

Democratic candidate for Arlington County Board Christian Dorsey shakes hands of voters outside Madison Polling place on Election Day.

Welcoming Voters

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At the Polls, Voters Fulfill Their Responsibility

26-27 percent turnout anticipated.

BY SHIRELY RUHE
THE CONNECTION

Election day dawns cool and crisp. Variations of red, white and blue election signs line the sidewalk leading to the polling place at Madison Community Center. Polls open at 6 a.m. and by 8 a.m. 160 people have voted. The election official said that voting has been steady and that generally there is a big 6 a.m. rush in the morning with people going to work and another 6 p.m. rush at night with people coming home.

Christian Dorsey, Democratic candidate for Arlington County Board, was outside the building shaking hands of potential voters. “Unfortunately, I don’t expect a big turnout — 26-27 percent which is consistent with history,” he said. Dorsey said he thinks the key issue for Arlington voters is to feel included. “They want someone who demonstrates they understand even if they don’t agree with you. People want to know that you get it.”

Amy Peck Abrahamson, at the end of the sidewalk handing out sample Democratic ballots, said, “I’m kind of surprised. There are more voters than I thought, even at 6.”

On the other side of the sidewalk a volunteer for Independent candidate for Arlington County Board, Mike McMenam, carried beige handouts detailing McMenam’s record and endorsements, shaking hands and urging support. He said McMenam’s major issue is spending: “We need to go back to the basics, less on extra things like the streetcar and Aquatic Center. A lot of people are fed up.”

As voters enter, an election official asks, “Would you please state your name and address?” The voter receives a blue Voting Permit card and then heads to the second step, to pick up a folder with a paper ballot. The room is empty of voting machines. Voters sit in small hand-constructed booths with pen and ballot.

Margaret Paar, chief election official for Madison, explains the legislature passed a law in 2007 that when the electronic voting machines became obsolete they would be replaced with paper ballots. “Our software was so antiquated that our time came to shift over,” she said.

The instructions state if an error is made in filling in the boxes beside a candidate’s name that a person should request a new ballot. After two hours of voting only one person needed a new ballot. The finished ballot is fed through a scanner that records the votes mechanically — eaving a paper trail.

As voters leave the building and head back to the parking lot, they pass by Kaitlyn McFarlane and Meaghan Mullins representing Scout troop 588 who offer a platter of chocolate and strawberry glazed donuts to earn funds for community service.



Volunteers for Arlington County Board Democratic candidate Christian Dorsey and Independent candidate Mike McMenam stand on opposite sides of the sidewalk outside Madison Polling place handing out information on their candidates.

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION

A number of parents bring their children to vote with them at Williamsburg Middle School polling place as a civic lesson since it is a teacher’s workday and the children are out of school.



Cars rotate in and out of the parking lot at Williamsburg Middle School as the voters head to the polling spot. Again Dorsey, Goldstein, Favola, Stamos signs line the curb and volunteers hand out sample ballots with identifying party information: “This is especially important this year with local elections because the ballot doesn’t state the party of the candidate.” The line waiting to vote winds down the hall with a father pushing a stroller with twins, several voters on iPhones, a young woman on crutches. The vote tally at 8:30 a.m. at Williamsburg is 203 with people lined up at 6 a.m. when the doors open. It is a teacher workday with children out of school and a number of parents have brought the whole family. A dog barks from an open window in the parking lot and young children skip with their parents headed for “a lesson in democracy.”

Signs line the curb for local candidates at Williamsburg Middle School polling place as a volunteer holds information for potential voters.



Meaghan Mullins and Kaitlyn McFarlane sell donuts outside Madison Community Center polling place to earn money for Girl Scout troop number 588.

\$17 and 99 Percent Sure

In yielding to objections to reverse-commute tolling, VDOT raises concerns over widening I-66.

BY VERNON MILES
THE CONNECTION

Amid controversy surrounding the plans to implement a toll on I-66 for single occupancy vehicles, the Virginia Department of Transportation (VDOT) has made a series of concessions to make the project more palatable. However, while these concessions may appease commuters, they raise concerns among Arlingtonians that the county is about to get hit with major highway expansion.

Currently, drivers on I-66 are limited to travelling in High Occupancy Vehicles (HOV) with two passengers during peak hours. The new plan for tolling would increase the HOV requirement to 3 but would also give single riders an option to pay a toll and take I-66 during peak hours. The toll is dynamic, meaning it would fluctuate based on the level of traffic. Opponents to the plan frequently make reference to the plan as the \$17 toll, the maximum amount that one could be tolled for a round trip on I-66.



VDOT Official Amanda Baxter presents tolling plans for I-66 to the Arlington Transportation Commission.

In an interview with WTOP, Gov. Terry McAuliffe said that the decision to toll “reverse commuters,” those travelling against the primary flow of traffic during rush hour, had not been finalized. Later, Virginia Secretary of Transportation Aubrey Layne clarified that there was a “99 percent” certainty that reverse tolling would not be a part of the I-66 plans.

But while many drivers celebrate the concession in the controversial new plans for I-66, the announcement caused some alarm in Arlington. At a meeting of the Arlington Transportation Commission on Oct. 29, the

commission voted to support the plan, but expressed serious concerns about the removal of reverse commute tolling and other decisions by VDOT.

Amanda Baxter, from the Virginia Department of Transportation, updated the transportation commission on changes to the plan following the governor’s announcements. Baxter confirmed Layne’s assessment that reverse-commute tolling would likely not be implemented, and announced that the toll option would be open to single-rider vehicles in 2017, the increased requirement to HOV-3 would be delayed until 2021.

But while members of the commission understood the logic of the the delay and the decision not to toll reverse commuters, many of them saw this as the beginning of road widening.

“This is looking more and more like de facto widening,” said Commission member Ramon Perez. “By pushing back the HOV 3 requirement, you have the same amount of cars on the road. This has been watered down from the original proposed solution. More and more, this looks like automatic widening.”

Dennis Leech, Arlington’s director of transportation, said that the county had serious concerns about the potential impact of road widening on nearby residents, businesses, and communities. The prospect of widening I-66 raised concern among members of the public. In addressing the Transportation Commission, Arlington resident Franz Gimpler called I-66 a concrete scar on Arlington. Among his suggestions on VDOT’s plan,

Gimpler said that the county needed to present the public with drawings of the proposed additional lanes, conditions for consideration of widening, and data analysis that would determine whether or not the road should be expanded.

Adding to these concerns, Baxter said that installing an eastbound lane on I-66 from Dulles to Ballston would cost \$100 million and up to half of the funding would come from revenue raised from the toll, revenue originally intended to go into multimodal improvements in Arlington and other affected counties. Tolling was originally anticipated to bring in \$10 million in its first year of implementation, but Baxter said the elimination of the reverse commute toll also came with the loss of \$2 million.

As a result, the Transportation Commission’s recommendation included a requirement that, before \$100 million is spent on widening, VDOT should be obligated to spend at least as much on multimodal solutions in Arlington. While some on the commission balked at the requirement as unrealistic, Transportation Chair Chris Slatt disagreed.

“I don’t think it’s unreasonable to spend \$100 on other solutions before we spend \$100 million on expansion,” said Slatt.

In the final language of the recommendation, the Transportation Commission approved of the plan but warned the County Board about the prospect of widening that it brings.

“The recent changes to the project — starting with HOV-2 and not tolling the reverse direction have likely made the project less effective, but also significantly more predictable so there is less risk of unanticipated

SEE PROJECT, PAGE 9



Source: National Capital Region Transportation Planning Board’s Traffic Quality on Metropolitan Washington Area Freeway System Spring 2014 Report

Current congestion on the section of I-66 to be tolled.

Police Arrest Murder Suspect

The Arlington County Police Department's Homicide/Robbery Unit and Tactical Unit have taken David Black, 46, of Arlington, into custody last week pursuant to an indictment issued by a special investigative grand jury. These charges stem from the murder of his estranged wife, Bonnie Black which occurred on April 17 in the Aurora Highlands neighborhood. The indictment and subsequent bench warrant charges him with one count of first degree murder and one count of burglary while armed with the intent to commit a felony. A neighbor discovered the victim's two young children wandering outside of the home in the early morning hours of April 17. At 7:50 a.m., police responded to the 1100 block of 18th Street South where officers discovered the 42-year-old female victim dead inside her residence. A special investigative grand jury was convened by the Arlington County Circuit Court and heard evidence and testimony surrounding the murder of Bonnie Black. On Oct. 29, the grand jury returned an indictment against David Black and he was arrested without incident.

Join Lee Highway Visioning Workshop

Those residents interested in the future of the Lee Highway corridor are invited to join a consulting team led by Dover Kohl and Partners, and county planning staff for a hands-on workshop to help determine the county's next steps for planning along Lee Highway.

The four-day workshop, sponsored by Arlington County Government, is scheduled to open Friday, Nov. 6 at the Langston-Brown Community and Senior Center, 2121 N. Culpeper St. The goal is to involve the community in a visioning effort for the corridor's future.

Among the topics of discussion are: how to safely accommodate pedestrians, cyclists and automobiles; commuter issues; housing opportunities; how much and what type of development is appropriate; transition areas between commercial properties and nearby single-family neighborhoods; streetscape design, and the preservation of cultural resources.

Arlington's stretch of Lee Highway runs more than five miles east-to-west across north Arlington, from Rosslyn to Falls Church.

The corridor is lined with a mix of businesses and shops, apartment buildings, condominiums, tree-lined neighborhoods and historic buildings such as the Cherrydale Volunteer Fire Department.

The community's effort to re-imagine Lee Highway got underway in 2013, when presidents of some of the corridor's civic associations formed the Lee Highway Alliance to encourage participation. The alliance now includes some 15 civic associations, with every Arlington neighborhood that lies along the corridor participating.

After Friday's introductory kick-off, participants will spend Saturday and Sunday drawing their vision for the future of the corridor and developing suggestions for actions to be taken in the near term (1-3 years), mid-term (3-5 years), and long term (5+ years).

For more information on the Lee Highway Community Visioning Charrette, including a full schedule, visit <http://projects.arlingtonva.us/plans-studies/land-use/lee-highway/>.

All County Public Schools Fully Accredited

The Virginia Department of Education announced last week that all Arlington schools are fully accredited for the 2015-16 school year based on last year's Standards of Learning (SOL) test results.

This is the first time since 2010-11 that all Arlington schools were fully accredited.

School accreditation ratings reflect student achievement on SOL assessments and other tests in English, history/social science, mathematics and science during the previous school year. See <http://www.doe.virginia.gov/>.

NEWS



From left, back, are the Rev. James Gibson, Imam Johari Abdul-Malik, and the Rev. Linda Olson Peebles. The Rev. Dr. James E. Victor Jr. is in front, praying.

