

# The Arlington Connection

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# Coffee with a Cop Day

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

## No Mixed-Use for Fire Station 8

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## Buddy Walk 2017

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Captain David Groux chats with Alex Heimann who has just come from Gold's Gym and Emma Blanton. This is part of the local initiative on Oct. 4 to host an event in each police district to celebrate National Coffee with a Cop Day. Groux, who is joined by Corporal Beth Lennon, says people stop by on their way to work or after dropping off their children to have a casual conversation and a free cup of coffee on the porch compliments of Starbucks.

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## Fall Fest

Crowds attended the 2017 Columbia Pike Fall Fest on Saturday, Oct. 7.



Brad Doggett performs on stage.



From left, Ebony Davis, Darnel Brandon, and Danielle Day enjoy the day.

PHOTOS BY IAN HERBST/THE CONNECTION



Sara Davenport of Twisted Vines Bottleshop & Bistro waves to a customer sampling the store's wine selection at the Fall Fest.

# Just a Fire Station

## No mixed-use for Fire Station 8.

BY VERNON MILES  
THE CONNECTION

**T**he controversy of Fire Station 8 has mostly passed. Whether or not the station would move away from the neighborhood it has traditionally served was settled last year when the County Board decided it would remain in place, but what shape the new fire station takes is still to be decided.

At a work session on Sept. 26, County Manager Mark Schwartz and the County Board members seemed to agree that despite the county's crunch for land, a multi-story mixed use fire station like Fire Station 10 in Rosslyn would not be appropriate for Fire Station 8.

In both land and money, a multi-story, mixed use Fire Station 8 would be costly. New floors could add up to 10,000 to 30,000 square feet of new space to the

building, which could be rezoned to have non-fire station related uses. But this new space would also require an additional 34 to 102 new spaces of parking depending on how many levels were added, which would mean the acquisition of two to six new parcels of land around the site, including an existing commercial property, to build more parking. Separate access to the upper floors would also be required, which presents another design challenge. The acquisition of the new parcels and other design challenges of a mixed-use fire station would add between \$9.1 to \$25 million to the project's estimated cost. It would also add six to nine months to the project's development timeline.

During the commentary, members of the

County Board agreed with the county manager's assessments that the costs of a mixed-use fire station outweighed the benefit for this development. Construction on the project is estimated to begin in Fall 2018 with completion in Fall 2021. Design for the new fire station will continue as the project seeks funding in the upcoming FY2019 CIP budget.

"We're at the conceptual stage right now," said Schwartz. "At the next point, we want to sit down with members of the community. The answer [at this site] has to be something the community pursues that is significant and calls out the sacrifices this community made and the proud history of the original fire service that was segregated."



# OPINION

## Buddy Walk 2017

DSANV event raises funds, awareness for Down syndrome.

BY JEANNE THEISMANN  
THE CONNECTION

**A**t 10 months old, Emma Laukhuf isn't old enough to walk. But that didn't stop her from joining hundreds of others in the 13<sup>th</sup> annual Down Syndrome Association of Northern Virginia's Buddy Walk Oct. 1 on the campus of George Mason University.

Emma, born last December with Down syndrome, was carried along the Mason Pond course by her parents Kent and Dana. Surrounding the family were dozens of supporters as part of Team #EmmaStrong, which helped raise funds for programs to assist individuals with Down syndrome in the Northern Virginia area.

"We have been abundantly blessed by the Down Syndrome Northern Virginia team, who have welcomed us with open arms," said Dana Laukhuf. "DSANV was an important part of our life during prenatal diagnosis and continues to be a huge support to us today. We are proud to walk with Emma and our new friends in an effort to give something back."

Team #EmmaStrong raised over \$1,900 through the Buddy Walk, which supports the local programs and services that DSANV provides to individuals with Down syndrome and their families living in Northern Virginia. A portion of the funds raised are directed towards the national advocacy initiatives of the National Down Syndrome Society.

Locally, DSANV services includes: helping families adjust to the birth of a child with Down syndrome; provides individuals with Down syndrome and their families with educational, financial, medical, legal and social support and resources; provides social and educational events for individuals with Down syndrome and their families; works to increase community awareness of the capabilities and contributions of individuals with Down syndrome; provides financial support to families in need with camp scholarships, conference scholarships and donations of durable medical equipment; and supports local organizations that provide services to individuals with Down syndrome.

For more information, visit [www.dsanhv.org](http://www.dsanhv.org).



PHOTO BY TOM MANNING

The 13<sup>th</sup> annual Buddy Walk gets underway at George Mason University.



PHOTO BY MARK MOGLE

Kent and Dana Laukhuf, holding daughter Emma, participate in the 13<sup>th</sup> annual DSANV Buddy Walk Oct. 1 at George Mason University. Emma was born last December with Down syndrome.



PHOTO BY TOM MANNING

Theos Pepe-Mackey, 9, from Arlington and his mom Eftyhia Pepe, enjoy the live music by The Real Geniuses.



PHOTO BY TOM MANNING

Bishop Ireton cheerleaders greet 2-year-old Oliver Humes from Alexandria during the walk.



PHOTO BY TOM MANNING

Burt Hudson and his son Jack, 3, from Arlington, took part in the Buddy Walk for the third time.

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PHOTO BY EDEN BROWN/THE CONNECTION

**Families roasted s'mores and relaxed on Thursday night, Oct. 5, as a Bluegrass band called Moose Jaw played.**



**Moose Jaw describes itself as born and raised in Prince George's County. Although a "working class" bluegrass band, its members received classical music training.**

## Bonfire Concerts Help Ease into Fall

**E**arly October entertainment in Gateway Park means the summer isn't over until it's over. While it has been a little warm for bonfires, the cider, bales of straw, and music — and the bonfire — make for a relaxed way to spend an autumnal Thursday night in Rosslyn. The Bluegrass band, Moose Jaw, includes banjo by Jason Rose, guitar by Josh Taylor, and mandolin by Addison Bartlett — all three from Prince George's County. One of their songs featured lyrics about Prince George's County. From all five band members, most of whom started in grade

school with classical music training, came skilled riffs, solos, and echoes of the blues.

Aside from foot tapping family time, the concerts support local charity. Proceeds from the drink purchases go to support A-SPAN, an organization striving to end homelessness in Arlington. Next Thursday's concert, on Oct. 12, and the final bonfire concert, features Justin Trawick and the Common Good from 6-8 p.m. See [www.rosslynva.org](http://www.rosslynva.org) for more information.

— EDEN BROWN



PHOTOS CONTRIBUTED BY MARGARET MILLER



### Love-2-Sew

**Embroidered shawls, toddler-size dresses, beaded necklaces and cushion covers were displayed for sale at the refugee women's Love-2-Sew booth at a fall fair on Saturday, Oct. 7. The Love-2-Sew program, through which the refugee women created their products, is sponsored by the Catholic Charities women's empowerment project. This sequined shawl is displayed by Marie Barberet, a former member of the Catholic Charities staff. She continues to volunteer for Catholic Charities and is a former Peace Corps volunteer with handicraft design and marketing experience.**

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**“A Little Night Music.”** Extended through Oct. 15 at the Signature Theatre, 4200 Campbell Ave. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

**Arlington Farmer’s Market.** Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email [csingiser@cfwdc.org](mailto:csingiser@cfwdc.org) or call 917-733-6402.

