

Blessing Of the Pets

During the blessing of the pets at St. John's Episcopal Church, the Rev. Ann Barker asks for a long, healthy and playful life in the Link household.

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Honored for Role In School Integration

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Photo by Louise Krafft/The Connection

People

Armstrong Makes D.C. Debut at National Gallery

Local chef creates menu for American Furniture Exhibit.

By Jeanne Theismann
The Connection

Chef Cathal Armstrong of Arlington's new Eamonn's Restaurant debuted his latest signature dishes at the National Gallery of Art's Garden Café Oct. 2 in celebration of the new Masterpieces of American Furniture Exhibit.

"When they told me what the exhibit would be, I knew immediately what I would do for a menu," said Armstrong of the menu specially designed as part of the Gallery's themed Garden Café series. "The furniture in this exhibit is classic American so I wanted to do something that identifies with American cuisine."

The themed menu, which includes candied walnuts and grapes, a roasted butter-nut squash salad, pot roast, turkey pot pie and apple and Georgia pecan pies, will be featured in the café of the West Building of the Gallery for the next year, with seasonal

changes made "two or three times," according to Armstrong.

"I will have a summer and fall menu and make other changes according to the seasons," said Armstrong, who worked three days a week since mid-summer with Gallery chefs. "I showed the chefs here how to execute the menu and myself or one of my chefs will be here at least once a week to oversee the food preparation."

The gallery debuted themed cafes in 2006 with starred chefs from Provence for the Cézanne in Provence exhibition.

"The restaurant scene in and around D.C.

"When they told me what the exhibit would be, I knew immediately what I would do for a menu."

— Chef Cathal Armstrong on his menu for the National Gallery of Art's Garden Café.

has risen to such heights that we are able to pull from local talent who offer a wide spectrum of world cuisine," said Deborah Ziska, chief of public information for the

Gallery. "Not only are they talented, they are generous with their time and their recipes, which we provide to our patrons as souvenirs of their visit to the café and the exhibition."

Although new to the restaurant scene in Arlington, Armstrong is chef and owner of Alexandria's Restaurant Eve as well as Eamonn's A Dublin Chipper, PX, The Majestic, Virtue Feed and Grain and Society Fair. His Garden Café menu is presented in partnership with Restaurant Associates and Executive Chef David Rogers at the National Gallery of Art.

"It's exciting for me to be here today," Armstrong said. "When I first came to America I worked in an Irish pub, but I am very proud to be an American it's a real honor to be asked to create these signature American dishes."

For more information on the National Gallery of Art and its exhibits, visit www.nga.gov.



Photo by John Border/Gazette Packet

Chef Cathal Armstrong debuts his menu for The National Gallery of Art's Garden Café at a reception Oct. 2. The signature dishes will be featured for the next year in celebration of the new Masterpieces of American Furniture exhibit.

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Photos by Louise Krafft/The Connection

Sally Muros introduces Lola to the Rev. Ann Barker.

Blessing of the Pets

Brooklyn was first to arrive with Luther in tow. The Rev. Ann Barker descended the stairs at St. John's Episcopal Church offering greetings. Elaina Link arrived next with Twinkle, her young tabby cat for the blessing of the pets. The blessing of the pets is held annually on a weekend near Oct. 4, the feast day of St. Francis of Assisi. St. John's Episcopal Church is located on S. Lexington Street in South Arlington.

The Rev. Ann Barker asks for a long, healthy and playful life in the Link household.



As the rain starting falling on Sunday afternoon, the Rev. Ann Barker offers a prayer of thanks for the pets.



Elaina Link arrives in the rain with her tabby cat Twinkle.



Bryan Harbin holds Boots as the Rev. Ann Barker asks for a special blessing.

Racing for County Board

Freshman board member faces two opponents in November.

By Michael Lee Pope
The Connection

It's only been about seven months since voters in Arlington chose long time School Board member Libby Garvey to fill the unexpired term vacated by Barbara Favola, who was elected to the Virginia state Senate last year. Now Garvey will be on the ballot once again, as voters will select a candidate to serve a full term. She enjoys an advantage in name recognition and fundraising, with about nine times as much money available as her competitors.

But she has competition. Republican Matt Wavro is basing his campaign on a growing sense of dissatisfaction from those in the county whose voices are not being heard. And Green Party candidate Audrey Clement says the priorities of the county are misplaced. Voters will have the final say when they head to the polls on Election Day.

GARVEY SAYS she feels citizens in Arlington should be more engaged in major decisions, and she's been critical of the county government for making decisions in a way that has alienated some residents. On the campaign trail, Garvey says, she's heard from voters who feel that change is something that is happening to them rather than something they are participating in.

"People are concerned," said Garvey. "I

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NAACP Chapter To Honor Retired Arlington Educator

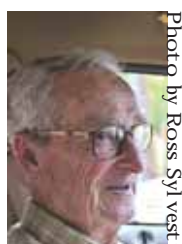
Macekura talks about his involvement in integration of county's public schools.

By Ross Sylvestri
The Connection

On Saturday, Oct. 13, the Arlington Branch National Association of Colored People (NAACP) will honor former Arlington educator Joseph Macekura at its 66th Annual Freedom Fund Banquet for his work helping to integrate

Arlington Public Schools, most notably helping four African-American students enroll in Stratford Junior High School (now known as H-B Woodlawn Secondary School), which made it the first school in Virginia to be integrated.

At the banquet Macekura will be awarded the Arlington Branch's The Charles P. Mon-



Macekura

Photo by Ross Sylvestri

roe Civil Rights Award, which is presented to "an individual, group or organization who has at some time in the past committed a noble act or demonstrated in some way to enforce and influence civil rights for persons within Arlington County," stated a letter written to Macekura by the Arlington Branch NAACP's president, Elmer L.H. Lowe, Sr.

"It is the opinion of our membership that you are truly deserving of this award for your actions in the planning and training

both parents and students in preparing for integration. With this training, on Feb. 2, 1959, you, assisted four black students who entered Stratford Junior High School now H-B Woodlawn Junior High School without incident," said Lowe. "Due to your brave and courageous act, Stratford Junior High School became the first racially integrated school in Virginia."

MACEKURA REFLECTED on his life and his work in integrating the school system

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Business

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

Virginia Hospital Center in Arlington is offering the new minimally invasive Convergent Maze Procedure for patients with advanced Afib symptoms who have not responded to standard treatments. This new procedure has been added to the hospital's state-of-the-art Cardiac Surgery Program and Electrophysiology Service thanks to the medical expertise of Dr. John R. Garrett, chief of cardiac, vascular and thoracic surgery, and Dr. Haroon Rashid, director of electrophysiology services. The Convergent Maze Procedure combines the cardiac surgery and electrophysiology to help restore normal heart rhythm for Afib sufferers with no incisions or ports in the patient's chest, minimal pain, and shorter hospital stays and recovery time.

MinuteClinic has opened a new walk-in medical clinic inside the CVS/pharmacy store at 1201 South Hayes St., Suite C. MinuteClinic nurse practitioners and physician assistants specialize in family health care and can diagnose, treat and write prescriptions for common family illnesses. Walk-in camp, sports and college physicals for adolescents are available daily. In addition, MinuteClinic administers a series of wellness services, including screenings and monitoring for diabetes, high blood pressure and high cholesterol. No appointments are required at MinuteClinic and most health insurance is accepted. For patients paying cash or credit, treatment prices are posted at each medical center and on www.minuteclinic.com. The cost for most treatment starts at \$79. MinuteClinic walk-in medical clin-

ics in Arlington operate from 9 a.m. to 8 p.m., Monday through Friday; 9 a.m. to 5:30 p.m. on Saturday; and 10 a.m. to 5:30 p.m. on Sunday.

Virginia Commerce Bank announces the creation of The Virginia Commerce Bank Foundation. The donor advised fund is managed by the Arlington Community Foundation, where R.B. "Randy" Anderson, Jr., the bank's executive vice president and chief lending officer, serves on the board of trustees as its treasurer. After many years of involvement and support with the Arlington Community Foundation, Virginia Commerce Bank welcomed the partnership as an opportunity to formalize its charitable giving program and continue its support of non-profit organizations throughout Northern Virginia and Fredericksburg.

Chapman Cubine Adams + Hussey (CAAH), a full-service direct marketing firm in Arlington serving global nonprofit organizations, has hired Mary Meredith as vice president of client services and Jamie Noblin as deputy director of list services.

Joseph R. Loring of Arlington is the 2012 recipient of Virginia Tech's College of Engineering Distinguished Alumnus Award, as well the university's 2012 Alumni Distinguished Achievement Award. Loring is the founder of Loring, with offices in Washington, D.C., New York City, and Princeton, N.J. He started his private practice, Joseph R. Loring & Associates Inc., in 1956. After six years in business, Loring was selected as the engineer to design the electrical systems for the twin 110-story towers comprising the World Trade Center in New York — then the world's tallest buildings.

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People



Arlington residents Stephanie Otto and Andrea Rumpler sport traditional Bavarian dirndls acquired from a recent stay in Germany.



Crowds at the Oktoberfest in Shirlington sample authentic German cuisine, and enjoy a wide selection of craft micro-beers.

Photos by Montie Martin/The Connection

Bavarian Fun Oktoberfest in Shirlington brings crowds, culture and craft beer.

By Montie Martin
The Connection

The Oktoberfest at Shirlington Village returned for its 13th installment on Saturday, Oct. 6, with lederhosen, dirndls and good cheers for all.

Crowds swelled throughout the day, and lines stretched around the block with some experiencing lengthy waits for the fun. "Getting that first beer after an hour wait was pretty nice," said Arata Niizuma, a New York City native who was visiting friends. "I had never heard of Shirlington before, but this Oktoberfest makes me appreciate Arlington, Va. Everyone is friendly and having a good time, perhaps I'll return next year just for this event."

The Oktoberfest in Shirlington, organized by Capital City Brewing Company, featured over 50 breweries from around the coun-



Arata Niizuma and Kat Morris enjoy the Oktoberfest in Shirlington while visiting friends from New York.

try. Local favorites Port City Brewing Company and DC Brau were on tap, as well as microbrews from as far away as California.

A new addition to this year's Oktoberfest celebration was the Bavarian song and dance troupe Schuhplattler und Gebirgstrachten Verein Washingtonia, a cultural organization. "We maintain Bavarian Schuhplattler dancing, educate the public on culture, and have fun," said Charles Volkman, president of SUGTV Washingtonia. "This is a good festival, it's a very nice crowd."

The absence of full liter glasses

at the Shirlington Oktoberfest did not escape Arlington resident Stephanie Otto, who recently returned from a stay in Germany. "The biggest difference between Oktoberfest in Germany and here in Arlington is the glass size, there are no liter glasses," said Otto. "A couple of microbrews have been very good, the bands are good, and the German food is very authentic."

The original Oktoberfest was held in 1810

in celebration of the marriage between Crown Prince Ludwig I of Bavaria to Princess Therese of Saxe-Hildburghausen.

Oktoberfest in Munich begins 17

days before the last Sunday of October. In 1994 the timing of the celebration was tailored in response to German Unity Day, held Oct. 3.

