“Middle school is a great, great age. They have a lot going on,” says Gunston Middle School Principal Lori Wiggins.

Trooper Jacqueline Vernon Remembered
News, Page 3

Riding the Radio Waves
News, Page 2

At Volleyball Invitational
Sports, Page 8
“No matter who I talk to, people always want to do a radio program.” — Paul LaValley, executive director, Arlington Independent Media

### Riding the Radio Waves

**By Amber Healy**

**The Connection**

Paul LaValley is astonished and happy to be wrong in his assumption. The executive director of Arlington Independent Media (AIM) wasn’t sure if people would share his high level of enthusiasm about the organization’s new undertaking, the launch of a low-power FM radio station later this year. After all, the popular opinion is that radio is dying, falling out of favor as a way to get music and information when people can find whatever they need online.

Instead, he’s seeing the same sparkling excitement shared by the staff and board members at AIM and hearing stories in the community about the power of radio.

“There’s no digital divide like there is on the Internet or cable TV when it comes to radio broadcasting, he said. Most people have radios in their homes and in their cars, making it a platform accessible to everyone, regardless of income. And when the station launches, by Dec. 9, it will be radio by and for Arlington residents.

The programming, which will include a variety of shows and features but is still under development, will reflect “what it means to be in Arlington now,” he said.

With a background in radio himself, Rosenberg and the committee, the 11-member Program Advisory and Review Council (PARC) are holding regular meetings to shape the future broadcasts that will run on WERA, 96.7 FM, as the station will be called.

Unlike the television broadcasts that air on AIM’s station and YouTube page, consideration has to be given to the content that will appear on WERA. The FCC regulations that apply to commercial radio stations will apply to WERA, which means language must be clean and certain rights must be obtained for any music that will be played during broadcasts. PARC also will be looking for content that will appeal to a broad range of Arlington residents of all ages and walks of life, further embracing the ideology that the station will reflect and be dedicated to the community.

When he was growing up, LaValley said he loved listening to Clyde Clifford’s “Bea- ker Street” program from the AM station KAAY in Little Rock, Ark. “It was a 10,000-watt station you could hear from Little Rock to the Canadian border,” he said. “Every-one in the Midwest listened to that,” creating a shared experience for hundreds of miles. The program later moved to an FM station in the mid-1970s that platform grew in popularity, and the host would use sound effects to punctuate stories and gaps between songs on the air.

As he spoke with people in Arlington about the possibility of launching a radio station, LaValley said many people shared their own stories of favorite radio programs or broadcasters. Many also shared their own stories about broadcasting, recounting their time as a DJ for their college radio stations.

“No matter who I talk to, people always want to do a radio program,” he laughed. “People just love that idea. There’s something about broadcasting that has a lot of cachet.”

The programming for WERA will be available online as well, but there’s something special about radio, he said. “We also find value in things that are geographically based,” he continued. “The Internet is worldwide. You kind of leave the space you’re in and join a worldwide community of people. But you’re losing a sense of geography, something locally operated and designed stations can provide.

He adds that the station’s antenna likely will be placed at 2300 Clarendon Blvd., near the Courthouse Metro station. Thanks to a partnership with Arlington Office of Emergency Management, WERA will carry emergency broadcast information from the police and other first responders in the case of large emergencies or disasters, another public service for the community.

Construction has begun on the radio station, which will be located in the front of the AIM building and will feature a glass window so people walking in can see the on-air host, much like WTOP’s famed Glass Enclosed Newsroom.

The production suite, located in a soundproof room in the middle of the building, allows for the creation of pre-recorded content that can be broadcast later.

Offering radio programming is a natural progression in AIM’s mission, said Jackie Steven, AIM’s director of community programs, and Lauree McArtle, AIM’s operations manager. And while it may seem to people on the outside that the evolution has come quickly, it’s been in the works for quite some time.

“Even before I started here, the transition from Arlington Community TV (ACT) to Arlington Independent Media” indicated the organization’s interest in offering expanded and multi-media services and education to the county, McArtle said.

“ACT pigeonholed us to just one type of media,” Steven agreed. There was always an interest in pursuing other forms of media, and advancing and improving technol- ogy helped speed the process.

Moving into radio has always felt like an addition to what AIM’s television station provides, in addition to a way to get more people involved at AIM and in the community, McArtle said. “Not everyone wants to be in front of a camera. The radio station provides an opportunity for members of the community to have their voices heard even if they’re camera shy.”

She admitted there’s some nervousness now that the station is so close to becom- ing a reality, with tight schedules to follow and deadlines to meet in order to abide by the FCC’s order to be on the air by Dec. 9. There’s no doubt, however, that everything will be in place and ready by then.

“In our 30-year history, we’ve pulled off a lot of stuff,” Steven said. “It can be ag- gressive and stressful, but we’ve succeeded in all our endeavors to this point.”

### Learn More

For more information about Arlington Independent Media, its soon-to-be-live low-power FM radio station, WERA, and a current schedule of classes, go to www.arlingtonmedia.org.

Maryland Seafood Festival, Arnold, Md., $24 Call Arlington County 55+ Travel, 703-228-4748.

Senior trips:

- **Senior Adult Programs for Sept. 8-12.**
- **Tea Room, LaPlata, Md., $49; Saturday, Sept. 12, 10 a.m., Lee. Free. Register, 703-228-6300.**
- **Senior centers**
  - **Arlington County 55+ Travel, 703-228-4748. Register, September 10, 9:30 a.m., Langston-Brown. Free. Register, 703-228-0555.**
  - **Bellies dance class, Tuesdays and Fridays, 10 a.m., Lee. Free. Register, 703-228-0555.**
  - **Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. #601/15 sessions or $4 per class. Details: 703-228-0555.**
**News**

Trooper Jacqueline Vernon Remembered

I-395 Bridge named in memory of her.