**Yoga in the Park.** through Oct. 17, 6-7:30 p.m. at Gateway Park, 1300 Lee Highway. On Tuesday, hour-long classes are accessible to all fitness levels. The cost for an entire session of five classes is just \$20 per person. Call 703-228-6525 for more.

**FRESHFARM Market.** 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit [www.crystallcity.org](http://www.crystallcity.org) for more.

**Mobile Bike Repair.** 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email [DC@velofix.com](mailto:DC@velofix.com), or phone 855-VELO-FIX for more.

**Food Truck Thursdays.** 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit [www.crystallcity.org](http://www.crystallcity.org) for more.

**Healthy Lifestyle Runs.** Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit [www.parkrun.us/rooseveltislanddc/](http://www.parkrun.us/rooseveltislanddc/) for more.

**Friday Night Live.** 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit [1bc.org](http://1bc.org) for more.

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

**LGBT & Straight Friends Social.** Tuesdays. Happy Hour, 3-7 p.m.; Mikey’s “Bar A” Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) for more.

**Open Mic Comedy.** Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or Visit [www.RiRa.com/](http://www.RiRa.com/) Arlington for more.

**Invasive Plants Removal.** Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road;



call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or Visit [registration.arlingtonva.us](http://registration.arlingtonva.us). Free, no registration required.

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

**Pub Quiz.** 8 p.m. every Sunday at Whitlow’s on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit [www.whitlows.com](http://www.whitlows.com) or call 703-276-9693.

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

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

**Crystal City Sparket.** 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC’s Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit [www.crystallcity.org](http://www.crystallcity.org).

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

**Art for Life.** Third Thursday of each month. The Hyatt Regency Crystal City’s “Art for Life” Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit [www.torpedofactory.org](http://www.torpedofactory.org).

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

## THROUGHOUT OCTOBER

**Clean Cars for National Breast Cancer.** 4:30-9:30 p.m. at Mr. Wash Car Wash, 101 North Glebe Road. Pink suds, pink towels, clean cars, in honor of National Breast Cancer Awareness Month. Visit [www.mrwash.com](http://www.mrwash.com) for more.

## WEDNESDAY/OCT. 11

**Meet the Author.** 6:30 p.m. at Yorktown High School, 5200 Yorktown Blvd. Arlington author Burt Solomon lectures on his novel *Where They Ain’t*, a history of baseball in the 1890s. Burt has recently published his first novel, *The Murder of Willie Lincoln*. Email [BSCRSPV@gmail.com](mailto:BSCRSPV@gmail.com) or call 703-241-0390.

## THURSDAY/OCT. 12

**Valley Fest.** noon-5 p.m. at New District Brewing Company, 2709 S. Oakland St. New District Brewing Company located in Shirlington is set to host an inaugural street-style festival. Call 703-888-5820 for more.

**Artists Reception.** 5-7 p.m. at the Barry Gallery, Marymount University, 2807 North Glebe Road. Each of the artists in this exhibit — J.T. Kirkland, Chee-Keong Kung, Anne Smith, and Monica Stroik — deal with geometry and shifts in perspective differently. Exhibit runs until Dec. 1. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery) for more.

## SATURDAY/OCT. 14

**Free Tree Day.** 8 a.m.-3 p.m. at Arlington County Nursery, 4240 S. Four Mile Run Drive. Choose from 500 native trees – free to Arlington residents if planted on private property. Visit [recycling.arlingtonva.us](http://recycling.arlingtonva.us) for more.

**West Columbia Pike Food Truck Party.** 11 a.m.-2 p.m. at Columbia Pike and Four Mile Run. It’s the last West Columbia Pike Food Truck Party of the season, featuring food from Mazza Kitchen, PEPE by Jose Andres, Little Miss Whoopie, Urban Poutine and Pho-Bachi. Musical guests are Scott Thorn and Dale Holmes. Visit [www.arlingtonva.us](http://www.arlingtonva.us) for more.

**Jack-O- Lantern Campfire with Costumes.** 6-7 p.m. at the Long Branch amphitheater, Long Branch Nature Center, 625 S. Carlin Springs Road. Stories, special animal guests, games, songs and S’mores. Wear your Halloween Costumes. Call 703-228-6535

**LADAMA in Concert.** 7-9 p.m. at the Columbia Pike Branch Library, 816 South Walter Reed Drive. This music ensemble is comprised of four musicians from across the Americas - Brazil, Colombia, Venezuela and the U.S.A. Call 703-228-5710 for more.

**National Chamber Ensemble Concert.** 7:30 p.m. at Gunston Middle School and Community

Center – Theater 1, 2700 South Lang St. “Night In The Garden Of Spain,” celebrates music of Granados and Turina. Visit [parks.arlingtonva.us/locations/gunston-community-center/](http://parks.arlingtonva.us/locations/gunston-community-center/) for more.

## SUNDAY/OCT. 15

**2017 Latino American Festival.** 2-6 p.m. at Kenmore Middle School, 200 S Carlin Springs Road. Food, live music and art demonstrations, crafts and games. Visit [parks.arlingtonva.us](http://parks.arlingtonva.us) for more.

**Sing Out for Second Chances.** 4-6 p.m. at Mount Zion Baptist Church, 3500 19th St S. This event is sponsored by Offenders Aid Restoration (OAR) to celebrate second chances for those who have been incarcerated. Call 703-979-7411 for more.

## MONDAY/OCT. 16

**Housing Trivia Battle.** 5 p.m. at Union on Queen Apartments, 1515 North Queen St. The trivia battle is hosted by County Board Chair Jay Fiset with contestants Sen. Barbara Favola, Del. Patrick Hope and former Board chairs Mary Hynes and Joe Wholey as part of Affordable Housing Month. Visit [housing.arlingtonva.us](http://housing.arlingtonva.us) for more.

## WEDNESDAY/OCT. 18

**Free Tree Day.** 5-8 p.m. at Quincy Park Parking Lot, 1021 N Quincy. Choose from 500 native trees – free to Arlington residents if planted on private property. Visit [recycling.arlingtonva.us](http://recycling.arlingtonva.us) for more.

**Meet the Author.** 7 p.m. at the Central Library, 1015 N Quincy St. Lawrence Block, best known for his

## Fall Fun Helping Others

**Apple picking, Saturday, Oct. 21, 9-11 a.m. at Marker Miller Orchard, 3035 Cedar Creek Grade, Winchester. Sponsored by St Mary’s Arlington. Celebrate the harvest season by collecting apples to feed the hungry. Visit [StMarysArlington.org](http://StMarysArlington.org) for more.**

gritty hardboiled crime fiction. Call 703-228-5990 for more.

## OCT. 18-NOV. 19

**Peter Pan on Stage.** Various times at Synetic Theater, Crystal City, 1800 S. Bell St. Take flight to Neverland with Peter Pan, his Lost Boys and the Darling children. Ages 7+. \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Call 866-811-4111 or [www.synetictheater.org](http://www.synetictheater.org) for more.

## OCT. 19-22

**Steve-O at the Drafthouse.** Various times at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Comedy from Jackass and Wildboyz. Visit [ArlingtonDrafthouse.com](http://ArlingtonDrafthouse.com) for more.