Working To Boost Turnout

Interfaith community organizing group knocks on 2,000 doors in two precincts.

More than 40 volunteers in bright yellow shirts saying "Your Voice is Your Vote" flooded two particularly low-voting precincts on Sunday, Nov. 1 to encourage voters to turnout on Election Day.

VOICE (Virginians Organized for Interfaith Community Engagement) leaders estimated, as of 9 a.m. Tuesday, Nov. 3, a total of almost 600 commitments to vote from residents in Precincts 30 (Glebe) and 43 (Arlington Mill). If only one-third of those voters go to the polls, the organization would have contributed to a more than 20 percent increase in voter turnout for those precincts compared to the 2011 election when the same offices were on the ballot.

The non-partisan voter turnout drive by VOICE enlisted more than 100 volunteers to knock on doors, pass out flyers at bus stops, and make phone calls to registered voters in these communities Nov. 1-3.

At the kickoff at Lomax A.M.E. Zion Church, clergy representing Christian, Muslim, and Unitarian faith congregations sent volunteers off with prayers that made the moral case for civic engagement in elections.

The Rev. Linda Olson Peebles of the Unitarian Universalist Church of Arlington described the effort as "neighbors reaching out to neighbors," while the Rev. James Gibson of Macedonia Baptist Church empha-



John Veldhuis of NOVA Catholic Community and Derrick Hawkins of Macedonia Baptist Church on their walk through the Nauck neighborhood to encourage voters to turnout on Nov. 3.

sized that, "We can have some influence on what happens in our county." Imam Johari Abdul-Malik of the Dar Al-Hijrah Islamic Center stressed the need to build power through exercising the right to vote in order to achieve justice for "those who have been locked out of opportunity."

The Rev. Dr. James E. Victor, Jr., of Mount Olive Baptist Church emphasized that, "Everyone has the right to vote, and to vote without any suppression, and everyone has the right to a voice" in elections.

VOICE is a multi-faith, non partisan organization comprised of 45 religious and community institutions representing more than 125,000 families in Arlington, Alexandria, and Fairfax and Prince William counties. See www.voice-iaf.org.



Paul Douthit of St. Mary's Episcopal Church checks in volunteers.

PHOTOS BY
JIM COATES
PHOTOGRAPHY

Capturing Life After Breast Cancer

Surgeon hosts exhibit depicting patients resuming their daily lives.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

The effects of breast cancer on survivors far outlast a mastectomy, the last round of chemotherapy or the final radiation treatment. Part of survival is planning for life after cancer is no longer in one's bloodstream.

Plastic surgeon Dr. Troy Pittman of Georgetown University Medical Center understands the importance of introducing patients to their post-mastectomy reconstructive options. Giving these women the full picture, Pittman said, helps them understand that life goes on after breast cancer. It was in this spirit that Pittman put together the "Closing the Loop" photo exhibit, which is currently on display in the lobby of the Georgetown Plastic Surgery department. "Closing the Loop" features 25 photos of breast cancer patients in their daily lives, after they have pursued reconstructive options.

"The exhibit is called 'Closing the Loop,' because, when you think of the breast cancer ribbon, you think of that pink loop," Pittman said. "You think of the breast cancer journey as lasting from diagnosis through treatment. As plastic surgeons we are looking at making sure that patients know their reconstructive options, and they are confident about the quality of life after breast cancer. The exhibit is pictures of women doing what they do best after the ultimate survival of breast cancer."

Arlington resident Kathy Stokes is one local breast cancer survivor whose photos were a part of "Closing the Loop." Her photos are proof that surviving the harrowing disease can inspire to do things once never dreamed.

"One picture of me was singing in a band," Stokes

said. "I didn't have the courage before my diagnosis to try to join a band and sing in front of people, but found that courage after dealing with cancer for 18 months. The other was a picture of me with my close friend with the Vice President [Joe Biden] and Dr. [Jill] Biden. I was invited to the vice president's mansion for a breast cancer awareness event. I had just met the vice president when I spoke to a group called Families USA about my experience with cancer and losing health care coverage. I introduced him at the event."

Pittman said it is normal for women to experience overwhelming fear at the time of their diagnosis, as both cancer and mastectomies are life-changing. This is why he came up with the concept for "Closing the



Patient Cori Perry, a breast cancer survivor and part of the "Closing the Loop" photo exhibit.



Dr. Troy Pittman and Dr. Shawna Willey, professor of surgery and breast surgeon at the reception.

Loop" about a year ago.

"When the patient comes to me and is newly diagnosed or has a breast cancer gene, we are very quick to show women clinical pictures," Pittman said. "I call them headless horseman pictures. Although those are incredibly educational, it can be overwhelming. So I thought, how about seeing women in clothing, living their lives, for the whole picture."

Pittman hopes that the exhibit will show patients that their post-breast cancer bodies won't prevent them from living the lives they loved before diagnosis. The photos highlight Pittman's patients, pursuing activities and dreams that make them feel alive.

"There are pictures of women doing yoga, and in bathing suits at the beach with their children," Pittman said. "We

had a picture of a woman in a low-cut dress at her daughter's wedding. For me this was very much about being able to celebrate women who have survived and who have wonderful qualities of life after their breast cancer care and their breast reconstruction. It's a very powerful tool for women who have been newly diagnosed. The diagnosis of breast cancer is obviously a devastating thing for patients so seeing pictures of these survivors is very powerful."

Stokes had a double mastectomy and said an exhibit like "Closing the Loop" would have been a great resource for her had it existed when she was in the midst of her two surgeries.

"I think the exhibit would have been very empowering to me. I remember when I got

"I didn't have the courage before my diagnosis to try to join a band and sing in front of people, but found that courage after dealing with cancer for 18 months."

— Kathy Stokes of Arlington



The "Closing the Loop" photo exhibit.

the news of my diagnosis, I was in my breast surgeon's office and I felt so lost," Stokes said. "I was so scared of dying, but also just couldn't get my head around losing my breasts. If I had seen photos on the wall of survivors who had gone through it all and not only lived to tell about it, but thrived, it would have meant so much. It will mean a lot to the people that enter Dr. Pittman's office. It'd be great if women could see it even before they step through those doors."

Pittman hosted an opening ceremony for "Closing the Loop" on the evening of Tuesday, Oct. 20, which was the day before Breast Cancer Reconstructive Awareness Day. The reception, hosted in the

Georgetown Plastic Surgery department office lobby, was such a success with that Pittman has no plans to take down the photos.

"The event went great," Pittman said. "It was about 75 people and most were patients that are in various stages of breast cancer reconstruction. Patients were brought to tears by the gallery. We've received such a positive response that we have no plans to take it down."

The ceremony festively included a photo booth, a manicurist and glasses of pink champagne.

"Closing the Loop" is currently on display for all of Pittman's patients.

Coming: Children's Connection 2015

Get ready to send your submissions soon.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

EDITORIAL

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

Editor's Note on Election Coverage

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, this paper among them. While reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See www.ConnectionNewspapers.com for results, and next week's papers for more insight.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

come.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?
- ❖ Your opinion (50 to 100 words) about traf-

fic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to arlington@connectionnewspapers.com. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 4.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

LETTER

Scouting For Food

To the Editor:

My name is Aidan McGowan and I am a Boy Scout in Troop 111 in Arlington. I would like to bring to your attention an upcoming annual food drive for the needy, "Scouting for Food." Scouting for Food is the largest food collection drive in Arlington; each year we collect up to one million pounds of food.

Scouting for Food is the best and easiest way to give food to those who do not have it. Your donations are brought directly to the Arlington Food Assistance Center (AFAC), and from there is delivered straight to more than 1,200 families in Arlington each week.

The process is simple: purchase boxed or canned items, place them in bags outside your doorstep, and then my troop along with other Scouts will come by in the morning to pick them up. It's that easy. Please have your bags of food outside your door where we can see them by the night of Friday, Nov. 13, or in the morning of Saturday, Nov. 14. Pick up will transpire at approximately 9 a.m. on Saturday morning, so make sure they are out there.

Thank you for your support of Scouting and AFAC.

Aidan McGowan
Arlington



Youths gather at Carver Community Center to celebrate afterschool programs.

Celebrating 'Lights On Afterschool'

Arlington's Out of School Time providers celebrated afterschool programs and their role in the lives of children, families and communities on Thursday, Oct. 22, at Carver Community Center. Activities at the event included a wellness and fitness workshop, reptile demonstration, creative art project, healthy snacks as well as an asset-building activity.

The celebration was in honor of the 16th annual Lights On Afterschool. Launched in October 2000, Lights On Afterschool is a nationwide event celebrating afterschool programs. The Afterschool Alliance organized Lights On Afterschool to draw attention to the

many ways afterschool programs support students by offering them opportunities to learn new things and discover new skills.

Arlington's afterschool network includes the Department of Parks and Recreation, Arlington Housing Corporation (AHC), Arlington Public Schools, Arlington Partnership for Children, Youth & Families, and many other organizations.

The celebration at Carver included three local afterschool providers for grades K-5: Arlington County Parks and Recreation's Lubber Run Kids in Action, AHC's Virginia Gardens, Berkeley and Harvey Hall afterschool programs, and the Arlington Public School's Extended Day at Hoffman Bos-

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Offender Aid and Restoration (OAR) is sponsoring Project Christmas Angel to collect toys for the children of incarcerated prisoners in the Arlington Detention Facility, as well as those who have been recently released and/or are active OAR clients.

Project Christmas Angel Sets Goal of 400 Gifts

OAR collects gifts for children of incarcerated prisoners.

BY SHIRLEY RUHE
THE CONNECTION

Offender's Aid and Restoration (OAR) is sponsoring Project Christmas Angel, a toy drive to collect Christmas presents for the children of incarcerated prisoners in Arlington County Detention Facility as well as those who have been recently released and/or are OAR clients.

Heather Pritchett, acting director of development for OAR, said OAR is collecting new, unwrapped gifts for children ages newborn to 18 (no clothing or stuffed animals) and that gifts for teens are especially needed. OAR has set up an Amazon wish list to highlight some ideas for teen gifts. See the OAR website for additional information. Pritchett said donors can purchase items from the Amazon wish list and have the items shipped directly to the OAR office. In addition they accept gift cards to locations like Best Buy, Target, and Amazon with suggested denominations of \$20-\$25.

OAR has been collecting gifts for children of incarcerated parents for over 20 years but last year began doing their own outreach and collection. The goal is at least 400 gifts. In the past OAR has provided gifts to between 150-200 children and they like to give at least two gifts to each child.

Pritchett remembered some pris-

oner comments: "Thank you, OAR for helping my child feel better while I'm incarcerated. It's good to know that when you feel alone, there is someone who can help." "Thank you for sending my children gifts. I told them that I have a surprise for them and they are so excited."