Little Bavaria

Schuhplattler und Gebirgstrachten Verein Washingtonia is a cultural organization that celebrates Bavarian Schuhplattler dancing with traditional dirndl and Tracht attire. For more information visit washingtonia.org.



Janet Nagler, Charles Volkman, Claudia Fochios and Angela Kummel perform Bavarian dances in traditional costumes during the Capital City Brewing Company Oktoberfest at the Shirlington Village.



The festival included Schuhplattler traditional dancing.

Opinion

Cancer Awareness Success with breast cancer awareness should help other cancers.

October is breast cancer awareness month. Anyone connected to media of any variety already knows this. A massive marketing success, we all know that pink shows support for breast cancer prevention, especially in October.

For me, last month marked three years since I completed chemotherapy and radiation for breast cancer. Because of early detection, advances in treatment (surgery, radiation, chemotherapy and ongoing hormonal treatment in my case), and ongoing monitoring, my prognosis, and the prognosis for most of the 2.5 million breast cancer survivors in the United States, is excellent.

Still in 2008, the last year reported by the CDC, 40,589 women died from breast cancer. The same year, 210,203 U.S. women were diagnosed with breast cancer. It is the most common cancer for U.S. women other than skin cancers.

Breast cancer awareness month is the perfect time to be sure that you and/or the women in your life are following best practices for breast cancer screening. While in recent years, there has been some confusion about breast cancer screening, if you have a family history of breast cancer, it is never too early to talk to your doctor about how to approach your preventative care. All women age 40 or over should talk with a doctor experienced in breast health about when to begin screening mammograms and how often to have them. When it comes to what is best for your breasts, self exam, knowing your own breasts and what feels normal, is a low-tech, low-cost measure.

In January 2009, I found a lump in my breast that I knew immediately was not normal. A

coworker's diagnosis of breast cancer had prompted me to have an overdue mammogram seven months before I found the lump, and that mammogram was perfectly normal. The mammogram after I found the lump showed the difference, a glowing spot that led the radiologist to say he would be "very concerned." The biopsy of the lump confirmed the concern.

Now three years later and cancer free, I can tell you that if I did not find that lump, if I waited two years for my next mammogram, my outcome would very likely have been different.

I share my experience in breast cancer awareness month, not because the experience defines me, but because I know how easy it is to put off a mammogram, how easy it is to miss months of self-checks, and because I know, early detection in breast cancer really can save lives.

THE SUCCESS of the breast cancer awareness movement has resulted in more than \$630 million annually in spending on research. It is not too much.

But at Connection Newspapers, we have two other employees who are in ongoing treatment for cancer. Kenny Lourie, who has stage 4 lung cancer, writes a weekly column that appears in most of our papers that discusses his more than three-year journey with candor and humor. Jean Card was diagnosed with Acute Promyelocytic Leukemia in early 2011 and has also written about her experience as she raises money for leukemia research and outreach. Visit www.LighttheNight.org and search APL Dumpling Gang.

Lung cancer kills more people in the United States every year than any other kind of can-

cer, in fact more than the other top cancers combined. In 2008, more than 208,000 people were diagnosed with lung cancer and more than 158,500 died of lung cancer. This is more than the deaths from breast, prostate and colon cancer combined. Spending on lung cancer research? Less than half spent on breast cancer, about \$280 million annually. As Lourie wryly points out, part of the problem may be that you can't turn out tens of thousands of lung cancer survivors for a march because, well, there are very few survivors over time.

Prostate cancer has more new cases per year and about the same death rate as breast cancer, but half the funding.

In 2012, there were an estimated 47,150 new cases of leukemia with 23,540 deaths, more than half the number of annual breast cancer deaths. But funding for leukemia research lags behind.

Nothing should be taken away from the efforts of breast health advocates. But clearly more effort is needed in other areas.

SPEAKING OF HEALTH RISKS, on average more than 20,000 people a year in the United States die from the flu. The numbers vary from year to year, with as many as 50,000 deaths in some years, and some studies showing the average number of deaths to be more than 35,000. The influenza vaccine is a cheap and effective method of preventing or reducing the impact of the flu.

Remember that no matter what health plan you have, there is just one person in charge of your health care: you.

— Mary Kimm,

mkimm@connectionnewspapers.com

Editorial

Bulletin Board

E-mail announcements to arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication. Photos are welcome.

SATURDAY/OCT. 13

Fall Theatre Classes. At Thomas Jefferson Middle School, 125 S. Old Glebe Road. Classes include "Fractured Fairytales," "It's A Zoo: Mask Making," and more.

Tree Distribution. Parks and Natural Resources will open up its nursery facility to Arlingtonians for another open house and tree distribution. This tree distribution enables private property owners to select from nine different species and receive a free tree to plant on their property. There are oaks, beeches, persimmons and many more. TreeStewards will be on hand during the open house providing tree planting and tree care information. Register at <http://treestewards.org/>

Recycling Event. 8:30 a.m.-3 p.m. Arlington County will hold its biannual Environmental Collection and Recycling Event (E-CARE) at Thomas Jefferson Middle School, located at 125 S. Glebe Road. E-CARE gives Arlington residents the opportunity to safely dispose of hazardous materials like paint, solvents, garden chemicals and items containing mercury. Residents can also recycle items such as electronics,



Outstanding Leadership

Del. Patrick A. Hope (D-47) received the "Collaborations Leadership Award" for 2012 from the Virginia Rehabilitation Association, the Virginia Association of Community Rehabilitation Programs and the Virginia Association of Persons in Supported

Employment. The award is a joint effort by three statewide associations in Virginia to recognize an individual for outstanding leadership in making a difference in the lives of Virginians with disabilities. Above are Amy Thomas, president, Virginia Association for Persons in Supported Employment; Hope; Dave Wilber, president, Virginia Association of Persons in Supported Employment and COO, Eggleston Services, Norfolk, and Ned Campbell, president, Virginia Rehabilitation Association.

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Freshman County Board Member Faces Two Opponents

From Page 3

don't think they are being ignored, but I do think that we could do a better job of listening and communicating."

As an example, Garvey said the county government could have done a better job moving forward on the proposed streetcar for Columbia Pike. Garvey says she is not ready to take a position against the streetcar yet, although she said the more she looks at the streetcar system the more she is convinced that the county needs to move in the direction of bus-rapid transit instead. The infrastructure can always be upgraded in the future, she said, and she hasn't seen any economic analysis that lays out a cost-benefit analysis that would justify the expense to taxpayers.

"I have seen nothing yet that would incline me to think that we should do the streetcar," said Garvey. "From what I see, a streetcar is nothing more than a bus with tracks and wires."

WAVRO DECIDED to run for office out of a sense of frustration. After years of attending County Board meetings and local planning meetings, Wavro says, he feels that elected leaders in Arlington are not listening to residents. Time after time, he says, he witnessed residents express concerns that were ignored or overlooked. As an example, he pointed to Foxcroft Heights planning charrettes, when neighborhood resi-

Meet the Candidates



AUDREY CLEMENT, 63

A native of Gainesville, Fla., Clement was raised in Pittsburgh. She has a bachelor's degree in fine arts from the University of Pennsylvania, a master's degree in political science from Temple University and a doctorate in political science from Temple. She votes at Swanson Middle School precinct. Money raised: \$4,000.



LIBBY GARVEY, 61

A native of Cambridge, Mass., Garvey was raised in Westport, Conn., and Milwaukee. She has a bachelor's degree in political science from Mount Holyoke College in South Hadley, Mass. She was elected to the Arlington School Board in 1996 and the Arlington County Board in 2012. Money raised: \$45,000.



MATT WAVRO, 32

A native of Chicago, Wavro was raised in South Bend, Ind. He has a bachelor's degree in political science and a master's degree in political science, both from Purdue University. Professionally, he is a human-resources consultant. Wavro votes at the Crystal City precinct. Money raised: \$4,000.

dents expressed concerns that the routing of traffic would be disruptive, that the zoning would put too much density in their neighborhood and that existing views would be disrupted by changes.

"The consultants and the County Board went ahead with their plan anyway," said Wavro. "The County Board approved the Columbia Pike neighborhood plan that had a different vision for the Foxcroft Heights neighborhood than what was expressed by the residents in the charrette, and we saw something very similar in the George Wash-

ington Carver area."

If elected, Wavro said, he would do a better job listening to neighborhood residents when they express concerns. County officials often talk about an "Arlington Way" based on collaboration and listening; Wavro says elected leaders could do a much better job at responding to those concerns. One example is the controversial Columbia Pike streetcar system, which Wavro said would be a drain on the county's finances.

"The current plans for the trolley will increase congestion and will not increase tran-

sit service for Columbia Pike," said Wavro. "Instead, I would advocate for a better plan that would be enhanced bus service that connects all the way into Rosslyn."

CLEMENT SAYS she wants to refocus the county budget on what she calls "essential needs." To that end, Clement says she would keep libraries open seven days a week and install solar panels on public buildings. She would also pursue a ban on disposable plastic bags and Styrofoam in Arlington, a proposal she would model on a 2007 initiative in San Francisco.

"I would pay more than lip service to green issues," said Clement. "I would develop a concrete plan for improving the livability of the community by emphasizing green programs in the county."

Clement is critical of several recent decisions of the County Board, including everything from transportation to infrastructure. To prevent the tax rate from going up, Clement said, she would remove several major projects from the list of capital-improvement projects in the near future. One is the Long Bridge Park and Aquatics Center, which she described as diverting money from road maintenance. Clement is also critical of the streetcar proposal for Columbia Pike.

"It's too expensive and it's not needed," said Clement. "To expend that amount of money rationally, you really have to demonstrate a massive need, and that need is not there."

NAACP Chapter To Honor Retired Arlington Educator

From Page 3

in Arlington County.

Macekura was born in 1921 in Wilkes-Barre, Pa. His "working-class" family consisted of 10 people, including his mother and father. He said his hometown was very close knit and integrated. He said that blacks and whites in the town got along with each other.

"They [the blacks] were our friends," said Macekura. "If one our parents or mothers or sisters were baking something; some buns or cookie or something like that, we'd say, 'Come on over.'"

Macekura said that the first time that he became involved in civil rights, or as he said it was called back then, "being fair," was when he was in high school. One year when people were auditioning for a school play titled "White Cloud," the person who was decided to best for the male lead was a black student named Charles. However, some people, including the school principal, were concerned about putting on a play titled "White Cloud" with a white woman and a black man as the two leads, which we involve them kissing and touching each other.

Macekura said that he and the editor of school newspaper told the principal that if Charles did not get the lead, they threatened to write an article in the school paper and have it published in the local daily newspaper saying that Charles "was not

selected because he was black." The principal eventually backed off, and Charles got the part.

"Our feeling was what was fair was fair," said Macekura. "We were involved in civil rights, which means everybody is equal ... everybody has rights under the Constitution."

AFTER HIGH SCHOOL, Macekura went on to serve in the U.S. Army from 1942-1946. After leaving the Army, he attended George Washington University in Washington, D.C. on the GI Bill and earned two bachelor's degrees. He decided to become a teacher so he could afford to pursue his interest in being a writer.

"I did want to write, but I have a nasty habit of eating. In writing, once in a while you can starve yourself," said Macekura.

