

Arlington Votes

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PHOTO BY VERNON MILES/THE CONNECTION

Soup & Pie Bazaar & Yard Sale

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Natural Treatments for Anxiety

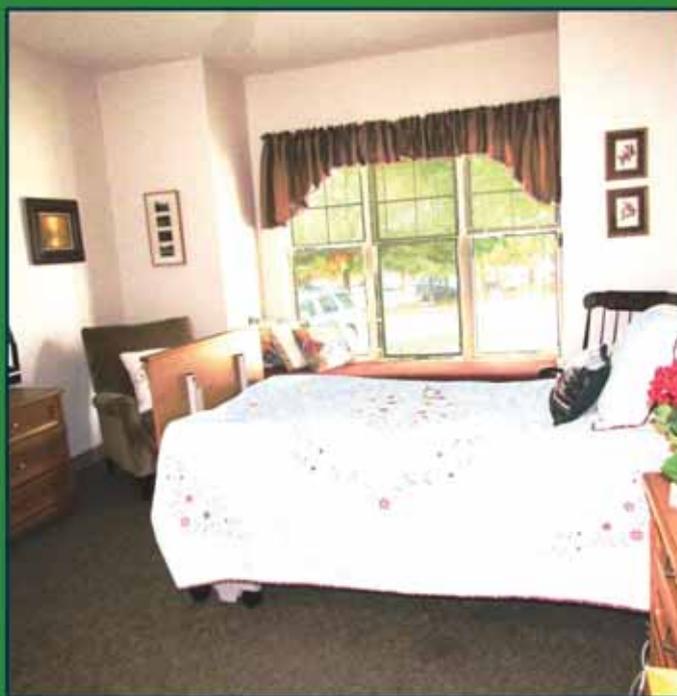
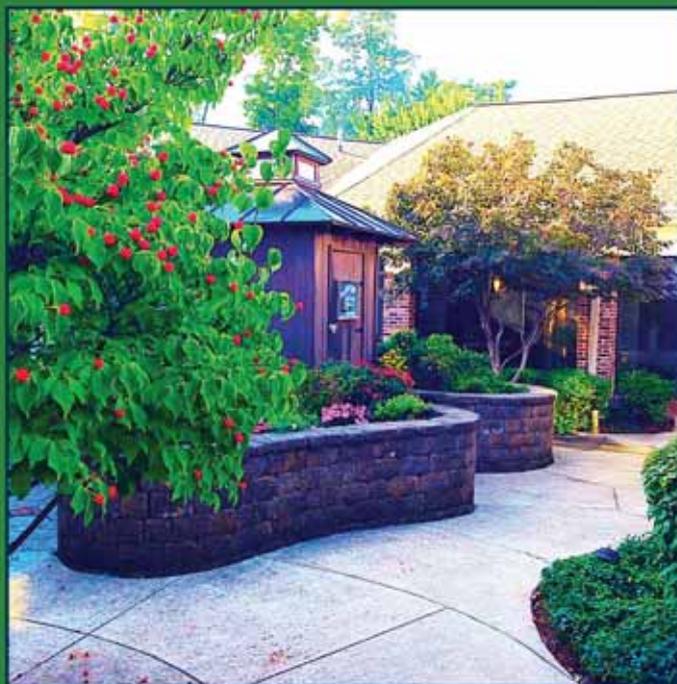
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W-L Boys' XC Wins Conference 6 Championship

SPORTS, PAGE 14

**Kathy Kiernan is
first in line to vote
at Arlington's
Madison Precinct.**

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Arlington Votes A morning of low turnout at Arlington's Madison and Marshall precincts.

BY VERNON MILES
THE CONNECTION

Arlingtonians lined up to vote on Election Day to choose between Democratic U.S. Sen. Mark Warner and Republican challenger Ed Gillespie. At a more local level, they also chose a candidate to represent the 8th district in the House of Representatives, to vote on the candidates for County Board and School Board, and to vote on four bonds.

The first voters came into the Madison Community Center before dawn and lined up in the hall, with election workers passing out sample ballots and urging citizens to have their identification ready, all of them waiting for 6 a.m. Thirteen hours later, the polls were scheduled to close at 7 p.m.

For Caroline Klam, one of these election officials at the Madison precinct, there still won't be enough voters coming through the precinct. Looking at the room more crowded with campaign workers than voters, Klam noted that turnout would likely improve later in the day, but it wasn't as crowded as she had hoped it would be.

"55-60 percent voter turnout is abysmal," said Klam. "We should have Saturday voting ... we should make it easier for people to vote."

Klam got involved during the 2008 Presidential election. In 2008, the Madison precinct cast a total of 1,745 votes in the Presidential Election. For midterm elections, the turnout tends to be lower, between 39-42



Voter Kathy Kiernan at the ballot box.

percent. In the 2013 Virginia Governor's Election, the Madison precinct reported 1,696 votes, roughly 51 percent of the Madison precinct's 3,304 total voters. Deborah Lott, an election officer at the Marshall precinct who's worked on elections for eight years, said she expects the turnout in her precinct to be closer to 49 percent this year.

"We had a line out the door at six o'clock this morning," said Lott. "This is a close race, and we generally get more people for the federal elections, so that's a draw. The county seat is pretty tight as well, and the bonds affect people here."

"This particular ballot has real choices on it," said John Beach, one of the first voters at Madison. For Beach, the senatorial race



Election officials check in voter John Beach.

and the bonds on the Arlington ballot were his biggest focuses. "This county is very effective in supplying goods and services to its constituents. It's a very effective county; it's not the debt here that I'm worried about."

The Arlington ballot's four major bond issues total \$219 million to fund transportation, parks, local infrastructure and public schools. Carmen Miller, another voter at the Madison precinct, has said the bonds were her biggest issue going into her vote.

"We've got kids in school here," said Carmen Miller. "The schools are too overcrowded, and we need to make sure we have enough infrastructure to support them." For Carmen's husband, Matt Miller, the focus was on the Senate race.

"The majority in the senate is up for grabs, and I want to make sure we keep Mark Warner," said Matt Miller. "He's a great senator."

The senate race, for many voters, was what got them out of bed and to the polls that morning.

"[The biggest issue is] control of the senate and the house of representatives," said Susan Gajewsky at the Marshall precinct.

As in most elections, the streets outside the polls were dotted with staff from the various campaigns. Marjorie Singer was one of the volunteers representing the Arlington County Democratic campaign in the election.

"In this state, elections can be won in a handful of votes, as we saw with the recount for attorney general," said Singer.

"Look at what Mark Herring has done already; he's made marriage equality possible in Virginia. That's very important for me because one of my kids is in a same sex marriage and now her partner can adopt, legally, their child."

On the opposite side of the sidewalk, Chris Walsh represented the campaign of John Vihstadt, an independent running for reelection to the Arlington School Board against the Democratic challenger Alan Howze.

"There are specific issues that are important, but the election is more about tone," said Walsh. "[It's about] finding common ground; less about Republican, Democrat, or independent, but do you have good ideas and can you work with the other people in the legislative body to get those ideas implemented into law. I'm old enough to remember when there was more civility in politics, not that people were any less passionate. There were ways to work together, both at a national and a local level."

John Schneider, a senior at Yorktown High School, was also helping to run the polls at the Madison precinct. Schneider is 18, and while he did not register in time for the election, he was encouraged by his government teacher to find other ways to participate in the local elections.

"I'm planning on writing about the process for my class," said Schneider, who added that if he could vote, budget issues would be his biggest focus in the election. Check www.arlingtonconnection.com for the final results of the election.



The line to vote at the Madison precinct.

PHOTOS BY
VERNON MILES
THE CONNECTION

County: 'Banning the Box'

Arlington County is "banning the box" on county employment applications, eliminating questions about criminal convictions. While these questions do not automatically disqualify applicants, they can be a barrier to employment for anyone with a criminal record, negatively impacting millions of Americans. An estimated 65 million adults in the U.S. currently have a criminal record.

More than 50 jurisdictions around the country and at least 10 states already have "banned the box," choosing to ask the question later in the interview and hiring process. Arlington joins Virginia localities such as the City of Alexandria, Newport News, Norfolk, Petersburg, Portsmouth and Richmond in this initiative.

Beginning Nov. 3, Arlington will be:

- ❖ Eliminating the question regarding criminal convictions on the initial application, for positions not related to public safety.
- ❖ Eliminating the question regarding a DWI (Driving While Intoxicated) or DUI (Driving Under the Influence) conviction on the initial application, provided the position does not rely on driving as a part of the job, such as a CDL (commercial) driver or public safety. Questions regarding criminal convictions may still be asked at the time of the interview. Non-public safety candidates may be required to sign a statement that they have had no convictions in the last three years, or if they do have a conviction, they may provide a written explanation regarding the offense.

State Honors County's Housing Efforts

Arlington County has received two state awards for its efforts to preserve affordable housing and meet housing needs along Columbia Pike. The Columbia Pike Planning Initiative, a joint effort with the Pike Planning Plenary Group, was named "Best In My Backyard 'IMBY'" at the 2014 Governor's Housing Conference. Arlington Mill Residences, a joint effort with Arlington Partnership for Affordable Housing (APAH), was named "Best Housing Development."

The awards recognize statewide excellence and innovation in meeting housing needs.

Arlington County and the Pike Planning Plenary Group collaborated with residents, property owners, developers and consultants to complete a community-based planning effort to preserve the existing 6,200 affordable rental units along the Pike. To implement plan goals, the county adopted a Neighborhoods Form Based Code zoning tool that incorporates affordable housing requirements and design regulations. It added new financial tools, including the Transit Oriented Affordable Housing Fund and the Columbia Pike Tax Increment Financing Area.

Arlington Mill Residences, completed by APAH in February 2014, is the first new affordable housing development of the Columbia Pike corridor revitalization effort. Its development on county-owned land is one of the features that helped it win this year's award. The 122-unit, four-story building includes 98 two- and three-bedroom units to support larger families and has increased housing along the Pike for extremely low-income households, including 13 units designated for formerly homeless individuals and families.

