



REAL STORIES FROM THE EXPRESS LANES

"I own a small maid service and pay for all my employees to use the Express Lanes. We are like cleaning superheroes now, flying from one home to the next, no stress, staying on schedule, it's a breeze."

> Sarah P.
> Owner, SparkleClean Maid Service Alexandria, VA

Sarah, owner of SparkleClean Maid Service, says her team loves the Express Lanes. Now, instead of sitting in traffic, they drive from home to home with ease, staying on schedule throughout the day. Then, after a busy day, the maids return home quickly via the Lanes, able to meet babysitters on time and prepare healthy meals for their families. Sarah says her maids feel spoiled by the Lanes, which in turn makes them spoil their customers. All of which has helped Sarah's business become one of the area's highest-rated maid services.

See more real stories from the Lanes at ExpressLanes.com



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

News

Rosslyn Unveils Marine Corps Marathon Drive

Arlington's own "groundpounder" readies for 40th MCM.

By Jeanne Theismann
The Connection

t is known as "The People's Marathon" and 40 years ago, Arlington resident Al Richmond was one of 2,655 people lining up to participate in the first Marine Corps Marathon. Today, he is one of only two "groundpounders" — a runner who has completed every MCM over the past 39 years — and he was on hand Oct. 7 for the unveiling of Marine Corps Marathon Drive in Rosslyn.

"This is where I ran my first marathon," said Richmond, a 76-year-old retired Marine colonel. "I have run all over the country but this race is still the best operated and most fun. It is truly a premier race."

In honor of the race, Arlington County dedicated a block in the heart of Rosslyn as Marine Corps Marathon Drive. The official MCM street sign will be hung each October at 1200 Wilson Blvd. near the corner of Wilson and N. Lynn Street to celebrate the race

"The partnership between Arlington and the Marine Corps Marathon has lasted a long time," said Arlington County board member Jay Fisette, who noted the efforts of Rosslyn Business Improvement District president Mary-Claire Burick in promoting the event in recent years. "The race and fin-



Arlington County Board member Jay Fisette, second from left, is joined by Marine Corps Marathon mascot Miles the Bulldog, MCM race director Rick Nealis and Al Richmond at the unveiling of Marine Corps Marathon Drive Oct. 7 in Rosslyn. The sign at the corner of N. Lynn St. and Wilson Blvd. will be hung every October in honor of the marathon, which begins and ends in Arlington.

ish festival have helped reshape Rosslyn."

On July 21, the Arlington County Board voted on a resolution to post the Marine Corps Marathon Drive street sign every October "to inspire and motivate the thousands who will converge on Arlington." MCM runners will cross Marine Corps Marathon Drive on Mile 1 of the 26.2 mile course and then return to the street as part of the MCM Finish Festival.

"Arlington County means so much to us," said MCM race director Rick Nealis. "I hope this partnership continues another 40 years.

This is home."

Richmond will be on hand again Oct. 25 to run in the MCM 40th anniversary race.

"I was never a big runner," said Richmond, who lives in the Arlington home his grandmother built in 1915. "I did what I needed to do to keep in shape for my physical fitness tests. I decided to run the marathon just to support the race and got hooked."

The upcoming MCM will be Richmond's 50th marathon. He has run Boston, New York and "more 10k's than I can remember." His



Arlington resident Al Richmond is interviewed following the unveiling of Marine Corps Marathon Drive Oct. 7 at the corner of N. Lynn St. and Wilson Blvd. Richmond, 76, is one of only two MCM "groundpounders" — he has run in every marathon since its inception and will participate in the 40th anniversary race Oct. 25.

best time was 3:00.50 in 1982.

"I've been very fortunate," said Richmond, who will join more than 30,000 other runners from around the world for this year's race. "I played 10 years of organized football, done many 150-mile bike rides and am now looking at my $50^{\rm th}$ marathon and I have never had a major injury. So as long as I am able, I will be back here for the Marine Corps Marathon. It is a great race."

For more information, visit www.marinemarathon.com.

Future Without Fuss

Project on N. Glebe Road provides peek into Arlington development plans.

By Vernon Miles
The Connection

he future is here, and it's not as controversial as expected.
On Oct. 17, the Arlington County
Board approved the rezoning of 670 North
Glebe Road to facilitate the construction of
a six-story residential building with ground
floor retail. The new building will exceed
density allowed in the area, but in exchange
meets some of the city's green requirements
and is providing seven committed affordable housing units on the site. It's one of
the first implementations of the new retail
plan passed in July, and it still came with a
share of small problems.

County Board member Walter Tejada pressed staff about concerns over the parking reductions and a lack of bike accessibility. Normally the retail plan would call for eight parking spaces for the ground floor retail of a building like this, but while the 670 N. Glebe Road project does have 177 below-grade parking spaces at the site, only two of those are set aside for retail. Rob Gibson, from the Transportation Division of Arlington's Department of Environmental Services, answered that Arlington has been emphasizing on-street parking on Glebe Road as part of an effort to make the area more pedestrian friendly. Gibson explained that the on-street parking helps provide a buffer between pedestrians and traffic. Additionally, according to the staff report, Ballston is notable for higher levels of parking availability than other parts of Arlington.

One of the other issues was the location of the electrical transformer vault for the site. The original plan was to have the transformer located underground, but the only location this was possible encroached on VDOT territory and would force Dominion



PHOTO CONTRIBUTED

Concept art for the 670 N. Glebe Road project.

Power to pay a fee, which Dominion Power no longer allows. The current plan calls for the transformer to bump out into the alley, which was not ideal given that the beautification of the alleyway was one of the selling points of the project, but it wasn't the only problem the project would be throwing into the alley. The project also calls for the alleyway to serve as the location for the retail loading dock, which is prohibited in the Master Transportation Plan's alley policy. But staff argued that there was no

See Future Without Fuss, Page 4

News

New Tolls on I-66: Will That Help?

New Tolls presented as the first step to reducing heavy traffic on I-66, some voice doubts.

> By Marissa Beale The Connection

n Oct. 5, VDOT held one of several ongoing meetings discussing a new Multimodal Project to reduce traffic on Route I-66, the only interstate in the country limited to HOV usage during rush hour. The new Multimodal approach would seek to move up to 40,000 commuters, by year 2040, onto Route I-66 onto buses, into van and carpools, and onto parallel routes, with the ultimate goal of regulating and reducing travel time for commuters.

The fare for dynamically-priced toll lanes would change based on traffic volume at different times during morning and evening rush hour peaks, 5:30-9:30 a.m. and 3-7 p.m., and during off-peak times, tolls would not be collected.