Eighteen donation boxes are located in non-profit, government and business, civic and faith organizations. For a full list of donation sites, check the OAR website at www.oaronline.org/oar-kicks-off-annual-toy-drive/ Collection for the toy drive takes place now through Nov. 15.

A wrapping party is held on Dec. 16 where volunteers come together to wrap all of the gifts and attach a gift tag on each from the parent.

The gifts are then hand-delivered to the children's homes around the D.C. area by volunteers or mailed if the children live out of the area. "We do this in the hopes that the children know that even if their parent can't be with them during the holidays, they are not forgotten," Pritchett said.

OAR offers reentry services including transition assistance and employment counseling to nearly 800 post-release clients annually. The goal is to reunite families and to support the children of those being released. OAR's goal is "Strengthening Community through Second Chances."

2ND ANNUAL CLIFTON CHARITY HOME TOUR

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Adopt-A-Tree and Notable Tree Programs Prove ‘Poplar’

Deadline for Notable Tree Program is No. 15.

BY EDEN BROWN
THE CONNECTION

Arlington County’s Natural Resources Division’s annual program provides a variety of native tree species free to Arlington residents.

On Oct. 24 at the nursery on Four Mile Run behind Barcroft Recreation Center, hundreds of Arlingtonians took advantage of the program. Among the different species offered this year were Eastern Redbud, Sweetbay Magnolia, American Holly, Flowering Dogwood, Persimmon, Allegheny Serviceberry, Smooth Alder, Chestnut Oak and Post Oak. Participants took home over 300 “whips” — young trees in the nursery trade parlance — in two-gallon containers.

Tree Steward volunteers were on site to provide information to ensure new tree owners would plant and maintain their trees in the best place with the right technique. Check the Tree Stewards website for next year’s sale: www.treestewards.org or to volunteer as a Steward, or see www.arlingtonva.us/prcr.

Another tree program Arlingtonians can join is the Notable Tree Program. Since 1987, Arlington has identified and registered its most notable trees, as well as the residents who care for them. In 2015, there were 16 winners. Sometimes the size of a tree makes it prize-worthy, but sometimes it is the uniqueness of the tree, or the significance it has to a neighborhood. Winners receive a certificate or plaque, see their tree placed on the county’s register of notable trees, can see it included in neighborhood walking tours, and never lose control over the tree: it remains theirs and under their authority. Owners may request that their

names and addresses not appear on the public listing.

How does it work? The deadline is Nov. 15 this year, but Arlington volunteer, John Wingard of the Tree Stewards, says he won’t be strict about the Nov. 15 deadline, as long as an application gets in soon after. Wingard likes to get photos and nominations done earlier so the fall colors get into the pictures. Nominators other than the tree’s owner should contact the owner for consent before submitting an application.

After an application is measured and evaluated, it will be considered at the meeting of the Urban Forestry Commission in January. If approved, the applicants will receive a letter in late February or early April inviting them to a County Board meeting in April where the certificates or plaques will be given out. As a rule, trees readily visible to the public get plaques, the others get certificates.

This honorary program costs the county almost nothing since volunteers do most of the work, and aims to draw awareness to trees in general, recognize those who own and spend their money maintaining them



Nora Palmatier, a leading force in the Tree Stewards, runs the reception table during the Adopt-A-Tree day.

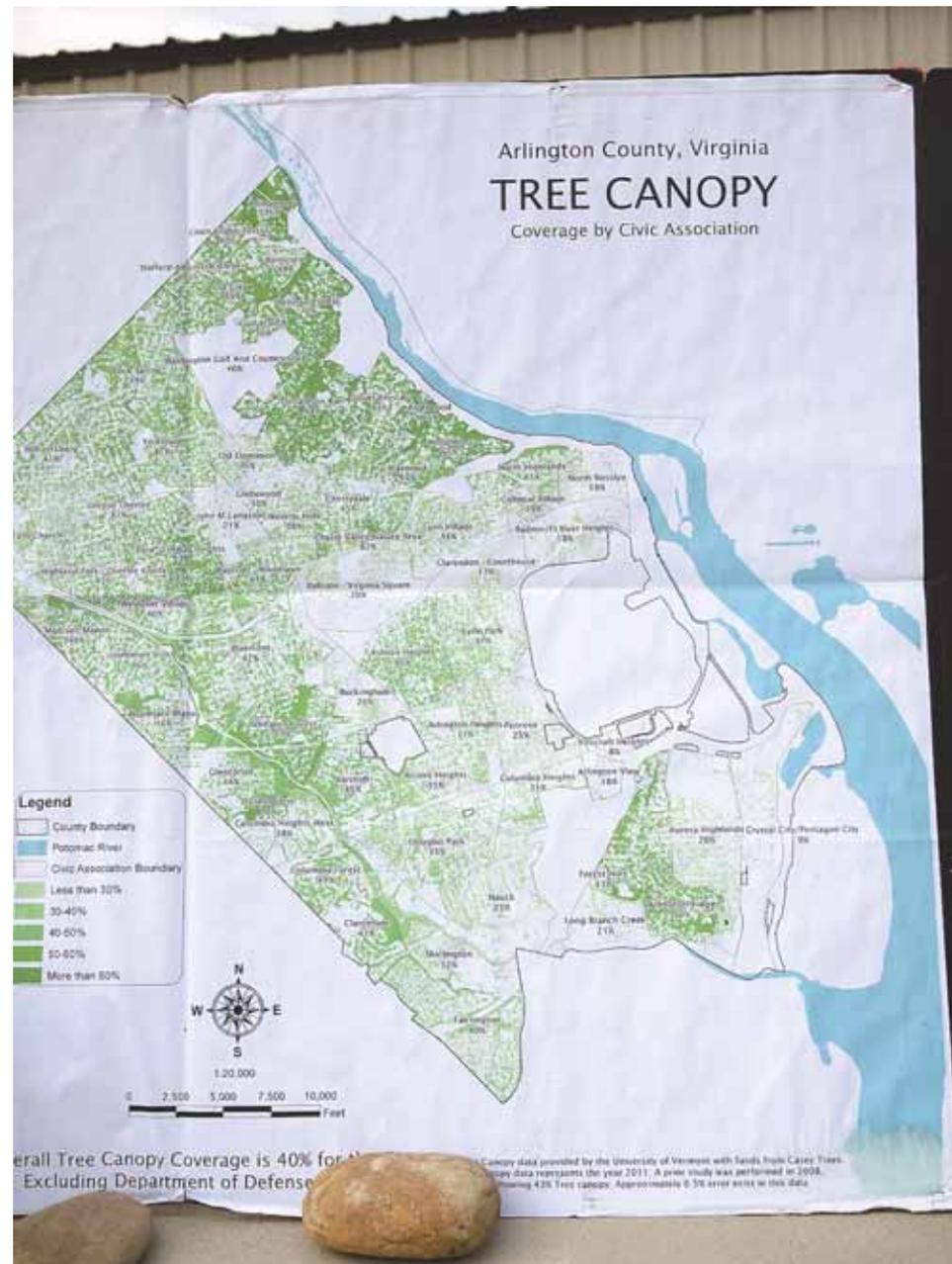
— although public trees are also eligible — and lets the public know what and where the county’s most outstanding trees are. For more about the program and to see winning trees from previous years, see: <http://environment.arlingtonva.us/trees/support-trees/make-notable-tree-nomination-to-day/>

— EDEN BROWN



PHOTOS BY EDEN BROWN/THE CONNECTION

Pat Carroll takes home an Eastern Redbud and her friend’s American Holly, after walking in an Alzheimer’s fundraiser in the morning.



A map of Arlington shows the decreasing tree canopy in the county. The Adopt-A-Tree program is aimed at reinvigorating the tree population in the area.



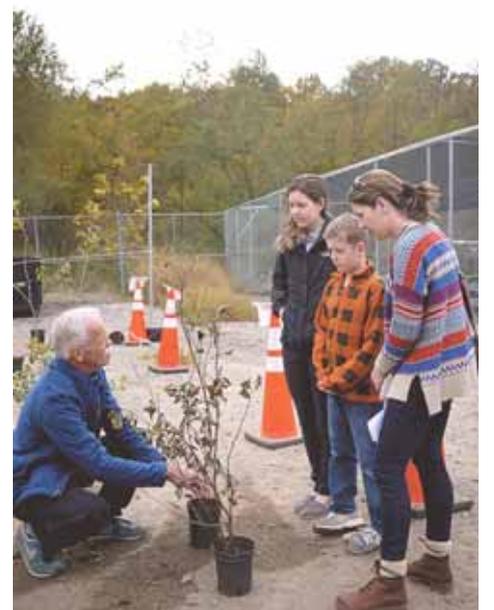
Arlington County sponsored the event.

What Makes a Tree Notable?

- ❖ Maturity (Size/Age)
- ❖ Special significance to the neighborhood
- ❖ Uniqueness of species
- ❖ Historical or community interest



Sally and Hugh Brady have taken home a Redbud and a Smooth Alder.



Mikala, Jacob, and Jennifer Pollard get a primer in planting trees from Jim Graham, Tree Steward. Their family just returned to Arlington.

Toll Scenarios	Peak Direction Commute		Reverse Commute	
	Eastbound AM	Westbound PM	Westbound AM	Eastbound PM
2017 SOV – Pays the Toll HOV2+ rides for FREE	\$9.00	\$8.00	\$1.00	\$2.00
2017 SOV/HOV2 – Pays the Toll HOV3+ rides for FREE	\$7.00	\$6.00	\$1.00	\$1.00
2021 SOV/HOV2 - Pays the Toll HOV3+ rides for FREE	\$7.00	\$6.00	\$1.00	\$1.00

A chart displaying average toll costs and the reverse-commute tolls currently under review.

- Tolls may be higher or lower, depending on traffic volumes, to manage demand and ensure free-flow travel for users
- Pricing reflects estimated tolls for a typical trip taken along corridor during peak hours based on forecast model

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Project To Lead to Widening?

FROM PAGE 3

pated negative effects on Arlington's citizens and street network," read the commission's recommendation of approval to the County Board.

"The commission continues to be concerned about widening and is concerned that the timeline and conditions under which widening will be implemented may be set in a way that makes widening inevitable, no matter how effective tolling and multimodal solutions are." According to Jonathan Gifford, director of Transportation Policy at George Mason Uni-

versity, calling the widening inevitable may be a little premature, but it does highlight issues Arlington will face in the near future.

"Nothing is inevitable in transportation," said Gifford. "Will there be pressure to add lanes? Yes. Is there pressure now? Yes. It's a bottleneck for the region. The broader policy question is: What do you do about providing transportation [in this region]? A lot of Arlingtonians would say take mass transit or move, but that's not a good answer for people who live in Fairfax and work in Rosslyn and Washington D.C."