Orthopaedic Foot & Ankle Center Opens

The Orthopaedic Foot & Ankle Center in Falls Church has expanded with a second office located at 1307 North Highland Street in Arlington.

The building on North Highland Street has been renovated and will be outfitted with the latest technology, including digital x-ray imaging, according to Arlington resident Matthew Buchanan, M.D. In addition, Arthur Black, D.P.M. will be joining center and practicing full time at the new location. Black will be treating patients with common foot problems, including hammertoe and bunion deformity, fungal nails, athlete's foot, diabetic foot care, as well as ankle sprains, strains and fractures.

The Falls Church facility at 2922 Telestar Court offers on-site physical therapy, as well as custom orthotics and bracing services.

NEWS



Mattie Ndearia works the counter in the kitchen.



Church member Gary Smucker volunteered for dining room duty at the annual bazaar on Saturday.

PHOTOS BY LOUISE KRAFFT/CONNECTION



Melody Fitzgerald waits to take the next diner's order.



Church neighbor Ken Kunec entertains shoppers and diners with musical selection on his accordion.



Handcrafted holiday gift items fill a row of tables in the church hall.

Soup & Pie Bazaar & Yard Sale

The Arlington Church of the Brethren held its annual Soup & Pie Bazaar & Yard Sale at the church on N. Montague Street in Arlington on Saturday, Nov. 1.

The menu included a selection of soups that included beef barley, beef vegetable, chicken tortilla, chicken vegetable, chili (regular)

and regular or hot venison chili, potato cheese soup and tomato basil.

For dessert, diners could choose between apple, banana cream, dark cherry, red cherry, chocolate cream, coconut cream, key lime, lemon meringue, mixed berry, pecan, peanut butter, pumpkin or strawberry rhubarb pie.

Along with the featured homemade soups and pies for dining, a variety of yard sale items, baked goods, and a selection of gifts were offered for sale.

The annual Soup and Pie Bazaar supports Heifer Inc. and SERV International and the many ministries of the Arlington Church of the Brethren congregation.

BULLETIN BOARD

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

WEDNESDAY/NOV. 5

History Workshop. 6:30 to 8:45 p.m. at Arlington Central Library, 2nd Floor Multi-Purpose Room, 1015 N Quincy St. Participants will learn how to research the history of their own home or any historic property in Arlington. Visit www.arlingtonhistoricalsociety.org.

FRIDAY/NOV. 7

Meet Local State Legislators. 9:45-11:30 a.m. Fairlington Community Center, 3304 South Stafford St., Arlington. Senators and Delegates representing Arlington and Alexandria have been invited to participate to provide an opportunity for the public to discuss aging issues with them prior to the General Assembly Session that begins in January 2015. Visit www.commissions.arlingtonva.us/coa, email arlaaa@arlingtonva.us or call 703-228-1700.

SATURDAY/NOV.8

Become a Foster Parent. 10 a.m.-noon. Learn how to become a foster parent at this information session. Call 703-228-1550 or visit www.arlingtonva.us/fostercare.

Annual Prayer Brunch. 11 a.m. at Westin Crystal City, 1800 Jefferson

SEE BULLETIN, PAGE 8



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Sunday 10-4: Silent Auction Closes at 1:00 pm.... Bazaar and events continue SUPPORT OUR ONGOING HOLIDAY FOOD DRIVE for local charities, your donation of non-perishable food will earn you raffle tickets or prizes throughout the weekend!!!

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Siting the Arlington Heritage Center

To the Editor:

The following open letter was addressed to the County Board.

The board and members of the Arlington Historical Society have followed proposed changes to the Courthouse area as a result of the Envision Courthouse Square Planning and Urban Design Planning Study. We understand that the County Board will be considering the study soon, perhaps at a December meeting.

We urge the County Board to consider siting the Arlington Heritage Center in the Courthouse Square study area. **LETTER** We understand that support for this idea has been expressed in the workshops, surveys, interviews and meetings conducted in connection with the study. We also understand that the letter dated Oct. 9, 2014 to the County Board from the Arlington County Historical Affairs and Landmark Review Board expressed support for exploring this idea.

As you are likely aware, the principal component of the proposed Arlington Heritage Center would be public exhibit space for the historical artifact collections of the Arlington Historical Museum and the Arlington Black Heritage Museum. Other essential components of the Arlington Heritage Center would be lecture, reception, administrative office, curatorial work, and collection storage space. Community meeting space would be a worthwhile addition. The exhibit space should be contiguous with the other public activity areas of the center, such as lecture, reception, and community meeting rooms.

Non-public administrative, curatorial and collection storage space could be located offsite if the exhibit space location cannot accommodate them. For example, non-public activities could be considered for location in the historic Hume School building at 1805 S. Arlington Ridge Road. As you know, the Hume School building now houses the public exhibit space of the Arlington Historical Museum. It will soon house additional exhibits on the African-

American experience in Arlington being jointly curated by the Arlington Historical Museum and the Arlington Black Heritage Museum. That public exhibit space would no longer be necessary if sufficient public exhibit space for the two museums is located in the Arlington Heritage Center.

Through exhibitions, programming, educational initiatives, and providing space for community meetings, the Arlington Heritage Center would:

- ❖ help build a sense of community in Arlington by linking Arlington residents to their common past and to one another;
- ❖ create an environment for Arlington residents to delve deeply into their community's history and cultural heritage;
- ❖ allow Arlington residents to make personal and meaningful connections to their community;
- ❖ link different and diverse individuals and groups together to form new relationships; and
- ❖ provide forums for civic dialogue on local

history and other topics.

As you are likely aware, at the urging of the Arlington Historical Society, the Arlington Black Heritage Museum, and the HALRB, the County Board on January 1, 2003 appointed a 15-member Arlington Heritage Center Task Force under the leadership of Charlene Bickford to make recommendations to the County Board on the concept and siting of the Arlington Heritage Center.

The thinking was that the current exhibit space of the Arlington Historical Museum in the historic Hume School building could never be developed in a way that would support the kind of historical museum that Arlington deserves to have, primarily because of parking limitations. It was also thought that telling the story of the African American experience in Arlington, the mission of the Arlington Black Heritage Museum, could be accomplished much more successfully if physical exhibit space were available in addition to the current online-only presence of the that museum.

Although the Task Force's charge from the County Board did not specify a location for the

Arlington Heritage Center, the group early on focused on land on Columbia Pike where the Navy Annex once stood. It was thought that this property offered a good location for the center and could be conveyed to Arlington County by the Federal Government upon the scheduled closing and demolition of the Navy Annex. Among other assets, the location overlooked the historic site of Freedman's Village, an important place in the history of the African American experience in Arlington. In late 2012, the Arlington County Manager announced that the county staff had ceased efforts to have the Federal Government convey the former Navy Annex property and was instead working to secure a closely proximate location for the Arlington Heritage Center.

A major reason to locate the Arlington Heritage Center in the Courthouse Square study area is because the Courthouse Square study envisions the area as the "civic and cultural heart of Arlington." The center would fit well in the area that Arlington County envisions as its civic and cultural heart. Indeed, locating the

center there would help achieve that vision.

As to siting of the Arlington Heritage Center within the Envision Courthouse Square study area, at least two locations come to mind. The HALRB letter (referred to above) calls for the preservation in place of the Simmonds Building at 2041 15th Street North (now the location of a Jerry's Subs and Pizza restaurant) as the "last remaining vestige of 'Lawyers' Row,' once the location of many who practiced law in Arlington's courts." As recognized by the HALRB, preservation of this building "would create a distinctive corner and provide a reminder of what the Courthouse Square was and how the area got its name." This facade of the Simmonds Building could provide a welcoming entry into exhibit space for the Arlington Heritage Center.

Another possible site for the Arlington Heritage Center is inside the four-story civic/cultural building of 68,000 square feet at the northwest corner of N. Courthouse Road and N. 14th Street that is called for in the Courthouse Square Draft Concept Plan issued by County staff on Sept. 2, 2014. Use of a portion of this building for the Arlington Heritage Center, a civic and cultural resource of the highest order, is consistent with the vision of that plan.

This letter does not address the cost of establishing/maintaining the proposed Arlington Heritage Center, nor who would be expected to pay. The Arlington Historical Society is an all-volunteer organization whose current annual budget is in the \$50,000 range. Achievement of the Arlington Heritage Center would require a public-private partnership involving all stakeholders. The Arlington Historical Society would pledge itself to join a coalition to obtain funding for the Center, but Arlington County's willingness to play a leadership role would be essential to success.

The Arlington Historical Society appreciates the opportunity to comment on this issue and is prepared to be of further assistance to the County Board if requested.

John P. Richardson
President
Arlington Historical Society

Addressing Metro Capacity

To the Editor:

The following open letter was addressed to Aubrey Layne Jr., Virginia Secretary of Transportation.

The opening of the Silver Line is a major milestone for our region. We applaud all of the leaders with the vision and tenacity to bring this project forward. We would be remiss, though, if we didn't emphasize the significant need for new Metro funding made clear by this effort. The Blue Line through Alexandria, Arlington and Fairfax now must work at significantly reduced capacity with reduced trains during peak hours from 7 trains an hour to 5. This means Blue Line commuters will have an increased average wait time of 12 minutes between trains, up from 8.5 minutes.

The Yellow and Blue Lines through Alexan-

dria, Arlington and Fairfax play critical roles in our region's economic development as both move through the Carlyle and Potomac Yard areas of Alexandria as well as Crystal City in Arlington. Carlyle is a growing mix of residential, jobs and retail with over 3,400 residents, 48 storefronts and over 5,141,465 square feet of existing office space. Potomac Yard is quickly expanding, with nearly 2,000 residential units built or under construction in south Potomac Yard. Crystal City, the heart of Arlington's business district is home to 36 million square feet of mixed-use development, more than 17,000 residents and about 54,700 jobs. By 2040, Crystal City and Pentagon City are estimated to add a total of 8,500 more residents, and 35,500 more jobs. Each of these high-density transit communities depends on transit to grow and

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NEWS

Knopf To Lead 55+ Travel Office

Christine Knopf has been named supervisor of Arlington County's 55+ Travel Office. An Arlington resident, she has been a county employee for nine years in the Department of Parks and Recreation, Sports and Recreation Division.