By Vernon Miles
The Connection

Those driving on Interstate 395 over South Glebe Road, “Trooper Jacqueline Vernon Memorial Bridge” might seem like just another name. Someone briefly commuting through Arlington might not know about her dedication to service, first in the military, and then as a state trooper. They might not know about her death when she was struck by a bus after she pulled over a vehicle in 1988, becoming the first female and first black State Trooper killed in the line of duty, and they might not know about the 27-year push for a memorial. Many driving over the road might not notice Jacqueline Vernon’s name or life, but someone, one might, and for her friends and coworkers, that’s enough.

At a ceremony on Aug. 26 in the Arlington County Board Room, Trooper Jacqueline Vernon was remembered by friends and coworkers, sharing reflections with legislators who had pushed for the memorial during the 2015 legislative session.

“We went to the academy together, then we went to station in Arlington and was on the same shift,” Charles King III, a Master Trooper, recalled. He had the ‘power shift,’ it was about four or five of us that bonded together. When one of us had a call, we’d all respond. She was a team player. Couldn’t have asked for a better shift mate. She was very dependable.”

“He always had your back,” said Myrlin Wimbish, a Master Trooper. “I counted on her more than I did most of the guys. We had the ‘power shift,’ it was about four or five of us that bonded together. When one of us had a call, we’d all respond. She was a team player. Couldn’t have asked for a better shift mate. She was very dependable.”

Vernon’s death was so sudden, the troop-ers recalled that there was an intense storm after she pulled over a vehicle in 1988, becoming the first female and first black State Trooper killed in the line of duty, and they might not know about the 27-year push for a memorial. Many driving over the road might not notice Jacqueline Vernon’s name or life, but someone, one might, and for her friends and coworkers, that’s enough.

At a ceremony on Aug. 26 in the Arlington County Board Room, Trooper Jacqueline Vernon was remembered by friends and coworkers, sharing reflections with legislators who had pushed for the memorial during the 2015 legislative session.

“We went to the academy together, then we went to station in Arlington and was on the same shift,” Charles King III, a Master Trooper, recalled. “She was a very good trooper. She worked accidents and would always back you up on calls. She was always there to assist you. She helped me with several traffic stops.”

“I couldn’t believe it,” said Myrlin Wimbish. “I was in a classroom and they came in and told us they had some tragic news,” said King. “I dropped my head. I was so shocked, I never expected to hear that. Another officer confirmed it. It was also my birthday. So every time my birthday comes around, I think of her.”

Arlington County passed a resolution in 2014 in favor of naming the bridge in Vernon’s honor, and a bill sponsored by state Sen. Barbara Favola and Del. Rob Krupicka passed early in 2015.

“The Virginia Association of State Police came to me and asked me to put the bill in,” said Favola. “They felt it was important to recognize this woman’s contributions. So many of our uniformed service-men and women make sacrifices and are injured on the job, and some lose their lives. It’s important to show the community that we value their contribution and that public ser-vise is a noble calling: something we should honor. There weren’t that many women wearing the badge at that time.She was the first female graduate from the police academy and a real role model for women.”

Many in the audience were disillusioned that the memorial took 27 years, but most were satisfied with the results.

“It’s a long time coming,” said Wimbish. “It shouldn’t have taken this long, but I’m glad it’s there now.”

“I was so happy to see that sign,” said King. “It feels good. It’s been a long time coming and she deserves it. The public, they don’t know her, but they’ll see her name and they’ll remember her.”

In Middle School: Opportunity To Learn Life Skills

Elective wheel exposes students to variety of courses.

By Shirley Ruhe
The Connection

Handbooks are ready; supplies have been ordered and teachers have been getting acquainted with their new classrooms. Dr. Lori Wiggins, principal at Gunston Middle School, located at 2700 S. Lang St., says her enrollment is projected at 940 this year, up like everywhere else. “One thing that distinguishes our middle school in the county is that we are a partial Key Elementary or the Claremont Elementary Spanish Immersion program. They take Science, Social Studies and Spanish Language Arts entirely in Spanish,” she said, adding “the foundation they have from el-mentary school helps them master the middle school content in Spanish.”

There are other language opportunities as well including French, which has now grown to five sections, Latin with about 30 students and Chinese and Arabic with about 25 students each. She says Chinese and Arabic are long distance learning which can be a challenge to keep the interest of the students but as the technique gets better, the obstacles will be overcome.

There are eight periods of the day. Five core subjects are required in sixth grade with one elective and four core subjects with two electives in seventh and eighth grades, plus physical education and lunch.

If a student has band, strings or chorus, he or she can also choose to take the elec-tive wheel which she calls the “post-it note of learning.” A student rotates through a number of electives every 20 days or so and when the 20 days is over can take off the post-it note and try something else. This can give them a taste of subjects like drama, art, or journalism.

See In Middle School...
How to Vote; It Matters

Voting begins in two weeks, Sept. 18.

Election Day is Nov. 3, and on that day, virtually every state and local office is on the ballot. In-person absentee voting begins Sept. 18, barely two weeks from now. Virginia Law allows voters to absentee vote if they could be “working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day.” You’re allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m. To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

AS OF LAST summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality’s electoral board in order for their provisional ballot to be counted.