## SATURDAY/OCT. 21

**Apple Picking.** 9-11 a.m. at Marker Miller Orchard 3035 Cedar Creek Grade, Winchester. Sponsored by St Mary’s Arlington. Celebrate the harvest season by collecting apples to feed the hungry. Visit [StMarysArlington.org](http://StMarysArlington.org) for more.

**Fall Heritage Festival.** 1-5 p.m. at the Gulf Branch Nature Center, 3608 Military Road. Step back into history and try your hand at some old-time games and crafts, make a corn husk doll, try on a coon-skin cap, or work the cider press. \$5. Call 703-228-3403 for more.

**Yoga for Good.** 4:30-5:30 p.m. at Sun & Moon Yoga, 3811 Lee Highway. Donations-only yoga class to benefit the Catherine Elizabeth Blair Foundation. Visit [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com) for more.

**Arlington Chorale Concert.** 7:30 p.m. at Westover Baptist Church, 1125 Patrick Henry Drive. Theme: “Potpourri.” Free. Visit [arlingtonchorale.org](http://arlingtonchorale.org) for more.

## MONDAY/OCT. 23

**Meet the Speaker.** 3-4:30 p.m. at Studio 21 at the Arlington County Central Library, 1015 N. Quincy St. A lecture by John Edward Niles, “Music and Politics: Wagner and Hitler” and will include information about the Wagner family and the Bayreuth Festival. Call 703-228-2144 for more.

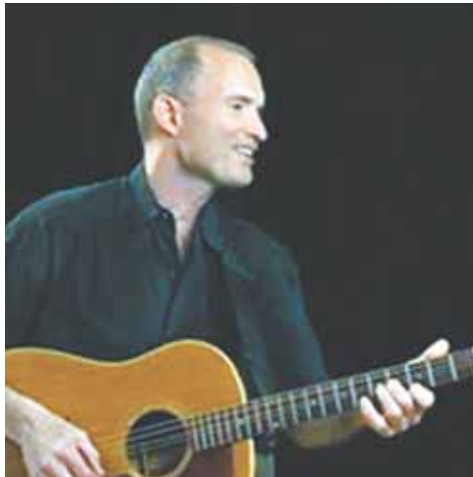
**MONA Annual Preschool Fair.** 7-9 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Sponsored by Mothers of North Arlington. \$5. Visit [mms.monamoms.org](http://mms.monamoms.org) for more.

## WEDNESDAY/OCT. 25

**Volunteers of America Chesapeake.** 8-9 p.m. at Army Navy Country Club, 1700 Army Navy Drive. Volunteers of America Chesapeake’s 8th Annual Harvest for

## Live Music

**Religious concert, Saturday, Nov. 18, 6:30 p.m. at the Unitarian Universalist Church of Arlington 4444 Arlington Blvd. Fred Small, SONiA and Huda Asfour are in concert. \$15/\$18. Visit [www.focusmusic.org](http://www.focusmusic.org) for more.**





# ENTERTAINMENT



## Dance

**Metropolitan School of the Arts students of Alexandria prepare for Company Project show, “Evolution: Past Present Future Dance Show,” Sunday, Oct. 29 at 6 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Metropolitan School of the Arts youth dancers in ballet, tap, jazz, and hip-hop. \$15. Visit [metropolitanarts.org](http://metropolitanarts.org) for more.**

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### THURSDAY/OCT. 26

**Gin and Jazz Gala for Uganda.** 6-10 p.m. at New District Brewing Company, 2709 S. Oakland St. Live and silent auction items during cocktail hour, followed by dinner and dessert, and games to support the efforts building schools, clinics and changing the face of rural Uganda. Visit <http://aahuganda.org/gala/> for more.

### FRIDAY/OCT. 27

**Rosslyn Harvest Fest.** 4-10 p.m. at Central Place Plaza, 1800 N. Lynn St. Vendors, crafts, gifts, food, music, a pie eating contest, cornhole, pumpkin toss and a kids’ and pets’ costume contest. Visit [www.rosslynva.org/do/rosslyn-harvest-fest](http://www.rosslynva.org/do/rosslyn-harvest-fest)

**Nocturnal Nature Campfire.** 6-7

p.m. at the Gulf Branch Nature Center, 3608 Military Road. Sit around the fire ring for stories, special animal guests, games, songs and S’mores. \$5. Call 703-228-3403. **“Bits and Pieces.”** 7:30 p.m. at the Theatre on the Run, 3700 S. Four Mile Run Drive. The performance incorporates spoken word, movement, music and kinetic imaging and animation by Hong Huo. \$10-\$30. Visit [janefranklin.com](http://janefranklin.com) or call 703-933-1111 for more.

**11th Annual Vampires Ball.** 8 p.m. at Syntetic Theater, 1800 S. Bell St. Dance the night away with music courtesy of Resident Composer and Halloween DJ, Konstantine Lortkipanidze. The event will include an open bar, light appetizers, and a costume contest with prizes. \$60-\$75. Visit [syntetictheater.org/](http://syntetictheater.org/).

### SATURDAY/OCT. 28

**Champion Trees Bike Ride.** 9 a.m.-noon, meet at Shirlington Branch Library, 4200 Campbell Ave. Ride over mostly level, paved pathways, while stopping at points of natural and environmental interest along the way. For ages 12+. Register with Vincent Vergeij at 703-228-1863. Call 703-228-6545 for more.

**Family Fun Dance Day.** 9:30, 11 a.m. and 3 p.m. at Theatre on the Run, 3700 S Four Mile Run Drive. Jane Franklin Dance team with music by Mark Sylvester, Tobias Tenenbaum, and Jon Kamman. \$15. Visit [janefranklin.com](http://janefranklin.com) or call 703-933-1111.

**Rosslyn Harvest Fest.** 10 a.m.-5 p.m. at Central Place Plaza, 1800 N. Lynn St. Vendors, crafts, gifts, food, music,

a pie eating contest, cornhole, pumpkin toss and a kids’ and pets’ costume contest. Visit [www.rosslynva.org/do/rosslyn-harvest-fest](http://www.rosslynva.org/do/rosslyn-harvest-fest)

**Day of the Dead.** 6-7 p.m. at the Long Branch Nature Center, 625 S. Carlin Springs Road. Celebrate the Day of the Dead with Calaveras, the decorative sugar skull masks and costumes, holiday snacks, and see some night animals up close. Afterward, there is a night hike through the candlelit forest.\$5. Call 703-228-6535 for more.

**Arlington Free Clinic Annual**

**Benefit Gala.** 6 p.m.-midnight at Ritz-Carlton, Tysons Corner Tysons Galleria, 1700 Tysons Blvd. McLean. Cocktail reception and silent auction, including getaways, art and photography, sports items, and much more. \$300. Visit [www.gala.arlingtonfreeclinic.org](http://www.gala.arlingtonfreeclinic.org).

### SUNDAY/OCT. 29

**Evolution: Past Present Future Dance Show.** 6 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Metropolitan School of the Arts youth dancers in ballet, tap, jazz, and hip-hop. \$15. Visit [metropolitanarts.org](http://metropolitanarts.org) for more.