"We are excited to have a person like Christine who lives in Arlington and started volunteering with DPR at the age of 14," said Cheryl E. Johnson, manager, Office of Senior Adult Programs. "Her organizational skills and interest in quality programming will be a valuable asset to OSAP and the travel office."

Sharleka Ashton, who has been acting supervisor will assume the role of assistant supervisor.

For information about 55+ Travel, call 703-228-4748.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Nov. 17-22.

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

Senior trips: Monday, Nov. 17, tour NPR headquarters, D.C., \$8; Thursday, Nov. 20, Leesburg Outlets, \$8; Friday, Nov. 21, Ford's Fish Shack, Chantilly, \$8. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

New Pilates, Yoga, Zumba, seated, stretching, cardio boxing and more exercise programs beginning week of Nov. 17. Call for fees and days, 703-228-4721.

Connecting to social networks, one-on-one, Monday, Nov. 17, 11 a.m., Lee. Free. Call for appointment, 703-228-0555.

Pickleball games and instruction, Mondays, Walter, Reed, TJ, Arlington Mill. Details, 703-228-4721.

Tennis, Monday through Friday, 8 a.m. – 12 p.m., Bluemont Courts. Details, 703-228-4745.

Seated exercise, Monday-Wednesday-Friday, 9 a.m., Madison. \$60/15 sessions; \$4 drop-in. Details, 703-228-4878.

Madison Chess Club, Mondays, 9:30 a.m., Madison Comm. Center. Free. Details, 703-228-0555.

Ice skating, Mondays, 8:10 a.m. – 9:20 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4745.

Seniors-only weight room hours, Langston-Brown, \$60/15 sessions. Details, 703-228-6300.

Foreign language conversation groups, free. Details, 703-228-4721.

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SCHOOLS

And the Bands Played On

Two local high schools reach finals.

BY MICHAEL MCMORROW
THE CONNECTION

“I can’t say enough about how proud I am of the students’ efforts throughout the day. It was by far the coldest, windiest, and rainiest day they have had to perform in all year,” said Brian Bersh, band director of Yorktown High School in Arlington.

“I was absolutely thrilled with [my students’] efforts” in “very difficult conditions for a marching band,” said Band Director Adam Foreman of **Thomas Jefferson High School** for Science and Technology in Alexandria.

USBands is an independent scholastic service organization that manages a competitive circuit for high school bands coast-to-coast. On a given weekend, the firm oversees 125 events in 25 states involving 700 bands with 70,000 student musicians.

On the first of this month, a northeast

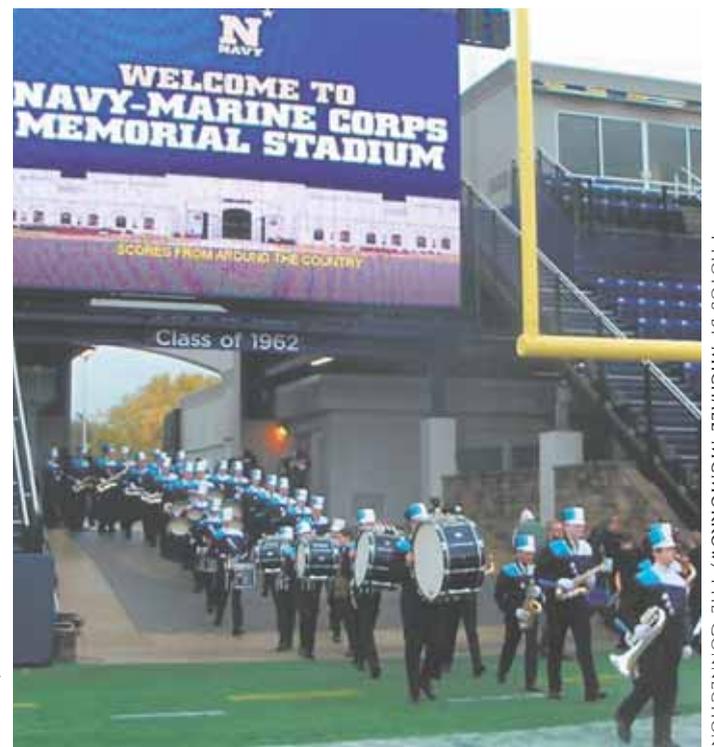


Band directors Adam Foreman of TJ (left) and Brian Bersh of Yorktown.

regional competition was held in the Navy-Marine Stadium at Annapolis. A glance at license plates in the parking area reflected wide-spread interest from CN, DC, MD, NC, NJ, NY, PA, WV and VA.

Standing in the miserable weather and hearing of a “wind warning” on the nearby Bay Bridge, any first-time observer would question whether the competition would go forward. Justin Heimbecker, USBands director, saw no reason not to proceed. Hours

Yorktown band enters the arena.



PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

later under the still gray skies during the break before finals began, he opined that “overall the event has been fantastic” and “as for the band members, they are all champions.”

Heimbecker explained the popularity of band competitions. “Yes; challenging other bands is exciting. However, the more important element involves each student competing against himself or herself.” It is this latter part, he went on, that generates personal satisfaction derived from doing the best you can, striving to do better each time and contributing to the band and your other band members. Having students from a wide geographic area isn’t a particular problem for TJ’s 95 band members. “They choose to attend the school. If any problem arises, it is usually solved by the parents who are very supportive of the band,” Foreman said. As an example, he said “a big carpool system is in place.”

A certain group can be found hovering around each band. They scurry about lifting and pushing whatever needs a lift or a push. Band directors are able to focus on

music and marching only because of this cadre called “band moms” and “band dads.” Barb Males of McLean, whose daughter attends TJ, said: “Billie is very committed to her music. That is why I am here.” While speaking, she covered large musical instruments with towels to shelter them from the rain.

Once the event concluded, Bersh of Yorktown ventured a thought with respect to his band members. Memory of the day should be that “they performed their best show of the year despite the weather,” and without any misplaced “regret they didn’t perform well because of the weather.”

And the Winners Are ...

The preliminaries involved 32 bands.

Only 16 were invited to the Platinum Regional Finals and both representatives of Northern Virginia were included.

Arlington’s Yorktown High School (“Marching Patriots”) finished in 10th place.

Thomas Jefferson High School for Science and Technology (“Marching Colonials”), located in Alexandria but drawing many students from nearby districts, wound up in 2nd place and also won the award for music.



From left, Michael Morrison (father of band member Michaela), Anne Wittenberg (mother of band member Andrew) and Benny Neilsen (Yorktown junior class percussionist) fixing a drum.

SCHOOL NOTES

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

Marymount University was awarded a \$144,000 grant from the National Science Foundation to conduct research that will help create the next generation of the Internet, which will make it easier for computers to search and discover scientific data.

Dr. Tom Narock, an assistant professor of information technology at Marymount, will lead Marymount’s efforts working with Woods Hole Oceanographic Institution in Falmouth, Mass.; Columbia University; the University of Maryland, Baltimore County; the University of California, Santa Barbara; Wright State University; and the Consortium for Ocean Leadership.

Woods Hole is the world’s largest private, non-profit oceanographic re-

search institution and a leader in the study and exploration of the ocean. Last year Marymount worked with it to create a prototype search engine called OceanLink. The work at Marymount will involve both graduate and undergraduate students.

Elizabeth M. Bryan enrolled at Colby College in Waterville, Maine, this fall. A graduate of University of Edinburgh, Bryan is the daughter of John Bryan and Nancy White of Arlington.

Amanda Ellison participated in a four-week study abroad program this past summer in which students developed multimedia content documenting the people and places of Urbino, Italy, and the surrounding Marche Region. Ellison, a senior media arts and design major at JMU, was one of 28 JMU students to participate in the annual study abroad trip, known as the Urbino Project.

Their work is featured at 2014.inurbino.net/.

Sarah Lundgren graduated from Walsh College, in Troy, Mich., with a Master of Business Administration degree.

Diptina Tikhatri is among Southeast Missouri State University’s summer 2014 graduates.

Tikhatri graduated with a Bachelor of Science with a major in health management: health promotion option.

Amber Roberts, of Arlington, is one of eight students from the University of Virginia School of Law who will take part in the university’s Tri-Sector Leadership Fellows program, a leadership program aimed at giving students a new approach to addressing pressing societal challenges.

BULLETIN BOARD

FROM PAGE 8

Davis Highway. The theme of this year’s brunch is “Sisters Called to Serve: Honoring Youth Who Serve in Our Communities.” This signature event provides scholarships for graduating seniors in the Northern Virginia area and subsidizes programs for the community. \$65. Visit www.nvdecs.org for more.

SUNDAY/NOV. 9

Jewish Genealogy. 5 p.m. Volunteer Room, Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Rabbi Leila Gal Berner will be co-teaching with genealogist Julian Preisler. Email admin@kolaminvrc.org for more.

MONDAY/NOV. 10

Seminar. 10-11 a.m. at Vienna Community Center, 120 Cherry St., Vienna. The Alzheimer’s Association will host a workshop titled, “Know the 10 Signs: Early Detection Matters.” This free workshop is for

anyone who would like to know more about Alzheimer’s disease and related dementias. Call 800-272-3900

Cold War Lecture. 3-4:30 p.m. Arlington Central Library, 1015 Quincy St., Arlington. Part of Encore Learning’s fall lecture series “Meet the Speaker.” Gary Powers Jr. will speak on various Cold War events, including the 1960 U-2 incident involving his father. Powers will detail his family’s efforts to set the record straight and will discuss efforts to preserve Cold War history. A book signing will follow the presentation. Call 703-228-2144.

TUESDAY/NOV. 11

Operation Christmas Child Collection. Chick-fil-A Crystal City, 2200 Crystal Drive and Ballston Commons Mall, 4238 Wilson Blvd. A special collection day with participating Arlington area Chick-fil-A’s and Operation Christmas Child, a project that sends millions of gift-filled shoe boxes to needy children

SEE BULLETIN, PAGE 19

SCHOOLS



Fashion Workshop at White House

Ten Marymount University students participated at a fashion workshop at the White House on Oct. 8. From left are Humberto Leon, Marymount fashion design student Taylor Fitzgerald and Carol Lim. Leon and Lim are co-owners of Opening Ceremony. The workshop included First Lady Michelle Obama, Vogue magazine Editor-in-Chief Anna Wintour and designer Jason Wu, a favorite of the First Lady.