Virginia’s photo ID requirements also apply to absentee voters who vote in-person in all elections. Here are the “acceptable” forms of identification:

- Virginia Driver’s License or Identification Card; Virginia DMV issued Veteran’s ID card; Valid United States Passport; Other government-issued photo identification cards (must be issued by U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer’s business; Virginia Voter Photo ID Card obtained through any local general registrar’s office. “Valid” is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar’s office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card must have completed the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Correction

In last week’s article “Shifting Boundaries,” about the Navy Annex land exchange, the map depicting the proposed realignment of Columbia Pike was not published. The map of the current layout was printed twice. Here is how both maps should have appeared.

Current layout of Columbia Pike and Arlington National Cemetery

Proposed realignment of Columbia Pike and new Arlington land.
In Middle School: Learning Life Skills

From Page 3

As she walks through the tech ed classroom, she points to the corner: “We built people-size boxcars and had a race; today tech ed is much more than woodshop.” In addition they have a 3-D printer for digital design. She picks up a small, gray rhinoceros that was designed on the printer and formed into an object.

Wiggins says she thinks school is a petri dish reflection of society. As a result, education incorporates technology. “It doesn’t mean they don’t need a teacher to learn and create. But it is a change from the teacher having all of the knowledge in the room since the students can access their computer. It is a shift in the way knowledge is delivered.”

She reflects about diversity: “Last year we had children from about 70 different countries in our school. In addition, we have a number of children of military parents from places like Portugal and Turkey. This means thinking about how information is delivered to students and parents and special needs or assistance.” After-school library and computer access are available for students who may need extra help or who don’t have access at home. Since Gunston Community Center is next door, the students can also go back and forth after school and use the resources offered there. There are late buses so that students can avail themselves of the extra assistance.

Wiggins has learned, that with this diversity, communication will take a little longer. She creates opportunities to celebrate the cultural richness with school festivals focusing on different dress and sharing foods from the diverse countries represented at the school. At Thanksgiving, Gunston returns the cultural exchange. “It would warm your heart,” she said, “when we host a Thanksgiving-themed dinner with turkey and mashed potatoes.”

“Middle school years are a great, great age,” she said. At a conference she attended recently they were described as “the four years between teddy bears and college” and so she adds, “it’s no wonder they are the crazy years. They have a lot going on and kids like to try out a lot of things.” But, she says, they are learning life skills in the middle school classrooms.

“Arlington’s commitment to arts and sports is very strong although sometimes I have to find how to do more with less,” she said. But anyone can play a sport here. We have the cut sports like basketball and tennis with a finite number of players, but anyone can dive or wrestle and we have track and soccer.” Their mascot is the hornet and their school colors purple and teal.

Wiggins was licensed in California, taught public schools three years in New York. She says each state has its own licensing requirements as well as required years teaching, a Master’s degree and endorsement by school administration in order to be a principal.
ENTERTAINMENT

Tickets Now On Sale For ‘Chefs vs. Chefs’

“Chefs vs. Chef” is a live cooking competition that puts chefs from Arlington restaurants head-to-head with Arlington firehouse cooks. Competition proceeds will benefit Arlington Food Assistance Center (AFAC), which works to provide supplemental groceries to those in need. “Chefs vs. Chef” will be held on Oct. 28 start at 10 p.m. Visit www.afac.org for more.

LGBT & FRIENDS SOCIAL

Tuesdays, Hour Hour, 7 p.m., at Mike's "Bar A" Video. Walls, 7 p.m., start time at 10 p.m. IOTA Club & Cafe, 2122 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

Barre in the Park

Barre in the Park. Tuesdays through 6 Fashion Truck Fridays. ONGOING time, location, description and contact for connectionnewspapers.com. Include date, photos and artwork. Deadline is Thursday at noon, at least two weeks before event.

Nauo Community Portrait Exhibition

 Exhibit on display at Gallery 3700, 3700 S. Four Mile Run Drive. Students at Dervin Elementary School display "visual biographies." Admission to the gallery is free. Visit www.artconnectionva.org for more.

Summer Movies at Penrose Square


PLAY: Tinker, Tech & Toy Art Exhibit


"Tinker, Tech & Toy" transforms her son into an ideal widow of the dead president various times at Signature Theatre, 3700 S. Four Mile Run Drive. Admission is free. The museum is open on First Wednesdays. Call 703-228-6330 for more.

Armstrong for more

Food Truck Thursdays

5:30-8:30 p.m. at the corner of North Irving St. and Wilson Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvota.org. The exhibit delineates the lenses of contemporary art. Free. Visit www.arlingtonartscenter.org/ exhibitions/play for more.


"Pride On The Rocks." 6-10 p.m. at Clarendon Blvd. Mike Mondiodis will perform. Tickets are $20. Visit www.nichekeynotes.com. The event will feature a live band and a DJ.

"Treaty Signing: A Civil War and America’s Great Poet." 2-4 p.m. at Netherlands Carillon, 300 S. Kennsington St. The museum will provide tours of the site and a special challenge after the program are the creations designed for everyone to see. No registration required. Visit www.carillon.org for more.

Author Event

7 p.m. at Arlington Central library auditorium, 1015 N. Quincy St. Mr. Knick Knack will discuss her latest book, “The Lost Concern.” Free. Visit www.arlingtonva.us/ eventcalendar.