### WEDNESDAY/NOV. 1

**Northern Virginia Bird Club Walk.** 8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Search of resident and migratory birds, bring binoculars. Free. Call 703-228-6535 or visit [longbranchnaturectr@arlingtonva.us](mailto:longbranchnaturectr@arlingtonva.us).

### FRIDAY/NOV 3

**Yoga Dialogue.** 6:30-8:30 p.m. at Sun & Moon Yoga, 3811 Lee Highway. Cultivating Common Ground In a Divided Country: A Community Dialogue. Guided meditations, silent reflection, dialogue principles, and mindfulness practices to support us as a group in candid conversations about the divisions in our country and to learn from our different views and ideas in a respectful space. By donation only – all proceeds will go to hurricane relief through Heart to Heart International. Visit [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com).

**November Moon Night Hike.** 7-8 p.m. at Fort C.F. Smith, 2411 24th St N. Experience the trails under the moon, learn a new constellation, and meet nocturnal critters.Call 703-228-3403 for more.

**Auto-Audio.** 7:30 p.m. at the Theatre on the Run, 3700 S. Four Mile Run

Drive. New works by Forty+/ Excerpts from Aflight. Post-performance at Capitol City Brewing Company. Minimum donation \$10. Visit [janefranklin.com](http://janefranklin.com) or call 703-933-1111 for more.

### SATURDAY/NOV. 4

**Birding Arlington.** 8-9:30 a.m. at at Gravelly Point, George Washington Memorial Pkwy. Use spotting scopes, and stroll around the park looking for waterfowl, songbirds and maybe a Peregrine Falcon. Ages 8 and up. Call 703-228-3403 for more.

**Whitetail Deer Campfire.** 6-7 p.m. at at Gulf Branch Nature Center, 3608 N. Military Road. Stories, special animal guests, games, songs and S’mores. \$5. Call 703-228-3403 or email [gulfbranchnaturectr@arlingtonva.us](mailto:gulfbranchnaturectr@arlingtonva.us) for more.

### NOV. 7-JAN. 14

**“Crazy for You.”** Various times at the Signature Theatre, 4200 Campbell Ave. A musical comedy with Gershwin tunes including “I’ve Got Rhythm,” “Someone to Watch Over Me” and “Nice Work If You Can Get It” fuse with tap dancing. Visit [www.sigtheatre.org](http://www.sigtheatre.org) for more.

### THURSDAY/NOV. 9

**Deep Dive Exploring.** 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. White-tailed Deer are the topic. \$5. Call 703-228-3403 or visit [gulfbranchnaturectr@arlingtonva.us](mailto:gulfbranchnaturectr@arlingtonva.us).

### FRIDAY/NOV. 10

**The Fall Hunt.** 4-5 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Hunting for dinner is the topic, following tracks and signs of deer and eat some venison stew. \$5. Call 703-228-3403 or visit [gulfbranchnaturectr@arlingtonva.us](mailto:gulfbranchnaturectr@arlingtonva.us).

### SATURDAY/NOV. 18

**Blacksmithing Campfire.** 6-7 p.m. at at Gulf Branch Nature Center, 3608 N. Military Road. Stories, special animal guests, games, songs and S’mores. \$5. Call 703-228-3403 or email [gulfbranchnaturectr@arlingtonva.us](mailto:gulfbranchnaturectr@arlingtonva.us).

**Concert.** 6:30 p.m. at the Unitarian Universalist Church of Arlington 4444 Arlington Boulevard. Fred Small, SONiA and Huda Asfour are in concert. \$15/\$18. Visit [www.focusmusic.org](http://www.focusmusic.org) for more.

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# Home LifeStyle



PHOTO BY ANGIE SECKINGER

**A collection of framed Hermes scarves line one of the walls in the lady's retreat by designer Marika Meyer.**



PHOTO BY MARILYN CAMPBELL

**Todd Martz and Susan Nelson use felt flowers made by women in Nepal to accessorize the family room.**



PHOTO BY ANGIE SECKINGER

**An abundance of seating make the pool space by Kim Asner of Country Casual Teak a tranquil oasis**

## Inside D.C. Design House

**In its 10<sup>th</sup> year, showcase raises money for charity.**

BY MARILYN CAMPBELL

### DC Design House

For the 10th anniversary of the D.C. Design House, 23 designers transformed the Potomac, Md. home which includes nine bedrooms, nine full bathrooms, four half bathrooms, a cinema, two-story library, a pool and a pool house. Visitors will have the opportunity to walk through the 27,256 square-foot estate to view the latest in home design trends. Proceeds from the event benefit the Children's National Health System.

It was actress Grace Kelly and the movie "To Catch a Thief" that inspired

Designer Marika Meyer's creation of the lady's retreat. "I thought of her elegance and her scarf blowing in the wind," said Meyer.

A collection of framed Hermes scarves line one of the of the room's walls.

**Location:** 9004 Congressional Court, Potomac, Md.

**Tickets:** \$35 at [www.dcdesignhouse.com/copy-of-events](http://www.dcdesignhouse.com/copy-of-events)

**Open through Oct. 29:** Saturday-Sunday 12-5 p.m.; Closed Mondays; Tuesday-Friday 10 a.m.-3 p.m., Sunday, Oct. 29: DC Design House, last day, 12-5 p.m.

Much of the room's furniture, including two vintage, velvet chairs and a neutral sofa, surround a Lucite cocktail table, creating a balance between modern and traditional styles.

"When designing the room I thought, 'who would live in that room and what would she be like?'" said Meyer.

Meyer used custom-designed, hand-painted fabric from her own collection for the room's drapes, pillows, stools and other

accessories. One of her biggest obstacles was making the large room feel intimate. "I designed it to make it beautiful and functional, she said. "I created different destinations so it doesn't feel so overwhelming."

Among those destinations are a large secretary, a game table and a bar cart.

Dubbed A Study in Blue, the library by designer Kelley Proxmire draws inspiration from the library of New York socialite Brooke Astor. "I knew it was a classic and I had seen a recent picture and I knew it was a classic," said Proxmire. "Her books were probably antique, leather-bound and I knew that I something wanted something neat and tidy like that."

The room's dark wood paneling is brightened with natural lighting and accessorized with blue and white porcelain and painted books in varying shades of blue.

The designer's goal was to create a technology-free zone that allowed for uninhibited conversation. "Families need a place to sit and talk to each other without being on the telephone and watching television," said Proxmire. "I want all my rooms to say, 'Come and sit.' I don't want them to be too standoffish."

Marrying modern and traditional design elements, Alexandria-based design duo Todd Martz and Susan Nelson created a family room that is both energizing and relaxing, and is meant to be an electronics-free zone.

"The scale of the house is formal, but we wanted to created a room that is family friendly," said Martz. "We wanted to incorporate children's art, but display it in a way

SEE INSIDE D.C. DESIGN, PAGE 9

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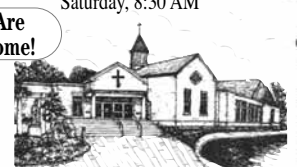
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**Bright yellow wallpaper energizes the family room by Todd Martz and Susan Nelson.**

PHOTO BY  
ANGIE SECKINGER

## Inside D.C. Design House

FROM PAGE 8

that's elegant."