Designer Lela Rose (left) offers advice to Marymount fashion design student Kyana Hallacher during a workshop at the White House.



PHOTOS CONTRIBUTED

Exceptional Schools for Exceptional Students School Fair

Showcasing the many wonderful school choices available to families of children with learning differences. Find out about individualized programs that will help your child thrive both academically and socially.

Sunday, November 16, 2014 • 11:00am-1:00pm

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Admission is FREE and Open to the Public

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Commonwealth Academy
The Diener School
Eagle Hill School
The Foundation Schools
The Frost School
The Gow School
The Howard Gardner School
Ivymount School
The Katherine Thomas School

Kingsbury Day School
The Lab School of Washington
Landmark School
The Leelanau School
Little Keswick School
The Maddux School
MANSEF
Middlebridge School
National Child Research Center (NCRC)
The Newton School
The Nora School

Oakwood School
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ENTERTAINMENT

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

ONGOING

“Elmer Gantry.” Runs through Nov. 9. Signature Theatre, 4200 Campbell Ave. The second show of Signature Theatre’s 25th Anniversary season. Tickets now on sale. Visit www.signature-theatre.org/shows/elmer-gantry for more.

Sparket: A Creative Market.

Wednesdays, through Nov. 12, 11 a.m.-2 p.m. at 1900 Crystal Drive. An electric and colorful shopping experience. Free admission; \$30 to be a vendor. Visit crystalcity.org/do/sparket for more.

Art Exhibit. Through Sunday, Nov. 30 at Terrace Gallery. Artist talk is Saturday, Sept. 20, 2 p.m. at Terrace Gallery. Artsphere, Terrace Gallery, 1101 Wilson Blvd., Suite 932. Think With Your Hands: Illustrated Journals Come to Life Through Augmented Reality. Free Admission. Visit www.artsphere.com for more.

“Sex with Strangers.” At Signature Theatre, 4200 Campbell Ave., Shirlington. The play by Laura Eason runs through Sunday, Dec. 7. Tickets go on sale July 1 and performances are Tuesday-Sunday evenings with matinees on Saturdays and Sundays. \$40 and up. Visit www.signature-theatre.org for more.

Fall SOLOS. Through Saturday, Dec. 20, artists from across the Mid-Atlantic region are selected for solo exhibitions to take place in one of AAC’s seven separate gallery spaces, or outside on the grounds. Visit www.arlingtonartscenter.org/solos/ apply for more.

Art Exhibit. Runs through Jan. 5 at Cherrydale Branch Library, 2190 Military Road. “We Are Arlington,” an exhibit of vintage photographs and memorabilia. Monday-Thursday, 10 a.m.-9 p.m. Tuesday - Wednesday, 1-9 p.m. Friday - Saturday, 10 a.m.-5p.m. Call 703-228-6330 for more.

Family and Teen Skate Nights. Through March 28 at The Thomas Jefferson Community Center, 300 N. Park Drive. The evenings start with Family Skating from 6:30-9 p.m. and close with Teen Nights from 9-10:45 p.m., for middle and high school students. \$2 per person/\$3 skate rental. Visit parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson for more.

LGBT & Straight Friends Social. Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey’s “Bar A” Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit www.iotaclubandcafe.com/ for more information.

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

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

registration required.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz (“clean”) and at 10 p.m. on Friday and Saturday is the Blue Show (“adult”), both at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call 703-522-8340.

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

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

Storytime. Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

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

Family Nights. 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

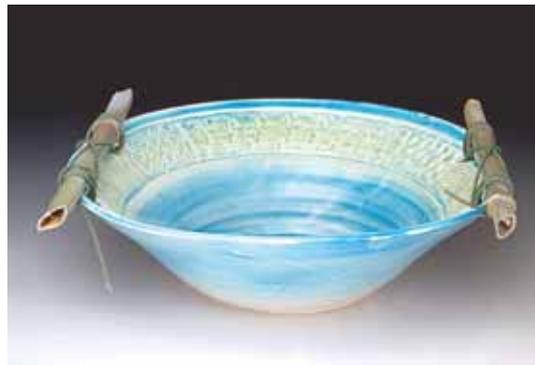
CAMPS, CLASSES & WORKSHOPS

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

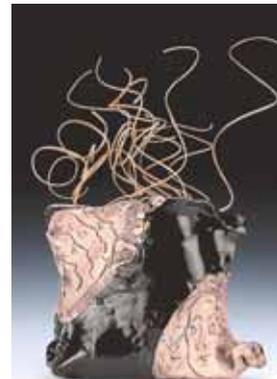
Synetic Theater. Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to the world of physical theater, acting and dance through energetic and athletic feats that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and payment plans are available. Visit www.synetictheater.org/studio or call 703-824-8060.

Class registration is now open at **Arlington Arts Center**, 3550 Wilson Blvd. This fall Arlington Arts Center is offering after school classes for children, weekend sessions for teens and evening classes for adults — not to mention special workshops like Day of the Dead, Art’s Cool! Art School and Gift Mania. Visit www.arlingtonartscenter.org or call 703-248-6800.

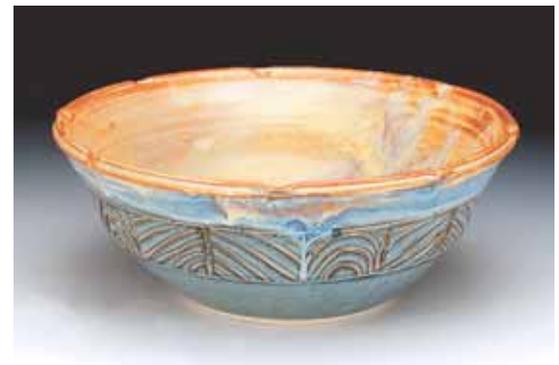
❖ **Ages 4-6** Saturday/Dec. 13: Gift Mania —



“Circle of Friends,” porcelain bowl, handcarved, airbrushed glazes, Annandale bamboo, dyed reeds, by Susan Fox Hirschmann.



“Circle of Friends,” hand carved stoneware with dyed reeds and natural grapevines, by Susan Fox Hirschmann.



Handcarved stoneware bowl with crystalline glazes for mixing, serving and enjoying, by Susan Fox Hirschmann.

Trade Roots Features Local Artist

Trade Roots, 5852 Washington Blvd., an eco-friendly, locally made and fair trade shop, will feature work by ceramic artist Susan Fox Hirschmann in November. The show, “Rooted in Clay,” will highlight Fox’s pottery for mixing, serving, using and enjoying. Natural fibers and recycled elements, such as locally grown plant fibers and bamboo compliment many of her pieces. The “First Friday Meet the Artist” will take place Friday, Nov. 7, 6-9 p.m. Fox will discuss the work being featured through the month of November. Visit

- weekend workshop
- ❖ **Ages 7-10** Oct. 22-Dec. 10: Legends and Lore—after school session Saturday/Dec. 13: Gift Mania — weekend workshop
- ❖ **Ages 11-14** Saturday/Dec. 13: Gift Mania — weekend workshop
- ❖ **Ages 14-18** Pre-College Weekend Workshops Saturdays/Nov. 8 & 15: Ink & the Figure
- ❖ **Ages 18 and Older** Thursday/Dec. 4: Golden Acrylics Lecture & Demo (free, RSVP required)

WEDNESDAY/NOV. 5

Panel Discussion. 7 p.m. at Arlington Central Library, 1015 N Quincy St., Arlington. This series of panel discussions on writing young adult fiction moderated by author Jon Skovron will be hosted by One More Page Books. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

THURSDAY/NOV. 6

Sponsored Lunch. 11:30 a.m. at Temple Rodef Shalom, 2100 Westmoreland St. Jane Hampton Cook, award-winning author who makes history and biographies relevant to today’s news, current events, issues of faith and modern day life, will be the guest speaker at the luncheon. Call 703 506-2199 for more.

FRIDAY/NOV. 7

Meet The Artist. 6-9 p.m. at Trade Roots, 5852 Washington Blvd. Susan will discuss her work being featured through the month of November. Call 571-335-4274 for more.

“ARTrageous.” 5-9 p.m. in the Crystal City Shops at 2100 Crystal Drive, Arlington. A first-ever Arlington Artists Alliance silent auction featuring art (including framed original paintings, jewelry, pottery

and sculpture), music and food for a good cause. Also available for bid: luxury vacation homes, pet portraits, unique commissions, art lessons, and more. Come by for an in-person preview of all the art to be auctioned, on view at Gallery Underground from Monday, Nov. 3- Friday, Nov. 7, 10 a.m.-6 p.m. Visit www.arlingtonartistsalliance.org for more.

Wine Tasting. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. Enjoy wine tasting features wines perfect for the holiday season. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

Family Night. 7-9 p.m. at Arlington Mill Community Center, 909 S Dinwiddie St., Arlington. Enjoy traditional board games and interactive game stations for the whole family. Visit parks.arlingtonva.us/programs/kids/family-nights-mill/ for more.

SATURDAY/NOV. 8

Puzzle Festival 2014. 8:30 a.m.-4 p.m. at Arlington Central Library Auditorium, 1015 North Quincy St., Arlington. Fourth annual Arlington Puzzle Fest, brought to you by the Friends of the Arlington Public Library. Register now for an all-day celebration of crosswords, Sudoku, brain teasers, word games, math and logic puzzles, and other brain-expanding challenges while competing and cooperating with fellow puzzle-lovers. Free but registration requested, 703-228-6339. Visit library.arlingtonva.us/ai1ec_event/arlington-puzzle-festival-2014-central.

Field Guide Applications. 2 p.m. at Potomac Overlook Regional Park, 2845 N Marcey Road, Arlington. Join naturalist staff for a new program all about field guide applications available on smartphones and tablets. This program will mostly focus on iPhones and iPads. Visit www.nvrpa.org/park/

potomac_overlook for more.