He started working for Arlington Public Schools in 1950 when he accepted a job offer at Stratford Junior High School. In the time that he worked at Stratford from 1950-1965, he was a teacher, a counselor, head counselor, and an assistant principal. He would also serve as a principal at other schools in Arlington until his retirement in 1984.

In 1954, the U.S. Supreme Court ruled that segregated public schools were unconstitutional. The ruling required that all public schools in the U.S. be segregated. However, states in the South, including Virginia,

opposed were opposed to the ruling. In 1956, U.S. Sen. Harry Byrd Sr. coined the term "Massive Resistance," which called fighting against any orders to integrate the schools. That same year, the Virginia General Assembly passed a series of "Massive Resistance" laws that would cut off state funds and close any public schools that tries to integrate.

On Feb. 2, 1959, four black students entered Stratford; The Alexandria Gazette reported on that day that they "entered without incident." The mood was described by Macekura as being "excellent." He said that the four students were "very mature" for 12-year-olds and "very calm very quiet, not nervous." Macekura said there was no violence, and while some of the white students did express their resentment of the black students, there were white students who did try to reach out to them. He believes that prejudice is something that will always exist.

"Prejudice was there in '59; it's there in 2012," he said. People will always find "some reason to demean some people who are different from themselves."

As to why the integration at Stratford happened without any of the violence that occurred in Little Rock, Arkansas's attempt to integrate a high school in 1957, which required the presence of federal troops to be implemented, Macekura said that there were two reasons for that.

The first reason was the "demography of the community. It was a very mixed one. People from all over the country ... It was not a homogeneous kind of community. Number two, being that it was that, the people that were going to be responsible for the integration, the actual integration, had the same type of attitude [about it]."

Also, he credits much of the success of integration at Stratford to Claude Richmond, the principal. "He went around the school; He saw every staff member ... and he asked them, 'This is what's going to happen here [integration]. Do you have any sincere, deep problems with this?'" according to Macekura.

He said that Richmond wanted Stratford to be integrated, despite being a "good ol' boy" born and raised in the South. "He was never given credit," according to Macekura, because he was viewed as someone who was brought over to Stratford "to be a part of the group that was going to keep things the way they used to be."

However, Macekura saw that Richmond was proud of what had been done at Stratford.

"After everybody went home on Feb. 2, and he and I were left alone in the school... he [Richmond] said Joe, it's done. It's done, finally.' He looked at me with tears down his cheeks," said Macekura. "I don't know what went on inside, but it had to be something that he had believed in."

Home LifeStyle

Home Improvement Projects on the Rise

Local contractors see slight increase in business.

By Marilyn Campbell
The Connection

From transforming outdated bathrooms into serene spa-like retreats to creating dream kitchens with open-floor plans, high-end appliances and granite counters, homeowners are gradually re-engaging in remodeling projects, according to a report by The

National Association of the Remodeling Industry (NARI).

NARI's Second Quarterly Business Review, which is a compilation of business assessments by contractors, shows that homeowners are taking on slightly more home improvement tasks than in previous years. Some local builders agree and have seen this trend in the D.C. area.

"We just got done with the Capital Home Show, which can be an interesting indicator of how people are feeling, and it wasn't overwhelmingly gangbusters, but it was consistent traffic and we did well in terms of the number of people who wanted to set up appoint-

"With interest rates at historic lows, many times people find that they can get what they want by remodeling what they already have."

— Andrew Moore, president, Arlington Designer Homes, Inc.

ments with us before we left the show," said Bob Gallagher, president of Sun Design Remodeling in Burke. "That is how we measure people's attitudes."



Photo Courtesy of Arlington Designer Homes, Inc.

A new report shows that homeowners are taking on a few more home improvement projects – such as this newly remodeled kitchen – than in previous years. Andrew Moore, president of Arlington Designer Homes, Inc. says, "People can get what they want by remodeling what they already have."

Arlington resident Bruce Case, president of Case Design/Remodeling, Inc., said he has observed an increased interest in two specific home improvement areas: home repair and interiors.

Specifically, he's seeing "smaller home repair and care projects that require knowledgeable craftsmen. This demand stems from a need to keep up with the daily maintenance of a home, as well as from a desire to have professionals do these services," he wrote in an email. "We are seeing increased demand for professional design and construction services to improve the interior spaces of homes. Creating inspiring spaces

that also improve functionality within a home are drivers for our clients."

Low interest rates and a belief among homeowners that home improvement projects will increase home prices are helping drive the trend. Homeowners are also re-engaging in projects that they had postponed. Jeff Pregman, the general manager of Two Poor Teachers in Fairfax, says that he has noticed an increase in kitchen and bathroom projects: "Your best return on investment is kitchens and baths," he said. "We're also getting a lot of calls for basement remodels, which had tailed off due to the fact that you don't get as much return for investment in those projects in general, I think."

NARI also reports that 28 percent of homeowners now expect to stay in their

homes up to five years longer than originally planned because of the economy.

"Interest rates are great, but getting banks to lend, even to truly qualified people, can be a hassle and can create real obstacles to new home ownership. With interest rates at historic lows, many times people find that they can get what they want by remodeling what they already have," said Andrew Moore, president, Arlington Designer Homes, Inc.

Gallagher points to one caveat in the Washington, D.C., region: "There are some imminent federal government layoffs that are perceived, and some people have been communicating their reservations [to begin a project] because of that," he said. "And, of course, [uncertainty about] the election, which might slow things down."

Marymount's Interior Design Department Receives 2012 Potomac Award

Program recognized for creative, intellectual contributions to the local community.

By Marilyn Campbell
The Connection

Marymount University's Interior Design faculty and students have been recognized for their creative and intellectual contributions to the local community. The Arlington school was recently awarded the 2012 Potomac Award from the Washington Metropolitan Chapter of the American Society of Interior Designers (ASID), making it the first university to receive the honor. Interior design

classes are offered on the main campus or at the Reston Center.

"We have been blessed with intelligent, ambitious, dedicated students who have been willing to work hard and develop their understanding of the interior design field," said McLean resident Jean Freeman, an interior design professor at Marymount. "The awards that individual faculty have received and some of the articles and books they have published are ... an indication of their efforts to extend the body of knowledge for

See Marymount, Page 12



McLean resident Jean Freeman of Marymount University's interior design department credits talented students and faculty with the program's success.



Courtesy of Marymount University

Marymount University's interior design department was recognized for its contributions to the design industry, including efforts in sustainable design, historic preservation and the lighting and design of commercial spaces.

Home Life Style

Getting That Linen Closet Organized

Changing seasons offer opportunities to sort sheets and towels.

By Marilyn Campbell
The Connection

The autumn season brings falling temperatures and a need for bed linens with heft, but if digging out flannel sheet sets and wool blankets means rummaging through a stash that includes everything from shampoo to flashlights, it might be time for a linen closet reorganization.

The thought of sorting through piles of pillowcases and hand towels is enough to send some into hibernation until next spring, but fear not. Local organizing experts are here to help.

"Organizing a linen closet is a great small project that you can do in a short amount of time that will give you a real sense of accomplishment," said Jody Al-Saigh of Picture Perfect Organizing in Arlington. "Often, I suggest a small area like a linen closet as a starting point for clients who have a whole house to organize because it provides a real sense of fulfillment in a short amount of time."

Begin by emptying out the linen closet. "Toss any torn or stained, ratty and old items," said Al-Saigh. "You can often donate old rags to animal shelters who use them in cages for comfort for the animals."

Next, start sorting. "What you're going to do is go

See Organizing, Page 11



Photo Courtesy of Picture Perfect Organizing

Professional organizers say creating an orderly linen closet is easier than one might think.

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² Fee waiver for appraisal and environmental assessment phase 1 fee cannot exceed maximum of \$1500 for loans \$250,000 - \$500,000 and maximum of \$5000 for loans \$500,001 - \$2,500,000.

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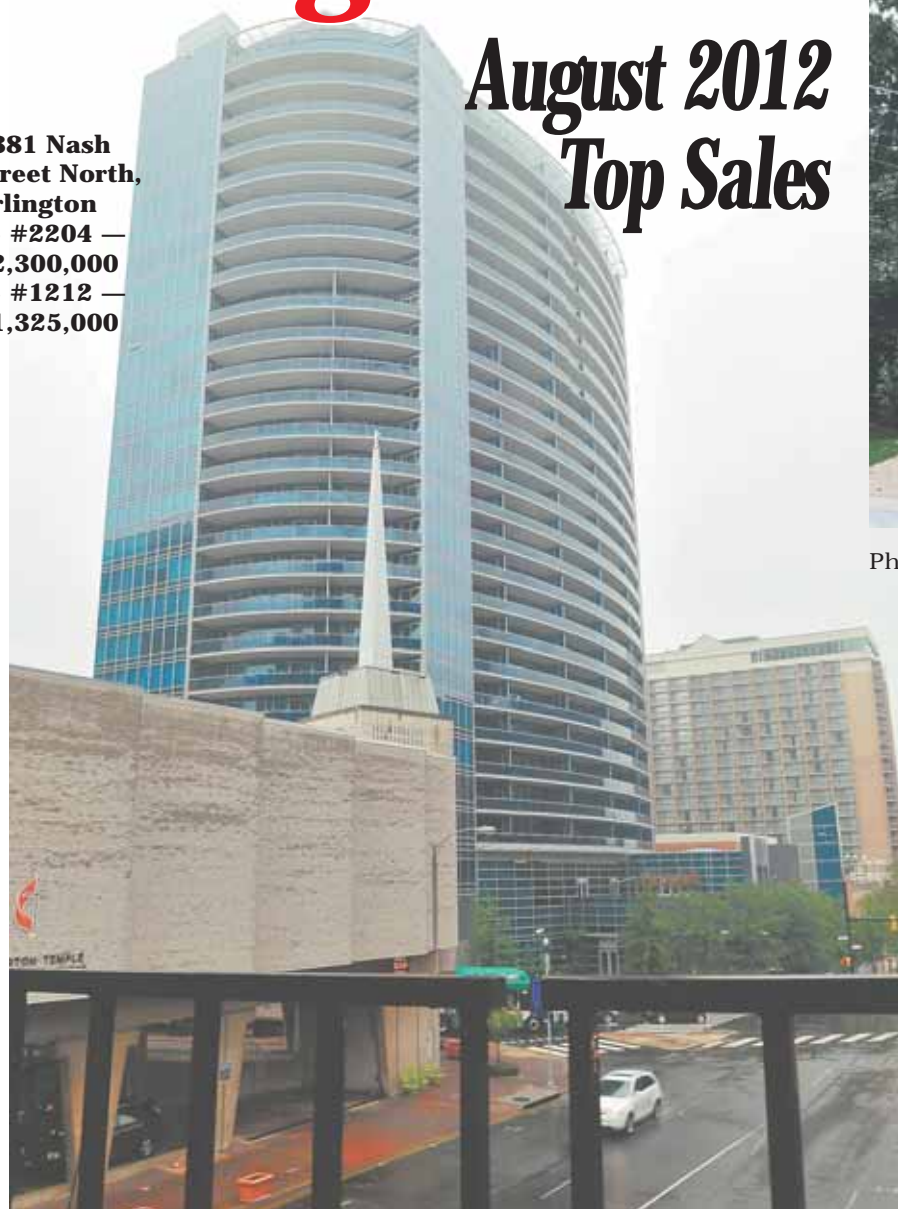
Arlington REAL ESTATE

In August 2012, 255 Arlington homes sold between \$2,300,000-\$75,000.