The walls are covered with bright yellow wallpaper that provides an energetic backdrop for blue and white porcelain accessories. To accommodate the lives of a modern family, the white sofa is covered in Crypton fabric, which is stain-resistant and easy to clean. Other furniture in the room, which includes two faux leather chairs are centered around a handmade, wooden coffee table.

Children's artwork hangs inside the bookcases among blue and white ginger jars. "It makes the book cases a little less serious," said Nelson.

The poolside oasis created by Kim Asner of Country Casual Teak allows visitors to be transported to a luxury spa. Lush greenery and teak lounge chairs surround the pool. An abundance of seating, a cabana and a pool house make the space ideal for entertaining a crowd or enjoying the space's serenity.

"The area is large so we needed substantial furniture," said Asner. "The cabana looks grand and impressive, but it's also comfortable."

Located at 9004 Congressional Court, Potomac, Md., the home is listed at \$10.28 million by Long and Foster Real Estate. Open through Oct. 29, tickets are \$35. Visit [www.dcdesignhouse.com](http://www.dcdesignhouse.com).



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## SENIOR LIVING

# A Household Re-Forms

Sun Design Remodeling's in-law addition complements existing architecture.

BY JOHN BYRD

Julia grew up in the Fort Hunt section of Alexandria in a close-knit family. She started dating a neighbor's son, Jack MacInnis, while still in high school and, in time, the two friends married. In the late 1990s Julia's father, Don Clark, died leaving her mother, Lita Clark, alone in the family home. A survivor of the Japanese occupation of the Philippines, Clark (as always) remained upbeat, independent; a loving mother and friend.

Fast forward a few years and Jack and Julia MacInnis own a house not far from Clark with whom they are in daily contact. Then, in 2010 — with two sons growing quickly — the couple purchased a four-bedroom contemporary on a 1.5 acre lot in Fairfax. It's only a half hour drive from Clark, but the timing for a larger house was just right.

In the intervening years, Clark (who turns 84 this month) would visit the MacInnis residence regularly, often staying over one or two nights a week. At this stage, the three of them began actively planning ways to augment the household by building an in-law suite on some part of the existing property. Eventually, attention focused on a side elevation of the existing house which offered views of surrounding wooded acreage.

**THE LOT ITSELF** presented challenges. The grade sloped radically on the northeast side where the lower-level (the intended site for the new in-law addition) exited from a pair of sliding glass doors to a small deck. Because of the slope, there were potential water run-off problems; also, Fairfax County's building code required that any new construction had to allow for a full 25 feet of "set-back" from the rear of the property.

"We knew an addition of this size on this grade was going to require careful engineering," said Craig Durosko, whose firm Sun Design Remodeling found both the design



PHOTO BY GREG HADLEY

**At 580 square feet, the new suite is seamlessly married to the original house. Lead designer John Benedetto's "massing" of the new construction preserves proportionality and scale. Vinyl siding, fascia, soffits, gutters and downspouts are all matched to the existing home.**

and structural solutions that would make the project feasible. "Still, it's helpful when the homeowners are proactive in the decision-making process at every juncture."

Added Julia MacInnis: "We were looking for a plan that would provide privacy and independence for Mom, yet also fully incorporate her into the household. We've functioned as a family for our entire lives. Mom helped to raise the boys, and she was raised in a multi-generational culture. We saw this change as a way of creating an expanded environment that would work for everyone far into the foreseeable future."

Clark's new suite would be a 580-square-foot annex constructed outside the existing house directly parallel to the lower level. A sliding glass door that accesses the outside would be converted into an interior pocket door that opens into a downstairs recreation

SEE A HOUSEHOLD. PAGE 11



**Grab bars and a comfort-height elongated toilet are among aging-in-place considerations in the master bathroom. Shower walls and flooring are finished in porcelain tiling.**

PHOTO BY GREG HADLEY

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## SENIOR LIVING



**Lita Clark (who just turned 84) in the master bedroom of the in-law suite recently added to the home of her daughter Julia MacInnis and son-in-law, Jack. The room was designed to accommodate several heirlooms, including the twin beds under a course of Mi windows that assure privacy, yet allow abundant natural light.**

PHOTO BY  
JULIA MACINNIS PHOTOGRAPHY

# A Household Re-Forms

FROM PAGE 10

room.

The space plan would consist of a 17-foot-by-17-foot master bedroom surrounded by windows on three sides, a master bath with a walk-in shower and heated floors, and a sitting room/kitchenette equipped with a small refrigerator, a sink and a microwave. The sitting area includes a bistro table for four with a view of the surrounding woodland. The entire household, nonetheless, share meals and kitchen duties together every day. By the same token, Julia and Jack MacInnis and sons (Jackson and Harry) are free to drop-in on Clark just about any time.

"It's a very comfortable, harmonious arrangement," Clark said. "Very much what we hoped for."

That said, engineering the suite's durable footprint was something of a feat.

"Because of the site's grading, we ended up designing a slab foundation with both stem walls and integral footings," said John Benedetto, the addition's lead designer. "To assure structural integrity, there were two concrete pours: one to form the stem walls on the new addition's left side; a second to form the slab with integral footings on which the addition is built."

Footings are placed 30-inches below grade; the slab itself is approximately one foot above grade. The goal: assure that the weight of the new structure is adequately supported — soil compaction being a key part of the equation.

**FOR ALL THE DEFT** engineering, it's the suite's

interior that proves memorable. The three primary living areas were designed specifically to profile heirlooms, furnishings and other personal items that Clark brought from the Fort Hunt residence.

"There were two twin beds that had been in the family for years," Julia MacInnis said. "A chest of drawers, an old vanity. Sun Design used these pieces as focal points for shaping the bedroom and sitting room. And it's not just that everything fits well ... but also that the floor plan is well-rationalized. The twin beds, for instance, fit perfectly under high windows that assure privacy, yet allow a lot of natural light. Overall, the entire suite is spacious, and quite comfortable."

On that note, the new addition has been fitted with a mini-split HVAC unit that allows Clark to adjust the suite's temperature to her requirements. Meanwhile, the bathroom has a heated floor with its own thermostat.

The addition's exterior elevations are blended with the existing house. Vinyl siding, fascia and soffits, gutters, and downspouts are all matched. Low-E Argon glass vinyl windows allow for abundant natural light and views while keeping temperatures where the thermostat requires.

In all, a comfortable accommodation ... within a thriving household.

*Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. For more information, call 703-425-5588 or visit [www.SunDesignInc.com](http://www.SunDesignInc.com).*

*John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.*

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Oct. 15-21.

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

**Senior trips:** Grave Mountain Harvest Festival, Syria, Sunday, Oct. 15, \$35 (incl. lunch); Mariinsky Ballet open rehearsal, The Kennedy Center, Tuesday, Oct. 17, \$26; Miss Minerva's Tea Room, Culpeper, Wednesday, Oct. 18, \$41; Capt. Billy's Crab House, Newburg, Md., Friday, Oct. 20, \$5 (trans. only); Bay Lighthouse Fall Foliage Cruise, Annapolis, Saturday, Oct. 21, \$60 (incl. meal). Call Arlington County 55+

Travel, 703-228-4748. Registration required.