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Upcoming Events at Aquinas Montessori School in November:

OPEN HOUSE
Tuesday, November 10, 7 – 8 p.m.

PARENT INFORMATION SESSION
"ELEMENTARY OVERVIEW"
Thursday, November 19, 7 – 8:30 p.m.

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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

“Alice in Wonderland.” Through Nov. 8, Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. at Synetic Theater, 1800 S. Bell St. Watch Synetic’s production of the Lewis Carroll classic. Tickets start at \$15. Call 866-811-4111 or visit www.synetictheater.org to buy tickets.

“Giristar.” Through Nov. 15 at various times at Signature Theatre, 4200 Campbell Ave. “Giristar” is a musical combining witchcraft with pop music to detail the journey of a young woman who believes she is destined for fame. Tickets start at \$25. Visit www.sigtheatre.org for more.

“Cake Off.” Through Nov. 22, various times at Signature Theatre, 4200 Campbell Ave. Watch a satire dealing with stereotypical gender roles. Tickets start at \$72. Visit www.sigtheatre.org.

“Ceramic Art by Joe Hicks.” Through Dec. 3 during gallery hours at The Barry Gallery in the Reinsch Library at Marymount University, 2807 N. Glebe Road. This exhibit featured the work of Marymount assistant professor Joe Hicks. Free. Visit www.marymount.edu/barrygallery.

Fall SOLOS 2015. Through Dec. 20, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artists featured in the exhibit: Katie Duffy, Rachel Guardiola, Dean Kessman, Sonya Lawyer, Nara Park, Austin Shull, and Benjamin Zellmer Bellas. Free. Visit www.arlingtonartscenter.org for more.

“Wired.” Through Dec. 20, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artist Michele Colburn presents a solo exhibition exploring the impact of war and violence on culture. This is reflected in the use of gunpowder, trip wire, and military-themed fabric. Free. Visit www.arlingtonartscenter.org for more.

“Cause and Effect.” Through Dec. 20, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artists Robert Allen, Kathleen Ramich, and Dave Seiler explore war and violence as a complement to Michele Colburn’s “Wired.” Free. Visit www.arlingtonartscenter.org for more.

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

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

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. For 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.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St., and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

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.

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. 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 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

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

Ball-Sellers House Tours. Saturdays, April-Oct., 1-4 p.m. at The Ball-Sellers House, 5620 3rd St. S. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit www.arlingtonhistoricalsociety.org.

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

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

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

Brunch at Freddie’s. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie’s Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance



Musician Joe Ely will celebrate the launch of “Panhandle Rambler,” his first studio album in four years, on Friday, Nov. 13 at the Unitarian Universalist Church of Arlington. Tickets are \$20-30. Visit www.stonerroomconcerts.com.

gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

WEDNESDAY/NOV. 4

Cove Presents Alice Whealin. 6-8 p.m. at Cove Rosslyn, 1735 Clarendon Blvd. Artist Alice Whealin will be present for a reception. Free. Visit www.cove.is for more.

Northern Virginia j.talks. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. As part of the Jewish Community Center of Northern Virginia’s annual books festival, One More Page Books will sponsor an event in which three authors are given three minutes and are challenged to capture a customer’s imagination. Free. Visit www.jccnvarts.org for more.

THURSDAY/NOV. 5

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

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

Annual Joshua Ball. 7-10 p.m. at Top

of the Town, 1400 14th St. Enjoy food, beer and wine, silent auction and raffle items and more while helping the Josh Anderson Foundation spread hope to stop teen suicide. Tickets are \$100. Visit www.joshandersonfoundation.org.

THURSDAY-SATURDAY/NOV. 5-7

“Carrie: The Musical.” 8 p.m. at Gunston Arts Center, 2700 S. Lang St. Dominion Stage will open its 66th season with “Carrie: The Musical,” based on Stephen King’s “Carrie,” is a rock-opera musical centered about a bullied teenage girl with secret powers. Tickets are \$25. Visit www.dominionstage.org.

FRIDAY-SATURDAY/NOV. 6-7

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

FRIDAY/NOV. 6

Wine Tasting & Coloring Party. 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Attend a Thanksgiving-themed wine tasting, then color sample pages from Johanna Basford’s “Lost Ocean: An Inky Adventure and Coloring Book.”

Free. Visit www.onemorepagebooks.com for more.

Pinzimini Lounge Social. 6:30-8:30 p.m. at Westin Arlington Gateway, 801 N. Glebe Road. The NoVA Gay Lesbian Professionals host this event months. Free. Visit www.meetup.com/novaglp.

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

NOV. 6-15

“Hansel & Gretel.” Various times at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Encore Stage & Studio presents the classic fairytale. Tickets are \$15 for adults, \$10 for children, students, military and seniors. Visit www.encorestage.org for more.

SATURDAY/NOV. 7

Soup & Pie Bazaar. 9 a.m.-2 p.m. at The Arlington Church of the Brethren, 300 N. Montague St. Along with homemade soups and pies, shop yard sale items, crafts, baked goods, and more. Free. Call 703-524-4100.

Arlington Puzzle Festival. 9 a.m.-4:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Play or watch the crossword puzzle tournament, sudoku tournament, team puzzle challenge, octo competition, and more. Free. Visit www.surveymonkey.com/H8HH2RF to register, or www.arlingtonlibraryfriends.org.

The Wild in Your Dog. 10-11 a.m. at Long Branch Nature Center at Glencarlyn Park, 625 S. Carlin Springs Road. Discover the wild past in domesticated dogs and learn about the wild canines that inhabit Arlington. Free. Visit www.parks.arlingtonva.us.

Dominion Hills Craft Show. 10 a.m.-5 p.m. at Dominion Hills Community House, 6000 Wilson Blvd. The Twelfth Annual Dominion Hills Fall Craft Show will present 12 local and regional artisans featuring: paintings, jewelry, fine woodturning, papercutting, sculpture, pottery, natural cleansing products, glassware, and fabric arts. Free. Visit www.facebook.com/dominionhillsfallcraftshow.

Book Talk. 12 p.m. at One More Page Books, 2200 N. Westmoreland St. Douglas Hines shares from his book “Healthy Like the Coaches.” Free. Visit www.onemorepagebooks.com.

PawCasso. 6-11 p.m. at Terminal A at Reagan National Airport. PawCasso will feature the art of local artists in a live auction, a silent auction, food, drink, dancing and live music by the Smithsonian Masterworks Jazz Quintet. VIP Tickets are \$200, General admission tickets are \$115 until Oct. 16 at which point they become \$125. Pet tickets are \$25. Drink tickets are \$5 and \$8. Visit www.pawcassoart.org for more.

Central American Marimba Festival. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Listen to the Marimba, a traditional instrument with roots in Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. This event is sponsored by Teatro de la Luna. Tickets are \$30-35. Visit www.teatrodelaluna.org.

SUNDAY/NOV. 8

Rosebush Auction. 2-4:30 p.m. at Merrifield Garden Center, 8132 Lee

ENTERTAINMENT

Highway, Falls Church. Bid on popular rosebushes provided by Arlington Rose Foundation and then participate in a hands-on rooting workshop. Participants leave with rosebush bargains bought at auction and potted rose rootings. Admission is free for Arlington Rose Foundation members, and \$15 for nonmembers. Call 703-371-9351 or email pam1powers@aol.com for more.

Cocktails With Canines. 6-8 p.m. at Army Navy Country Club, 1700 Army Navy Drive. Veterans Moving Forward, Inc. will celebrate its fifth anniversary at Cocktails with Canines, an annual fundraising event. All funds raised directly support our mission to provide service dogs and canine therapy to veterans with physical and mental health challenges at no cost to the Veteran. Tickets are \$100. Visit www.bit.ly/celebrateVMF5yr.

First Presbyterian Church Benefit Concert. 7 p.m. at First Presbyterian Church of Arlington, 601 N. Vermont St. Confirmed artists include organist J. Reilly Lewis; pianists Frank Conlon, Jose Caceres, and Myriam Avalos; dancer Shu-Chen Cuff; The Commonwealth Brass Quintet and 14-year-old trumpeter Geoff Gallant. This year's free-will offering will be going to Save The Children, specifically marked for humanitarian aid for Syrian refugee children. Free. Call 703-527-4766 or visit www.FPCArlington.org for more.

TUESDAY/NOV. 10

Better Sports Club of Arlington Meeting. 6:30 p.m. at Knights of Columbus Paradise Ballroom, 5115 Little Falls Road. Nick Green, the president and founder of MacDuff Consulting and MacDuff Golf, will

lead a discussion. Tickets are \$25 for dinner, \$10 for open bar. Send your reservation to Rick Schumann at BSCRSVP@gmail.com or 703-241-0390.

TUESDAY-SUNDAY/NOV. 10-15

Artist Honors Niece in Exhibit. 9 a.m.-5 p.m. at the Verizon Gallery in the Richard J. Ernst Cultural Community Center at Northern Virginia Community College's Annandale Campus, 8333 Little River Turnpike, Annandale. In 2010, 19-year-old Vanessa Pham was stabbed to death in her Scion hatchback found in a ditch off Arlington Boulevard in the Falls Church area. After more than two years, police arrested a suspect who was eventually convicted of murder and sentenced to 49 years in prison in 2013. Michelle Pham, Vanessa's aunt, will pay tribute to her niece's life through her art in an upcoming exhibition. Free. Visit www.nvcc.edu.

WEDNESDAY/NOV. 11

Arlington National Cemetery Veterans Day Ceremony. 11 a.m. at Arlington National Cemetery. The ceremony begins with wreath laying at the Tomb of the Unknowns and continues inside the Memorial Amphitheater with a parade of colors by veterans' organizations and remarks from dignitaries. Free. Visit www.va.gov/opa/vetsday or www.arlingtoncemetery.mil for more.

Women In Military Service For America Memorial Veterans Day. 3 p.m. at Arlington National Cemetery. Gayle Tzemach Lemmon, a senior fellow at the Council on Foreign Relations and best-selling

author of "Ashley's War: The Untold Story of a Team of Women Soldiers on the Special Ops Battlefield," will give the keynote address for the 18th annual ceremony. Free. Visit www.womensmemorial.org for more.

Book Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Gregory Smithers discusses and signs "The Cherokee Diaspora: An Indigenous History of Migration, Resettlement, and Identity". Free. Visit www.onemorepagebooks.com for more.

THURSDAY/NOV. 12

Spirit of Community. 11:30 a.m.-2 p.m. at Sheraton Pentagon City Hotel, 900 S. Orme St. The Arlington Community Foundation presents the annual Spirit of Community Luncheon. This year Mary Ann Moran will receive the William T. Newman Jr. Award. Hon. Anne Holton, Secretary of Education, State of Virginia, will be the keynote speaker. Tickets are \$55. Visit www.arlcf.org for more.