August 2012 Top Sales

1881 Nash Street North, Arlington

- ① #2204 — \$2,300,000
- ⑥ #1212 — \$1,325,000



- ③ 3600 Dickerson Street North, Arlington — \$1,580,000

Photos by Louise Krafft /The Connection



- ④ 2920 John Marshall Drive, Arlington — \$1,548,000



- ⑤ 2355 Lincoln Street, Arlington — \$1,350,100



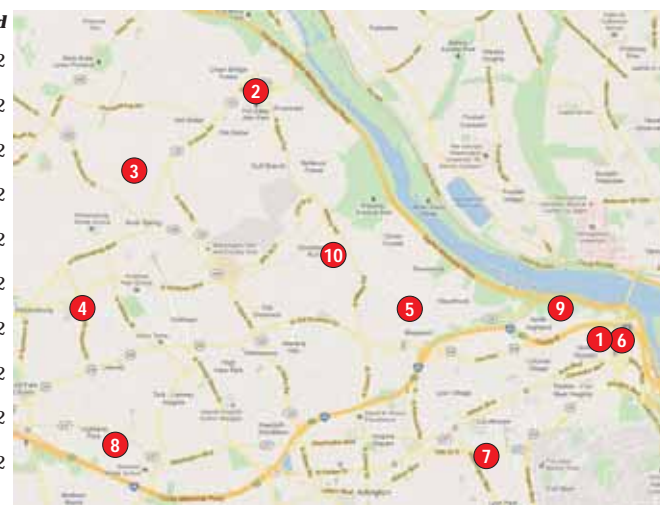
- ⑩ 2613 Stuart Street North, Arlington — \$1,100,000



- ⑦ 922 Daniel Street North, Arlington — \$1,295,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
① 1881 NASH ST N #2204	2	3	1	ARLINGTON	\$2,300,000	Hi-Rise 9+ Floors	22209	TURNBERRY TOWER	08/15/12
② 3817 RANDOLPH CT N	4	3	1	ARLINGTON	\$1,625,000	Townhouse	0.10	22207	CHAIN BRIDGE TERRACE	08/07/12
③ 3600 DICKERSON ST N	5	4	1	ARLINGTON	\$1,580,000	Detached	0.23	22207	COUNTRY CLUB MANORS	08/13/12
④ 2920 JOHN MARSHALL DR	5	4	1	ARLINGTON	\$1,548,000	Detached	0.23	22207	BERKSHIRE OAKWOOD	08/24/12
⑤ 2355 LINCOLN ST	5	5	1	ARLINGTON	\$1,350,100	Detached	0.20	22207	MAYWOOD	08/17/12
⑥ 1881 NASH ST N #1212	2	2	0	ARLINGTON	\$1,325,000	Hi-Rise 9+ Floors	22209	TURNBERRY TOWER	08/22/12
⑦ 922 DANIEL ST N	5	3	1	ARLINGTON	\$1,295,000	Detached	0.14	22201	CLARENDON	08/28/12
⑧ 5930 16TH ST N	4	4	1	ARLINGTON	\$1,235,000	Detached	0.23	22205	FOSTORIA, HIGHLAND PARK	08/17/12
⑨ 1739 22ND CT N	3	3	2	ARLINGTON	\$1,129,500	Townhouse	0.06	22209	PALISADES PARK	08/06/12
⑩ 2613 STUART ST N	5	5	0	ARLINGTON	\$1,100,000	Detached	0.23	22207	LEE HEIGHTS	08/13/12

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© Google Map data

Organizing Closets

From Page 9 through your sheets. The goal is to have two sets of sheets per bed, three if you have a lot of space," said Eileen LaGreca of Sensational Spaces in Fairfax. "Some people like to store their sheets by sets. Others like to have a shelf of all flats or all pillowcases."

LaGreca recommends sorting towels next. "A general rule of thumb is to have two or three towels per person in the house: a bath towel, a hand towel and a washcloth," she said. "Everything else you don't need."

Once you decide which items will stay and which will go, it is time to choose a system of organization. "Depending on the size of your linen closet, you can organize by room or by person in the household," said Al-Saigh. "[If you are sorting] by room, have all the sheets for the guest room in one area, all the sheets for kids' room in another, all the towels, washcloths, bath mats ... together."

Once the purging, sorting and organizing are complete, it's time to refold and restock. "Fold the sheets as neatly and compactly as possible and put all sheet sets to-

gether inside the pillowcase," said Al-Saigh. "This keeps everything together and keeps the closet looking tidy and uniform."

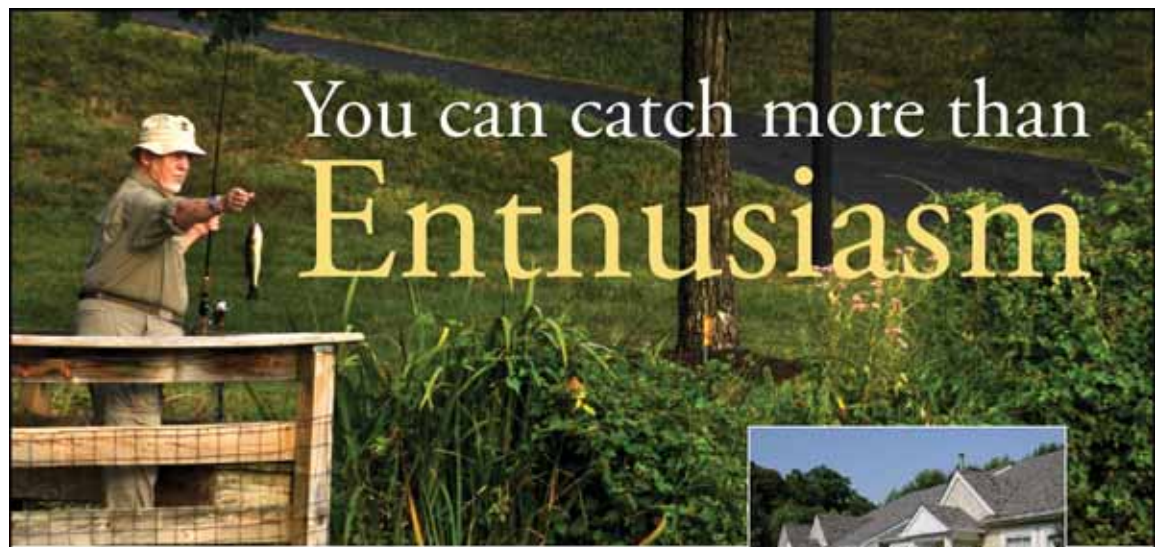
How should one keep those newly folded stacks of linens from toppling? "A good product to have is shelf dividers that you can get at the Container Store," said LaGreca. "They slide right onto the shelves and keep the piles separate so things aren't falling over."

Susan Unger of ClutterSOS in Vienna adds, "If you're short on space, one thing that works well for the blankets are the space bags where you can vacuum out the air and stack the blankets in the closet."


ACCESSIBILITY IS ANOTHER KEY. "The sheets and towels should go pretty much eye level within your closet," said LaGreca. "Things that are used less frequently, say for guests or for seasonal use, can go either on the top or the bottom shelf."

Unger adds, "To keep the sheets smelling nice you can put a fabric softener sheet in between the sheets in the closet or hang some

See Closets, Page 12



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Closets

From Page 11
sachets on the door or in the closet," said Unger. "It keeps it closet nice and fresh."

Organizers say it's also possible to neatly store other bathroom-related items in a linen closet. "I like to have sets of different kinds of bins where people can keep their medicines, lotions or toothpaste or toiletries in the linen closet, which is a good place for extras" said LaGreca. "Just keep them sorted and together in separate bins." Whether one chooses clear, plastic bins or decorative boxes, labeling and accessibility are important. "When you think of neat linen closets, you think printed labels or frilly labels," Al-Saigh added. "You are going to be reaching for the containers often, so in addition to labels, it is nice to have a handle so that you can grab it easily. You can even use ornate, pretty baskets."

"I really recommend even labeling the shelves," said Unger. "Labeling is really good because anyone going in to the linen closet can find what they need."

Marymount

From Page 8
the field and our students."

Bridget May of Herndon, another professor of interior design at Marymount, believes that evidence-based design will become standard practice for future students. "A lot of research goes into optimal use of space for function," she said. The award recognizes the university's interior design department for its contributions to the design industry, including its efforts in sustainable design, historic preservation and the lighting and design of commercial spaces. The National Trust for Historic Preservation and The National Portrait Gallery and the Smithsonian American Art Museum are among the past recipients of the award.

"It is a prestigious award," said Leslie Ehrmann, ASID Washington Metro Chapter administrator. "If you look at the company [of past awardees] with which the [Interior Design] department at Marymount is keeping, you'll appreciate the prestige of the award."

The university's Interior Design department was established in 1979, making it "the longest running interior design program in the region," Arlington resident Bob Meden, the department chair, said in a statement. "This award is really a recognition of our alumni's accomplishments."

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Entertainment

'Dying City' at Signature

Signature debuts Pulitzer-nominated play.

By Jeanne Theismann
The Connection

A year after her husband's death in Iraq, newly-widowed Kelly is confronted by his identical twin brother in "Dying City," now playing at Signature Theatre in Arlington.

First performed in 2006 at London's Royal Court Theatre, the Pulitzer Prize-nominated play by Christopher Shinn follows Rachel Zampelli as Kelly, a young therapist painfully forced to explore her last interactions with her husband Craig when his brother Peter surprises her with a visit.

Over the course of conversation, Kelly lapses into flashbacks featuring Craig. Thomas Keegan plays the dual roles, one moment taking on the persona of Kelly's gay actor brother-in-law, and the next, her late, soldier husband.

Theatrical sleight-of-hand allows Keegan to play both brothers, each in a different time. His fluid character transformations are rock-solid, sometimes taking place via a doorway and others in plain view as he eerily changes posture and moods. As played by Keegan, both Craig and Peter are sensitive and mesmerizing.

Signature favorite Zampelli is equally convincing as she struggles through her own stages of grief over the loss of her husband



Photos by Scott Suchman

Having not spoken since Craig's funeral, Kelly (Rachel Zampelli) and Peter (Thomas Keegan) face-off in a passive-aggressive battle rooted in half-truths and betrayal. Dying City plays at Virginia's Signature Theatre through November 25, 2012. Visit www.signature-theatre.org.

and the confrontation with Peter that she has been avoiding.

The masterful lighting design by Collin K. Bills serves a vital role, with subtle shifts often signaling a scene change or cueing a character change for Keegan.

Under the direction of Matthew Gardiner, Shinn's script draws the audience into the troubled relationships so brilliantly portrayed by Zampelli and Keegan. Both poignant and profound, "Dying City" is a masterful piece of contemporary theater.

"Dying City" is playing now through Nov. 25 at Signature Theatre, 4200 Campbell Ave. in Arlington. For tickets or more information, call 703-820-9771 or visit www.signature-theatre.org.