**NEW PROGRAMS:**  
**Value of antique and estate jewelry discussed by certified gemologist,** Monday, Oct. 16, 1 p.m., Langston-Brown. Register, 703-228-6300.

**Geomotion workout with music,** Monday, Oct. 16, 12:30 p.m., Walter Reed. Register, 703-228-0955.

**Armchair tour of Art Nouveau in Barcelona, Vienna, Prague,** Monday, Oct. 16, 1 p.m., Aurora Hills, \$6. Register, 703-228-5722.

**Rubber Stamp workshop,** Tuesday, Oct. 17, 11:30 a.m., Lee. Register, 703-228-0555.

**Continuum of care options, services, costs,** Tuesday, Oct. 17, 12:30

a.m., Langston-Brown. Register, 703-228-6300.

**Two hours of birding,** Wednesday, Oct. 18, 8:30 a.m., Glen Carlyn Park, 301 S. Harrison Street. Register, 703-228-0955.

**Old time classic radio and TV shows,** Wednesday, Oct. 18, 11:30 a.m., Aurora Hills. Details, 703-228-5722.

**CCRC (Continuing Care Retirement Community) contracts explained,** Wednesday, Oct. 18, 1 p.m., Langston-Brown. Register, 703-228-6300.

**Preparing for a hospital stay,** Thursday, Oct. 19, 10 a.m., Arlington Mill. Register, 703-228-7369.

**Steps to acquiring U.S. citizenship,** Thursday, Oct. 19, 10 a.m., Walter Reed. Register, 703-228-0955.

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# Providing End-of-Life Care

Capital Caring offers hospice care and grief counseling.

BY GERALD A. FILL  
THE CONNECTION

Most have considerable familiarity with day care for children; shelter for the homeless; disability help organizations, and other social service organizations serving the community. On the other hand, how many are aware of an organization dedicated to providing health care for dying or seriously ill patients? Or grief counseling for families and friends who have a seriously ill family member or friend, or who have lost a family member or friend?

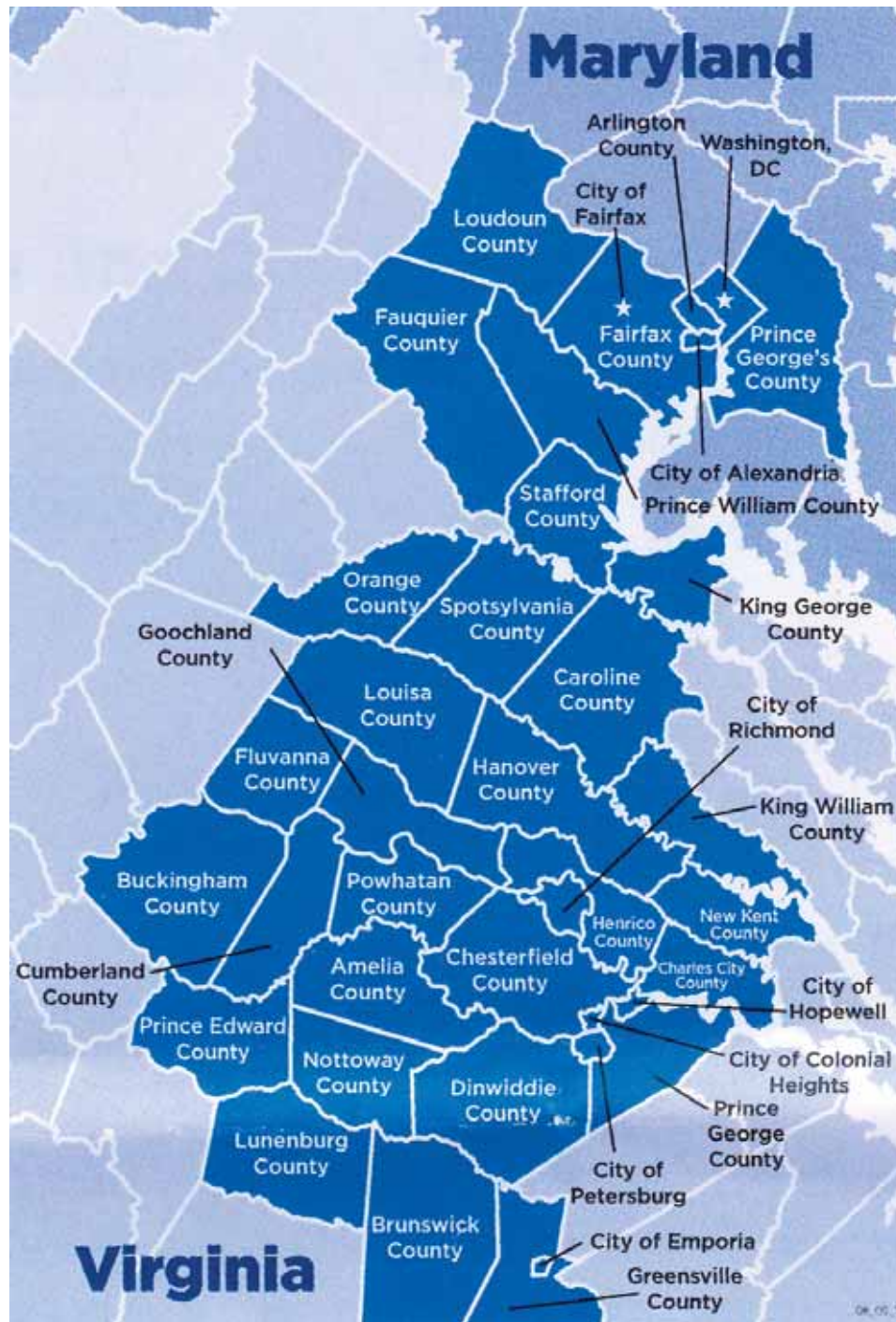
Capital Caring is a hospice care or end-of-life care nonprofit organization for a patient and counseling for family and friends of a dead or dying person.

Despite its size — annually serving 12,000 hospice care patients and grief counseling for patients, family and friends — Capital Caring is not nearly as well known as other social service organizations within the Washington metro community. Last year Capital Caring served 7,000 hospice patients and completed 5,300 grief counseling sessions with family or friends, and 60 pediatric patients.

Capital Caring operates as a licensed hospice and grief counseling service for most of the Washington metro area, south to Richmond and to the North Carolina border. The organization has been providing compassionate professional, health care services for 40 years.

With a staff of 750, it includes critical care interdisciplinary teams made up of a doctor, nurse, social worker, rehab specialist, and volunteers. After the doctor certifies that the patient is eligible for hospice care, the team conducts an evaluation of what the patient needs and wants to make her or his life as comfortable as possible. This includes helping the patient navigate through what they would like to happen and how the Capital Caring team can make the patient's final days or weeks as comfortable as possible.

Capital Caring consists of 10 regional offices that ensure that the hospice care team is local and personal in nature. Its approach and philosophy is that hospice care should be administered in the home whenever possible, and involve the patient's family, friends, unless circumstances and the patient's condition do not permit it. In that



Map of Capital Caring's service area.

case Capital Caring has three in-patient hospital care units for those patients.