Job growth in Tysons and the Dulles Corridor are increasing congestion in both directions, and goal of the tolls would be to alleviate that gridlock. Without any action, VDOT predicts that the use of I-66 would only increase over time.

"I am unsure how tolls are going to improve congestion," said Thomas Cranmer, a civil engineer present during the meeting. "[VDOT] provided no cost details. The only reply was it would be about \$50 million."

The rate changes to the tolls are to help maintain speed along I-66 by regulating traffic flow. Some cars normally traveling on I-66 are expected to use Routes 29, 50 and 7, which run parallel to I-66. These roads, however, are already congested. VDOT describes the possible increases in



Photo by Marissa Beale/The Connection

Charles McAndrew, member of Fairfax County Taxpayer Alliance Board, is concerned that new tolls inside I-66 are simply going to increase traffic on Lee Highway, Arlington Boulevard and Wilson Boulevard.

traffic along these roads as modest.

Road-widening was also discussed as a future solution, but only if the tolls did not effectively alleviate congestion over the course of the next five years.

"With tolls you're going to drive commuters to Lee Highway, Arlington Boulevard and Wilson Boulevard," said Charles McAndrew, a member of the Fairfax County Taxpayer Alliance Board. "I'm not sure we can wait five years out, we should consider widening the roads now."

And according to a 2006 study, 42 percent of commuters said they were late to work at least once a week because of heavy traffic flow, and tolls are also expected to increase the use of public transportation.

The Commonwealth of Virginia and the Northern Virginia Transportation Commis-

Virginia DC FAIRFAX COUNTY Project Limits FALLS CHURCH Study Ame Major Parallel Floads Meto Study Ame Major Parallel Floads Meto Study Ame Major Study

VDOT Project map

sion (NVTC) will work together to implement the new project.

"In early 2016, NVTC will issue a call for projects and approve criteria for project selection. Priority will be given to projects that have the ability to move more people through the I-66 corridor in 2017," according to VDOT.

Robert Whitfield, a member of the Fairfax County Taxpayers Alliance, expressed concern that the I-66 Multimodal Project will be run by NVTC. NVTC is exempt from House Bill Two (HB2), legislation requir-

ing that the Commonwealth Transportation Board (CTB) make public how they select new projects to fund with tax dollars.

"They are trying to avoid a comprehensive evaluation," said Whitfield.

Improved bus services and metro transportation are other factors to be considered if tolls are added. An increase in parking demand is another issue VDOT expects to look at.

On the current track, tolling construction is expected to begin in 2016, with the new tolls operating by the summer of 2017.

Future Without Fuss

From Page 3

other possible location for the loading dock, and the County Board granted the project an exemption.

Overall reaction to the project was largely positive. With a few modifications, the Planning Commission and Citizens Advisory Commission on Housing both recommended approval of the project.

While other residents of the neighborhood had spoken in support of the project at the Oct. 5 public hearing, Terry Serie, a Ballston resident representing the Bluemont Civic Association, was the only local resident to speak at the County Board meeting. Serie expressed support for the project,

especially for the new affordable housing provided in exchange for the bonus density.

The lack of outcry on the new development almost seemed to catch members of the County Board off-guard.

"It didn't start out at 100 percent," said Tejada, "but it has evolved and shaped up, and I think we're at a good point now."

County Board Chair Mary Hynes also said that the 670 N. Glebe Road project is similar to what she hopes to see in development for Clarendon. According to Hynes, Clarendon has a similar density.

The approval of the site plan expires in 2018 if construction has not begun or without extension by the County Board.



Fall Heritage Festival

Rachel Tolman, park naturalist, presses the butter made from fresh cream through a strainer, separating out the buttermilk into a bowl at the Fall Heritage Festival held at Gulf Branch Nature Center on N. Military Road. A basket full of fresh bread sits on the corner of the table ready for tasting the old-fashioned butter similar to that made in Arlington early in the 19th century.



Casey Pick scratches out a note using a quill pen and ink at the Gulf Branch Fall Heritage Festival Oct. 17. Brown padded chairs are lined up in a semi-circle behind the table where the young audience had just heard the Andrew Costa bluegrass band fiddle a few tunes. The table next door had baskets of gold, blue and white yarn to practice finger knitting to make a bookmark or if a replacement set of suspenders.

News



Feeling Like a Firefighter

Caitlyn Suet has climbed up onto the silver platform on the front of the fire engine and now has to figure out how to get down. She and her sister Sarah, are at Fire Station Number 8 open house on Lee Highway. The Saturday open house included a moon bounce for children as well as a table lined with two stacks of plastic helmets — one pink, one black, bags of fresh popcorn and informational booklets.



Leila Feden and her mom Ashley are practicing driving a fire engine at an open house on Oct. 10 at Fire Station Number 8. The station always has four on duty including a paramedic. Eleven red cubicles line the wall with extra red gear bags including pants, boots, jacket, gloves and a nome hood. These are to replace the regular gear when it gets covered with soot which can be a long-term health hazard.





'FLOURISHING AFTER 55'

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

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: Monday, Oct. 26, walking tour of Harper's Ferry, W.Va. plus luncheon, \$52; Wednesday, Oct. 28, Toby's Dinner Theatre, Columbia, Md., "Ragtime," \$55; Thursday, Oct. 29, Hollywood Casino, Charles Town, W.Va., \$8; Saturday, Oct. 31, Arena Stage, D.C., "Oliver," \$70. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Inside the life of artist Gustave Klimt, Monday, Oct. 26, 1:30 p.m., Lee. Cost \$6. Register, 703-228-0555.

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.

Table tennis, Monday through Friday, 9 a.m. – 3 p.m., Arlington Mill. Free. Register,703-228-7369.

Aspects of Chinese culture, Tuesday, Oct. 27, 10 a.m., Thomas Jefferson Community Center. Free. Register, 703-228-4403.

Volleyball, Tuesdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

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

CHINESE ART AND ANTIQUES



Free Appraisal Day & Cash buying Event

Beijing HH International Art Fund is the first art foundation in China dedicated to the preservation and collection of Chinese art & Antiques. Base in Beijing and founded in 2004, we now have over \$75 million under our management. We are excited to launch our newest venture in the US by hosting Free Appraisal and Cash Buying events in Connecticut, Massachusetts & Rhode Island. Please check our website frequently for updates on event—schedules. We welcome collectors,—scholars, dealers and institutions to participate in our event and we look forward to seeing you soon.