Rachel Zampelli stars as Kelly in Dying City, running through November 25, 2012 at Virginia's Signature Theatre.



Thomas Keegan stars as twin brothers Peter and Craig in Dying City, running through November 25, 2012 at Virginia's Signature Theatre.

Calendar

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

THURSDAY/OCT. 11

Free Book Event. 7 p.m. Veteran horror and paranormal author Karen E. Taylor will discuss Thirst, the third book of her Vampire Legacy series. One More Page, LLC is located at 2200 N. Westmoreland St., #101. Visit www.onemorepagebooks.com.

Free Concert. 7:30 p.m. The U.S. Army Strings presents one of the most recognizable works in all of classical music. Each of the concertos will feature a different violin soloist from within the talented group of Army musicians. Free and open to the public. Call 703-696-3399 or visit www.usarmyband.com. At Cherrydale Baptist Church, 3910 Lorcom Lane.

FRIDAY/OCT. 12

Book Club. 11 a.m. The One More Page Book Fiction Club meets to chat about The Master and Margarita by Mikhail Bulgakov at One More Page, LLC, 2200 N. Westmoreland St., #101. Visit www.onemorepagebooks.com.

Campfire: Skunk Scents. 6-7 p.m. The whole family is invited to roast S'mores and learn all about the defenses and hunting habits of the forest's flashiest night-time traveler. \$5 fee due upon registration. Call 703-228-3403.

SATURDAY/OCT. 13

The 2012 Vocal Arts Competition for Emerging Artists. 7-9 p.m. The Walker Chapel United Methodist Church, 4102 North Glebe Road. Jummy Olanji, from ABC7/WJLA- See Calendar, Page 15

Ongoing

THURSDAYS

Food Truck Thursdays. In the surface parking lot at the corner of Crystal Drive and 18th Street.

MONDAYS/THROUGH OCT. 31

Laugh for Health. 6:30-7:30 p.m. Great stress reliever. 45-minutes of laughter exercises and a 15-minute overview about laughter yoga and its benefits to anyone willing to laugh. Just show up. At Arlington Central Library, 1015 N. Quincy St. Call 703-228-5959.

THROUGH OCT. 31

Art Exhibition. Bryan Jernigan, an Arlington artist, is back at Arlington County's Central Library with a new series called "Forgotten : Remembered" which comprises 14 pieces total - 10 of which will be on display. Contact him at 571-263-6317 or email

bryan@nafisc.org.

FRIDAY MORNINGS

Line Dancing Class. 10-11 a.m. Line dancing with Barbara Allen. Covers the basic steps, then combines them to music for a gentle aerobic workout. More experienced line dancers are welcome as they can assist newer dancers. At Aurora Hills Senior Center. Call 703-228-5722.

OCT. 15 THROUGH NOV. 18

Free Art Exhibition. "A Celebration of Color" will be on display at Cassatt's Kiwi Cafe, 4536 Lee Hwy. The exhibit was juried by noted localpastel painter Daniel Wise. Open to the public. A reception will be held Oct. 21, 6-7:30 p.m. at Cassatt's Kiwi Cafe. Meet the artists and view the juried exhibit. Refreshments are provided.

THROUGH NOVEMBER

National Cherry Blossom Photo Contest. Some 150 finalists and judge favorites from FotoDC's Second Annual National Cherry Blossom Photo Contest will be exhibited along Crystal City's interior walkways. Visit www.crystalcity.org.

NOV. 15-17

Annual Craft Fair. St. Matthew's United Methodist Church located at 8617 Little River Tpk. will hold a craft fair, featuring juried crafts, arts, a bake sale and more, to benefit local, national and international mission projects. Nov. 15, 4-8 p.m.; Nov. 16, 11 a.m.-6 p.m.; and Nov. 17, 10 a.m.-3 p.m. Call 703-978-3500 or visit www.stmatthewsumc.org.

Calendar

From Page 14

TV and News Channel 8, will preside as MC. Free and open to the public. Donations welcome. Call the Opera Guild at 703-536-7557, email mcdm1@verizon.net or visit www.operaguildnova.org or www.nanbpwc.org.

Bake Sale. 9:30-11:30 a.m. The Woman's Club of Arlington will have a bake sale, boutique with hand-made crafts, White House Ornaments sale and paper-shredding fund-raising event. At the Club's parking lot located at the corner of South 8th and Buchanan streets. A donation is requested for the paper shredding, which will benefit the scholarship fund. Call 703-553-5800.

Free Concert. 7:30 p.m. The U.S. Army Chorus presents Songs of the Blue and the Gray: A Civil War Commemoration. Free and open to the public. At Ft. Myer Memorial Chapel, 101 McNair Road. Call 703-696-3399 or visit www.usarmyband.com.

Boundary Stone Bike Tour. 9:15 a.m. Bike for 35 miles and visit 12 historic D.C. boundary stones in Arlington, Alexandria and Fairfax County. Bike on paved streets and bike trails with few long uphill climbs. Bring lunch, water, and any type of bike. No reservations necessary. \$2 non-member fee. Cancelled if 55 percent or greater chance of rain. Meet at the entrance to East Falls Church Metro Station. Visit www.centerhikingclub.org.

Taste of Kiwanis. 5-8 p.m. National Rural Electric Cooperative Ballroom, 4301 Wilson Blvd. \$25 adults, \$30 at door, \$15 for children under 12. Call 703-249-5118 or visit www.tasteofkiwanis.com.

Waldorf School's Annual Fall Festival. 10 a.m.-2 p.m. This annual fundraiser for the Potomac Crescent

Spring Awakening

Jenny Christie (Wendla) and Joshua Goldman (Melchior) perform The Word of Your Body in Dominion Stage's

"Spring Awakening" Thursdays, Fridays and Saturdays through Oct. 20. All performances will be held at the Gunston Arts Center, Theater One, located at 2700 S. Lang St. at 8 p.m. Visit www.DominionStage.org.



Waldorf School is a family-centered day of games, crafts, puppet plays, a hearty and wholesome lunch, and more. Cost is \$15 per person or \$40 per family (3 or more children). All are welcome. At 923 S. 23rd St.

Fall Heritage Festival. 1-5 p.m. Families can participate in activities such as scarecrow-making and cornhusk doll-making and view demonstrations such as blacksmithing and butter-churning. Andrew Acosta & the New Old-Time String Band will perform. \$5 per person, children under 3 free. Call 703-228-3403. At Gulf Branch Nature Center located at 3608 North Military Rd. On-street parking available on Military Road and 36th Road North.

Teen Sport Nights Opening Night. 9-11 p.m. At Thomas Jefferson Center, 3501 2nd St. \$2 per student. Open gym of basketball, soccer, volleyball, roller skating, parkour & game room with billiards, ping-pong, foosball and more. Visit

www.arlingtonva.us.

SATURDAYS/THROUGH MAR. 30

Family Skate Opening Night. 6:30-8:30 p.m. Thomas Jefferson Center, 3501 2nd St. Fees: \$2 entry, \$3 skate rental, \$2 re-entry for students attending both family and teen skate. Cash only. Save time in line by bringing skates. Visit www.arlingtonva.us.

SUNDAY/OCT. 14

Fundraiser. 1-4 p.m. The Mutts n Munchkins Crafty Kids Fundraiser supports Service Dogs of Virginia. Mutts n Munchkins is looking for young people to create simple dog related art work, baked goods, games or arts and crafts to sell at the event to raise money for Service Dogs of Virginia. Cherry Hill Park. Visit www.muttsnmunchkins.com.

See Calendar, Page 17

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Two Generations of Cajun Dancehall Music at Artisphere

Two generations of Cajun music legends unite when the new group Joel Savoy, Jesse Lége & Cajun Country Revival heat up the ballroom at Artisphere on Wednesday, Oct. 17. Together they've been exploring the connections between Cajun roots music and honky-tonk, drawing from Jesse Lége's nearly inexhaustible supply of old songs, Joel Savoy's endless ability to improvise, and Caleb Klauder's dry, dusty voice. Tickets are \$15. The event, in partnership with Dancing by the Bayou, takes place in Artisphere's Ballroom.

Jesse Lége, Joel Savoy & The Cajun Country Revival dig into the deep roots of Cajun music, looking not only for beautiful, rare songs, but also for a commonality between the rural dancehalls of Louisiana and the honky-tonks of East Texas. Elder accordionist and vocalist Jesse Lége was raised in a home with no electricity, speaking Cajun French as his first language. Fiddler Joel Savoy grew up in the home of Marc and Ann Savoy, literally at the feet of the grandmasters of the genre. Rounding out this powerhouse Cajun group is The Caleb Klauder Country Band from Portland, Ore., bringing their hard-driving, honky-tonk and vintage acoustic country roots.

The mixture is an explosive celebration of a uniquely American genre.

Formed in 2010, the Cajun Country Revival came together during Caleb Klauder's Northwest CD release tour to celebrate his album, *Western Country*. Savoy and Lége happened to be in the Northwest at the time, and Caleb invited them to sit in on his tour. The group immediately clicked. Lége and Savoy's Cajun dancehall music blended well with the roots country and honky-tonk of Klauder's band, and a brilliant in-studio performance at Seattle's KEXP

radio station cemented the group. Klauder and Lége found a rough, rustic bond in their vocals, trading off between Cajun French and English, while Sammy Lind and Savoy slipped right into the interwoven fiddle lines of the old Cajun twin-fiddling style.

There's a rich history of Cajun singers translating popular country songs, and many Cajun songs are based on this. It's a river that runs both ways,

**JESSE LÉGE & JOEL SAVOY
AND THE CAJUN COUNTRY REVIVAL
THE RIGHT COMBINATION**



uniting East Texas and Southwest Louisiana, and now the Pacific Northwest, where Caleb and friends call Portland home. In our globally-connected world, Joel Savoy, Jesse Lége & Cajun Country Revival is a band that knows where the music comes from, but can't wait to find out where it's heading.

Details

Joel Savoy, Jesse Lége & Cajun Country Revival, Wednesday, Oct. 17 at 8 p.m. \$15. **Artisphere** is located at 1101 Wilson Boulevard, two blocks from the Rosslyn Metro (blue/orange) and within walking distance of Georgetown. Admission to Artisphere and all its visual art galleries is free; there is a cost for ticketed events. Patrons park free evenings after 5 p.m. and all day on weekends. Visit www.artisphere.com or call 703-875-1100.

Calendar

Ongoing

WEDNESDAY/OCT. 17 & 24

Adult Creative Campus: Mask Making. 7-9 p.m. Get ready for Halloween with the introduction to the skills of mask making. Learn how to cast the face, shape the mask and decorate with paint and other objects. For people 18 and older. Tuition: \$175, materials included. At the Education Lab in Artisphere, 1101 Wilson Blvd. Visit artisphere.com.

THURSDAY/OCT. 11, 18, 25 & NOV. 1

Adult Creativity Campus. 7-10 p.m. Digital Fabrication, Rapid Prototyping + 3-D Printing. Take ideas from concept, to rendering, to prototype in this dynamic design class. For people 18 and older. Tuition: \$360. Participants must bring their own laptop and download design software. At the Education Lab in Artisphere, 1101 Wilson Blvd. Visit artisphere.com.