Wednesday/Sept. 9

Author Talk and Book Signing


Thursday/Sept. 10

Hot Sauce Contest

2-3 p.m. at Rocklands BBQ and Grilling Company, 3471 Washington Blvd. Participants will compete, and guests will find all-you-care-to-eat barbeque, judging, and tasting. Proceeds benefit the Wounded Warrior Project. Tickets are $20 at the door. Visit www.rocklands.com.

SATURDAY/SEP. 5

Audition for Teen Production of "Romeo and Juliet." 10 a.m.-2 p.m. at Synetic Studios, 2155 Crystal Plaza Arcade. Teens are invited to audition for an eight-week theatre education program resulting in a fully staged, full-length production. Free. Schedule an audition by emailing education@synetictheatre.org.

Live Music. 6-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Soul and blues musician Sam Allen will perform. Tickets are $20. Visit www.stoneroomconcerts.com.

Live Music. 9 p.m. at Fireworks American Pizza and Bar, 2300 Clarendon Blvd. Mike Mondiodis will perform. Free. Visit www.fireworksjazzusa.com or call 703-527-8700.

Monday/Sept. 7

Live Music. 2-4 p.m. at Netherlands Carillon, Arlington Boulevard, and Moude Street. Classical music artist Edward Nassor will be performing. Visit www.agna.org or call 703-289-255.

Fleetwood Mac Tribute. 7:30 p.m. at Iota Club & Cafe, 2122 Wilson Blvd. Featuring many performers. $12. Visit www.iotaclubandcafe.com or call 703-522-8340.

Tuesday/Sept. 8


Firefighter Anthony Westfall (Lieutenant Richard Slusher in background), and participating sous chef.

"Chiefs vs. Chef" is a live cooking competition that puts chefs from Arlington restaurants head-to-head with Arlington firehouse cooks. Competition proceeds will benefit Arlington Food Assistance Center (AFAC), which works to provide supplemental groceries to those in need. “Chefs vs. Chef” will be held on Oct. 28 start at 10 p.m. Visit www.afac.org for more.


SATURDAY/SEP. 5

Audition for Teen Production of "Romeo and Juliet." 10 a.m.-2 p.m. at Synetic Studios, 2155 Crystal Plaza Arcade. Teens are invited to audition for an eight-week theatre education program resulting in a fully staged, full-length production. Free. Schedule an audition by emailing education@synetictheatre.org.

Live Music. 6-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Soul and blues musician Sam Allen will perform. Tickets are $20. Visit www.stoneroomconcerts.com.

Live Music. 9 p.m. at Fireworks American Pizza and Bar, 2300 Clarendon Blvd. Mike Mondiodis will perform. Free. Visit www.fireworksjazzusa.com or call 703-527-8700.

Monday/Sept. 7

Live Music. 2-4 p.m. at Netherlands Carillon, Arlington Boulevard, and Moude Street. Classical music artist Edward Nassor will be performing. Visit www.agna.org or call 703-289-255.

Fleetwood Mac Tribute. 7:30 p.m. at Iota Club & Cafe, 2122 Wilson Blvd. Featuring many performers. $12. Visit www.iotaclubandcafe.com or call 703-522-8340.

Tuesday/Sept. 8


Firefighter Anthony Westfall (Lieutenant Richard Slusher in background), and participating sous chef.

"Chiefs vs. Chef" is a live cooking competition that puts chefs from Arlington restaurants head-to-head with Arlington firehouse cooks. Competition proceeds will benefit Arlington Food Assistance Center (AFAC), which works to provide supplemental groceries to those in need. “Chefs vs. Chef” will be held on Oct. 28 start at 10 p.m. Visit www.afac.org for more.


SATURDAY/SEP. 5

Audition for Teen Production of "Romeo and Juliet." 10 a.m.-2 p.m. at Synetic Studios, 2155 Crystal Plaza Arcade. Teens are invited to audition for an eight-week theatre education program resulting in a fully staged, full-length production. Free. Schedule an audition by emailing education@synetictheatre.org.

Live Music. 6-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Soul and blues musician Sam Allen will perform. Tickets are $20. Visit www.stoneroomconcerts.com.

Live Music. 9 p.m. at Fireworks American Pizza and Bar, 2300 Clarendon Blvd. Mike Mondiodis will perform. Free. Visit www.fireworksjazzusa.com or call 703-527-8700.

Monday/Sept. 7

Live Music. 2-4 p.m. at Netherlands Carillon, Arlington Boulevard, and Moude Street. Classical music artist Edward Nassor will be performing. Visit www.agna.org or call 703-289-255.

Fleetwood Mac Tribute. 7:30 p.m. at Iota Club & Cafe, 2122 Wilson Blvd. Featuring many performers. $12. Visit www.iotaclubandcafe.com or call 703-522-8340.

Tuesday/Sept. 8


Firefighter Anthony Westfall (Lieutenant Richard Slusher in background), and participating sous chef.

"Chiefs vs. Chef" is a live cooking competition that puts chefs from Arlington restaurants head-to-head with Arlington firehouse cooks. Competition proceeds will benefit Arlington Food Assistance Center (AFAC), which works to provide supplemental groceries to those in need. “Chefs vs. Chef” will be held on Oct. 28 start at 10 p.m. Visit www.afac.org for more.

Entertainment


Live Music. 9 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Attend a concert featuring The Bobby Thompson Project with Laura Credle. $12. Visit www.iotaclubandcafe.com or call 703-522-8340.