Top price will be paid for the following items: Chinese jade, ceramics, bronzes, Cloisonné, Buddhist figures, robes, embroideries, Snuff bottles, photographs, furniture, watercolors & paintings etc. and we are interested in purchasing art works from one piece to an entire collection.

Flexible Payment Methods: Cash, Check & Wire Transfer.

We are always buying Chinese Art and Antiques from one piece to entire collection. If you missed our event, please call us and we can arrange a date to see you



. Earn 10% Referral Fee if you refer a friend or family to us.

Free in home appraisal available for larger pieces

EVENT DATE: October 30th, 2015 (9AM - 5PM)

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OPINION

Uniting the Community

To the Editor:

There's a candidate for County Board who can bring people from all different backgrounds together. Christian Dorsey is the only candidate endorsed by all five members of the County Board, and he is best poised to unite

LETTERS

our community moving forward so we can address our community's challenges. Dorsey understands that throwing money

at a problem doesn't necessarily produce better results, and as an economic policy expert by trade, Dorsey will help ensure our tax dollars are spent wisely.

That's why Dorsey, a Democrat and a Columbia Pike resident, opposed the streetcar project not because he didn't want to see investment in Arlington's infrastructure and transitoriented development, but because he wants to make sure those investments are smart, sound, responsible and the best use of our money. Arlington will benefit by having someone on the County Board with a background in economics and deep community involvement who can bring Democrats, Republicans,

POLITICAL NOTES

Teachers Endorse Dorsey, Cristol

Forty current and former Arlington Public School teachers this month endorsed Christian Dorsey and Katie Cristol for the Arlington County Board.

Dorsey and Cristol are the two Democratic nominees for two open seats. These endorsements come after the Arlington Education Association PAC endorsed both Dorsey and

If elected, Dorsey will be the first sitting County Board member in several years to have children in the public schools.

Cristol is an education policy advisor and an appointee to the APS Advisory Council on Instruction.

McMenamin Cites Overdevelopment Concerns

County Board independent candidate Mike McMenamin expressed support Oct. 7 for a citizens' group that is worried about overbuilding in the Pentagon City area.

"I agree with the Arlington Ridge Civic Association (ARCA) that the County board should undertake a study to determine how much additional density 22202 (Crystal City, Pentagon City and adjacent residential neighborhoods) can accommodate without compromising the area's livability," said McMenamin.

ARCA is concerned about traffic and transit congestion that will result in coming years, together with the additional fire, police, school, green space and other services that will be needed once all of the development the county has already approved for construction in 22202 gets built out.

and Independents together to build a better Arlington.

Josh Petty, Arlington

Importance Of Libraries

To the Editor:

I am a resident of Arlington and I wanted to write in to express how impressed I am with the programs my local library has in place to promote literacy in children. I am hoping that by sharing, others in my community will become interested and involved with the programs at the library. Their program "1,000 Books Before Kindergarten" incentivizes parents to read 1,000 books to their children before they enroll in kindergarten. By offering little rewards along the way and a free book to any family that completes the 1,000 book challenge it encourages families to read together and for parents to help their toddlers develop language skills.

The average American child from age 2-5 watches 32 hours of television per week. Children between the ages of 6 and 11 watch about 28 hours. Seventy-two percent of children ages 8 and under have used a tablet or smartphone

— and nearly a third of all babies under the age of 2. These are alarming statistics considering that studies have shown children below the age of 2 should not watch television. During this period of time their brains are growing and developing, electronic stimulation cannot replace human education and parental interaction. In addition to the general importance of literacy and language development, programs like this encourage parents to be actively involved with their children.

I also think the library's American Girl Doll Lending Program is really excellent. Through this program, older children are encouraged to borrow a historical American Girl Doll from the library. Along with the doll, they receive the first book in the doll's collection — detailing the time period that the doll's character grew up in — as well as a book explaining what was happening in Arlington during that time period. Creative play is extremely important for a child's physical, social, and cognitive development. Borrowing the doll and reading about its historical context educates and creates structured free play. Additionally, time spent at the library for doll-related events allows children to play with one another and share their doll's historic experiences.

Jacqueline Klingler, Arlington

Firefighters **Endorse Dorsey**

The Arlington Professional Firefighters and Paramedics Association, Local 2800 of the International Association of Firefighters, endorsed Christian Dorsey for Arlington County

"Christian brings experience as a leader on many issues involving Arlington County," said Nick Krechting, president of IAFF-2800. "From serving on the board of directors with several community groups, to advising the County Board on housing and planning, Christian has worked to improve our community for many years."

Emily's List **Endorses Favola**

State Sen. Barbara Favola (D-31) received the endorsement of Emily's List, which advocates for more female pro-choice representatives at all levels of public office.

"Barbara Favola has been a tireless champion of women's rights, and we are proud to support her reelection campaign to the state Senate," said Senior Director at EMILY's List, Jessica Post.

"Senator Favola embodies why we need more women public servants. She continually fights against attempts to limit women's health care options, and her legislation works to prevent domestic violence and campus sexual as-

Favola serves as Senate chair of the Women's Reproductive Health Caucus. Since her election in 2011, she has patroned bills removing medically unnecessary requirements prior to receiving abortions, combatting sexual assault on college campuses, and removing firearms from offenders convicted of domestic violence misdemeanors.

Public Officials Support Cristol

Twenty elected officials, comprising all of Arlington's School Board, Constitutional Officers and Richmond delegation, and the majority of the County Board, endorsed Katie Cristol's campaign for Arlington County Board.

Citing Cristol's policy background, community experience and new perspective, Arlington's longstanding leaders are supporting her bid for one of two open seats on the County Board this year.

All five of Arlington's current School Board members, including Chair Emma Violand-Sánchez, Vice Chair Nancy Van Doren, Barbara Kanninen, James Lander and Abby Raphael have endorsed Cristol for her commitment to education and the Arlington Public Schools.

Four of Arlington's current County Board members, including Libby Garvey, Jay Fisette, Chair Mary Hynes and Vice Chair J. Walter Tejada, have also shared their support for Cristol.

In addition, all of Arlington's five Constitutional Officers, including Treasurer Carla de la Pava, Commissioner of Revenue Ingrid Morroy, Sheriff Beth Arthur, Clerk of the Court Paul Ferguson and Commonwealth's Attorney Theo Stamos, are endorsing Cristol's campaign.

Arlington's State Senators and Delegates are also backing Cristol, citing the valuable partnership she will offer for their work in Richmond. "I enthusiastically endorse Katie Cristol for the Arlington County Board," said state Sen. Barbara Favola of the 31st District. Favola is joined in her support of the Cristol campaign by state Sen. Adam Ebbin of the 30th District, state Sen. Janet Howell of the 32nd District, Del. Patrick Hope of the 47th District, Del. Rip Sullivan of the 48th District and Del. Alfonso Lopez of the 49th District.