**JOYCE MONTGOMERY**, a Capital Caring counselor who has worked 13 years performing hospice care services, described what she does: "I help improve the care of someone suffering from a life threatening illness by helping the patient be where they want to be in their home surrounded if possible by their loved ones. I help the patient and family to make the most of their situation, whatever that may be."

She has a Master's degree in clinical social work and is licensed to perform clinical social work.

"My own personal experience with death inspired me to help others focus in their final stages of life, and to be present at a time to honor the patients' wishes in their final

days," Montgomery said. "Being a hospice caregiver allows you to be present at a sacred time of their life. I help a patient to deal with the reality of their final days of life in the best possible way. To help them prepare to die, and to find out what matters most to them and help them come up with their own solutions. What a privilege it is to help patients and their loved ones to be more at peace with themselves, and improve care and the quality of life during the time they have left."

Montgomery quoted the following passages from her resource literature which she uses when working with patients and families: "Life is a constant sunrise which death cannot interrupt, anymore than night can swallow up the sun" and "Nothing dies; death and birth are a threshold crossing; back and forth as it were through a veil."

Chesley Simpson, a grief and bereavement counselor for Capital Caring for 3 years, described her role: "To help clients discover their inner strengths. I do this by offering a safe space to talk about their loved one, help them work through their tangled web of emotions and incorporate successful coping strategies in their daily lives. Every grief journey is different and I am humbled to walk this path towards resiliency with my clients."

Simpson has a Masters degree in clinical social work and is licensed to perform clinical social work.

"Capital Caring provides dedicated grief and bereavement counselors in each of the local neighborhoods where we are present. In addition, Capital Caring offers a variety of bereavement services, individual counseling, group sessions as well as a variety of workshops. We realize that everyone grieves differently and therefore offer a host of programs," Simpson said.

**CAPITAL CARING** provides for end-of-life hospice care reimbursed by Medicare, or Medicaid. Capital Caring donates the cost of care through its private fundraising efforts where the patient or family has no insurance. Last year, Capital Caring raised \$8 million for those services not reimbursable.

This year Capital Caring is celebrating its 40th anniversary.

It will be hosting its annual fundraising gala: "Passion for Caring" on Nov. 11 at the MGM Grand National Harbor Resort in Maryland. Its website, [www.Capitalcaring.org](http://www.Capitalcaring.org), will provide the background information about the gala.

In addition to the patient services it performs, Capital Caring conducts educational seminars and workshops.

Capital Caring began its existence in 1977, coinciding with the acceptance of the concept of hospice care in the U.S. Its leader and founding member was a physician, Dr. Josefina Magno, who wrote and published a book entitled "Hospice in America." Beginning in 1976 she promoted and cared for terminally ill patients and counseled families in Northern Virginia who were facing end-of-life issues before the concept of hospice care was widely accepted and approved for reimbursement by the federal government.

Her initial hospice planning meetings were a makeshift office operating out of the back of her car.

## Details

Anyone who needs help can access Capital Caring's care navigation, palliative care (pain and symptom management) counseling, and hospice services, regardless of their ability to pay. Capital Caring helps patients and loved ones make the most of every moment together by offering coordinated care, comfort, and dignity to those living with serious illness.

See [www.Capitalcaring.org](http://www.Capitalcaring.org) or call 1-800-869-2136.

## Resources

- ❖ "Hospice in America," by Dr. Josefina Magno, Founder, Capital Caring
- ❖ "Good Mourning: A Resource for Healing," by Robin McMahon and Kathleen Persson
- ❖ "Option B: Facing Adversity, Building Resilience and Finding Joy," by Sheryl Sandberg and Adam Grant
- ❖ "The Sun Still Rises" by Shawn Doyle
- ❖ "When a Man Faces Grief: 12 Ideas for Helping Him Heal from Loss," by James E. Miller and Thomas R. Golden



# NEWS



Captain David Groux is stationed on the sidewalk outside the Starbucks at Lee Heights on Lee Highway to engage the public at National Coffee with a Cop Day. He tells John Strabo that it's better to know your police officer on the front end before something happens so you feel more comfortable if you need police assistance. Groux says he lives in the First District where he is the Arlington County Police Department (ACPD) Commander so people see him biking and running in the community and get to know him.



## Coffee with a Cop Day

Arlington County police have informal conversations over a cup of coffee on the back porch at Starbucks on Wednesday, Oct. 4. Arlington County Police Department (ACPD) Chief Jay Farr, in civilian attire, mingles with his police officers who are answering questions and sharing concerns of the Arlington community. Farr answers a question by indicating that half of the larcenies in Arlington would be prevented if people would lock their cars. He says events like this are symbolic because "we are coming to the community." Similar events were scheduled later in the day at the Second District Starbucks in Pentagon City and the Third District at Best Buns in Shirlington.

PHOTOS BY  
SHIRLEY RUHE  
THE CONNECTION

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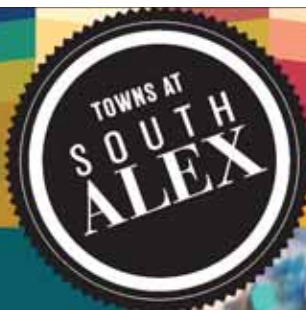

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Nirvair inc trading as Arlington Exxon and Carwash, 1824 Wilson Blvd., Arlington, VA 22201-3003. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages. Gagandeep Singh, President. 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](http://www.abc.virginia.gov) or 800-552-3200.

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# SPORTS



PHOTO CONTRIBUTED

## National Competition

Recently the United States Tennis Association hosted the 14U Junior Team Tennis National Championships at the USTA National Campus in Orlando, Fla. Fairfax team (4Star Junior Aces) competed in the tournament, finishing 16<sup>th</sup> in the intermediate division. Pictured, back row, from left: Michael Yao (Great Falls), Evan Zhu (McLean), Elyse Ladia (Chantilly), Drew Winters (Arlington), Lucas Mew (Centreville), Maia Barrett (Fairfax), Coach Grace Kim. Front row: Chelsea Nguyen (Springfield), Smriti Balasubramanian (Chantilly), Mia Kim (Fairfax), and Kyra Li (McLean).

## W-L Athletic Hall of Fame Seeks Nominations

The Washington-Lee Athletic Hall of Fame will recognize those individuals who through their accomplishments have brought distinction and pride to the school and community as either an athlete, coach, administrator or as a contributor to the development and success of the Washington-Lee athletic program.

The Hall of Fame recognizes outstanding coaches, athletes, teams, athletic directors or significant contributors to the Washington-Lee High School athletic program (i.e. booster club presidents, members, teachers, team doctors, etc.).

Athletes and teams become eligible five years after graduation or two years after retirement from other contributing positions. All other individuals are eligible two years post their contributions to W-L.

A nominee must have made an outstanding contribution to his/her sport or through his/her administrative position.

Typically, this may include all-county, all-region, all-state honors, all-time leading scorer, State Championship or organizational skills which have enhanced the overall athletic program. The nominee must exemplify a personal character worthy of emulation by current and future students.

Nominations can be made by anyone, but must be submitted on the following forms, which contain specific guidelines and criteria. Nomination forms will be made available through the Student Activities office and the WL Athletic Booster organization.