Documentary Screening. 7 p.m. at Regal Cinema’s Ballston, 671 North Glebe Road, Arlington. Volunteers of America Chesapeake is hosting an exclusive, free screening of the Glen Campbell film “I’ll Be Me” with a VIP reception after. Includes Q&A with Director James Keach and Producer Trevor Albert. RSVP is required: www.voachesapeake.org/Get-Involved/Upcoming-Events/Glen-Campbell-III-Be-Me.

SUNDAY/NOV. 9

Remove Invasive Plants. 2-4:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Work parties are held every month to keep the park clean. Call 703-228-3403 for more.

Notable Nature. 3-4 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. The whole family is invited for a lesson in nature journaling. Call 703-228-3403 for more.

Book Club Discussion. 4 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The Mother-Daughter Book Club will meet and discuss “A Wrinkle in Time” by Madeleine L’Engle. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

House Concert Series. 6 p.m. in McLean. Arlington-based IBIS Chamber Music presents concerts in private homes, followed by a reception. Proceeds fund community concerts. \$25, limited space. Email susan@ibischambermusic.org or call 703-755-0960 for reservations. Visit ibischambermusic.org for more.

TUESDAY/NOV. 11

Arlington National Cemetery Veterans Day Ceremony. Arlington National Cemetery, Arlington. About 5,000 visitors attend the annual remembrance ceremonies in the Memorial Amphitheater. Visit

ENTERTAINMENT

www.arlingtoncemetery.mil.

Veterans Day Memorial Service. 11 a.m. at the Rocky Versace Memorial at Mount Vernon Community Center, 2701 Commonwealth Ave, Alexandria.

Book Signing. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. Author Maya Corrigan will discuss and sign the first in a new mystery series, "By Cook or by Crook (A Five-Ingredient Mystery)." Call 703-300-9746 or visit www.onemorepagebooks.com for more.

Golden Paw Gala. 5:30-10 p.m. at Westin Arlington Gateway 801 N Glebe Road, Arlington. The Animal Welfare League of Arlington will roll out the red carpet to honor shelter animals during its 2nd Annual Golden Paw Gala. Pawparazzi and guests alike will mix and mingle with VIPs (Very Important Pooch) shelter celebrities as they strut and pose on the red carpet. Proceeds will directly support shelter animals, as well as community programs and services supported by The Animal Welfare League of Arlington. \$150-\$200. Visit awla.org for more.

WEDNESDAY/NOV. 12

Book Club Discussion. 5 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The Teen Book Group will meet and discuss "I'll Give You the Sun" by Jandy Nelson. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

Happy Hour. 5-8 p.m. at Continental, 1911 N. Fort Myer Drive, Arlington. Join A-SPAN for this happy hour supporting an end to veteran homelessness. There will be a live raffle and ping-pong and pool

tournaments. Visit www.rosslynva.org/do for more.

Book Signing. 7 p.m. at Arlington Central Library, 1015 N Quincy St., Arlington. Author, plant curator and photographer Rick Darke will discuss and sign "The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden." This event is hosted by One More Page Books. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

THURSDAY/NOV. 13

Doggie Half Mile. 1:30 p.m. at Thomas Jefferson Community Center, 3501 2nd St. Visit www.pvtc.org/welcome#dogdash for more.

Author Talk. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Author Barbara Bonner will share from her collection of stories and poems, "Inspiring Generosity." Call 703-300-9746 or visit www.onemorepagebooks.com for more.

FRIDAY/NOV. 14

Book Club Discussion. 11 a.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The Daytime Book Group will meet and discuss "The Rosie Project" by Graeme Simsion. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

SATURDAY/NOV. 15

Native American History. 10:30 a.m. at Potomac Overlook Regional Park, 2845 N Marcey Road, Arlington. Learn about the history of the Native Americans who lived in Arlington centuries ago through a slide show,

hands-on activities and a visit to a Native American encampment site. Visit www.nvrpa.org/park/potomac_overlook for more.

Casino Night. 7-11 p.m. at Columbus Club of Arlington, 5115 Little Falls Road, Arlington. A Night to Beat the Odds will raise funds for Team Alexis, a local chapter of The Cure Starts Now, in honor of Alexis Agin who was battling a form of brain cancer. Food and drink, a variety of gaming tables, live and silent auctions, and music. Visit www.dc.thecurestartsnow.org for more.

SUNDAY/NOV. 16

House Concert Series. 5 p.m. in Washington, D.C. Arlington-based IBIS Chamber Music presents concerts in private homes, followed by a reception. Proceeds fund community concerts. \$25, limited space. Email susan@ibischambermusic.org or call 703-755-0960 for reservations. Visit ibischambermusic.org for more.

MONDAY/NOV. 17

Laughter Yoga. 6:30-7:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. Use breathing, clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. Free. Email alingtonlaughteryoga@yahoo.com for more.

TUESDAY/NOV. 18

Book Club Discussion. 7p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The Mystery and Suspense Book Club will

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A Neighborhood Restaurant Mediterranean Cuisine

Menu Items

Moroccan Chick Pea Stew with Curried Cauliflower
Mango Chicken w/Fried Brie
Greek Veggie
Eggplant Zucchini Moussaka
Fettuccine Aurora
Beef & Lamb Moussaka
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To RSVP or for more information, please visit cps.gwu.edu/bachelorscompletion or call 703-248-2800.

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ENTERTAINMENT

meet and discuss "The Ice Princess" by Camilla Lackberg. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

WEDNESDAY/NOV. 19

Book Club Discussion. 7p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The Nonfiction Book Club will meet and discuss "The Empathy Exams" by Leslie Jamison. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

FRIDAY/NOV. 21

Author Talk. 4:30 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. Best-selling author and illustrator LeUyen Pham will share from her latest books, "The Twelve Days of Christmas" and "Princess in Black" and will show customers how to make a Christmas ornament craft. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

MONDAY/NOV. 24

Book Club Discussion. 7p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The Holistic Health and Wellness Book Group will meet and discuss "In Defense of Food" by Michael Pollan. Call 703-300-9746 or visit www.onemorepagebooks.com.

TUESDAY/NOV. 25

Book Club Discussion. 7p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The Spirituality Book Club will meet. Call

FOOD & DRINK

Clarendon Farmers Market. Year-round, has locally produced breads and pastries, organic vegetables, flowers, soap, sorbet and more. Saturdays and Sundays, 8 a.m.-noon at Courthouse Parking Lot, 3195 North Wilson Blvd. Also year-round on Wednesdays from 3-7 p.m. at Clarendon Metro Station. Visit www.Clarendon.org. Call 703-812-8881.

Arlington Farmers Market at Courthouse. Adjacent to the Arlington County Courthouse Parking Lot, at the intersection of N. Courthouse Road and N. 14th Street. This is a 'producer only' market with more than 30 producers. From January through March, the market is open on Saturdays 9 a.m.-noon. Visit www.arlingtonfarmersmarket.com for a list of vendors.

The Crystal City FRESHFARM Market is open April-November on Tuesdays, 3-7 p.m. with a selection of foods and goods from local producers, in front of 251 S. 18th St. Visit www.crystalcity.org for more.

Arlington Mill Community Center Plaza. Wednesday, starting Aug. 13. 3-7 p.m. at 909 S Dinwiddie St., Arlington. A new farmers market will be open weekly. Visit www.columbia-pike.org/events/?event=1049 for more.

703-300-9746 or visit www.onemorepagebooks.com for more.

SATURDAY/NOV. 29

Small Business Saturday. At One More Page Books, 2200 North Westmoreland St., Arlington One More Page will participate in Small Business Saturday, a nationwide campaign designated by the Shop Small movement to encourage holiday shoppers to shop locally during one of the busiest shopping weekends of the year. The store will also participate in Arlington Small Business Day, a local campaign to encourage the public to shop at local businesses. Call 703-300-9746 or visit www.onemorepagebooks.com.

Wonder of the Woods. 2:30-4 p.m. at Potomac Overlook Regional Park, 2845 N Marcey Road. Explore the amazing life, complexity and wonders that the woods can offer. Visit www.nvrpa.org/park/potomac_overlook for more.

SUNDAY/NOV. 30

Animal Encounters. 12:30 - 1:30 p.m. at Potomac Overlook Regional Park, 2845 N Marcey Road. Come meet some of nature's most interesting wild animals. Participants will learn how they grow, live and have adapted to take on their current form. Visit www.nvrpa.org/park/potomac_overlook for more.

WEDNESDAY/DEC. 3-SUNDAY/JAN. 4

Gothic Adaption of Beauty and the Beast. Through Jan. 4, 2015; Wednesday-Saturday 8 p.m., Sunday 2 p.m., excluding Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. Synetic Theater, 1800 South Bell Street, Arlington. Based on the classic fairytale. Tickets: \$35 and up. Student tickets start at \$20. Senior citizens and military receive \$5 off. Group discounts are available. Visit

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LETTERS

FROM PAGE 6

thrive. The lost capacity in the Blue Line is detrimental to this economic development potential. Also, reducing the capacity of the core of our Metro system, as we all know, limits the ability of the system to grow outward, further stifling economic development and potential transit utilization.

We are confident our region, just as it rallied for the Silver Line, can rally to address these significant structural issues in our Metro system capacity. We would like to work with partners at the local, state and federal levels in continuing to support robust economic growth throughout the region. Washington Area Metro Transit Authority's (WMATA) strategic plan "Momentum" and its Metro 2025 initiatives provide clear steps to enable future growth, and to improve service to existing Metro stations. Two of those initiatives are moving to all eight car trains during peak periods and expanding core Metro stations, such as building a second Rosslyn station, to handle the increasingly heavy loads. The order of magnitude estimate for reaching 100 percent eight car trains is \$2 billion in 2012 dollars, while the estimate for a new Rosslyn station is \$1 billion. Unfortunately, current funding streams are insufficient for both of those initiatives. Just to maintain our existing system, it is estimated that Metro will need \$1 billion annually. To successfully expand the core and system capacity they will need an additional \$500 million per year through 2025. Metro's Capital Funding Agreement continues through FY2016 and they are working to seek a renewed commitment from regional partners, but they need new funding streams.