SEE POLITICAL NOTES, PAGE 7

$A^{\text{The}}lington_{\text{Connection}}$

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POLITICS

From Page 6

Vihstadt **Endorses McMenamin**

County Board Independent candidate Mike McMenamin received the endorsement of John Vihstadt, Independent County Board member. Like Vihstadt, McMenamin opposes overspending on high-cost infrastructure projects like the Columbia Pike streetcar and the million-dollar bus stop.

For the Nov. 3 election, Vihstadt also endorsed Democrat Christian Dorsey, saying that "Mike and Christian stand out for their community stature, multi-decade records of accomplishment and demonstrated independence."

Vihstadt lauded McMenamin's leadership as a two-term president of the Arlington County Civic Federation in a "fair and even-handed manner. Mike is a true consensusbuilder and knows our neighborhoods," he said. "They've both shown a willingness to challenge the status quo, whether it be questioning County spending priorities or taking on establishment candidates in prior elections." Vihstadt said. McMenamin said that the board needs to take a second look at costly projects that past boards have taken for granted. "I believe we need to get back to basics and spend our tax dollars on core government services, such as paving our roads, updating our infrastructure, schools, and parks." he said. "We should properly fund neighborhood conservation, so that neighborhoods can build the projects they need, e.g. curb, gutter, sidewalks, and storm water drainage."

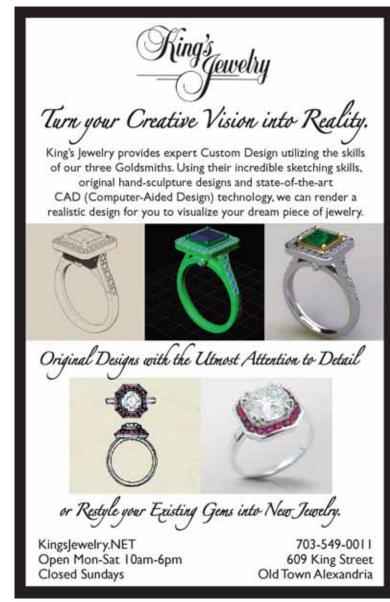
Women's Groups **Endorse Cristol**

The Virginia Democratic Women's Caucus and Virginia Chapter of NOW have endorsed Katie Cristol, Democrat for the Arlington County Board.

"Katie has been an advocate for women for more than a decade. On the County Board, she will be a champion for issues such as reducing sexual assault and domestic violence and making high quality child care more accessible that are critical to women in our community," Virginia NOW President and Arlington leader Marj Signer said of the endorsement. "Virginia NOW is proud to support her."

Members of both groups have pledged their support and committed financial resources to help Cristol's campaign to victory in the November General Election.









Entertainment

TAP Presents 'Little Shop of Horrors'

The show is a mix of comedy, horror and rock musical.

By Steve Hibbard
The Connection

he Arlington Players (TAP) is staging "Little Shop of Horrors" now through Oct. 24 at the Thomas Jefferson Community Theater in Arlington. The show is a mix of comedy, horror and rock musical by composer Alan Menken and writer Howard Ashman about a nerdy florist shop worker who raises a plant that feeds on human blood and flesh all the while searching for his chance at success and romance. The music, composed by Menken in the style of early 1960s rock and roll, doo-wop and early Motown, includes several well-known tunes, including the title song, "Skid Row (Downtown)," "Somewhere That's Green," and "Suddenly, Seymour." Performance dates are Oct. 23, and 24.

Director and choreographer Lisa Anne Bailey said she decided to direct the play because "with all of the crazy things going on in the world, we need something fun and silly." She said 80 people auditioned for the eight roles — "which was a director's dream, but a lot of work to get through the auditions." She said those eight people really stood out and claimed their roles.

She added: "The story is fun; the story is silly; the story is completely unrealistic. And that's what makes it fun to tell the story."

Nina Jankowicz plays the role of Audrey, a ditzy girl but wiser than she seems. "She



"Little Shop of Horrors" will run through Oct. 24 at the Thomas Jefferson Community Theater.

is in an abusive relationship because she hopes desperately that it will help get her out of Skid Row," she said.

With one of her challenges being an onstage slap, which took a lot of practice to do it in a safe way, she hopes that the audience laughs a lot. "This is an extremely funny play," she said. "It does have an unhappy ending, but there is still some hope at the end."

Tahara Robinson plays the role of Chiffon, a "badass" who plays against the grain. "She listens to her own drummer, and is tough and sassy," she said.

She said her challenge was in finding the

role of Chiffon. "I have done 'sassy' before, but Chiffon is also street smart," she said.

Above all, she hopes the audience leaves having enjoyed the show. "Like a lot of people, I grew up with it and am familiar with it. Today's audiences should enjoy the music, the story, and the characters," she said.

Jonathan Jackson plays the role of Seymour, a quirky, nerdy, insecure man. "After he falls in love, he has a choice between fame and fortune or humility and a genuine human relationship," he said.

He said the challenge for him was getting in sync quickly because he joined the cast a little bit late. "But I have also played the role of Seymour four times before," he

As far as audience takeaways, he said what you get out of the play depends on who you are. "Kids will see the play through rose-colored glasses," he said. "Only the adults will pick up the sexual innuendo and some of the humor."

"Little Shop of Horrors" will be performed Oct. 23, and 24. Tickets are \$23/adults; \$20/seniors; and \$20/juniors. The venue is Thomas Jefferson Community Center, 125 S Old Glebe Road. Visit http://beta.thearlingtonp layers.org/ or call 703-549-1063.

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.

"Alice in Wonderland." Through
Nov.8, 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 866811-4111 or visit
www.synetictheater.org to buy
tickets.

"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.

Sci-Fi Book Club. Third Wednesday of each month, 7-8:30 p.m. at Java Shack, 2507 N. Franklin Road. Oct. 21 title is "Annihilation" by Jeff VanderMeer. Nov. 18 title is "Doomsday Book" by Connie Willis. Free. Visit www.library.arlingtonva.us.

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.

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

Malena Annual Fall Party. 4-7 p.m. at Malena Boutique, 1700 N. Moore

St., Second Floor. Find complimentary wine and hors d'oeuvres. For every \$100 you spend, you'll get \$10 back on your next visit. Free to attend. Visit www.rosslynva.org for more.

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.