Completed forms should be submitted to the W-L Activities office by Nov. 1 of the current school year. All applications will be kept on file for 5 years for reconsideration. Selection and induction will be limited to six individuals per year.

See [www.wlathletics.org/main/adnews/ID/44142451](http://www.wlathletics.org/main/adnews/ID/44142451).

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### THURSDAY/OCT. 12

**Arlington and Alexandria Chamber Mixer.** 7-9 a.m. at Holiday Inn Rosslyn, 1900 North Fort Myer Drive. Chambers are meeting

over breakfast. \$35 for members, \$50 for non-members. Visit [www.arlingtonchamber.org/](http://www.arlingtonchamber.org/) for more.

**Drug Awareness Town Hall.** 7-8:30 p.m. at Central Library, 1015 N. Quincy St. Join a community conversation and town hall event with community leaders, healthcare providers and law enforcement serving on the front lines about how

SEE BULLETIN, PAGE 15

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- Springfield Connection
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# News

## Donation Drive To Assist Refugees

The Migration and Refugee Support Ministry of Arlington Catholic Charities has a goal of resettling about 650 refugee families in the next year.

On Oct. 14-15 Our Lady Queen of Peace at 2700 19th Street South in Arlington will have a truck in front of the church to collect necessities for the refugee families. The white truck will be parked on 19th Street in front of the church on Saturday, Oct. 14 from 3-6:30 p.m. and on Sunday, Oct. 15 from 7 :45 a.m.-2:30 p.m.

Our Lady Queen of Peace is requesting new twin and queen size sheet sets, blankets, comforters and pillows; dishwasher safe silverware and microwave safe dish sets; new bath towels and washcloths and gift cards to local grocery stores. In addition, the list of needed items includes gift cards to Dollar Tree, Walmart, Target, IKEA and Visa gift cards that can be used in multiple locations. Metro cards are also requested to help clients get to interviews and work.

These contributions are tax deductible.

— SHIRLEY RUHE

## BULLETIN BOARD

FROM PAGE 14

drugs and the opioid epidemic are affecting Arlington. Simultaneous Spanish translation is available. Visit [health.arlingtonva.us/opioid-awareness/](http://health.arlingtonva.us/opioid-awareness/).

### FRIDAY/OCT. 13

**Educational Fundraiser.** 6-8 p.m. at the Arlington Free Clinic, 2921 11th St. S. Shirlington Employment and Education Center is hosting its annual fundraiser, and the proceeds will go to support the SEEC Green Housecleaning Training Program for immigrant women and for the Paralegal Project to help day laborers. Visit [www.seecjobs.org](http://www.seecjobs.org) for more.

### SATURDAY/OCT. 14

**Kids' Stuff Sale.** 8 a.m.-noon at St. Andrew's Episcopal Church, 4000 N. Lorcom Lane. Gently used items from 100 consignors including clothes, toys, books, videos, games, puzzles and more for kids for birth to teen. Call 703-522-1600 for more.

**Big Cleanup.** 8:30 a.m.-1 p.m. at Yorktown High School, 5200 Yorktown Blvd. Arlington's big cleanup drop-off day has a new location this fall. The County holds its biannual Environmental Collection and Recycling Event (E-CARE) rain or shine, at Yorktown High School, 5200 Yorktown Blvd. Visit [recycling.arlingtonva.us/household-hazmat/e-care/](http://recycling.arlingtonva.us/household-hazmat/e-care/) for details.

**Health and Housing Fair.** 10 a.m.-3 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. The LAIF-2nd Annual Health and Housing event features free and useful information about fair housing and affordable housing opportunities in Arlington. The event also provides access to a host of health screenings and consultations. Contact the Housing Information Center at 703-228-3765 or the LAIF event team at 202-599-0665 or visit [arlingtonlife.org/](http://arlingtonlife.org/).

### SUNDAY/OCT. 15

**Candidates Forum.** 6:30 p.m. at the Arlington Central Library, 1015 N Quincy St. The Arlington League of Women Voters will sponsor a forum attended by local county and school board candidates. Tickets are free but attendees should register at [www.eventbrite.com](http://www.eventbrite.com) and search for Arlington County.

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## What To "Ware?"



By KENNETH B. LOURIE

Recently I received a very generous offer in the mail: a \$10 gift certificate from my local hardware store acknowledging my upcoming/now passed birthday. From what I could read, there was no minimum purchase, no exclusions and no small-type print, just a reasonable expiration date: Oct. 31, approximately six weeks out from the day I received this unexpected gift. More than enough time, one would imagine.

The only problem: what am I going to get at the hardware store, other than the employees' pity about how little I know about so much? Most of the time when I'm in a hardware store (typically I'm not browsing, unlike the cookie aisle at the supermarket), I'm attempting to solve a problem I have at home for which I have very little experience and extremely poor instincts at rectifying. Not only do I rarely know what I'm talking about, I don't even know the proper questions to ask to enable/assist the employee in figuring what the heck my problem actually is – other than me, that is.

I'm very much out of my element in a hardware store. A fish out of water doesn't begin to describe my situation. Tevye, from "Fiddler on the Roof" in speaking to his daughter, Chava, about marrying outside the faith came close: "a bird may love a fish, but where would they build a home together?" Build a home? I have enough difficulty maintaining one that's already built.

When I'm asked, or when I offer it, usually I say: "I know two things: sports and chocolate." I guess I could also add being a cancer patient/survivor, but I don't want to redirect a perfectly innocent conversation into a totally different direction: me and my druthers. Although, my situation has been publicly consumed in the Connection Newspapers going on eight and half years; in person, I try to not let it be the first or even second thing that comes out of my mouth. And I never initiate, though I'm happy to respond if asked. Generally speaking, I'd rather it not be about me and my cancer. As my mother used to say "It's enough already."

But none of this comes up in a hardware store. In fact, the only thing that comes up is my Adam's Apple as I sheepishly swallow and admit how incapable I am as a homeowner/do-it-yourselfer and how much help I need to do almost anything. At least the parking is free so it's not a total loss.

As you might imagine, this situation doesn't exactly lead to an easy conversation or a satisfying outcome. Quite the contrary. I know one thing for sure however, if left to my own devices, either I will cause additional and costly damage in my crude attempt to self-repair, or I will hurt myself in the process. And waste money as well, as the end of the day will likely find me and the problem no closer to a resolution than we were at the beginning of the day.

As William Shakespeare might have written: it will be much ado about nothing as nothing much will have been done. In these recurring circumstances, all I can hope for is a safe landing, so to speak, one in which, as pilots often joke: I can walk away uninjured.

Given that I'm a tool twit and have failed miserably at homeowner 101, what then could I possibly buy at the hardware store with my gift certificate? I just got an idea: lightbulbs. I couldn't possibly screw that up, could I? I mean, they're supposed to be screwed up – into the socket, right? What could be more natural for me?

One last question though: when I place the bulb into the socket, do I screw them to the right or to the left?

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



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Includes: 84 month warranty, 24 month **FREE** replacement, 24 month **FREE** roadside assistance.  
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Check your windshield. Does your sticker say **10/17, 11/17,**  
or **12/17**? If so, your VA Safety Inspection is now due  
**VIRGINIA STATE INSPECTION**

**FREE**

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**