information on this filing prior to the hearing, please respond to the Family Court location noted above.

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On the Gourmet, LLC trading as Maple Avenue Market, 128 Maple Avenue, E, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises and Keg License to sell or manufacture alcoholic beverages. Sara Guerre, owner NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

The reward of a thing well done, is to have done it.
- Ralph Waldo Emerson

21 Announcements

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Dee Dee 515, LLC trading as Social, 1307 Old Chain Bridge Rd, McLean, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Srithongkum Kanoakorn, Managing Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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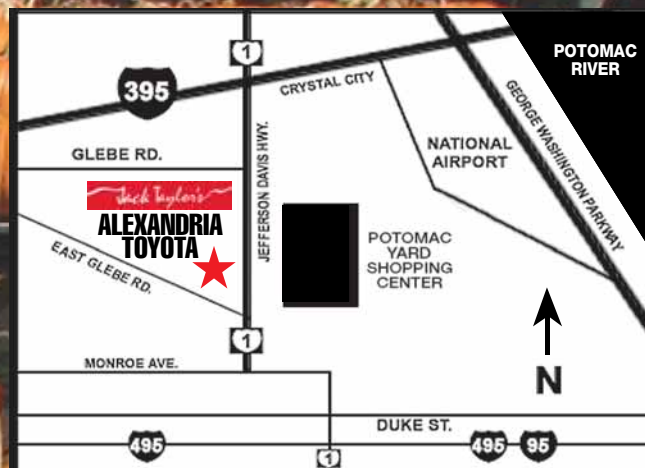
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**BONUS: ADD A 4 WHEEL
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**FALL MAINTENANCE
SPECIAL
\$59.95**

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 \$14.95 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**4 WHEEL ALIGNMENT
\$79.95**

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.

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

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\$99.95**

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.

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**TOYOTA GENUINE SERVICE
BRAKE SPECIAL
\$99.95**

PADS

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC 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 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**COMPLIMENTARY
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**TOYOTA GENUINE SERVICE
30000 MILES FACTORY
RECOMMENDED
SERVICE
\$159.99**

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.

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