SATURDAYS/OCT. 13, 20, 27 & NOV. 3

Youth Creativity Campus. 1-4 p.m. Art Tales: Storytelling Through The Dramatic & Visual Arts. Participants will expand their ability to express themselves in a dynamic way as instructors guide youth using a variety of physical theater and visual art making storytelling techniques such as mime, movement, song, costume, puppetry, mural painting and ensemble building. The final day of the program will take place in the Dome Theater as students prepare a showcase for family and friends. For children 6-11. At Education Lab & Dome Theater. Tuition: \$220, includes all materials. At Artisphere, 1101 Wilson Blvd. Visit artisphere.com.

SUNDAYS/OCT. 14 & 21, NOV. 4 & 18

Adult Creativity Campus. 12:30-2:30

THURSDAY/OCT. 11

Blackie and the Rodeo Kings will perform at Iota Club & Cafe at 8:30 p.m. \$15. 2832 Wilson Blvd. Visit iotaclubandcafe.com.

Live Jazz Thursday: Yvonne Johnson. 5:30 p.m. Town Hall.

THURSDAYS/OCT. 18

Live Jazz Thursdays: Hilton 'Tre' Felton Trio. 5:30 p.m. In Artisphere's Town Hall, 1101 Wilson Blvd. Visit www.artisphere.com.

FRIDAY/OCT. 19

Film: Invasion of the Body Snatchers (1956). 8 p.m. \$8. At Dome Theatre, Artisphere, 1101

Wilson Blvd. Visit www.artisphere.com.

SUNDAY/OCT. 21

Kids Euro Festival: Denmark. 12:30 p.m. Free. At Dome Theater. "Friendship" is a collage of what it means to be friends. Denmark Teater Patrasket is a travelling theatre that tours all over Denmark and abroad. 1101 Wilson Blvd. Visit www.artisphere.com.

THURSDAY/OCT. 25

Live Jazz Thursdays: Lyle Link. 5:30 p.m. In Artisphere's Town Hall, 1101 Wilson Blvd. Visit www.artisphere.com.

THROUGH OCT. 27

Pattee Hipschen and Her Visual Diary. The Mezz Gallery will exhibit paintings and monotype prints by Pattee Hipschen, who captures U.S. landscapes while traveling. At Artisphere, 1101 Wilson Blvd. Visit www.artisphere.com.

THROUGH NOV. 4

Julia Christensen: Art on the Art Bus. Julia Christensen works across mediums in her art pieces, often combining photography, video, sound and writing. Art Bus fare applies. Artisphere located at 1101 Wilson Boulevard. Visit www.artisphere.com.
Jenny Sidhu Mullins: Art on the Art Bus. Mullins creates paintings and electronic, interactive sculpture that explore ideas related to national identity, American spirituality and corporate mythology. Art Bus fare applies. Artisphere located at 1101 Wilson Blvd. Visit www.artisphere.com.
Beyond the Parking Lot: The Change and Re-assessment of our Modern

p.m. Magic School. Through a crash course in illusion, examine how we interact with reality. Topics covered will include sleight of hand, misdirection, secret devices, storytelling, persona, mindreading, and human interaction, as well as dreams, imagination and creativity. For people 18 and older. At Education Lab & Dome Theater. Tuition: \$200, magic prop kit included. At Artisphere, 1101 Wilson Blvd. Visit artisphere.com.

Youth Creativity Campus. 12:30-2:30 p.m. Magician David London will be presenting a four session Magic School for children that will provide a crash course in the art of illusion. In each class, students will learn the basics of magic, including sleight of hand, misdirection, secret devices, storytelling and more. For children 8-14. At Education Lab & Dome Theater. Tuition: \$200, includes magic kit. At Artisphere, 1101 Wilson Blvd. Visit artisphere.com.

Landscape. This exhibit shows contemporary landscapes, by artists who are observing changes in our nation's parking lots and buildings, exposing the use of the environment in compromising ways and will instigate the discussion of "where do we go from here?" Located in the Terrace Gallery of the Artisphere, 1101 Wilson Blvd. Visit www.artisphere.com.

Drawing The Found Line. 5:30-11 p.m. Free. From Oct. 17 to Oct. 19, Lines of Space & Light artists Jassie Rios and Renee van der Stelt collaborate to produce a series of site-generated drawings to find and follow lines of sound, movement, light and space through traditional drawing strategies as well as through the use of audio and video equipment. At Work In Progress Gallery, 1101 Wilson Blvd. Visit www.artisphere.com.

Michael Salter + Chris Coleman: My House Is Not My House. Free. My House is not my House is an ongoing series of animations dealing with themes of isolation, suburbia, and Western culture. At Town Hall Video Wall. Visit www.artisphere.com.

Evan Boggess: Time Lapses. Free. At Video Screens, Artisphere. By condensing these longer exercises into incremental snapshots, visitors are given a window into the artists' process as the creation of a work from beginning to end unfolds in a matter of seconds. A different time-lapse is presented on each of the five screens throughout Artisphere. Visit www.artisphere.com.

WEDNESDAYS/OCT. 17-FEBRUARY

Yarn Bomb Meet-ups + Stitch Session. 6-9 p.m. Free. Create a yarn bombing temporary public art project in Rosslyn. Meet other knitters at Town Hall, 1901 N. Moore St. All ages and experience levels are welcome. Free. Visit <http://pinklineproject.com>. No meet-ups on Oct. 31; Nov. 7, 21; or Dec. 12, 26.

East Falls Church

Ballston-MU

Virginia Sq-GMU

Clarendon

Court House

Rosslyn

Calendar

From Page 15

Concert. 4 p.m. Virginia Chamber Orchestra presents Musical Gems from France. Free for students. Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike. Ticket purchased at the door: Adults \$25; Senior \$20. Discount tickets (\$20) are available online at www.virginiachamberorchestra.org.

Project WILD. 10 a.m.-4 p.m. Project WILD is based on the premise that young people and educators have a vital interest in learning about our natural world. Bring a bag lunch and drink. Facilitated by park naturalist Matt Neff. Call 703-228-6535. Meet at Long Branch Nature Center. Free. Registration required.

MONDAY/OCT. 15

Author Series. 3 p.m. Barbara Burkhardt, former fiction editor of The New Yorker, will discuss her book "Conversations with William Maxwell" at the Arlington Central Library, 1015 N. Quincy St.

Free Book Event. 7 p.m. Katherine Sharpe will discuss and sign Coming of Age on Zoloff: How Antidepressants Cheered Us Up, Let Us Down, and Changed Who We Are. One More Page, LLC is located at 2200 N. Westmoreland St., #101. Visit www.onemorepagebooks.com.

Author Series. 7 p.m. Poet and Arlington teacher Melanie McCabe reads from her first book, "History of the Body," in which the body becomes history, the vessel of lived experience, of touching the world and being touched, and gesturing beyond that world's physical confines. A discussion and signing follows. At Shirlington Branch Library, 4200 Campbell Ave.

TUESDAY/OCT. 16

Advance Screening. 6:30 p.m. WDCW and the Fashion Centre will host an advance screening of CW's new "EMILY OWEN, M.D." show, scheduled to premiere at 9 p.m.

Book Club. 7 p.m. The One More Page Book Fiction Club meets to discuss The Shape of Water, the first book in the Inspector Montalbano series by Andrea Camilleri. At One More Page, LLC, 2200 N. Westmoreland St., #101. Visit www.onemorepagebooks.com.

Free Concert. 7:30 p.m. "Pershing's Own" Chamber Music Series presents Piano and Strings: Echoes of Vienna. Enjoy works by Mozart, Gustav Mahler, and Johannes Brahms. Free and open to the public. Call 703-696-3399 or visit www.usarmyband.com. At Brucker Hall, 400 McNair Road.

WEDNESDAY/OCT. 17

Lunch and Performance. 12 p.m. McLean Baptist Church, 1367 Chain Bridge Road. \$10 per person. Pre-payment required by Oct. 11. Free blood pressure screening begins at 11 a.m. Call 703-506-2199 to register or email rekcockcalb@hotmail.com.

Free Book Event. 7 p.m. Kathy McCleary will read and sign A Simple Thing, her novel of an unlikely friendship between two women on a journey of self-discovery. One More Page, LLC is located at 2200 N. Westmoreland St., #101. Visit www.onemorepagebooks.com.



Woodland Reveries

Photos of East Tennessee by Tammie George. Runs through Jan. 3, 2013 at **Cherrydale Branch Library, 2190 Military Rd. Free. Call 703-228-6330.**

THURSDAY/OCT. 18

Free Wine Tasting. 7 p.m. One More Page hosts a wine tasting at 2200 N. Westmoreland St., #101. Visit www.onemorepagebooks.com.

Garden Club. 11 a.m. Plant expert Marion Lobstein speaks to Rock Spring Garden Club on the "Flora of Virginia" at Little Falls Presbyterian Church, 6025 Little Falls Rd. Free and open to the public, with an optional \$5 lunch. RSVP by Oct. 11 to Jody Goulden, 703-533-2942, jgoulden@verizon.net.

FRIDAY-SUNDAY/OCT. 19-21

The U.S. FreedomWalk Festival. A non-competitive walking sport event for fitness and fellowship. (Everyone welcome. Children under 16 must be accompanied by an adult. (All walks begin and end at Holiday Inn-Rosslyn at Key Bridge, 1900 North Fort Myer Drive. Adults \$15-\$24, children \$5. Registration required at www.usfreedomwalk.org.

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"Subjectively Speaking"



By KENNETH B. LOURIE

In my opinion. It's what I think. It's what I feel. It's what I think I feel. It may not be something I know, but it's certainly something that I hope I know. And if it's not exactly something that I know, then I hope it's something I believe. Because, if I don't believe it, hoping might not be enough. And if hoping is not enough, and I don't believe, then what I think I feel is simply mind over matter. Yet for all I know (not much really), my mind might matter more than any other weapon I have - real or imagined, in this battle, hopefully not 'til the death, against the stage IV NSCLC that has taken up residence in my body.

However, It's not as if I don't listen to what my oncologist says/has said. In fact, I take pride in my listening and observational skills, so I think I have paid particular attention throughout this entire process. (After all, my life was/is semi-at-stake here.) Now whether I actually heard/assimilated everything that was said to me by my oncologist is likely another issue/column entirely. Moreover, as much as I know how to focus on what the doctor is saying and to listen carefully in order to ask intelligent and potentially life-saving (at least life-sustaining) questions, later, when my wife and I are home reviewing what the doctor had said only a few hours before, invariably we have different impressions, different interpretations and overall different recollections. Unfortunately, there's no one really for us to call (who's available) to review and clarify questions and/or answers that a few hours later are amazingly less clear than they were when we initially heard them. The reality is, there are no do-overs.

As a result, it becomes impossible (nearly impossible) for the patient (this patient, anyway) to be objective about these kinds of life-and-death meetings/discussions, so what words come out, after internalizing everything you've seen and heard is, "subjectively speaking." Somewhere between your best "recollection," your best guess and your likely most positive spin on a set of facts and/or circumstances which might take a bit of getting used to, or at least, making sense of. And that's how life goes on: from one unforgettable (you know what I mean; not literally, but you sort of forget some of what you hear), potentially life-ending set of doctor-speak to the next round of scans, always to be coordinated with your oncologist-ordered lab work, followed up by yet another appointment/exam with the oncologist, the combination and interpretation of each will ultimately tell the tale: good, bad or indifferent.