Sip & Shop. 7-9 p.m. at Company Flowers & Gifts, 2107 N. Pollard St. Company Flowers and Gifts is hosting a Sip & Shop to benefit Postpartum Support Virginia. Learn 20 ways to wear a scarf, shop, and peruse refreshments. Twenty-five percent of the proceeds will benefit Postpartum Support Virginia. Free. Visit www.postpartumva.org for more.

Arlington Historical Society Program. 7 p.m. at Marymount University Reinsch Library, 2807 N. Glebe Road. The Arlington Historical Society (AHS) will host Annette Benbow, who will present "Those Who Gave Their Lives: Arlington's Fallen Sons in World War I." Free. Call 703-942-9247 for more.

FRIDAY/NOV. 13

Joe Ely Performance. 8 p.m. at Unitarian Universalist Church, 4444 Arlington Blvd. Joe Ely celebrates the launch of his most recent album "Panhandle Rambler." General admission tickets are \$20, \$30 for reserved seating in the first three rows. Visit www.stonerroomconcerts.com.

SATURDAY/NOV. 14

Designing the Sustainable Landscape. 9 a.m.-12 p.m. at Fairlington Community Center, 3308 S. Stafford St. The program will cover the best management practices of sustainable landscapes—using native plants, making the most of available water, building soil health and reducing maintenance and



On Sunday Nov. 8, the Arlington Rose Foundation invites the public to a rosebush auction at Merrifield Garden Center, 8132 Lee Highway, Falls Church, 2-4 p.m. Admission is free for Arlington Rose Foundation members, and \$15 for nonmembers. Call 703-371-9351 for more.



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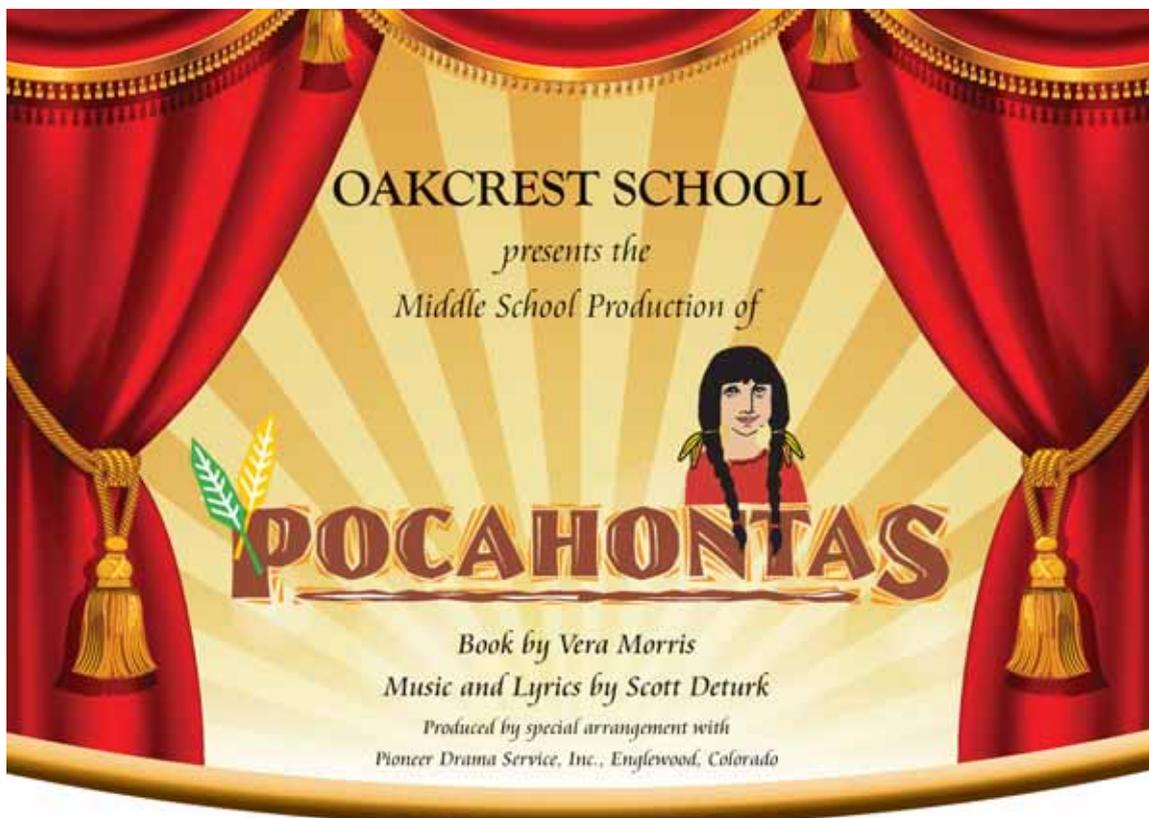
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Saturday, November 14, 2015
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Admission is FREE and Open to the Public

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www.exceptionalschoolsfair.com

ENTERTAINMENT

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Delta Sigma Theta 2015 Prayer Breakfast. 11 a.m.-2 p.m. at Hilton Alexandria Mark Center Hotel, 5000 Seminary Road. This fundraising event is open to the public and will include local gospel artists, a full course brunch, vendors and more. Tickets are \$65. Visit www.nvdecs.org for more.

EcoPOP: Art. 5-7 p.m. at 3400PIKE, 3400 Columbia Pike. Art exhibit and reception sponsored by Arlingtonians for a Clean Environment and Yuck Old Paint featuring photographs of vintage chemicals from local residences and original artwork from waste paint. There is a suggested donation of \$10. Visit www.arlingtonenvironment.org.

Fitness Fun Night. 5:30-10:30 p.m. at TRUE Health and Wholeness Fitness Center, 1058 S. Walter Reed Drive. Fun for the children includes face painting, crafts and moon bounce. Adults can compete for prizes in friendly strength events like the plank off and flex arm hang. Free. Call 571-421-2774 or visit www.true-hw.com for more.

Columbia Pike Artists Studios pARTy. 6-9 p.m. at 932 S. Walter Reed Drive. The diverse artists at the Columbia Pike Artists Studios showcase their work. Free. Call 571-338-9248 for more.

Capitals Casino Night. 6-10 p.m. at Sheraton Pentagon City Hotel, 900 S. Orme St. Monumental Sports & Entertainment Foundation will host the fifth Capitals Casino Night presented by Leonsis Foundation. Casino Night features the entire Capitals hockey team along with coaches, alumni and owners participating in casino games with fans. There also is a raffle and silent auction featuring game-used equipment and autographed memorabilia as well as a live auction featuring interactive experiences with Capitals players and coaches.

Arlington Community Chorus. 7 p.m. at Kenmore Middle School Black Box Theater, 200 S. Carlin Springs Road. The chorus will perform a variety of songs from Gershwin to the Beatles, directed by McKenna Stenson and accompanied by Tatiana Loisha. Free. Visit www.apsva.us.adulted.

SUNDAY/NOV. 15

Artist Expo/Crafts Fair. 11:30 a.m.-4 p.m. at Congregation Etz Hayim, 2920 Arlington Blvd. Thirty artists will be selling their crafts. Also find a bake sale. Free. Visit www.etzhayim.net/Artist_Expo.html.

Columbia Pike Artists Studios pARTy. 2-5 p.m. at 932 S. Walter Reed Drive. The diverse artists at the Columbia Pike Artists Studios showcase their work. Free. Call 571-338-9248 for more.

WEDNESDAY/NOV. 18

Book Talk. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Arlington County Library and Arlington Friends of Urban Agriculture collaborate with One More Page Books to welcome Forrest Pritchard and his book "Growing Tomorrow: A Farm-to-Table Journey in Photos and Recipes: Behind the Scenes with 18 Extraordinary Sustainable Farmers Who Are Changing the Way We Eat." Free. Visit www.onemorepagebooks.com for more.

THURSDAY/NOV. 19

Sip 'N' Shop for SOME. 6-8 p.m. at Company Flowers and Gifts, too! 2107 N. Pollard St. Twenty-five percent of all proceeds will be

donated to So Others Might Eat's Trot for Hunger. Free. Call 540-353-6726.

Book Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Political scientist Colleen Shogan shares from her debut novel, "Stabbing in the Senate." Free. Visit www.onemorepagebooks.com for more.

SATURDAY/NOV. 21

Book Signing Event. 8 a.m.-12 p.m. at Arlington Farmer's Market, 2611 Columbia Pike. Forrest Pritchard will sell and sign copies of his book, "Growing Tomorrow: A Farm-to-Table Journey in Photos and Recipes: Behind the Scenes with 18 Extraordinary Sustainable Farmers Who Are Changing the Way We Eat." Free. Visit www.onemorepagebooks.com.

Live Music. 8-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Attend a performance by Natalia Zukerman and Caleb Hawley. Tickets are \$20. Visit www.stoneconcerts.com

SUNDAY/NOV. 22

Book Talk. 4 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Kathryn Aalto shares from "The Natural World of Winnie-the-Pooh: A Walk through the Forest that Inspired the Hundred Acre Wood," an exploration of Ashdown Forest, a wildlife haven that spans more than 6,000 acres in southeast England. Free. Visit www.onemorepagebooks.com for more.

SATURDAY/NOV. 28

One More Page Books Celebrates Small Business Saturday. 10 a.m. at One More Page Books, 2200 N. Westmoreland St. Small Business Saturday and Arlington Small Business Day are designed to encourage shoppers to visit local retailers during the busiest shopping weekend of the year. One More Page Books will celebrate with snacks, a wine tasting, a book launch party, and more. Free. Visit www.onemorepagebooks.com for more.

MONDAY/NOV. 30

Book Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Co-authors Meagan Spooner and Amie Kaufman will celebrate the release of "Their Fractured Light," the first installment of the Starbound Trilogy. Free. Visit www.onemorepagebooks.com for more.

FRIDAY/DEC. 4

Wine Tasting. 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Taste wines specially chosen for the holidays. Free. Visit www.onemorepagebooks.com for more.

SUNDAY/DEC. 6

Book Talk. 3:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Jeff Cioletti discusses and signs "The Year of Drinking Adventurously: 52 Ways to Get Out of Your Comfort Zone." Each of the guide's 52 chapters features the story behind a unique beer, spirit, cocktail or wine, designed to broaden one's choice of beverage. Free. Visit www.onemorepagebooks.com.

Bozeman Award Celebration. 6:30 p.m. at Unitarian Universalist Church of Arlington, 4444 N. Arlington Blvd. The Alliance for Housing Solutions will honor Walter Tejada of the Virginia Housing Development Authority. Tickets are \$50. Visit www.AllianceForHousingSolutions.org.