In searching for short-term solutions for Blue Line riders facing a longer commute, Metro has proposed and implemented various changes to bus service for the mitigation of those impacts. There are limited-stop buses, buses to bypass the added congestion at

Rosslyn Station, and Metro has also increased the number of Yellow Line trains running during peak hours to provide Blue Line riders with an alternate route. These short-term solutions show a commendable effort to alleviate some of the burden now placed on Blue Line riders, but we must make long-term improvements to the Metro core and system capacity a priority. Investing in our Metro system is imperative to encouraging healthy growth of the Washington-Metro area. We should not keep expanding the Metro system until we can ensure doing so will not impair service quality that is already strained.

We are asking that you support the Metro Momentum plan and also that you help us bring together Northern Virginia regional leaders to develop a comprehensive funding plan that identifies state, local and other resources that can be woven together to address our Blue Line needs. In the near future, current bond funding will end if we do not restore it and replace it with new sources. We will need to identify new sources of funding to support bonds as well as our Metro system in general. We are writing to ask that you help us commit to creating a short, medium and long term funding plan that will ensure the core of our Metro system as well as hoped for growth can be supported well into the future. Well functioning infrastructure is critical to the economic growth of our region. We will be contacting you to set up a meeting to discuss the issues facing the Blue Line and the Metro's inner-system and how we can work to find real solutions to our Metro funding needs in person.

Del. Rob Krupicka, Sen. Adam Ebbin, Del. Kaye Kory, Sen. Barbara Favola, Sen. Janet Howell, Del. Patrick Hope, Sen. Linda "Toddy" Puller, Sen. Richard Saslaw, Del. Mark Sickles, Del. Richard "Rip" Sullivan and Del. Marcus Simon

VOLUNTEER OPPORTUNITIES

Email announcements to arlington@connectionnewspapers.com.

Friendly visitors needed by Shepherd's Center of McLean-Arlington-Falls Church. Many local senior citizens have indicated a desire to have someone visit them as most are alone with no family members living locally. Call 703-790-0202 or email info@scmafc.org.

The Shepherd's Center. The Shepherd's Center, 1205 Dolley Madison Blvd., McLean. The center is need of volunteer drivers from McLean, Arlington and Falls Church. The Shepherd's Center of McLean-Arlington-Falls Church is an interfaith organization serving older

people in the McLean, Arlington and Falls Church area. Call Ed Schrock at 703-790-0202, or the main office, at 703-506-2199.

Arlington Commission. Seeking Commission member and volunteers to serve as liaisons to long-term care residents. For more information, or to apply, visit <http://commissions.arlingtonva.us/ltcr/>, or call Agency on Aging 703-228-1700, via TTY 703-228-1788, or email ArlAAA@arlingtonva.us.

Advocates needed for Arlington Commission on Long-Term Care Residences, to advise public officials about long-term care needs in Arlington, and support access, availability and affordability in

Arlington's long-term care residences. Visit www.arlingtonva.us/aging or email Arlaaa@arlingtonva.us or contact the Agency on Aging at 703-228-1700 or via TTY 703-228-1788.

Volunteers Needed. Arlington Thrive 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 Thrive's laptop computer. Training and ongoing consultation provided. Call 703-558-0035 or info@arlingtonthrive.org. Visit www.arlingtonthrive.org for more.

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 Hanukkah begins December 16.
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W-L Boys' XC Wins Conference 6 Championship

Girls' finish runner-up, qualify for regionals.

BY JON ROETMAN
THE CONNECTION

The Washington-Lee girls' cross country team continued its recent success, earning a region berth with a runner-up finish at the Conference 6 championship meet on Oct. 29 at Burke Lake Park.

This time, the W-L boys' team put forth a championship performance of its own.

The Generals won the conference championship with a score of 38. Each of W-L's five point-scoring harriers placed in the top 15, and its seven best finished in the top 17.

Madison finished runner-up with a score of 61, followed by South Lakes (88) and Fairfax (108).

"From the beginning of the year, I thought the boys were extremely cohesive and deep – we have seven or eight boys that were battling all season for our varsity spots and I was really pleased with the squad we brought to the conference meet," W-L head coach Matt Przydzial wrote in an email.

"Since last season, the boys have certainly been in the shadow of the girls' team and this season they're certainly making a name for themselves."

Patrick Odlum was the Generals' top finisher, placing third with a time of 16:02. Christopher Mutty finished fourth with a time of 16:05, Matthew Tatum took sixth (16:12), Bryan Meade finished 12th (16:31) and Isaac Mortimer-Lotke took 13th (16:32).

James Gusmer finished 16th (16:36) and Martino Serafini took 17th (16:40).

"The boys' team did exactly what they needed to do," Przydzial wrote. "On paper, they were favored to win but we realized Madison is a great team, very well-coached, and [if] we didn't run our best, it could have ended up a lot closer. ... Five of our top seven ran PRs. I was

particularly pleased with Matt Tatum, our No. 3, running a huge PR and picking up a number of spots to make for a low team score."

The W-L girls' team, which finished state runner-up last season, placed second at the conference meet behind a



Christopher Mutty (2867), seen earlier this season, and the Washington-Lee boys' cross country team won the Conference 6 championship on Oct. 29.

Madison posted a total of 24, followed by W-L (54), McLean (99) and South Lakes (106).

"Madison girls are certainly one of, if not the, best team in the state," Przydzial wrote. "We knew our girls were racing for second place but they certainly got the job done."

Donia Nichols led the way for W-L, placing fifth with a time of 18:28. Jordan Grimaldi finished seventh with a time of 18:38. Kathryn Eng took 11th (18:56), Laura Ramirez finished 12th (19:00) and Elizabeth Seff finished 19th (19:28).

"Elie Seff, our No. 5 runner, has improved more than 2 minutes over the last three weeks," Przydzial wrote. "She's stepping up at exactly the right time and keeping our top five girls very close to one another, helping our team score tremendously."

Washington-Lee will compete at the 6A North region meet on Wednesday, Nov. 5 at Burke Lake Park.

"Since the beginning of the season, our goal on both sides has been to take as many runners as possible to the State meet, whether it be a number of individuals or one or two full teams," Przydzial wrote. "The ultimate goal would be to bring both the boys and girls full teams to the state meet, which has never happened in school history."

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

SPORTS BRIEF

W-L Football Beats Wakefield, to Face Yorktown

The Washington-Lee football team improved to 6-3 with a 27-20 victory over Arlington foe Wakefield on Oct. 31.

The Generals have won four of their last five games and clinched a winning season.

Wakefield dropped to 6-3.

W-L will close the season with a home game against rival Yorktown (6-3) at 7:30 p.m. on Friday, Nov. 7. Wakefield will host winless Mount Vernon at 7:30.

O'Connell Football Edged by Good Counsel

The Bishop O'Connell football team dropped its fourth straight after a 5-0 start, losing to Good Counsel 16-14 on Oct. 31.

O'Connell has lost to St. John's, DeMatha and Good Counsel by a combined 14 points.

The Knights (5-4) will travel to face Bishop McNamara at 2 p.m. on Saturday, Nov. 8.

SCHOOL NOTES

National Merit Scholarship Semifinalists Named

Nineteen Arlington students are semifinalists in the 60th annual National Merit Scholarship Competition. Semifinalists are the highest scoring entrants in each state and represent less than one percent of the nation's seniors.

The Arlington students are among the 16,000 semifinalists named nationally.

The semifinalists include:

H-B Woodlawn: Alexandra Gartner, Amanda Hayes

Washington-Lee High School: Andrew Fleckenstein, Quinn Montante, Isaac Mortimer-Lotke, Donia Nichols, Claire Spaulding, and Katherine Windham

Yorktown High School: Jacqueline Anders, Keaton Anderson, Will Clay, Madeline Gardner, Margot Hanlich, Emma Hobday, Adam Howard, Warren McQueary, Joseph Potochny, Griffin Romanek, and Sydney Stocks

In addition, nine students from Arlington County attending Thomas Jefferson High School for Science and Technology (in Fairfax) have been named National Merit semifinalists.

They include: Corwin De Boor, Nolan M. Kataoka, David H. Lanman, Rebecca Merriman-Goldring, John X. Morris, Claire E. Murphy, Sushrutha P. Reddy, Zane M. Rossi, and Katherine Salamido.

Patrick Henry Elementary Honored

The Virginia Board of Education recognized Patrick Henry Elementary School on Oct. 23 as a Title I Distinguished School. Henry is one of 57 schools honored for raising the academic achievement of economically disadvantaged students.

The award is based on student performance on Standards of Learning (SOL) assessments during the 2013-14 and 2012-13 school years. Title I Distinguished Schools are recognized for meeting all state and federal accountability requirements for two consecutive years and achieving reading and mathematics SOL pass rates at 85th percentile or higher.

Title I of the Elementary and Secondary Education Act (ESEA) provides funding to school divisions and schools for programs to raise the achievement of students identified as being at risk of academic failure. ESEA requires schools and school divisions to meet annual objectives for increasing student achievement on statewide assessments in reading/language arts and mathematics.

A Library for Gardening Tools Check out a garden tool as if checking out a library book.

BY MARILYN CAMPBELL
THE CONNECTION

If you're engaged in fall clean-up or gardening and find that you're missing a key tool to finish your project, imagine being able to go to your local library and check out one, just as you would check out a book. That vision has become a reality thanks to a partnership between the Arlington Public Libraries and Case Design/Remodeling, Inc.

"We serve the homes and people within our communities," said Bruce Case, president of Case Design/Remodeling, Inc. "Without them, we would be nothing. And we feel that libraries serve as a hub for their communities. They are more than just books — they are about connecting people, knowledge and resources."

The Arlington Public Library Central Branch unveiled a new lending service housed in an on-site shed this fall. For Arlington community members who are interested in gardening, but want an affordable way to acquire gardening tools, the Tool Library is the answer.

"There has clearly been a demand for and interest in garden agriculture," said Peter Golkin, spokesman for Arlington Public Libraries. "This service is good for people who



Arlington County resident can now check out tools from Arlington County Public Libraries in the same way they would check out a book.