"Good" and "bad" speak for themselves. "Indifferent" however, is another discussion altogether. Looking for the positive, minimizing the negative; this conversation turns grasping at straws into a literal event. You believe what you want and discount what you must, anything to induce yourself into believing that tomorrow is, as Scarlett O'Hara made famous at the end of "Gone With The Wind," "another day." One filled with hope and optimism, and one worth living, preferably without cancer. But being realistic - and occasionally honest - with yourself, the cancer is likely not disappearing anytime soon. Shrinkage (of the tumors) would be ideal, of course. But you can live with no growth, too. And as I have come to understand - and appreciate: "stable" is a pretty spectacular word, (my new favorite word, actually). In fact, I can live with "stable." But that's just my opinion, unrealistic though it may be.

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

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People

Foundation Awards \$115,000

In recognition of their achievements in school, at home and within their communities, Arlington county residents Stephanie Hitchcock, Erin Gistaro, Adam Miner and Rachel Wimmer were among 26 college students to receive a combined \$115,000 in scholarships from Northwest Federal Credit Union Foundation.

The foundation has two scholarship programs: The Ben DeFelice Scholarship, which presented \$5,000 each to 20 students; and the Central Intelligence Retirees Association Scholarship, which awarded \$2,500 each to six students.

Hitchcock, who received the Ben DeFelice Scholarship, is a 2010 graduate of H.B. Woodlawn High School, lives in Arlington and attends Virginia Tech. Gistaro, who re-

ceived a CIRA Scholarship, also lives in Arlington, is a 2012 graduate of Georgetown Day High School and attends Muhlenberg College.

Miner received the Ben DeFelice Scholarship, lives in Leesburg, is a 2012 graduate of Bishop Denis J. O'Connell High School and attends James Madison University. Wimmer, who received a CIRA Scholarship, lives in Arlington, is a 2012 graduate of Washington-Lee High School and attends the College of William and Mary.

Visit <http://www.nwfcufoundation.org/scholarships/bdf/default.html> for more information about the Ben DeFelice Scholarship. For more information about the CIRA scholarship, please visit <http://www.nwfcufoundation.org/scholarships/cira/default.html>.



Adam Miner, a winner of the 2012 Ben DeFelice Scholarship, is with Northwest Federal Credit Union Foundation board members Juri Valdov, Mary DeFelice, Gerrienne Burks and William Cook.

Bulletin Board

From Page 6

bikes, small metal items, shoes, eyeglasses, and durable medical equipment. Open to Arlington residents and employees. Commercial or business waste is not accepted. Representatives from Covanta Energy will also participate at E-CARE by providing \$5 gift cards to residents who drop off household devices containing mercury (such as thermostats or barometers). Visit www.arlingtonva.us/des.

SATURDAYS/OCT. 13 & 20

Volunteers Needed. 9:30 a.m.-2 p.m. Literacy Council of Northern Virginia will hold two tutor training workshops to prepare volunteer tutors to provide individualized instruction to adult students who want to improve their literacy skills. No teaching or foreign language skills are required. A \$40 training fee contributes to the cost of books and materials. All tutor training workshops take place at the James Lee Community Center, 2855 Annandale Road. Tutoring will take place in a library or community center in the tutor's neighborhood. For more information, e-mail volunteers@lcnv.org or call 703-237-0866 x111.

SUNDAY/OCT. 14

Energy Efficiency Education Volunteer Training. Fairlington Community Center, 3308 S. Stafford St. Join this program to learn hands-on skills in energy efficiency and weatherization. After the training program, volunteers will participate in work days to improve energy and water efficiency in low-income apartment buildings. Program requires commitment of 60 service hours per year and participants must be available on Saturdays. Contact energy@arlingtonenvironment.org or 703-228-6406.

Race. Sign up to support Boys & Girls Club - Alexandria Olympic & Fairfax Branches for the Acumen Solutions' Race for a Cause 8K and 1 Mile Fun Run race. Visit www.theraceforacause.com to sign up.

Candidates Forum. 2-4 p.m. Come to meet the candidates for Arlington County Board and the U.S. House of Representatives, the 8th Congressional District. It will be held at the Arlington Central Library auditorium, 1015 N. Quincy St. Free and open to the public.

OCT. 15-NOV. 10

BID Boot Camp. The BID will offer a one-hour training class three times a week in Gateway Park at the foot of the Key Bridge, two blocks from the Rosslyn Metro at 1300 Lee Hwy. Victor Carcamo, formerly a professional soccer player and an experienced trainer, will use high-intensity interval training to lead the class. \$25. Visit www.RosslynVA.org to register

SATURDAY/OCT. 20

Energy Efficiency Education Volunteer Training. Fairlington Community Center, 3308

S. Stafford St. Join this program to learn hands-on skills in energy efficiency and weatherization. After the training program, volunteers will participate in work days to improve energy and water efficiency in low-income apartment buildings. Program requires commitment of 60 service hours per year and participants must be available on Saturdays. Contact energy@arlingtonenvironment.org or 703-228-6406.

Social Action Linking Together (SALT) presents keynote speaker Sister Simone Campbell, executive director of NETWORK since 2004. She will be discussing working effectively for social change. She is a religious leader, attorney, and poet with extensive experience in public policy and advocacy for systemic change. 9-11:30 a.m. at Arlington-Fairfax Elks Lodge-2188, 8421 Arlington Blvd. Visit www.S-A-L-T.org.

NOV. 2-3

Reunion. The Washington-Lee High School class of 1972 is planning a 40th reunion. For more information, email claudiaoffutt@verizon.net or sevans@sedblaw.com.

FRIDAY/NOV. 9

Free Screening. 10:30-12:30 p.m. and 1:30-3:30 p.m. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote proper detection of memory problems and provide education about successful aging. Call 703-237-9048 to schedule an appointment.

ONGOING

Plant Clinics. If you wonder how to grow great tomatoes, which tree is best for your home landscape, or what strange insect you have found, VCE Master Gardeners can help you find the answers at weekly Plant Clinics in the following locations:

* Arlington Central Library Plant Clinic, 1015 N. Quincy St., Thursdays from 6:45-8:45 p.m., through Nov. 15.

VCE Master Gardener Help Desk (703-228-6414), or mgarlalex@gmail.com. Home gardeners are also welcome to visit the Virginia Cooperative Extension (VCE) office at 3308 S. Stafford St., 9 a.m.-5 p.m., and www.ext.vt.edu.

Volunteers Needed. Arlingtonians Meeting Emergency Needs (AMEN Inc.) seeks volunteers who will take social workers' calls from home 1-5 p.m., one or two weekday afternoons per month. Approve requests for emergency financial assistance for their clients. Must have some computer skills to record requests on AMEN's laptop computer. Training and ongoing consultation provided. Contact 703-558-0035 or amen@emergencynneeds.org. Visit www.emergencynneeds.org.

Arlington Commission on Long-Term Care Residences. Commission members are appointed by the County Board and must live or work in Arlington. For more information or an

application, contact www.arlingtonva.us/aging or Carolyn Ferguson at 703-228-1700, TTY 703-228-1788, or Arlaaa@arlingtonva.us.

Volunteers Needed. Arlington Meals on Wheels needs volunteers to deliver meals to homebound Mondays to Fridays, 11 a.m.-12:30 p.m. Call 703-522-0811 or mowvolunteers@yahoo.com.

Donations Needed. Our Lady Queen of Peace is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. 2700 South 19th St. Visit <http://www.ourladyqueenofpeace.org>.

Instruments Wanted. Instruments of any type or size — from a piano to a piccolo, for an orphanage in Haiti. Contact Miriam Miller, Opera Guild of Northern Virginia for pick up. 703-536-7557; mcdm1@verizon.net; <http://www.operaguildnova.org>.

Volunteer to Make a Difference. Enhance the quality of care and quality of life in Arlington's long-term care residences, advise public officials about long-term care needs in Arlington, and support access, availability and affordability in Arlington's long-term care residences by joining the Arlington Commission on Long-Term Care Residences. Visit the Agency on Aging website at www.arlingtonva.us/aging.

Volunteers Needed. AHC Inc. is looking for volunteers to help middle- and high-school students with homework, and to be role models and mentors. Volunteers are needed once a week for about an hour and a half, from 6-7:30 p.m. or 6:30-8 p.m. at six different AHC community centers. Visit AHC's Teen Tutoring Program or call Mary Zambrano at 703-486-0626 ext. 140.

Volunteers Needed. Northern Virginia Family Service seeks volunteers to serve as mentors to low-income seniors, Tuesdays and Thursday between the hours of 9 a.m.-5 p.m. Volunteers will work one-on-one with seniors to help them plan and maintain monthly budgets, enroll in appropriate benefit programs and provide friendly support to lift the spirits of aging clients, among other duties. The position is located at Culpepper Gardens, 4435 North Pershing Dr. To sign up, contact Navara Cannon at volunteer@nvfs.org or call 571-748-2536.

Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

Volunteers. Applications now being accepted for the 2013 Class of TreeStewards. The TreeStewards of Arlington and Alexandria are volunteers dedicated to improving the health of our urban trees through educational programs, tree planting and care, demonstrations and tree maintenance throughout the community. New volunteer training will be held on Wednesday evenings, starting Feb. 13 through April 2013, with some Saturday mornings. Fun and interactive training is provided by recognized experts in tree care and citizen advocates. For

more information and to complete an application, visit www.TreeStewards.org or call 703-527-2349.

SECOND SUNDAY

PFLAG of Arlington. 3-4:30 p.m. PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets on the second Sunday of each month, at the Unitarian Universalist Church at George Mason Drive and Route 50. Contact aly.pflagdc@gmail.com.

TUESDAY & THURSDAY

Free Mall Walking Program for Seniors. 8:30-9:30 a.m. Walk at your own pace in a safe and friendly environment. Group stretch and cool down led by hospital staff. Call 703-558-6859. Ballston Common Mall (Food Court Level), 4238 Wilson Blvd.

THIRD WEDNESDAY

Alzheimer's Caregiver Support Group. 10:30-11:30 a.m. Carlin Springs. Free. Call 703-558-6859 for more information.

MONDAYS & THURSDAYS

Strength & Stretch For Seniors. 1-1:45 p.m. Improve range of motion, strength & bone health. All abilities welcome. \$42. Mondays at Virginia Hospital Center, 1701 N. George Mason Dr. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.

SATURDAYS

Gentle Pilates. 9-10 a.m. & 11:35-12:35 p.m. A non-traditional mat Pilates class with modifications to suit all abilities. Learn proper form, strengthen core muscles & improve posture. \$78. Virginia Hospital Center, 1701 N. George Mason Dr.

TUESDAYS & THURSDAYS

Gentle Yoga. 9:30-11 a.m. Restore flexibility, strength & ease tension. All levels welcome. \$66. Health Pavilion, 601 S. Carlin Springs Road.

THURSDAYS

Tai Chi. 6:15-7:15 p.m. Combine slow, flowing movements of Tai Chi and Qi Gong postures to foster a healthy, balanced mind and body. \$80. 601 S. Carlin Springs Road.