PEOPLE

Association Honors Nichols

Neal C. Nichols, owner of Red Top Cab of Arlington, was honored Oct 29 with a Lifetime Achievement Award by Taxicab, Limousine & Paratransit Association (TLPA) at the trade group's 97th Annual Convention and Trade Show in Las Vegas.

The nephew of a U.S. congressman from Oklahoma, Nichols' family moved to Arlington when he was young. His father became involved in the ground transportation business at the new Washington National Airport and later became an owner of Arlington Yellow Cab, where Nichols began learning the business when he was still in high school.

In 1964, Nichols started Red Top Cab Company from scratch, which he continues to run along with Yellow Cab of Fairfax and Yellow Cab of Falls Church. After his father's death, Yellow Cab of Arlington was taken over by his father's former partners. Nichols said one of his greatest satisfactions in life was purchasing Yellow Cab of Arlington back from his father's partners. Nichols still operates that company to this day.

A past president of the TLPA, Nichols was recognized in 1980 as the association's Taxicab Operator of the Year. In 1994, he became the first and only person in TLPA history to be honored with a second Operator of the Year Award as the Premium Services Operator of the Year.

Nichols was one of the first U.S.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Nov. 9-14.

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

Senior centers will be closed Wednesday, Nov. 11 in observance of Veterans Day

Senior trips: Thursday, Nov. 12, Maryland Live Casino, \$8; Friday, Nov. 13, Northern Virginia Christmas Market, Chantilly, \$19; Saturday, Nov. 14, tour White House Visitor Center, U.S. Supreme Court, \$6. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Remembering the 40s, Monday, Nov. 9, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Classical music appreciation, Monday, Nov. 9, 12 p.m., Langston-Brown. Free. Register, 703-228-6300.

Readings of great plays, Monday, Nov. 9, 1:30 p.m., Aurora hills. Free. Register, 703-228-5722.

Pickleball games and instruction, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

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

Madison Chess Club, Mondays,



PHOTO CONTRIBUTED

Neal Nichols at the podium after receiving a Lifetime Achievement Award.

operators to add accessible vehicles into his taxicab fleet and was also one of the first taxi company owners to build a fleet of greener, cleaner hybrid cabs. He is also a charter member of the Virginia Taxicab Association.

Nichols is a long-time supporter of SoberRide, a program that provides free, safe transportation during holidays. He was inducted into the Arlington Chamber of Commerce's "Best Business Hall of Fame" in 2011. Red Top has been recognized with an ABBIE for Arlington's Best Business of the Year, and Washingtonian magazine readers named Red Top Cab the "Best Taxi Service" in the D.C. metro area. The company also supports a number of community initiatives, including Capital Hospice, Wounded Warriors and the Senior Olympics.

9:30 a.m. Games and strategies. Free. Details, 703-534-6232.

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

Three-part series on contemporary art begins Tuesday, Nov. 10, 11 a.m., Lee, \$6. Register, 703-228-0555

Digital Family Feud game night, Tuesday, Nov. 10, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955.

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

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

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

Arlington Mill Trekkers, Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

Table tennis, Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

Poker games, Tuesdays and Thursdays, 10 a.m.-12:30 p.m., Lee. Register, 703-228-0555.

How to pay for home care services, Thursday, Nov. 12, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Private screenings to test cognitive function, Thursday, Nov. 12, 9 a.m.-noon. Free. By appointment, 703-237-0048.

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Chiefs Face off Against Chefs at Fundraiser

Competition benefits Arlington Family Assistance Center.

BY SHIRELY RUHE
THE CONNECTION

Steam rises from the pots. Chefs on stage sharpen their knives. The crowd grabs a spring roll or shrimp from trays circulating the room and edges up toward the front of the room in anticipation. The Fourth Annual Chiefs vs. Chefs Live Cooking Competition to support the Arlington Family Assistance Center (AFAC) is about to begin in the Clarendon Ballroom.

The contest includes three courses and each chef is given 25 minutes to complete a dish. The chefs are required to use only ingredients that were available in the AFAC pantry such as chicken, eggs, canned fruit cocktail and canned beans, flour, peanut butter.

As the clock ticks down, the pace picks up. The timekeeper announces “under 10 minutes,” and Chef Josu Zubikarai of SER Restaurant lifts the lid on his red skillet to test the temperature of the mushroom-stuffed chicken thighs. Lt. Romulius Queen from the Arlington Fire Department drops flour-coated chicken into a pot of hot oil while his partner, Firefighter Frank Rachal, stirs up the secret Thai-inspired sauce for the zucchini pasta ribbons. The timekeeper announces one minute remaining as the chefs plate their creations and the audience counts down 3-2-1. Out of time.

Judges Scott Brodbeck, ARLnow.com; Becky Kristol, The Washington Post; and Chef George Pagonis, Kapnos Taverna and former Top Chef competitor sit a table on a stage nearby.

The two plates of carefully arranged appetizers are placed in front of each judge. A few minutes later the results are in. A loud bong for the Firefighter Team followed by two more bongs in agreement. They have won the first round.

The soup or salad round features Chef Tom Madrecki from Chez Le Commis with his fiancée and sous chef pitted against Lt. Richard Slusher and Firefighter Blair Cameron. The entrée round features Jesus Guzman from the U.S. Navy as chef against Firefighters Tony Westfall and Greg Hendershot. The chefs won both of these rounds.

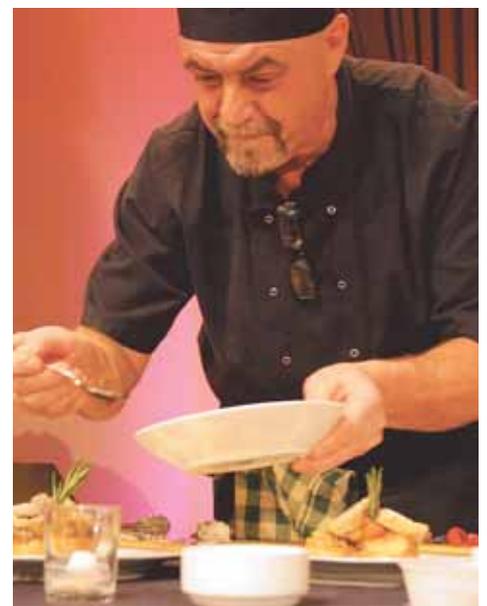
This event was AFAC’s fall fundraising event. AFAC is dedicated to providing supplemental food items to Arlington residents who cannot afford to purchase sufficient food to meet their basic needs. The organization works with the Arlington County Department of Human Services, other social service agencies and the churches of Arlington to ensure that the clients are legitimate and that the entire range of their needs is being assessed and addressed.



Lt. Romulius Queen, Arlington Fire Department, drops flour-coated chicken pieces into hot oil. He will add barbecue sauce and accompany with zucchini pasta ribbons for the appetizer competition at the Arlington Food Assistance Center Chiefs vs. Chefs competition.



Judges (from left) Scott Brodbeck at ARLnow.com, Becky Krystal from the Washington Post and Chef George Pagonis, Kapnos Taverna and former Top Chef competitor taste the carefully but quickly prepared appetizers at the Chiefs vs. Chefs completion held by AFAC. The firefighters won this round.



Chef Josu Zubikarai from SER Restaurant drizzles sauce on the chicken thighs stuffed with mushrooms for the appetizer competition at the AFAC Fundraiser Oct. 28 at Clarendon Ballroom. The contestants were required to use only ingredients found in the AFAC food pantry.



As the contest heats up and time ticks away, Firefighter Frank Rachal expresses some exasperation at the final stage of plating the entrée.



The barbecued chicken is plated with zucchini pasta ribbons for the appetizer entrée submitted by the Arlington Firefighters Team.