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

SATURDAY/OCT. 24

CROP Hunger Walk. 8 a.m. registration, 9 a.m. walk at First

Presbyterian Church, 610 N. Vermont St. Sponsored by Church World Service, CROP Hunger Walks raise funds to provide sustainable self-help and development, disaster relief and refugee assistance around the world. Registration is free. Visit www.crophungerwalk.org/arlingtonva.

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.html.

Falloween. 12-4 p.m. at Market www.ConnectionNewspapers.com

Entertainment

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

"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. www.arlingtonartscenter.org for

"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 for more.

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.

12 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.

"Food Chains." 7-10 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. "Food Chains" is an exposé about a group of Florida farmworkers battling to defeat the \$4 trillion global supermarket industry through their Fair Food program, which partners with growers and retailers to improve working conditions for farm laborers in the United States. Tickets are \$6. Visit www.immigrationfilmfest.org or www.IMFilmFest.eventbrite.com.

TUESDAY/OCT. 27

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Angela Lan will discuss and sign "Red Eggs and Good Luck: A Chinese-American Memoir about Faith, Family, and Forgiveness." Free. Visit www.onemorepagebooks.com for more.

How Not to Kill Your Trees. 7-8:30 p.m. at Woodrow Wilson Library, 6101 Knollwood Drive, Falls Church. Join Adria Bordas of the Virginia Cooperative Extension and Jim McGlone of the Virginia Department of Forestry, sponsored by the Northern Virginia Conservation Trust, to learn how to put the right tree in the right place and how to care for your trees after they are planted — everything from proper mulching and pruning to pest management. Free. Call 703-354-5093 for more.

TUESDAY-SATURDAY/OCT. 27-31

"Halloween Spooktacular." 8:30 p.m. at Signature Theatre, 4200 Campbell Ave. Tracy Lynn Olivera returns to Signature with a Halloween spooktacular featuring classics "Thriller" and "Science Fiction Double Feature." Tickets are \$35. Visit www.sigtheatre.org for more.

WEDNESDAY/OCT. 28

Chiefs vs. Chefs. 6:30-9:30 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. The Arlington Food Assistance







Welcome to Westminster at Lake Ridge. This is a community of beautiful apartment and cottage homes nestled among quiet tree-lined streets and walking paths. Here you will find an exciting, joyful and fulfilling experience, shared with active and engaged friends and neighbors who make our community home, all with peace of mind that comes with quality on-site health services.

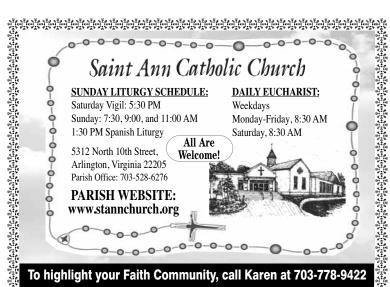
Westminster at Lake Ridge is accepting wait list reservations! Call (703) 791-1100 today to schedule your personal tour!



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









ENTERTAINMENT

Center (AFAC) is hosting it's 4th annual "Chiefs vs. Chefs" live cooking competition. Three professionals chefs will compete against three firehouse cooks for the "Golden Eggplant" using only food found in AFAC's pantry. Visit www.afac.org. **Author Talk.** 7:30 p.m. at Stacy C.

Author Talk. 7:30 p.m. at Stacy C.
Sherwood Community Center, 3740
Old Lee Highway, Fairfax. Arlington's
One More Page Books will sponsor an
event featuring author Simon
Winchester. Free. Visit
www.onemorepagebooks.com.

THURSDAY/OCT. 29.

PAVE Halloween Carnival. 6:30-9 p.m. at Top of the Town, 1400 N. 14th St. Promoting Awareness Victim Empowerment (PAVE) celebrates the national launch of # ConsentIs with Halloween games, drinks, food and a costume contest. Tickets are \$65 per person and \$120 per couple. Visit www.shatteringthesilence.org.

Mystery Writers of America
Author Series. 7 p.m. at One More
Page Books, 2200 N. Westmoreland
St. This quarterly event will feature
authors Donna Andrews, Adam
Meyer, Meg Opperman, and Alan
Orloff. Free. Visit
www.onemorepagebooks.com.

FRIDAY/OCT. 30

Dia de los Muertes Celebration. 6-8 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Attend the opening reception for Arlington Arts Center's annual "Day of the Dead" (Dia de los Muertes) exhibit. Free. Visit www.arlingtonartscenter.org.

Synetic Theater Vampire's Ball. 8 p.m. at Synetic Theater, 1800 S. Bell St. This year, The Vampire's Ball will follow Synetic's gothic take on Lewis Carroll's classic "Alice in Wonderland." After a performance, a party featuring dancing, an open bar, light appetizers, and a costume contest will follow. Tickets are \$60-75. Visit www.synetictheater.org.

FRIDAY-SATURDAY/OCT. 30-31

"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.

SATURDAY/OCT. 31

Dhol Baje: "Folk Dances of India." 3 p.m. at Gunston Theatre One, 2700 S. Lang St. Tickets are \$10-15. Visit www.ideadancers.org/gunston2015 for more.

SUNDAY/NOV. 1

"Testing the

Waters." 4 p.m. at Unitarian Universalist Church, 4444 Arlington Blvd. The Metropolitan Chorus performs

The Metropolitan
Chorus performs.
Free, but donations
accepted. Visit
www.metchorus.org.

WEDNESDAY/NOV. 4

Cove Presents Alice Whealin. 6-8 p.m. at Cove Rosslyn, 1735 Clarendon

at Cove Rosslyn, 1735 Clarendon Blvd. Artist Alice Whealin will be present for a reception. Free. Visit www.cove.is.

www.cove.is. Northern Virginia

j.talks. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. As part of the Jewish Community Center of Northern Virginia's annual books festival, One More Page Books will sponsor an event in which three

authors are given three minutes and are challenged to capture a customer's imagination. Free. Visit www.jccnvarts.org for more.

THURSDAY/NOV. 5

Book Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Ellen Herbert discusses and signs "The Last Government Girl," about a high school teacher who travels to D.C. to help with the war effort. Free. Visit

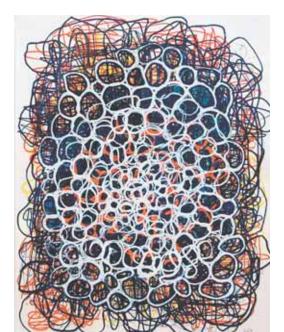
www.onemorepagebooks.com.