PHOTO COURTESY OF ARLINGTON PUBLIC LIBRARY

only need a tool one or two times. It can save you money and time because you can borrow the tools for free. You don't need to go to hardware store. You only need a library card to get a tool and everybody who lives in Arlington County qualifies for one."

Like checking out a library book, community members can swing by and borrow tools of their choice. With the general public's burgeoning interest in vegetable gardening, getting back to nature, and being eco-friendly, library officials felt this would be an important service to the Ar-

lington community.

Case Design constructed the Tool Library structure pro bono using materials purchased by the library. "We are very happy with the way it turned out and are excited to be a part of this new offering for Arlington residents," said Case.

The Tool Library shed opened in September at the Arlington Public Library Central Branch, located between the Ballston and Virginia Square metro stops.

Arlington resident Peter Myers was surprised to learn about the service. "It's ex-

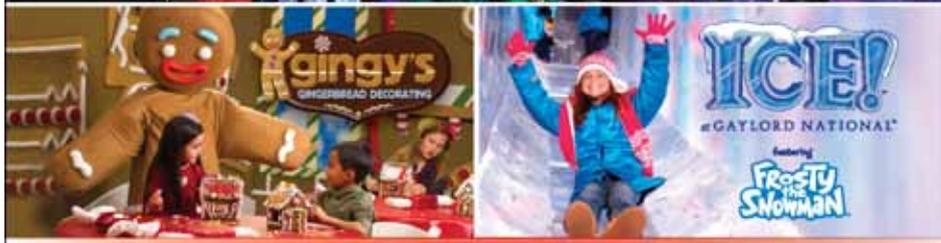
pensive and takes a lot of time to drive Home Depot to pick up a tool I only need for a few hours, he said. "This seems like a better way to get a piece of equipment that I only need for one

"... We feel that libraries serve as a hub for their communities. They are more than just books — they are about connecting people, knowledge and resources."

— Bruce Case, president of Case Design/Remodeling, Inc.

or two hours for a project in my yard."

For more information or to become a volunteer, visit Arlington County's website at <http://library.arlingtonva.us/programs/health-and-fitness/garden-tool-lending-program/>



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WELLBEING

Natural Treatments for Anxiety

Experts say complementary medical treatments can help relieve anxiety and other mental disorders.

BY MARILYN CAMPBELL
THE CONNECTION

When 35-year-old Andrea Evenson decided to try meditation, exercise and yoga to deal with her anxiety, she had already been on a myriad of anti-anxiety medications. The Alexandria resident had seen several psychiatrists, who'd prescribed a variety of anti-depressants and anti-anxiety medications with side effects that ran the gamut from weight gain to lethargy, but never quite controlled her symptoms, which included irritability and mood swings.

"Some of the medication helped with some of the symptoms, but I was never able to find the right combination to help me feel like my old self again," said Evenson. "I tried a combination of meditation and exercise along with medication, and that is when I began to see a difference."

Mental health professionals say anxiety is a normal human emotion everyone experiences at one time or another. Common anxiety often manifests itself in the form of a nervous feeling that many experience when faced with common life difficulties.



COURTESY OF MIND THE MAT YOGA AND PILATES

Laura Schwartz, a yoga instructor at Mind the Mat Yoga and Pilates demonstrates half lotus position, which is one of the traditional seats taken to prepare for meditation and breathing.

However, anxiety disorders such as Evenson's can interfere with a person's ability to lead a normal life; they can be crippling, serious mental illnesses.

"Anxiety is a feeling similar to worry or

nervousness," said clinical psychologist Stacie Isenberg, Ph.D. "To a lesser degree it is adaptive and serves the purpose of keeping us alert and aware so that we perform at our best. For example, having some anxiety about a test can motivate one to pay close attention to the question. To a greater degree, it causes intense discomfort and can be overpowering for example freezing on the test and not completing it, or avoiding the test altogether."

"Complementary treatments such as meditation, mindfulness, yoga, massage and exercise can also be effective in managing anxiety," Pamela Schultz, an Arlington-based psychotherapist. "That doesn't mean that these treatments should be used instead of traditional medicine, especially for a person with anxiety that has reached the level of mental illness and affects their ability to function."

ONE OF THE MOST COMMON complementary treatments for anxiety is yoga. "Just one yoga class has proven to lower ... stress levels," said Luann Fulbright, director, certified yoga instructor and therapist at Dream Yoga Studio and Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders [called] therapeutic yoga with success. This is a dominant reason folks come to yoga."

"I've had clients who've used Reiki, a treatment where a practitioner lays his or her hands on or just above a person, and

reported experiencing a sense of calm," said Schultz. "I've also had clients report that yoga nidra, a sleep-like state where a client experiences extreme relaxation, is helpful."

Exercise, both strength training and aerobic, helps manage anxiety, said

Christian Elliot, founder and CEO of True Health and Wholeness in Arlington. "A lot of it has to do with the chemicals that exercise releases in your brain. They help with mood and digestion" he said. "[Exercise] has benefits across the hormone spectrum. There are not many hormones that it doesn't benefit positively. Exercise is your body's way of saying 'This person is serious. I'm going to have to shut down the system and clean it up.'"

Elliot adds that exercise not only improves sleep, it enables deeper sleep. "Some of my clients will come in feeling grumpy and come out feeling a lot more positive." Elliot recommends exercising at least three to four times each week.

Bodywork and therapeutic massage therapist Bud Earley, said, "I try to promote ease and responsiveness in my clients by utilizing an eclectic blend of massage techniques geared toward the individual's needs. I will also employ ... breathing techniques to help relax the client and to support the changes from the bodywork."

Earley says that when a person experiences anxiety of any degree, "their functional field becomes more limited, and thus,

SEE REMEDIES, PAGE 17

Mason Professors Win Virginia Center of Aging Grant

Funding will be used to study Alzheimer's disease.

BY MARILYN CAMPBELL
THE CONNECTION

Two George Mason University professors recently won a prestigious and competitive grant that they hope will lead them closer to success in their fight against Alzheimer's disease.

Professor Joseph J. Pancrazio, chair of the Department of Bioengineering, and Professor Robin Couch, an associate professor in the Department of Chemistry and Biochemistry, were awarded grants from the Alzheimer's and Related Diseases Research Award Fund, which is administered by the Commonwealth of Virginia's Center on Aging.

"I am very appreciative to the Virginia Center of Aging for giving us the opportunity to pursue this new line of potentially high impact research," said Pancrazio.

Although they are using different approaches, both Pancrazio and Couch are studying ways to defeat or slow down the



PHOTOS BY EVAN CANTWELL/GMU CREATIVE SERVICES

Robin Couch

progression of Alzheimer's disease, which Couch characterizes as "the progressive deterioration of cognitive and functional abilities, leading to the loss of bodily function and death."

Pancrazio and his research team are looking at ways brain cells react to certain medications. "Our main research goal is to develop an engineering platform that can be utilized to study the underlying mechanisms of Alzheimer's disease and eventually to test new therapeutic options," said Pancrazio. "By growing brain cells, neurons, on a dish which is very similar to a computer chip,



Joseph J. Pancrazio

we can then measure the electrical activity of the cells and determine how the activity would change in presence of an Alzheimer's disease biomolecule such as amyloid beta peptide. We believe our platform provides a fast, non-invasive and accurate screening tool."

Electrical and computer engineering Ph.D. student Hamid Charkhkar is on Pancrazio's research team. "Every day, I feel more devoted to pursue this research, not only because it satisfies my scientific curiosity, but also [because] I am very hopeful that the outcomes of my research would

potentially help patients with Alzheimer's disease," he said.

Couch and his research team are treating brain cells with molecules to prompt them to release a "nerve growth factor," a protein that keeps neurons alive.

"While the pathology of Alzheimer's disease is related to the accumulation of protein deposits — or plaques — in the brain and the death of specific neurons, the currently employed therapeutics address the cognitive decline, but do little to halt or even slow the progress of neuronal decay," said Couch. "A radically different approach to the treatment [and] prevention of AD is known as neuroprotection, which involves the use of therapeutic agents, such as nerve growth factor, to defend the neurons from death. Nerve growth factor, naturally produced in the brain, binds to ... the neurons associated with Alzheimer's disease and promotes their survival."

Justin B. Davis, who is the lead Ph.D. student on Couch's research team, said, "While the complexities of Alzheimer's disease and its progression make it an academically stimulating research topic, the gravity of the disease and its effects on the population are the true driving forces behind our efforts at George Mason."

Natural Remedies

FROM PAGE 16

more narrow and rigid," he said. "The 'fight or flight' response kicks in in response to threats, real or imagined. The response can become chronic, where the sympathetic nervous system is continually discharging hormones to keep the individual prepared to respond to perceived threats."

Early says he has seen complementary medical treatments help clients first hand. "I had a client who was an expert in a particular type of kung-fu," he said. "However, a high level of stress and anxiety prevented him from functioning at the level he desired."

"I did intensive work with the client, in conjunction with a therapist experienced in neurofeedback, which teaches self-regulation of brain function," he said. "Over a matter of several months, it was a pleasure to see his countenance change dramatically and to see him functionally and obviously so much more relaxed and at ease within himself and with his surroundings."

Sara VanderGoot, co-owner of Mind the Mat Pilates and Yoga in Alexandria and Arlington, teaches clients to use meditation and mindfulness, a practice of keeping one's thoughts in the present moment. "Our team has worked with clients with [post-traumatic stress disorder], as well as terminally ill clients," said VanderGoot. "In both cases, the practice of yoga, deep breathing and meditation have reduced the stress response significantly, and, in many cases,

have been the only practices that these clients could turn to for relief."

NATURAL ANXIETY treatments can be created on an individual basis. "For some students, having a very vigorous practice, perhaps in a heated room, and then a time to meditate in savasana, [also known as] corpse pose, reduces anxiety," said VanderGoot, certified message therapist and registered yoga teacher. "For others, deep breathing and the quiet repetition of an affirmation, such as 'I am relaxed,' does the trick. Either way, these practices must be done consistently over time. Scientific studies have shown that steady practice of deep breathing and meditation can significantly reduce levels of anxiety as well as aid in the healing of depression."