PHOTOS BY SHIRELY RUHE/THE CONNECTION

HOME SALES

In September 2015, 258 Arlington homes sold between \$3,700,000-\$115,000. This week's list represents those homes sold in the \$3,700,000-\$641,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code
2927 GLEBE RD	5	4	2		ARLINGTON	\$3,700,000	Townhouse	0.09	22207
1881 NASH ST N #2204	2	3	1		ARLINGTON	\$2,725,000	Hi-Rise 9+ Floors		22209
4507 35TH ST N	6	5	2		ARLINGTON	\$2,300,000	Detached	0.35	22207
1111 19TH ST N #2201/2202	2	4	0		ARLINGTON	\$2,105,000	Hi-Rise 9+ Floors		22209
1609 EDGEWOOD ST N	6	4	1		ARLINGTON	\$2,100,000	Detached	0.14	22201
3531 VALLEY ST N	5	4	1		ARLINGTON	\$1,700,000	Detached	0.38	22207
5442 22ND ST N	5	4	2		ARLINGTON	\$1,482,000	Detached	0.16	22205
1885 PATRICK HENRY DR	5	5	1		ARLINGTON	\$1,475,000	Detached	0.19	22205
1811 HANCOCK ST	3	3	1		ARLINGTON	\$1,450,000	Detached	0.22	22201
1412 ABINGDON ST N	5	4	1		ARLINGTON	\$1,431,000	Detached	0.22	22207
1721 QUINCY ST N	6	4	0		ARLINGTON	\$1,400,000	Detached	0.33	22207
4512 DITTMAR N RD	6	6	1		ARLINGTON	\$1,400,000	Detached	0.33	22207
1031 23RD ST S	5	4	0		ARLINGTON	\$1,389,000	Detached	0.14	22202
1516 RANDOLPH ST N	5	4	1		ARLINGTON	\$1,382,500	Detached	0.21	22207
1519 16TH RD N	4	4	1		ARLINGTON	\$1,374,900	Townhouse	0.02	22209
2415 FORT SCOTT DR S	5	3	1		ARLINGTON	\$1,350,000	Detached	0.22	22202
3318 LORCOM LN	5	5	1		ARLINGTON	\$1,300,000	Detached	0.22	22207
3000 12TH ST S	5	4	1		ARLINGTON	\$1,270,000	Detached	0.18	22204
1833 QUESADA ST N	5	4	1		ARLINGTON	\$1,270,000	Detached	0.14	22205
3931 N GLEBE RD	3	3	0		ARLINGTON	\$1,269,850	Detached	0.20	22207
1206 N. JOHNSON ST	3	4	1		ARLINGTON	\$1,250,000	Townhouse	0.03	22201
5656 5TH ST N	5	4	1		ARLINGTON	\$1,175,000	Detached	0.17	22205
410 LOMBARDY ST	4	3	1		ARLINGTON	\$1,170,000	Detached	0.27	22203
5633 WILSON BLVD	6	5	0		ARLINGTON	\$1,160,000	Detached	0.14	22205
6425 26TH ST N	5	3	1		ARLINGTON	\$1,155,000	Detached	0.14	22207
511 JACKSON ST N	5	3	0		ARLINGTON	\$1,050,000	Detached	0.16	22201
708 HARRISON ST N	5	3	1		ARLINGTON	\$1,050,000	Detached	0.17	22205
2501 UPLAND ST N	4	3	0		ARLINGTON	\$1,040,000	Detached	1.15	22207
1825 16TH ST N	3	2	1		ARLINGTON	\$1,010,000	Townhouse	0.02	22209
1614 CLEVELAND ST	4	3	1		ARLINGTON	\$1,005,000	Detached	0.11	22201
5415 18TH ST N	4	2	1		ARLINGTON	\$980,000	Detached	0.29	22205
4812 11TH ST N	3	2	0		ARLINGTON	\$968,000	Detached	0.17	22205
925 LONGFELLOW ST N	4	3	1		ARLINGTON	\$946,000	Detached	0.15	22205
1033 PATRICK HENRY DR	4	3	0		ARLINGTON	\$925,000	Detached	0.12	22205
3201 NOTTINGHAM ST N	4	4	1		ARLINGTON	\$925,000	Detached	0.32	22207
2521 UPLAND ST	4	3	1		ARLINGTON	\$925,000	Detached	0.37	22207
1200 NASH ST N #854	2	2	0		ARLINGTON	\$885,000	Hi-Rise 9+ Floors		22209
2831 23RD RD N	4	4	0		ARLINGTON	\$880,000	Detached	0.13	22201
6539 WASHINGTON BLVD	3	3	1		ARLINGTON	\$873,500	Townhouse	0.05	22205
5053 36TH ST N	3	1	1		ARLINGTON	\$871,000	Detached	0.23	22207
340 KENSINGTON ST N	5	3	1		ARLINGTON	\$870,000	Detached	0.18	22205
2305 VAN BUREN CT N	3	3	1		ARLINGTON	\$865,000	Townhouse	0.03	22205
4924 33RD RD N	3	2	0		ARLINGTON	\$859,000	Detached	0.16	22207
2312 MONROE ST N	3	2	0		ARLINGTON	\$855,000	Detached	0.15	22207
2327 N POWHATAN ST	3	2	2		ARLINGTON	\$850,750	Detached	0.32	22205
1862 PATRICK HENRY DR	4	3	0		ARLINGTON	\$850,000	Detached	0.21	22205
3831 VERNON ST N	4	2	1		ARLINGTON	\$850,000	Detached	0.21	22207
1111 19TH ST N #2301	2	2	0		ARLINGTON	\$850,000	Hi-Rise 9+ Floors		22209
1437 INGLEWOOD ST N	3	2	1		ARLINGTON	\$829,925	Detached	0.14	22205
5111 WILLIAMSBURG BLVD	3	3	0		ARLINGTON	\$825,000	Detached	0.27	22207
1600 CLARENDON BLVD N #W413	1	1	0		ARLINGTON	\$825,000	Mid-Rise 5-8 Floors		22209
2810 11TH ST S	4	4	1		ARLINGTON	\$823,100	Townhouse		22204
3629 VACATION LN	3	2	0		ARLINGTON	\$822,000	Detached	0.19	22207
3436 12TH RD N	3	3	0		ARLINGTON	\$815,000	Detached	0.09	22201
2961 22ND ST S	3	3	1		ARLINGTON	\$814,000	Detached	0.12	22204
4212 39TH ST N	3	3	0		ARLINGTON	\$810,000	Detached	0.24	22207
1106 EDGEWOOD ST S	2	2	0		ARLINGTON	\$803,000	Townhouse		22204
2000 MADISON ST	4	2	0		ARLINGTON	\$800,000	Detached	0.13	22205
2541 23RD RD N	3	2	1		ARLINGTON	\$800,000	Detached	0.22	22207
2181 S. GLEBE RD	4	3	1		ARLINGTON	\$795,000	Detached	0.11	22204
1881 NASH ST N #1508	1	1	1		ARLINGTON	\$795,000	Hi-Rise 9+ Floors		22209
4403 PERSHING CT	3	3	1		ARLINGTON	\$789,000	Townhouse	0.06	22204
1201 GARFIELD ST #807	2	2	1		ARLINGTON	\$785,000	Hi-Rise 9+ Floors		22201
1607 EDISON ST	4	2	0		ARLINGTON	\$785,000	Detached	0.14	22207
1176 VERNON ST	3	2	1		ARLINGTON	\$780,000	Townhouse	0.03	22201
207 GREENBRIER ST N	3	3	0		ARLINGTON	\$775,000	Detached	0.16	22203
413 GEORGE MASON DR N	3	3	1		ARLINGTON	\$765,000	Townhouse	0.02	22203
3505 13TH ST S	3	2	2		ARLINGTON	\$764,500	Townhouse	0.05	22204
2416 QUEEN ST S	4	3	1		ARLINGTON	\$755,000	Attach/Row Hse	0.07	22202
5834 21ST ST N	4	3	0		ARLINGTON	\$755,000	Detached	0.11	22205
1800 WILSON BLVD #410	2	2	0		ARLINGTON	\$753,000	Mid-Rise 5-8 Floors		22201
545 LITTLETON ST N	4	3	0		ARLINGTON	\$750,000	Detached	0.19	22203
2012 KENTUCKY ST	3	3	0		ARLINGTON	\$750,000	Detached	0.13	22205
2417 JOHN MARSHALL DR	4	3	0		ARLINGTON	\$749,000	Detached	0.21	22207
1623 GLEBE RD N	4	3	0		ARLINGTON	\$745,000	Detached	0.18	22207
2911 STAFFORD ST	3	3	0		ARLINGTON	\$740,000	Detached	0.27	22207
4541 25TH RD N	4	2	1		ARLINGTON	\$740,000	Detached	0.13	22207
3518 13TH ST N	4	1	0		ARLINGTON	\$725,000	Detached	0.13	22201
1524 KENTUCKY ST	4	2	1		ARLINGTON	\$725,000	Detached	0.12	22205
1421 22ND ST S	3	2	2		ARLINGTON	\$718,000	Detached	0.24	22202
1024 RANDOLPH ST	3	2	0		ARLINGTON	\$710,000	Townhouse		22201
2334 QUEEN ST S	2	3	1		ARLINGTON	\$710,000	Townhouse	0.05	22202
610 WOODSTOCK ST S	4	2	0		ARLINGTON	\$710,000	Detached	0.14	22204
2834 SOMERSET ST	3	2	0		ARLINGTON	\$708,000	Detached	0.38	22213
1947 WOODLEY ST N	3	2	2		ARLINGTON	\$705,000	Townhouse	0.04	22207
801 BARTON ST	1	1	0		ARLINGTON	\$702,460	Other	0.17	22201
1618 22ND ST S	4	3	0		ARLINGTON	\$700,000	Detached	0.30	22202
4804 CHESTERFIELD RD S	7	4	0		ARLINGTON	\$699,900	Detached	0.16	22206
5923 LEE HWY	3	3	0		ARLINGTON	\$692,000	Detached	0.14	22207
720 FREDERICK ST N	3	1	1		ARLINGTON	\$690,000	Detached	0.21	22203
6005 5TH RD N	3	2	1		ARLINGTON	\$689,000	Detached	0.15	22203
3409 WILSON BLVD #502	2	2	0		ARLINGTON	\$685,000	Mid-Rise 5-8 Floors		22201
816 ADAMS ST S	3	3	1		ARLINGTON	\$685,000	Townhouse	0.03	22204
1600 OAK ST #1718	2	2	0		ARLINGTON	\$685,000	Hi-Rise 9+ Floors		22209
3400 MILITARY RD	3	2	0		ARLINGTON	\$680,000	Detached	0.24	22207
1276 N. WAYNE ST #911	2	2	0		ARLINGTON	\$675,000	Hi-Rise 9+ Floors		22201
1205 GARFIELD ST #406	2	2	0		ARLINGTON	\$666,000	Hi-Rise 9+ Floors		22201
1021 GARFIELD ST #918	2	2	0		ARLINGTON	\$665,000	Hi-Rise 9+ Floors		22201
1117 KENTUCKY ST N	3	1	1		ARLINGTON	\$665,000	Detached	0.15	22205
1530 KEY BLVD #522	2	2	0		ARLINGTON	\$664,900	Hi-Rise 9+ Floors		22209
2605 1ST PL S	4	2	1		ARLINGTON	\$660,000	Detached	0.15	22204
5408 WILSON BLVD	3	2	0		ARLINGTON	\$659,000	Detached	0.11	22205
1231 QUINTANA ST N	4	3	0		ARLINGTON	\$650,000	Detached	0.15	22205
2137 POLLARD ST	3	2	0		ARLINGTON	\$650,000	Detached	0.11	22207
6567 WILLIAMSBURG BLVD	3	3	1		ARLINGTON	\$650,000	Detached	0.23	22213
1212 S FOREST DR	5	3	0		ARLINGTON	\$641,000	Detached	0.22	22204

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Special thank you to **THE CONNECTION NEWSPAPERS**



Washington-Lee's Meghan Fox had four kills during the Generals' loss to McLean on Monday in the Conference 6 volleyball tournament.



Emma Mobley led W-L with eight kills against McLean on Monday.

W-L Volleyball Ends Season with Loss to McLean

The No. 7 Washington-Lee volleyball kept it close during each set, but eventually suffered a season-ending 3-0 (25-17, 25-22, 25-20) loss to No. 2 McLean on Monday during the Conference 6 tournament quarterfinals at McLean High School.

The Generals went on a 6-1 run in the opening set, cutting the McLean lead to 20-16, but the Highlanders scored five of the final six to win.

In the second set, a kill by W-Ls Leoni Alder pulled the Generals within two at 23-21, but McLean scored two of the final three. In the third and final set, pulling within four on four occasions down the stretch, but McLean held on for the win.

Emma Mobley led W-L with eight kills, and Alder had five. Meghan Fox finished with four kills, and Gina DeLancey had two kills and five blocks. W-L finished the season with a 9-11 record.

— JON ROETMAN

Wakefield's Young Scores 4 TDs for Third Straight Week

Wakefield running back Leon Young scored four touchdowns in a game for the

third straight week and the Warriors defeated Thomas Jefferson 42-0 on Oct. 30.

Young carried 18 times for 252 yards, helping Wakefield win its seventh straight game. The Warriors are now 7-2 overall and 5-0 in Conference 13. Friday was Wakefield's third shutout of the season.

With one game remaining in the regular season, Wakefield has secured at least a share of the Conference 13 championship. The Warriors would win the conference title outright with a victory against Lee on Friday, Nov. 6, or a Marshall loss against Thomas Jefferson.

W-L, Yorktown Football Fighting for Playoff Spot

Arlington rivals Washington-Lee and Yorktown are competing for a playoff spot, and the two will face one another in the regular-season finale at 7 p.m. on Friday, Nov. 6 at Yorktown High School.