"Shut Up and Write" Young Adult
Authors Panel. 7 p.m. at Arlington
Central Library, 1015 N. Quincy St.
Jason Reynolds will discuss his book
"All American Boys." Free. Visit
www.onemorepagebooks.com.

Annual Joshua Ball. 7-10 p.m. at Top of the Town, 1400 14th St. Enjoy food, beer and wine, silent auction and raffle items and more while helping the Josh Anderson Foundation spread hope to stop teen suicide. Tickets are \$100. Visit www.joshandersonfoundation.org.

THURSDAY-SATURDAY/NOV. 5-7

"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



Artist Alice Whealin will be visiting Cove Rosslyn, 1735 Clarendon Blvd. on Wednesday, Nov. 4 to celebrate the launch of her exhibit with a reception. See www.cove.is.

bullied teenage girl with secret powers. Tickets are \$25. Visit www.dominionstage.org.

FRIDAY-SATURDAY/NOV. 6-7

Holiday Art Show. 3-10 p.m. on Friday, 9 a.m.-4 p.m. on Saturday at Barcroft Community House, 800 S. Buchanan St. Two artists will showcase their work for sale. Suzy Scollon works with ceramic tile, vessels, platters, and plates. Peter Fitzgerald specializes in functional and decorative pottery. Free to attend. Email Suzy Scollon at suzyscollon@gmail.com for more.

FRIDAY/NOV. 6

Wine Tasting & Coloring Party.

6:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Attend a Thanksgiving-themed wine tasting, then color sample pages from Johanna Basford's "Lost Ocean: An Inky Adventure and Coloring Book." Free. Visit

www.onemorepagebooks.com.

Monte Carlo NIght. 6:30-11 p.m. at
Fairview Park Marriott, 3111
Fairview Park Drive, Falls Church.
Attend a benefit to support the
educational and civic programs of the
Rotary Clubs of northern Virginia.
Find a buffet, live music, dancing,
and gaming tables. Tickets are \$85.
Call Steve Klemp at 703-237-2766
for more.

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Sports



Wakefield running back Leon Young, seen last season, scored four touchdowns against Stuart on Friday.



Ceneca Espinoza, Jr. runs with the ball against South Lakes on Oct. 2.

Wakefield's Young Scores 4 TDs in Win

Senior running back Leon Young scored four touchdowns and the defense posted its second shutout of the season as the Wakefield football team extended its win

streak to five games with a 49-0 victory at Stuart on Oct. 16. Sports

The last time Wakefield won five in a row was 1987.

Young carried 13 times for 208 yards and reached the end zone on runs of 22, 3, 3, and 84 yards.

Sophomore running back James Clark had 12 carries for 74 yards and a touchdown and senior Chris Robertson carried twice for 47 yards.

The Warriors rushed for 355 yards as a

Wakefield sophomore quarterback Colton Poythress completed 6 of 12 passes for 101 yards and two touchdowns. Robertson had four receptions for 86 yards and two scores.

The Warriors (5-2) will host Marshall at 7 p.m. on Friday, Oct. 23.

Yorktown Football Improves 3-4

The Yorktown football team avoided a three-game losing skid by beating McLean 21-20 on the road Friday.

The Patriots improved to 3-4 overall and 2-2 in Conference 6.

Yorktown will host Hayfield at 7 p.m. on Friday, Oct. 23. The Hawks are tied for first place in Conference 6 with a 4-0 record.

Yorktown, W-L Field **Hockey End Seasons**

The Yorktown and Washington-Lee field hockey teams lost in the opening round of the Conference 6 tournament on Monday, ending their seasons.

Yorktown lost to McLean 5-2, finishing the season with a 7-10 record.

W-L lost to Fairfax 4-0 and finished with a 4-13 record.

W-L Football Wins Back-to-Back Games

The Washington-Lee football team won its second straight game, beating Fairfax 35-14 on Oct. 16 in Arlington.

The victory improved the Generals' record to 3-4, including 2-2 in Conference 6.

W-L will travel to face winless McLean at 7 p.m. on Friday, Oct. 23.

O'Connell's Ellis, Shaw Have Big Days in Defeat

Sophomore quarterback Dejuan Ellis rushed for 148 yards and a touchdown and senior running back Nicolas Shaw ran for 145 yards, but Bishop O'Connell dropped to 1-6 with a 14-6 road loss to St. Mary's Ryken on Oct. 16.

The Knights will travel to face St. John's at 2 p.m. on Saturday, Oct. 24.

125 S. Old Glebe Road. E-CARE is an

materials (HHM), recycle bikes, small

swap an old CFL lightbulb for an LED

bulb. Free. Visit www.arlingtonva.us/

event where residents can safely

dispose of hazardous household

metal items, shoes, clothing, and

Application Deadline. Marymount

University is accepting applications for fall 2016 Cybersecurity

Scholarships that will provide full

exchange for a commitment to work

in government-related cybersecurity

www.marymount.edu/cybercorps-sfs.

for a period equal to the length in

Free Halloween Cab Rides. 10 p.m.-

4 a.m. During this six-hour period,

celebrating with alcohol may call 1-

800-200-TAXI and be afforded a no-

home. AT&T wireless customers can dial #WRAP. Visit

area residents ages 21 and older

cost (up to a \$30 fare), safe way

tuition and other benefits in

scholarship. Visit

www.soberride.com.

BULLETIN BOARD

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

THROUGH NOVEMBER

BRIEFS

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.

SCHOOL NOTES

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

Cait E. O'Connor has enrolled at for the fall 2015 semester.

Breana Brown, a Pre-Education Special Education major at Georgia Southern University (Statesboro, Ga.). has been named to the list for excellence in academics.

THROUGH NOV. 15

Arlington County Requests Input.

Arlington residents are invited to provide input on what future mobile or online services they think would make it easier to communicate and do business with the County. Participants should visit www.insights.arlingtonva.us or send a text to 703-270-0070.

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,

Annaliese Drechsler has been named the captain of the Rensselaer Polytechnic Înstitute (Troy, N.Y.) women's swimming and diving team for the 2015-2016 season.

Yorktown High School seniors Aidan Zito, Joanna Schroeder and Ana Stevens will receive national Hispanic Program Recognitions. The National Hispanic Recognition Program (NHRP) honors the exceptional academic achievements of Hispanic high school

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.

SATURDAY/OCT. 24

Spanish Interpreters Needed.

Volunteers will translate health information at Arlington-area health fairs taking place at 9 a.m.-3 p.m. Call 202-413-6563 or visit volunteer.truist.com/acvo/org/opp.