MONDAYS, WEDNESDAYS & FRIDAYS

Seniorcise: Maintain and regain strength and flexibility. 10-week session. \$70. Join anytime at a pro-rated fee. 9-10 a.m. at Carlin Springs Health Pavilion; 9:15-10:15 a.m. at McLean Baptist Church; Mondays and Wednesdays, 10:30-11:30 a.m. \$47. Calvary Methodist Church.

People



As part of Deloitte's 13th Annual IMPACT Day, Deloitte volunteers make scrapbooks for children served by Northern Virginia Family Service's Arlington Head Start program.



As part of Deloitte's 13th Annual IMPACT Day, Deloitte volunteers teach area high school students how to prepare for careers in business.

IMPACT Day Preps Students for College and Careers

Deloitte LLP, an international firm that provides audit, consulting, financial advisory, risk management and tax services, celebrated its 13th annual IMPACT Day on June 8. About 4,000 Deloitte employees in the greater Washington D.C. area worked with 2,000 local students

on a variety of college readiness and career success topics. Deloitte's Rosslyn office became an "educational hub," and invited students to participate in activities such as resume writing, mock interviewing and professional etiquette.

— Erik Heaney



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Bishop O'Connell senior Brad Zemke scored two goals during a 6-0 win against Pope John Paul the Great on Oct. 4.



Bishop O'Connell senior captain Nelson Maldonado battles for the ball against Pope John Paul the Great on Oct. 4.

Photos by Louise Kraft/The Connection

O'Connell Boys' Soccer Scores Season-High 6 Goals

Knights beat Pope John Paul the Great to improve to 3-4-2.

By Jon Roetman
The Connection

Less than 10 minutes into an Oct. 4 match against the Bishop O'Connell Knights, a captain on the Pope John Paul the Great boys' soccer team told his teammates on the field, "It shouldn't be that easy! They've won every ball!"

At the time, the teams were in a scoreless tie. Things would not get easier for the Wolves.

O'Connell scored its first goal in the 13th minute and kept scoring until the Knights posted a 6-0 victory at O'Connell's Monsignor James W. McMurtrie Field. Despite some of the team's top players resting after a 1-0 loss to Paul VI the night before, the Knights posted a season-high goal total and improved their record to 3-4-2.

"That's pretty much what we work on," O'Connell senior captain Nelson Maldonado said of the team's effort.

"That's what we kind of base our team around is winning every ball, working hard



Bishop O'Connell sophomore Eric Dunbar scored a goal against Pope John Paul the Great on Oct. 4.

in the middle."

O'Connell senior Brad Zemke scored a team-high two goals against JPG. After the first — a header off a corner kick early in the second half — Zemke headed toward the Knights' bench and said "Told you, Coach!" to first-year head coach Chris Jennings.

"Brad is a senior and he has played for-

ward his whole life," Jennings said. "This year, I've been having him play in the back, so we kind of have a little inside thing going with each other. I told him he would get a chance, but I need his leadership and some other parts of his game coming out of the back."

Zemke added his second goal in the 51st minute.

Junior Will Colclough put O'Connell on the board with a goal in the 13th minute. While that's all the Knights would need, they would get plenty more.

Sophomore Eric Dunbar gave O'Connell a 2-0 lead with a goal in the 30th minute. Maldonado increased the Knights' advantage to 5-0 in the 54th minute and senior Andrew Batta put the finishing touches on O'Connell's goal scoring in the 83rd minute.

"My big thing for them is their energy and the consistency needs to be there every day," Jennings said. "I thought it was a step in the right direction today."

Jennings said senior captain Brandon Siles, freshman Andre Toledo, junior Brian Tesch, sophomore goalkeeper Michael Hurley and Maldonado have been standouts this season for the Knights.

O'Connell posted a 1-3-2 record during its first six games, but won two of its next three, beating St. John's, 5-3, on Oct. 1, losing the Paul VI on Oct. 3 and beating JPG on Oct. 4.

The Knights faced St. John's on Oct. 9, after The Connection's deadline. O'Connell will travel to face Benedictine at 4:30 p.m. on Thursday, Oct. 11 and will host Bishop Ireton at 4 p.m. on Friday, Oct. 12.

"I think the whole program is moving in the right direction," Maldonado said. "It's improving a lot and I think it's going to get better from here on."

Sports Briefs

Yorktown Football Remains Undefeated

The Yorktown football team defeated Edison, 35-15, on Oct. 5, improving its record to 6-0, including 4-0 in the National District. The Patriots will play their final non-district game of the regular season when they host Langley at

7:30 p.m. on Friday, Oct. 12.

W-L Football Improves to 4-2

The Washington-Lee football team moved to two games over .500 for the first time since 2008 with a 34-8 victory against Falls Church on Oct. 5. The Generals improved to 4-2, including 3-1 in the National District. W-L will travel to face Herndon at 1

p.m. on Saturday, Oct. 13.

O'Connell Drops Two in a Row

The Bishop O'Connell football team lost to St. John's, 35-28, in overtime on Oct. 6, dropping the Knight's record to 4-2 after a 4-0 start. O'Connell will host Gonzaga at 2 p.m. on Saturday, Oct. 13.

Wakefield Loses To Hayfield

The Wakefield football team lost to Hayfield, 49-6, on Oct. 5, dropping its record to 0-6. The Warriors will host Falls Church at 7:30 p.m. on Friday, Oct. 12.

People



included Kurt Earlywine of Cape Coral, Fla., owner at Furniture Auctions of America; Brady Pate of Atlanta, Ga.; Roy Hester of Winter Garden, Fla., and JR Diffe of Arlington.

Golf Outing Supports Charities

Bob's Discount Furniture held its 25th annual Golf Outing in July. This event raised more than \$447,000 and these funds will benefit charities including the American Red Cross, Nutmeg Big Brothers Big Sisters, American Cancer Society's Camp Rising Sun, Family & Children's Aid, The Jimmy Fund and Connecticut Children's Medical Center. From left: Golfers at the event

School Notes

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

Anne Grasselli of Arlington has been inducted into the University of Mary Washington chapter of Phi Beta Kappa, Kappa of Virginia.

Mason Snider of Yorktown High School in Arlington received \$1,500 through the 9th Annual McDonald's Educates Scholarship Program.

Jessica Neupane, the daughter of Ram and Goma Neupane of Arlington, has been named to Randolph-Macon Academy dean's list for the third quarter of the 2011-12 school year.

Ryan Pile, the son of Nancy Murphy of Falls Church and Ruel Pile of Arlington, was recognized for his outstanding submissions to the 2012 Randolph-Macon Academy Literary Magazine. He received 2nd Place in Nonfiction 2nd Place in Fiction and 2nd Place in Art.

Margaret Brandt of Arlington recently received the Charles D. Rosa Award at Beloit College's Honors Day

"Flourishing After 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Oct. 22-26.

Arlington senior centers: Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpepper Garden, 4435 N. Pershing Dr.; Langston-Brown, 2121 N. Culpeper St.; Lee, 5722 Lee Hwy.; Arlington Mill at Fairlington, 3308 S. Stafford St.; also Madison Community Center, 3829 N. Stafford St.; TJ Comm. Center, 3501 S. 2nd St.

Senior trips: Leesburg Outlets, Monday, Oct. 22, \$12; American Bandstand at Michael's Eighth Avenue, Glen Burnie, Tuesday, Oct. 23, \$60 (including lunch); Afternoon Tea at The British Pantry, Aldie, Thursday, Oct. 25, \$50; Weems-Bottom Museum, Dumfries, Friday, Oct. 26, \$13. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Seeking chess players for all lev-

convocation. Brandt is a senior.

The National Merit Scholarship Corporation (NMSC) announced that **two Arlington seniors** have earned \$2,500 scholarships through the National Merit Scholarship Program. The National Merit scholars are:

❖ **Quinn P. Romanek** of Yorktown High School;

❖ **Skyler Anderson** of Thomas Jefferson High School for Science and Technology.

Villanova University named the following students to the Dean's List for the fall 2011 semester.

❖ **Patricia Murray**, from Arlington, is enrolled in the College of Liberal Arts and Sciences;

❖ **Emily Simmonds**, from Arlington, is enrolled in the College of Liberal Arts and Sciences;

❖ **Thomas Warring**, from Arlington, is enrolled in the College of Liberal Arts and Sciences.

Arlington resident **John Brigagliano**, a Junior at Wake Forest University, was one of 85 students inducted into Phi Beta Kappa. Phi Beta Kappa celebrates and advocates excel-

ence in the liberal arts and sciences.

els of tournament play, Mondays, 9:30 a.m. - 2:30 p.m., Madison. Free. Details, 703-534-6232.

Full fitness exercise program, weekdays, M-W-F, 10 a.m.-11 a.m., TJ. \$60/15 sessions, \$4 drop-in. Details, 703-228-5920.

Pickleball games and coaching, beginners, weekdays, 11 a.m. - 3 p.m., Walter Reed. Details, 703-228-0955.

Strength training classes, Mondays, Wednesdays, Fridays, 9 a.m., TJ Community Center. \$60/15 sessions. Details, 703-228-4745.

Habitat Critical Home Repair describe, volunteer recruitment, Tuesday, Oct. 23, 11:15 a.m., Lee. Register, 703-228-0555.

Indoor walking program, Tuesdays, 9:30 a.m., Langston-Brown. Free. Details, 703-228-6300.

Downloading music demo, Tuesday, Oct. 23, 7 p.m., Walter Reed. Free. Register, 703-228-0955.

Caleb Saunders of Arlington, a senior majoring in mechanical engineering in the College of Engineering, was selected for Who's Who Among Students for 2012. Selected students are recognized for their academic achievement and demonstrated leadership.

Joseph Breslin of Arlington was among the University of Scranton students inducted into Alpha Lambda Delta, the national honor society of freshmen. Breslin is majoring in neuroscience.

Hampden-Sydney College junior **Zachary James Madison** was recently inducted into the international honor society in English Sigma Tau Delta. An English major, Madison is a graduate of Yorktown High School and is the son of George and Carol Madison of Arlington.

Zachary Fitzgerald Hudson graduated from Hampden-Sydney College. Hudson graduated with a B.A. in psychology. A graduate of Yorktown High School, he is the son of Peggy and Bill Hudson of Arlington.

Women's intramural basketball program begins Wednesday, Oct. 24, 7 p.m. - 9 p.m., Langston-Brown. Sign up to play, \$80/8 games with 55+ Pass. Details, 703-228-4771

Breast cancer awareness movie, Wednesday, Oct. 24, 12 p.m., Aurora Hills. Free. Register, 703-228-5722.

Food and medication interaction, Thursday, Oct. 25, 1 p.m., Walter Reed. Register, 703-228-0955.

Group approach to solving Sudoku puzzles, Thursdays, 1 p.m., Lee. Register, 703-228-0555.

Sweet Bluegrass Social, Friday, Oct. 26, 1 p.m., Lee. Free. Details, 703-228-0555.

Medicare and the federal retiree, Friday, Oct. 26, 1 p.m., Aurora Hills. Free. Register, 703-228-5722.

Fast-paced walking group, Fridays, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.



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