SATURDAY/SEPT. 12
Bike Tour. 9 a.m. at the top of escalator at Ballston Metro Station, 4200 Fairfax Dr. Visit Arlington parks and historic sites through a leisurely bike tour. The tour costs $2 to participate. Visit www.centerhikingclub.org.

Audition for Teen Production of “Romeo and Juliet.” 10 a.m.-2 p.m. at Synetic Studio, 2155 Crystal Plaza Arcade. Teens are invited to audition for an eight-week theatre education program resulting in a fully stage, full-length production. Free. Schedule an audition by emailing education@synetictheatre.org.

DC DogFest Walk ’n Roll. St. One More Page Books will host a Woodstock Park Festival. 4-7 p.m. at Woodstock St. Hosted by the Waverly Hills Civic Association, the festival will have food, activities, and entertainment for the whole family. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

SEPTEMBER 2-8, 2015
❖
www.ConnectionNewspapers.com

THURSDAY/SEPT. 17
Author Reception and Panel Discussion. 7:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Adam Lanza will discuss “Hail to the Redkins: Gibbs, the Diesel, the Hogs, and the Glory Days of D.C.’s Football Dynasty,” including a panel discussion with former players and staff. Free. Visit www.onemorepagebooks.com.

FRIDAY/SEPT. 18


Live Music. 9 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Tommy Keene performs with with Dot Dash. $15. Visit www.iotaclubandcafe.com or call 703-522-8340.

SATURDAY/SEPT. 19
Fall Fest in the Park. 10 a.m.-1 p.m. at Bluemont Park, 329 N. Manchester St. Play games, mingle, and more. Free. Call Emily Thrasher at 703-228-4773 for more.

Backyard Beer Festival. 12-10 p.m. at Gateway Park, 1300 Lee Highway. Unlimited beer tasting featuring entertainment, food trucks, and backyard games and activities. Admission is $35. Visit www.backyardbeerfest.com for tickets.

Samuel Beckett’s Celtic Festival. 12:7 p.m. at The Village at Shirlington, 4150 Campbell Ave. Find traditional live music, dance, food and more. Free to attend. Visit www.samuelbecketts.com.


Live Music. 7:30-9 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Ayeheart will perform. Tickets are $20. Visit www.unitarianconcerts.com to purchase tickets.

Sports

W-L Finishes 13th at NVYA, Yorktown 15th

The Washington-Lee and Yorktown volleyball teams each won their final match at the NVYA Invitational on Aug. 29, finishing 13th and 15th, respectively.

---

Football Season Openers

The Bishop O'Connell football team opened the 2015 season at home against McDonogh on Aug. 29, losing 38-0.

Washington-Lee football will open the season at home against Westfield at 7 p.m. on Thursday, Sept. 3. Westfield has reached the region championship game each of the last four seasons.

The following day, Yorktown will travel to Chantilly on Aug. 27. The Patriots will travel to face Stuart at 7:15 p.m. on Thursday, Sept. 3.

Yorktown's head coach is Sheena Gauer.

Junior middle hitter Josette Barrans and the Yorktown volleyball team finished 15th at the NVYA Invitational on Aug. 29 in Sterling.

Girls on the Run Registration Open

Girls on the Run of Northern Virginia is now registering girls in third through eighth grade for their curriculum-based after-school program. By using a curriculum that integrates running with life lessons, Girls on the Run of Northern Virginia supports girls in developing the confidence and character to become strong, healthy women.

Girls on the Run NOVA programming is primarily delivered at schools. In Arlington, Fall 2015 teams will be hosted at Arlington Science Focus, Ashlawn Elementary, Barcroft Elementary, Discovery Elementary, Drew Model School, Jamestown Elementary, Kenmore Middle School, Key School, Long Branch Elementary, McKinley Elementary, Nottingham Elementary, Patrick Henry Elementary, Taylor Elementary, and Tuckahoe Elementary.

New for 2015, Girls on the Run NOVA is offering discounts for active duty and retired military families. In addition, the organization is bringing back special discounts for families registering two or more siblings.

Financial aid is also available based on household income. Families can register on the Girls on the Run NOVA website (www.gotrnova.org) until Sept. 21. See visitgotrnova.org/images/new-families/FA15_Sites.pdf.

---

Bulletin Board

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

THROUGH NOVEMBER

Borrow Gardening Tools.

Wednesdays: 5-7 p.m., Fridays: 3-5 p.m., Saturdays: 10 a.m.-12 p.m. at Arlington Central Library, 1015 N Quincy St. "The Shed" at Arlington Central Library is open and lending gardening tools to Arlington residents and property owners. Free. See library.arlingtonva.us for more.

SUNDAY/SEPT. 6

"Do the Light Switch." 8 a.m.-12 p.m. at Westover Farmers Market. Visit the Arlington Initiative to Rethink Energy (AIRE) table to exchange incandescent bulbs for environmentally-friendly LED bulbs. Free. Visit www.freshaireva.us for more.

TUESDAY/SEPT. 8

Master Gardener Volunteer Training. Begins on Tuesday, Sept. 8, and continues every Tuesday 9 a.m.-3:30 p.m. until Nov. 19 at Fairfax Community Center. 3308 S. Stafford St. Free. Application is available at mgnv.org.

WEDNESDAY/SEPT. 9

Open House. 11:30 a.m.-12:15 p.m. at Parc Basilan Apartments, 1533 N Pierce St. The Arlington Partnership for Affordable Housing welcomes the community to learn more about affordable housing.

School Notes

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

Jasmine K. Passa has graduated from Denison University (Granville, Ohio) with a degree in Political Science.