TUESDAY/OCT. 27

"How to Become a Top

Employer." 8:30-11:30 a.m. at Marymount University's Reinsch Library Auditorium, 2807 N. Glebe Road. Leadership Center for Excellence, powered by Leadership Arlington, has gathered a panel of Washington Post "Top Places to Work" winners for an upcoming workshop, "How to Become a Top Employer." Registration is \$59. Visit www.leadercenter.org for more.

WEDNESDAY/OCT. 28

Living With Deer in Our Urban

Environment. 6:30-9 p.m. at the Fairlington Community Center, 3308 S. Stafford St. Learn about the impact of deer on our natural areas from Kevin Rose, the District Biologist for Virginia's Department of Game and Inland Fisheries in Fairfax County, and Charles Smith, an ecologist who represents the Virginia Native Plant Society and the Deer Advisory Council for Northern Virginia, Free Call 703-969-7345 for more.

THURSDAY/OCT. 29

Fitness Assessments. 4-6 p.m. at 4040 Fairfax Drive, second floor. Marymount University students are Responders Day. Free. Email James-McKay@marymount.edu to register.

SATURDAY/OCT. 31

Environmental Collection & Recycling Event. 8:30 a.m.-3 p.m. at Thomas Jefferson Middle School,

FRIDAY/NOV. 6

recycle

Arlington and Alexandria Commissions on Aging at the 2015 Legislation Forum. 9:45-11:30 a.m. at Fairlington Community Center, 3304 S. Stafford St. Visit www.commissions.arlingtonya.us/

www.ConnectionNewspapers.com



Getting In: The Private Schools Admissions Process

Navigating the application and increasing the chance of getting an acceptance letter.

By Marilyn Campbell
The Connection

Ithough the school year just started, the application process for the 2016-2017 school year is underway at more than 80 local independent schools. From open houses, school tours and applicant interviews to transcripts, essays and teacher recommendations, the process can be arduous, say parents, especially with application fees that can soar higher than \$100 a piece.

Making sure a child's abilities and interests are in line with a school's offerings and requirements can narrow down the list.

"Parents need to be realistic about their child's strengths and weaknesses and learning style," said Mimi Mulligan, assistant head and director of admission and enrollment management, Norwood School in Potomac, Md. "Have an open and honest conversation with schools during the application process. Schools will tell you whether they can or cannot meet any special needs your child might have."

ADMISSIONS DIRECTORS say that practical considerations of all sorts should help parents whittle down their list of schools. "Do they want a big or small school? How far are they willing to travel each day? Does the school offer academic support if their child needs it? Can they afford they tuition?" asks Mary Herridge, director of enrollment management, The Madeira School in McLean.

Getting to know a school's culture and paying attention to the school's mission can also help families choose a school.

"School structure, single sex versus co-

"Parents need to be

and learning style."

realistic about their child's

strengths and weaknesses

- Mimi Mulligan, director of admission

and enrollment management,

Norwood School, Potomac, Md.

ed, dress code, religious affiliation, teaching pedagogy and parent involvement all influence school culture," said Mulligan. "Each school has a distinct and intentional mission statement. Sometimes that distinctiveness may be

subtle so parents should also look at school mottos, belief or promise statements and portraits of a graduate, too."

An example, says Herridge, is a parent who values being deeply involved in helping a child with their homework. "As a school we value the student doing their own homework, managing their homework and coming to the teacher and self advocating if they need help," she said. "We encourage parental participation, but in high school we wouldn't expect a parent to sit and help with every single aspect of their homework. We can have that conversation early on and decide that this is not a good fit.

"If they come to a school with a rigorous



Independent schools such as St. Stephen's & St. Agnes in Alexandria require an extensive application process aimed at familiarizing the applicant and the school with one another.

academic program, are [parents] going to be OK with their student being really challenged in class and having that reflected on their transcripts?" she continued.

"Nowadays, in school literature and marketing materials, all schools say they're good at certain things and offer certain things like small class sizes and low student teacher ratios, but nothing can replace going and sitting in a classroom and seeing how the

teachers teach and how the students react with one another," said Herridge. "Talk to the math teacher. Have a conversation with the coach."

If a school boasts hands-on learning, are students engaged in experi-

ments in a science class or are they sitting behind desks and looking at a chalkboard?

A tour, Herridge said, is crucial for students and parents. "When they see other students and meet the teacher they'll be able to say, 'Yes this is a good place for me,' or '... we can take this school off our list because it doesn't make sense for our family."

"Most tours will give you an 'aha' moment that clarifies why independent education is worth the investment," added Benita Cathey, director of admissions, Grace Episcopal School in Alexandria.

Patti Culbreth, head of school, Grace Episcopal School, said, "A look at the curricu-

lum to include the 'specials' offered will give you an overview of the opportunities for your child."

Delve deeper than a tour organized by the school, however. "Talk to parents [of students] who already attend the school," Mulligan. "If you don't know anyone, ask the admissions office to provide a few families you can contact."

EVEN AFTER A FAMILY has whittled down their list of potential schools, the road to admission can still be long. Competition can be fierce, with many schools receiving 10 applications for every available slot. Most require not only an application, but test scores, essays, interviews and letters of recommendation, a process that can baffle many parents.

In preparation for the interview, admissions officials suggest applicants think about their own interests and attitudes toward academics.

"It's a good a idea for a student to reflect on what they love about school, what they like to do outside of the classroom and how they see themselves as part of the school community," said Jon Kunz, director of middle and upper school admission, St. Stephen's & St. Agnes School in Alexandria. "We don't approach it is an interview. It's more of a one-on-one conversation. We want them to be themselves and to be comfortable."

Students should use specific and concrete examples to demonstrate passions and talents. "For example, if a student is passionate about science they might say, 'I started this project on my own and created this amazing invention.' That helps us see their passion," said Linda Stratton director of communications, St. Stephen's & St. Agnes School.

"We're looking for students who are intellectually curious and excited about taking advantage of the opportunities here," Kunz added. "We're looking for students who demonstrate a strong sense of character who are respectful and ... who care about the world around them."

Admissions officials also want to evaluate whether applicants have the potential to meet the school's expectations, and scrutinize scores on tests such as the SSAT (Secondary School Admissions Test) and ISEE (Independent School Entrance Examination) and transcripts, looking for strong and consistent academic achievement.

In the face of such a confusing and competitive process, many parents have turned to educational consultants for advice and assistance.

"With the workload that school guidance counselors now have, there are a lot of families that are using independent consultants and that number has increased, and it has definitely increased over the last five or 10 years, Ó said Sarah Brachman (, man-

ager of communications, Independent Educational Consultants Association.