"Yoga, breath practices and meditation curb the flight or fight response of an activated sympathetic nervous system and aid the practitioner to shift into a state of awareness, where he/she can observe what is happening in his or her body without judgment or a need to change it," said VanderGoot. "From awareness, a natural sense of well-being often arises and the need to fight or flee disappears. Then the practitioner is able to enjoy full presence in the moment regardless of what sensations arise in the body."

While Schultz said complementary practices can be effective, she offers a caveat. "The key is complement," she said. "I would recommend these modalities be used while also working with a licensed mental health professional."

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Dos, Don'ts and What-ifs



By KENNETH B. LOURIE

Instinctively, I am not the most open-to-new-ideas/new-things kind of person. However, an unexpected diagnosis of stage IV, non small-cell lung cancer (NSCLC) at age 54 and a half – along with its equally unexpected “13-month to two-year prognosis,” changes a few things. And thanks to a great friend, Rebecca Nenner, whom I have written about previously, I have/have had to become more open, and consequently, have assimilated into my life many non-Western, non-traditional alternatives (pills, supplements, super foods, activities/behaviors, etc.) with which I was totally unfamiliar (I’m a sports and chocolate kind of person), in an attempt to outlive my prognosis. And nearly six years later, I am here to say: been there, still doing that; by following many of Rebecca’s suggestions. Moreover, as a passionate health and fitness advocate, and now “Certified Holistic Health Coach,” Rebecca has guided me through the maze which characterizes life living with cancer. Presumably, given the fact that I’m still in the game, it’s likely her recommendations have contributed to my overall good health and unexpected life expectancy.

Nevertheless, stories abound electronically and in literature, of cancer patients who have eradicated their tumors in unconventional ways; ways that I’m not at present pursuing. Rebecca, for one, has regularly provided me with an evolving array of information/success stories for my consideration. In spite of it all, I don’t, generally speaking, feel compelled to add as many new things as I once did; finally, the point of this column: I want to feel good about what I’m already doing, rather than feel bad about what I’m not doing. Heck, I should be one of those success stories with patients wanting to know what I’ve accomplished.

Even though being alive 68 months post-diagnosis is a “miracle,” according to my oncologist, I really shouldn’t/can’t rest on my still-alive laurels and close back up again. I’d like to think I’ve learned something from my survival. Yet I don’t want to feel as if I have to add something new because something old might not be working anymore. Part of my hesitation is, “if it ain’t broke,” why should I fix it? Maybe my thinking should be: just because it was broke, don’t mean it can’t be fixed. If I don’t add/dare I say, upgrade – or worse, subtract and start following my not-very-open instincts – I may be closing the only opening I have left. Or, and here’s where the problem/decision on how best to proceed gets muddled (at least in my head), might I be affecting my status as quo, which given the February, 2009 prognosis, is pretty amazing? My worry is: if I added some new things, would I be threatening my present or securing my future? Unfortunately, there’s no way to know. Whatever I do/don’t do however, my goal is to feel good about what I’m doing/not doing, not bad about it. And as I’m sure you all can imagine, as a characterized-as-terminal cancer patient, there’s already plenty to feel bad about. The trick is...heck, there is no trick. It’s just mind over matter, and try not make matters worse while somehow not being afraid to make matters better.

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

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WEDNESDAY/NOV. 12

Home Garden Design. 6:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Rick Darke, a nationally known landscape design consultant and award-winning author, will discuss how to design home gardens that are both beautiful and able to support a broad array of wildlife. Book signing at 6:30, talk begins at 7 p.m. Free, open to the public. Registration required at mgnv.org or 703-228-6414.

Nomination Deadline. Nominations for the 16th Annual James B. Hunter Human Rights Award are due. Arlington residents, community groups, non-profit and businesses are eligible. All entries should reflect human rights achievements on an individual basis, through work with other individuals, or through specific examples, products, or activities. Each example must have some visible, tangible or measurable impact on the perception of, attitude toward, or respect for and treatment of others. Visit <http://commissions.arlingtonva.us/human-rights-commission-hrc/james-b-hunter-award/> for award criteria and guidelines.

THURSDAY/NOV. 13

Memory Screening. 9 a.m.-noon at Langston Brown Senior Center, 2121 N Culpeper St., Arlington. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote detection of memory problems and provide education about successful aging. The one-to-one, noninvasive screening takes only about five to 10 minutes administered by a qualified healthcare professional. For more information or to schedule an appointment, call 703-237-9048.

Arlington Historical Society Presents Columbia Pike Documentary Project. 7 p.m. Arlington Central Library Auditorium, 1015 North Quincy St., Arlington. The Arlington Historical Society will host the filmmakers and photographers behind the Columbia Pike Documentary Project, a portrait of the contemporary life of people and sites along the ethnically diverse and rapidly changing Columbia Pike corridor. Five photographers have been collaborating since 2007. Free. Visit www.arlingtonhistoricalsociety.org or call 703-228-5990.

SATURDAY/NOV. 15

Shred Day. 10 a.m.-1 p.m. at 4784 Lee Highway, Arlington. Re/Max will offer free shredding, up to four paper cartons of shred material per person. Personal information such as old tax returns can be commercially shredded in the Safeguard Shredding truck. No drop offs.

SUNDAY/NOV. 16

Friends and Family Sunday. 10 a.m. St. John's Episcopal Church, 415 South Lexington Street, Arlington. Service at 10, followed by a party. There will be a moon bounce for the children and special treats made by the youth. Visit stjohnsarlingtonva.org for more.

TUESDAY/NOV. 18

Presentation. 7 p.m. at Patrick Henry Elementary School Library, 701 S. Highland St. The invisible Women in Arlington, an informative program about homeless women in the county will share information. Call Sara Anderson at 703-532-3830.

WEDNESDAY/NOV. 19

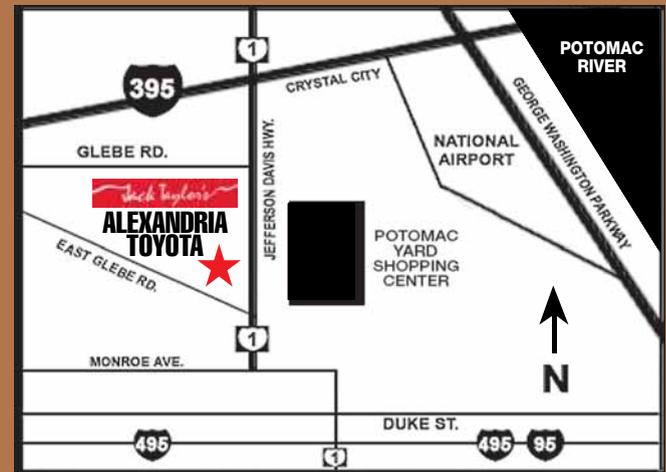
Day of Prayer. 7 a.m.-7 p.m. Central United Methodist Church, 4201 N. Fairfax Drive. All are welcome. Sanctuary will be open for personal prayer — for self, family, community and world. Call 703-527-8844 for more.

FRIDAY/NOV. 21

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. Nutrition: Living Healthy with Heart Disease with Mary Ann Petryszyn, RD. One of the nation's biggest killers is diseases related to lifestyle choices. Learn about maintaining a healthy diet with VHC's registered dietician. Free. Call 703-558-6859 to RSVP.

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<p style="text-align: center;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">DETAIL SPECIALS</p> <p style="text-align: center;">\$39⁹⁵</p> <p style="text-align: center;"><small>Wash & Vacuum</small></p> <p style="text-align: center;">\$139⁹⁵</p> <p style="text-align: center;"><small>Hand wash, wax & interior cleaning</small></p> <p style="text-align: center;">\$295⁹⁵</p> <p style="text-align: center;"><small>Full premium detail</small></p> <p style="text-align: center;"><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p style="text-align: center;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">TRUE START BATTERY SPECIAL</p> <p style="text-align: center;">\$139⁹⁵</p> <p style="text-align: center;"><small>INCLUDES BATTERY INSTALLATION</small></p> <p style="text-align: center;"><small>Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.</small></p> <p style="text-align: center;"><small>Does not apply to hybrid batteries.</small></p> <p style="text-align: center;"><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p style="text-align: center;">GENUINE TOYOTA</p> <p style="text-align: center;">15% OFF</p> <p style="text-align: center;">WIPER INSERTS & WIPER BLADES</p> <p style="text-align: center;"><small>SOME MODELS HIGHER.</small></p> <p style="text-align: center;"><small>NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. GOOD THRU 11/30/14. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY.</small></p>	
<p style="text-align: center;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">VARIABLE DISCOUNT</p> <p style="text-align: center;">\$5.00 OFF with purchase of \$35.00 - \$49.99</p> <p style="text-align: center;">\$10.00 OFF with purchase of \$50.00 - \$99.99</p> <p style="text-align: center;">\$15.00 OFF with purchase of \$100.00 - \$199.99</p> <p style="text-align: center;">\$20.00 OFF with purchase of \$200.00 - \$499.99</p> <p style="text-align: center;">\$50.00 OFF with purchase of \$500.00 Or more</p> <p style="text-align: center;"><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p style="text-align: center;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS</p> <p style="text-align: center;"><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p style="text-align: center;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">COMPLIMENTARY MULTI-POINT INSPECTION</p> <p style="text-align: center;"><small>Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.</small></p> <p style="text-align: center;"><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	
<p style="text-align: center;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">EXTEND THE LIFE OF YOUR VEHICLE! BG FLUID EXCHANGE SPECIAL</p> <p style="text-align: center;">TRANSMISSION FLUSH \$179⁹⁵</p> <p style="text-align: center;">POWER STEERING FLUSH \$129⁹⁵</p> <p style="text-align: center;">BRAKE FLUSH \$129⁹⁵</p> <p style="text-align: center;">FUEL INDUCTION FLUSH \$129⁹⁵</p> <p style="text-align: center;"><small>FOR TRANSMISSION FLUSH, TYPE T OR WS FLUID ADD \$50.00</small></p> <p style="text-align: center;"><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>			<p style="text-align: center;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">Let's Go Places</p>

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