Imane Zirari, Katherine McKenna, and Stephen Laredo have graduated from James Madison University (Harrisonburg, Va.).

John Sanders has graduated from the University of Wisconsin-Whitewater (Whitewater, Wis.) with a Master's of Business Administration.

Alison Barbara Bentley and Carrington Lynn Lyerly have been named to the dean's list at the University of Virginia Frank Batten School of Leadership and Public Policy for the spring 2015 semester.

Michael Grieg, Erik Wagner, Michael Ferguson, and Jessica Neupane have been named to the fourth quarter president's list at Randolph Macon Academy (Front Royal, Va.).

Kristen Hofstad graduated from SUNY Buffalo State (Buffalo, N.Y.) with a master's degree in multidisciplinary studies.

Luis Hernandez has been awarded the Pamplin Leadership Award by Virginia Tech (Blacksburg, Va.) for the 2015-16 academic year.

---

Senior Emma Mobley and the Washington-Lee volleyball team finished 13th at the 18-team NVYA Invitational on Aug. 29 at the Virginia Volleyball Center in Sterling.

Washington-Lee sophomore Leoni Alder hits against T.C. Williams during the NVYA Invitational on Aug. 29.

Racism and Build Solidarity.

Racism is a huge issue in our society, and the Arlington Diocese is taking a stand against it. On Sept. 9, a rectory and the Arlington Central Library will host a panel discussion called "Racism and Build Solidarity." Residents and property owners are invited to attend. Free. Email peace@arlingtondiocese.org for more information.
Wellbeing

Workplace Fitness

Employer-based health and wellness programs are good for business.

By Marilyn Campbell
The Connection

It’s Wednesday afternoon and a cohort of George Mason University staff, students and faculty hit the pavement. Clad in attire ranging from running shorts and brightly colored sneakers to neutral walking shoes and business suits, the group takes part in “Who’s Walking Wednesdays,” part of an initiative to get moving for health and wellness.

“It’s really important to connect faculty and staff into well-being and wellness practices,” said Janet Walker, life/work connections manager at George Mason University. “It benefits everybody in terms of their own personal health and wellness. It creates a community where people interact over more than just work.”

The effort underscores the role of workplace health and fitness programs can play in decreasing stress and improving overall well-being. A National Institutes of Health study of more than 29,000 employees who participated in comprehensive workplace health programs that included components such as fitness, weight control and smoking cessation, showed a 14 percent decline in illness over a two-year period, as well as a six percent increase in productivity.

Workplace health programs can also consist of health education, fitness programs, health coaching and screenings.

“There’s all sorts of research about how time spent outdoors and taking walking breaks at work fosters creativity and problem solving,” said Jeanne Bliss, director of marketing, Center for the Advancement of Well-being at George Mason.

Bliss says university officials hope to impact the well-being of 10 million people within the next four years through the center. “We want to be a replicable model for well-being,” she said. “That has been one of our strategic 10-year goals.”

“We’re in a position to help the next generation in terms of how they connect with their own workforce in terms of health and well-being,” said Brandice Valentino, director of well-being programs and mindful living coordinator at the Center for the Advancement of Well-being.

A group mentality is one of the keys. Group fitness activity can lead to success, say experts. “I feel like when you do it in a group and you’re part of a group, you’re more committed,” said Turner. “It holds people accountable and promotes success.

“Our ‘Get Active Challenge’ is where employees set fitness goals and challenge other teams within their corporation,” she said. “It engages employees to work together in teams, challenges them. We’ve found that it improves employee satisfaction.”

Staff, students and faculty at George Mason University take part in “Who’s Walking Wednesdays,” an effort to increase physical activity and well-being.

Employer-based health and wellness programs are good for business.

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

Improving the lives of those who enrich ours, since 1944.
Download our free Arlington Pets App or visit www.awla.org
2650 S. Arlington Mill Dr., Arlington, VA 22206
703-931-9241

Saint Ann Catholic Church
SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street,
Arlington, Virginia 22205
Parish Office: 703-528-6276
PARISH WEBSITE:
www.stannchurch.org

To highlight your Faith Community, call Karen at 703-778-9422

Vinson Hall Retirement Community is a well-respected, nonprofit CCRC located in McLean, VA offering independent residential living for military officers, their immediate family and select government employees of equal rank.

An expansion is underway to add 75 expansive, elegant independent living apartments and a community building featuring a short-term rehabilitation center.
R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting
• We Accept All Major Credit Cards
• Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-987-5096
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

Handyman Services Available
http://www.pphionline.com/
"If it can be done, we can do it" • Licensed • Bonded • Insured

J.E.S. Services
Your Neighborhood Company Since 1987
703-912-6886

JUAN’S LANDSCAPING
(703) 590-3187
Remodeling Bathrooms, Kitchens & Basements
Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks
FREE Estimates • FAST & Reliable Service • NO B.S. DOWN!
Phone: VA: (703) 698-0060 • MD: (301) 316-1503
www.alfredosconstructioncompany.com

ALBA CONSTRUCTION INC.
CONCRETE WORK
Licensed • Insured
Driveways • Patios • Exposed Aggregate Sidewalks • Carports • Pool Decks • Garages Flagstone • Brick Stonework
703-204-0733

Pit bull Tree Choppers
We take a bite out of your bark.

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured.