In fact, Mark Sklarow, the association's chief executive officer, said 5-10 percent of families looking for an independent day school use an independent educational consultant, while 40 percent use one to find a boarding school.

Getting to know the child helps educational consultants identify schools that are a good match. "Does the student do better in a hands-on environment or sitting at desk and the teacher writes on a blackboard?" said Leigh Ann Cahill of Independent School Options, an educational consulting firm in Alexandria. "We have so many wonderful schools in the area. We come up with five to seven schools that are the best fit for the family."

AFTER HELPING families decide where to apply, education consultants sit down with families to review test scores, transcripts, teacher evaluations and other application requirements.

"It's important to have an open and honest conversation with the parent," said Cahill, a former teacher. She stressed that educational consultants cannot sway admissions decisions. Instead, "we look at the areas of strength.

Rarely do you have a child who doesn't have any areas of strength."

She stressed that low test scores or blemishes on an academic transcript don't mean automatic rejection by independent schools. "Maybe the art teacher or science teacher says really great things about the child. We SEE ADMISSIONS, PAGE 13

12 ♦ Arlington Connection ♦ October 21-27, 2015

www.ConnectionNewspapers.com



Patrick Henry: Blue Ribbon School

a 2015 Blue Ribbon School by the U.S. Department of Education based on its overall academic excellence.

Henry is one of 335 schools nationwide and one of only seven public schools in Virginia to receive this honor. Henry is the only public school in Northern Virginia designated as a Blue Ribbon School this

Principal Annie Frye announced the news to the Henry community at a school-wide assembly: "I am so excited that our students, staff, and families are being recognized for their hard work and dedication to academic excellence. Our Patrick Henry team and students are living the school motto of doing their personal best all year and I am so proud that they are being honored for those efforts by being selected as a National Blue Ribbon School."

atrick Henry Elementary School was named two performance categories, based on all student scores, subgroup student scores and graduation rates.

Henry was recognized for meeting the criteria of Exemplary High Performing Schools which are among the highest performing schools as measured by state assessments or nationally normed tests.

Student subgroup performance and high school graduation rates are also at the highest levels.

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The U.S. Department of Education will honor all of the nation's 2015 National Blue Ribbon Schools during a conference and awards ceremony Nov. 9-10 in Washington, D.C.

A list of the 2015 National Blue Ribbon Schools and more information on the Blue Ribbon award is All Blue Ribbon schools are recognized in one of available at www.ed.gov/nationalblueribbonschools.

Admissions Process Begins

try to build a realistic profile of who the child is as a learner and where they have a spark. If you're a great photographer, let's link up your website if you've been positing photographs or bring your portfolio."

The essays are sometimes a bit daunting for parent and child, she added. "What do we say here? What do they mean when they ask this question? We don't write essays, but talk through ideas with

parents and student and help them figure out what the admissions offices are looking for."

In the end, everyone's goal is to find the best matches for both the students and the schools. "It's something that the parents don't have any control over," said Cahill. "One thing we really try hard to work with the parent is seeing this as a learning adventure. ... Their child will end up in a school somewhere."

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My philosophy with respect to life in general and being a cancer patient in specific has been: "It's nothing until it's something." And if a follow-up explanation has been required, I've usually added something like: "It will be bad enough when it's actually bad, so I don't see the need to make it bad when so far as we know, it might be good." (Sounds like a mnemonic device trying to explain the difference between its and it's.) And continuing to be relatively/comparatively (speaking of grammati-cal/word usage; both apply here, I think) asymptomatic has certainly been a good/make-that-great thing; nevertheless, I can't help but remember that my original emergency room visit on January 1st, 2009 was precipitated by pain in my rib cage which had migrated from right to left and the associated shortness of breath. Three days later however, after being prescribed six pills to be taken over three days

I'm Fine Until

I title this column within the context of

recent diagnostic scan, a PET Scan in fact, a

the usual and customary CT Scan – without contrast (for those of you in the diagnostic

loop) – that I have scheduled every three

scan which offers more detail and clarity than

months going on nearly seven years now. I'm

not stressing about it particularly, even though

a post-scan (Wednesday appointment)/pre-

results (especially the good kind) might have

been down this dusty trail before so we (Team

weekend e-mail notification providing the

de-bumped the weekend road, but we've

Lourie) will manage. Ergo the title.

ours truly waiting for the results from my most

I'm Not

By KENNETH B. LOURIE

for a possible pneumonia, my symptoms disappeared and remained so until I began chemotherapy a week after my diagnosis was confirmed on February 27th by my new best friend, my oncologist. That's when the fun really began: side effects of chemotherapy. But that's a whole 'nother series of stories, past and presumably future. And since there's no guaranteeing one's

future, all I can do, especially as a non-small cell lung cancer patient originally characterized as "terminal," with late/the latest stage – stage IV – is to minimize the complications I can control: diet, exercise, nutrition and stress, and accept the ones I can't. Stress is our four-letter word and maybe even a killer, too. And it serves no real purpose other than to create pain and suffering, when the complete oppo-site is what's needed and much preferred. Fortunately, my personality enables me to live life – emotionally – as if I'm not living on the precipice and about to be robbed of a reasonably normal senior circuit, given the fact that both my parents lived beyond their mid-eighties. (My limited knowledge and presumption of such lineage-related subjects was that as the son, I would likely have the same or better life expectancy.) Being told instead, at age 54 and a half, that I had "13 months to two years to live" was disappointing to say the least and

downright dehumanizing to say the most. It certainly becomes a not-merry-go-round existence on your date of diagnosis/prognosis and for the seconds, minutes, hours, days, weeks, months and even years ahead (if you're lucky?); but eventually one, at least this one, finds a level on which one can live, love and laugh and not be constantly overwhelmed by less-than-ideal medical circumstances. Am I pretending? Am I presuming? Am I hoping and praying? Am I fighting back my internal demons? Am I compartmentalizing? Yes! Yes! Yes! Yes! and Yes! Every chance I get. But as the doctor treating Capt. Augustus McRae in Miles City, near the end of part three of "Lonesome Dove" advised Gus to let the doctor amputate his remaining leg, Gus replied: "Sawbones, you can't have that other leg. Now how would I kick a pig?" To which the doctor responded: "I assure, sir, the alternative is gloomy.

Well, I don't want to be a gloomy Gus – nich Augustus wasn't, any more that I want to be a dismal Jimmy, which I rarely am. However, this cancer diagnosis presents all sorts of challenges – some I can overcome, some I can't. Most of all though, I'm trying to stay in the present, and deal with my future one day/result at a time.

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

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