Handyman & Home Improvement
Free Estimates • Licensed & Insured
703-953-7309
www.crescenthomeservices.net

When spider webs unite, they can tie up a lion.
—Ethiopian Proverb

A&S Landscaping
All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing
www.servingnorthernva.com

License and Insured Serving Northern Virginia
R.N. CONTRACTORS, INC.
Patios, Custom Deck, Painting Siding, Roofing, Additions & Kitchens, Bathrooms, Kitchens, & Basements • Free Estimates!! Lic. & Ins potomac-masonry.com

Handyman Services Available
http://www.pphionline.com/
"If it can be done, we can do it" • Licensed • Bonded • Insured
21 Announcements

ABC LICENSE
Coltis Restaurant Group, LLC trading as Animo at Dunn Loring Station, 3677 Dunn Loring Station, Unit 1, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a license to sell or manufacture alcoholic beverages.

21 Announcements

FREE BOOK:
Selling Goods due to downturn in business
Only 50 available. Contact MacMillan Downing/Estate Services: 202-350-9388, easy@macmillan.com or MaxSold.com/book by Nov 15

26 Antiques

26 Antiques

We pay top $ for STERLING, MEN’S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.
Schaefer Antiques 703-241-0790 theschefers@cox.net

21 Announcements

ADOPTION
ADOPTING A NEWBORN IS OUR DREAM! Let us provide your baby with a wonderful life filled with endless opportunities, education, close extended family and LOVE.

Expenses paid Maria/Rob 1-800-530-4123 or OurWish2Adopt.com

21 Announcements

24 Metaphysics

24 Metaphysics

Psychic Reading By Rose
Available for Parties
Call Now for Answers: 703-587-9100

21 Announcements

Estate Sale - 2nd Release

LOG HOME KITS
AMERICAN LOG HOMES IS ASSURING LIQUIDATION OF NEWLY RELEASED INVENTORY & ACCOUNT SETTLEMENT ON HOUSES & SITE DEVELOPMENT.

model #300 Little Rock $35,255 ... BALANCE OWED $15,900

model #303 L. Lux $40,850 ... BALANCE OWED $17,000

model #305 Augusta $42,450 ... BALANCE OWED $16,500

NEW - HOMES HAVE NOT BEEN MANUFACTURED

Our easy design changes your desires!
Comes with Complete Building Blueprints & Construction Manual
Windproof, Waterproof, and Roofing not included

NO TIME LIMIT FOR DELIVERY

BBB
A Rating

View at www.300homerealestate.com - Click on House Plans
SERIOUS ONLY CALL 703-979-5036 or for Accounting Dept.

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

VET ASSISTANT
Small animal hosp. Great Falls. Will train. 703-757-7570 • www.ourvets.com

PART-TIME RETAIL
Energetic and friendly individual needed for busy backyard nature store in the Reston area. Must have knowledge of backyard birds and be customer service oriented. 15-20 hours per week.
703-403-1283

Mookie’s BBQ
(full service restaurant and bar) at 1141 Walker Road, Great Falls, VA 22066 is now hiring servers, host/hostesses, line cooks, bussers, & dishwashers.

Send interest and resume to bigmook@bigmookbbq.com or call 703-448-1412.

ADVERTISER
GRAPHIC DESIGNER – Design and prepare electronic and print promotional campaign materials, which may include posters, newspaper advertisements, targeted mailing, banners, logo design etc. Draw and print illustrations and other art work using computer software for owner’s approval. Develop graphics and layouts for product illustrations, company logo and company’s internet website. Redesign company’s website’s graphic design.

Makes ideas and images into creative and furthering our business.

Bachelor in Graphic Design or equivalent.
Knowledge of and/or experience with Photoshop, InDesign, Illustrator and Microsoft Office. Resumes to job location: Advanced Computer Concepts (ACC) Attn.: HR 7927 Jones Branch Drive, Suite 600 North McLean, VA 22102


Bachelor in Accounting or equivalent. Knowledge of and/or experience with GAAP, Microsoft Office, Word, Excel and Access Resumes to job location: Advanced Computer Concepts (ACC) Attn.: HR 7927 Jones Branch Drive, Suite 600 North McLean, VA 22102

Employment

EMPLOYMENT

VET ASSISTANT
Small animal hosp. Great Falls. Will train. 703-757-7570 • www.ourvets.com

PART-TIME RETAIL
Energetic and friendly individual needed for busy backyard nature store in the Reston area. Must have knowledge of backyard birds and be customer service oriented. 15-20 hours per week.
703-403-1283

Mookie’s BBQ
(full service restaurant and bar) at 1141 Walker Road, Great Falls, VA 22066 is now hiring servers, host/hostesses, line cooks, bussers, & dishwashers.

Send interest and resume to bigmook@bigmookbbq.com or call 703-448-1412.

ADVERTISER
GRAPHIC DESIGNER – Design and prepare electronic and print promotional campaign materials, which may include posters, newspaper advertisements, targeted mailing, banners, logo design etc. Draw and print illustrations and other art work using computer software for owner’s approval. Develop graphics and layouts for product illustrations, company logo and company’s internet website. Redesign company’s website’s graphic design.

Makes ideas and images into creative and furthering our business.

Bachelor in Graphic Design or equivalent.
Knowledge of and/or experience with Photoshop, InDesign, Illustrator and Microsoft Office. Resumes to job location: Advanced Computer Concepts (ACC) Attn.: HR 7927 Jones Branch Drive, Suite 600 North McLean, VA 22102


Bachelor in Accounting or equivalent. Knowledge of and/or experience with GAAP, Microsoft Office, Word, Excel and Access Resumes to job location: Advanced Computer Concepts (ACC) Attn.: HR 7927 Jones Branch Drive, Suite 600 North McLean, VA 22102

Employment

EMPLOYMENT

VET ASSISTANT
Small animal hosp. Great Falls. Will train. 703-757-7570 • www.ourvets.com

PART-TIME RETAIL
Energetic and friendly individual needed for busy backyard nature store in the Reston area. Must have knowledge of backyard birds and be customer service oriented. 15-20 hours per week.
703-403-1283

Mookie’s BBQ
(full service restaurant and bar) at 1141 Walker Road, Great Falls, VA 22066 is now hiring servers, host/hostesses, line cooks, bussers, & dishwashers.

Send interest and resume to bigmook@bigmookbbq.com or call 703-448-1412.

ADVERTISER
GRAPHIC DESIGNER – Design and prepare electronic and print promotional campaign materials, which may include posters, newspaper advertisements, targeted mailing, banners, logo design etc. Draw and print illustrations and other art work using computer software for owner’s approval. Develop graphics and layouts for product illustrations, company logo and company’s internet website. Redesign company’s website’s graphic design.

Makes ideas and images into creative and furthering our business.

Bachelor in Graphic Design or equivalent.
Knowledge of and/or experience with Photoshop, InDesign, Illustrator and Microsoft Office. Resumes to job location: Advanced Computer Concepts (ACC) Attn.: HR 7927 Jones Branch Drive, Suite 600 North McLean, VA 22102


Bachelor in Accounting or equivalent. Knowledge of and/or experience with GAAP, Microsoft Office, Word, Excel and Access Resumes to job location: Advanced Computer Concepts (ACC) Attn.: HR 7927 Jones Branch Drive, Suite 600 North McLean, VA 22102
NEW! Extended Service Department Hours:
Monday – Friday, 7 am to 9 pm
Saturday, 8 am to 5 pm
Sunday, 10 am to 4 pm
Sunday by appointment only.

Make your next service appointment at:
alexandriatoyota.com

You Have Saturdays Off
That’s Exactly Why We Don’t!

BACK-TO-SCHOOL SPECIAL
$59.95
Includes: Toyota Genuine Oil Filter, up to 5 qts of conventional oil, inspect windshield wipers, tire rotation, check tire condition, check battery/tyre print-out, inspect and adjust all fluid levels, inspect air & cabin air filters.

SYNTHETIC OIL EXTRA $40.00
NOTE: NOT AVAILABLE ON COMMERCIAL VEHICLES. TOYOTA MUFFLERS, EXHAUST PIPES, SHOCKS, STRUTS, AND STRUT CARTRIDGES ARE GUARANTEED TO THE ORIGINAL PURCHASER FOR THE LIFE OF THE VEHICLE WHEN INSTALLED BY AN AUTHORIZED TOYOTA DEALER. SEE DEALER FOR FULL DETAILS.

TOYOTA GENUINE SERVICE
$99.95
Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware, TOYOTA pads only.

MACHINE ROTORS AN ADDITIONAL $99.95.

3000 MILES FACTORY RECOMMENDED SERVICE
$159.99
Synthetic $150 More
Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect tire wear and adjust tire pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, check fluids & filter condition (oil, transmission, coolant, etc.), check tire condition and inspect all hardware, TOYOTA pads only.

VARIABLE DISCOUNT
$5.00 OFF with purchase of $25.00 - $49.99
$10.00 OFF with purchase of $50.00 - $99.99
$15.00 OFF with purchase of $100.00 - $199.99
$30.00 OFF with purchase of $200.00 - $499.99
$50.00 OFF with purchase of $500.00 or more

TRUE START BATTERY SPECIAL
$99.95
Includes: Battery & labor.

3 YEAR/36000 MILE POWERTRAIN WARRANTY: INCLUDING ENGINE, TRANSMISSION, AND AXLE.

BUY 3 TIRES AND GET 4TH FOR $1.00

NOT AN EXCHANGABLE CERTIFICATE. TRIM LEVELS MAY NOT APPLY. SEE DEALER FOR FULL DETAILS.

NEW! EXTENDED SERVICE DEPARTMENT HOURS:
Monday – Friday, 7 am to 9 pm
Saturday, 8 am to 5 pm
Sunday, 10 am to 4 pm
Sunday by appointment only.

COLD WEATHER SERVICE SPECIAL
$39.95
Includes: Wash & Vacuum, Hand Wash, wax & interior cleaning.

LET’S GO PLACES
NEW! LIFETIME GUARANTEE
MUFFLERS•EXHAUST PIPES•SHOCKS•STRUTS
Toyota mufflers, exhaust pipes, shocks, struts, and strut cartridges are guaranteed to the original purchaser for the life of the vehicle when installed by an authorized Toyota dealer.

TOYOTA OWNERS ONLINE
TOYOTA OWNERS ONLINE
TOYOTA OWNER ONLINE
TOYOTA OWNERS ONLINE
TOYOTA OWNER ONLINE
TOYOTA OWNERS ONLINE

NEW! 29 YEARS OF RECEIVING THIS HONOR
1 OF 4 DEALERSHIPS IN THE NATION TO RECEIVE THIS HONOR

New Camry’s, Corolla’s, RAV4’s and Prius’s ALL ON SALE LIKE NEVER BEFORE Fall is here and so are the SAVINGS! Ask one of our sales managers, George, Mike, Yared or Rodney 703-684-0700 WE ARE HERE TO MAKE DEALS!