W-L enters Friday's game with a 4-5 record, including 3-3 in Conference 6. The Generals lost to Madison 21-13 on Oct. 30, snapping a three-game win streak. Yorktown is 3-6 overall and 2-4 in the conference. The Patriots lost to Langley 48-23 on Oct. 30, giving Yorktown four losses in



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Wakefield running back Leon Young, seen earlier this season, scored four touchdowns against Thomas Jefferson on Friday, giving him three straight games with four TDs.

its last five games.

W-L is No. 16 and Yorktown is No. 17 in the latest VHSL 6A North region power

rankings. The Generals have a rating of 24, and the Patriots have a rating of 23.88889. The top 16 teams make the playoffs.

BULLETIN BOARD

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.

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.

THROUGH NOV. 15

Arlington County Requests Input.

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

a text to 703-270-0070.

FRIDAY/NOV. 6

Arlington and Alexandria Commissions on Aging at the 2015 Legislation Forum. 9:45-11:30 a.m. at Fairlington Community Center, 3304 S. Stafford St. Senators and delegates from Senate Districts 30, 31, 32, 35 and 39 and House Districts 45, 46, 47, 48 and 49 have been invited to participate in a discussion of the future of aging in communities as well as plan for the

2016 General Assembly that begins in January. Visit www.commissions.arlingtonva.us/coa.

FRIDAY-MONDAY/NOV. 6-9

Lee Highway Visioning Workshop. 6-8 p.m. on Friday; 9 a.m.-1 p.m. on Saturday; 3-5 p.m. on Sunday; and 7-9 p.m. on Monday at Langston-Brown Community & Senior Center and Park, 2121 N. Culpepper St. An intensive four-day workshop, sponsored by Arlington County

Government, is scheduled. The goal is to involve the broad community in a visioning effort for the Lee Highway corridor's future. Visit www.arlingtonva.us/leehighway.

SATURDAY/NOV. 7

Spanish Interpreters Needed.

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

SEE BULLETIN, PAGE 17

Gearing up for Thanksgiving Turkey Trots

Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

BY MARILYN CAMPBELL
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past.

"I've run this race more times than I can count and it's always a great time," said Colarco, a Road Runners Club of America certified running coach.

"Get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes."

— Susan Colarco, certified running coach

ries and spend time with friends in what have become known as turkey trots. Running USA, a nonprofit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

"[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes," said Colarco, who also works as a coach for True Health and Wholeness in Arlington.



Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

While Colarco and her running mates train year-round, there's still time to get in shape and choose a turkey trot this year. "Many competitive and enthusiast runners start with 3 or 5K races," said Richard L. Steele, assistant dean of physical education at Northern Virginia Community College in Alexandria. "I tell most people to pick race that is conveniently located ... or has special meaning to them personally, [like] a charity."

Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training. "Typically, the folks I work with run between three and five times a week with some weight training and ... cross-training worked into the schedule," said Colarco. "The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

Colarco tailors her training regiment to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road."

"Up your training distance each week, but do it in small amounts," said Steele. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. "Eat a high-energy meal about an hour before the race," said Steele. "Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go

Locate a Local Turkey Trot

<http://www.runningintheusa.com> or <http://www.runnersworld.com/race-finder>

crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. "You get an average of about 4,500 blows to your joints over the course of a 5K," said Christian Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having strong muscles."

Weight training exercises for the legs should be done two to three days per week, advises Steele. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well."

"It has been proven that runners who do strength training have fewer knee injuries," added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance."

The most common injuries associated with running are ankle and knee sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steele.

Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax. "Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steele. "You'll be surprised how much better you feel in general after doing this for about a week or two."

BULLETIN BOARD

FROM PAGE 16

Deadline for Call for Nominations.

The Better Sports Club of Arlington 2016 Nominating Committee invites members to submit nominations of members to serve as: President, Vice President, Secretary, Treasurer, Member of the Board of Governors – three positions. Notify Nominations Committee Chair Emily Carnes at ecarnes@comcast.net or 703-536-6939.

TUESDAY/NOV. 10

SigWorks Musical Theater

Director Workshop Application Deadline. This workshop is open to early career Washington, D.C.-based directors under 40 who are interested in the creation and business of musical theater. The workshop will be held Jan. 13-15, 2016. Visit www.sigtheatre.org/about/sigworks for more.

THURSDAY/NOV. 12

Memory Screening. 9 a.m.-12 p.m. at Langston Brown Senior Center, 2121 N. Culpeper St. Virginia Hospital Center and Care Options will be sponsoring confidential memory

screenings. Free. Call 703-237-9048 to schedule an appointment.

FRIDAY/NOV. 13

"Keeping Your Heart Healthy As You Age." 11 a.m.-12 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road. Dr. Jeremy Bock will explain how problems older people have with heart and blood vessels are really caused by disease, not by aging. Free. Call 703-558-6859 to RSVP.

SUNDAY/NOV. 15

Deadline for 2015 Notable Tree Awards Nominations. Categories include: size and/or age, unusual species, historical significance, or significance to the neighborhood. Visit www.parks.arlingtonva.us and search "Notable Trees."

WEDNESDAY/DEC. 2

Goodwin House at Home Informational Seminar. 10-11:30 a.m. and 2-3:30 p.m. at Key Bridge Marriott, 1401 Lee Highway. Goodwin House at Home, a new program for individuals in Northern Virginia and D.C. who want to

remain in their home as they age will be hosting information sessions. Free. Call 703-575-5202 for reservations.

FRIDAY/DEC. 4

Fall Prevention Workshop. 11 a.m.-12 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road. The Virginia Hospital Senior Health Department hosts a seminar on the leading cause of hospitalization for people aged 65 and older. Learn how to prevent falls of your own and/or of loved ones. Free. Call 703-558-6859 to RSVP.

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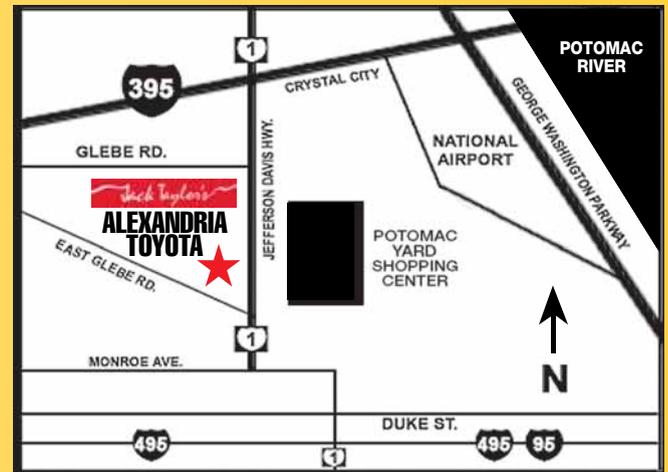
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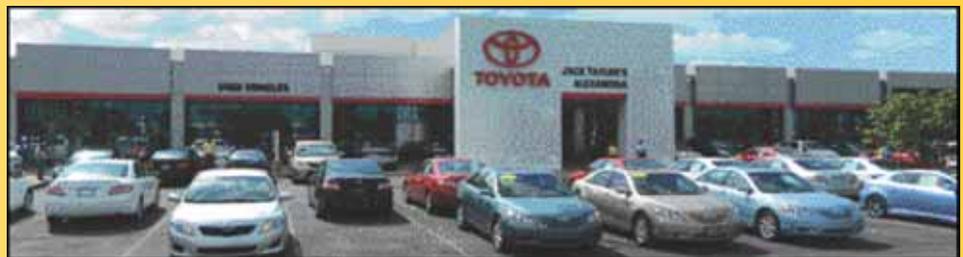
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<p>PRE-WINTER MAINTENANCE SPECIAL \$59⁹⁵ GET READY FOR WINTER</p> <p>Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air Alexandria Toyota's 27 pt. inspection & cabin air filters</p> <p><small>SYNTHETIC OIL \$10.00 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>TOYOTA GENUINE SERVICE BRAKE SPECIAL \$99⁹⁵</p> <p>Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only.</p> <p>MACHINE ROTORS AN ADDITIONAL \$199.95.</p> <p><small>DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>BUY 3 TIRES AND GET 4TH FOR \$1.00</p> <p>GET TIRES! NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.</p> <p>BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>ROTATE & BALANCE SPECIAL \$59⁹⁵</p> <p>Includes: Rotate and balance all 4 wheels and inspect brakes and tires.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>PRE-WINTER SAVINGS</p>
<p>TOYOTA GENUINE SERVICE LUBE, OIL & FILTER SERVICE SPECIAL</p> <p>\$34⁹⁵ NON-SYNTHETIC \$44⁹⁵ SYNTHETIC</p> <p>Includes: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>TOYOTA GENUINE SERVICE TRUE START BATTERY SPECIAL FROM \$99⁹⁵</p> <p>INCLUDES BATTERY INSTALLATION</p> <p>Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated. PLUS we'll check all battery cables & connections.</p> <p><small>Does not apply to Hybrid Batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>TOYOTA GENUINE SERVICE DETAIL SPECIAL \$249⁹⁵</p> <p>Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior.</p> <p>Wax & SLUW add \$20.00</p> <p>By Appointment Only</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>TOYOTA GENUINE SERVICE 15% OFF SITE LINE WIPER BLADES WITH FREE INSTALLATION</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	
<p>TOYOTA GENUINE SERVICE VARIABLE DISCOUNT</p> <p>\$5.00 OFF with purchase of \$35.00 - \$49.99 \$10.00 OFF with purchase of \$50.00 - \$99.99 \$15.00 OFF with purchase of \$100.00 - \$199.99 \$20.00 OFF with purchase of \$200.00 - \$499.99 \$50.00 OFF with purchase of \$500.00 Or more</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>TOYOTA GENUINE SERVICE FUEL OPTIMIZATION SERVICE \$139⁹⁵</p> <p>Includes: Performs fuel decarbonization to remove carbon deposits from throttle body, fuel injectors, combustion chamber, oxygen sensors & catalytic converter. Clean throttle body & air/fuel induction systems to improve fuel mileage.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>EXTEND THE LIFE OF YOUR VEHICLE! BG FLUID EXCHANGE SPECIAL</p> <p>TRANSMISSION FLUSH \$189⁹⁵ POWER STEERING FLUSH \$139⁹⁵ BRAKE FLUSH \$139⁹⁵ FUEL INDUCTION FLUSH \$139⁹⁵</p> <p><small>FOR TRANSMISSION FLUSH TYPE T OR V'S FLUID ADD \$60.00. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>TOYOTA GENUINE SERVICE 15% OFF ANY ACCESSORIES</p> <ul style="list-style-type: none"> • Apparel • Window visors • I-pad adaptors • All weather floor mats • Toyota bedliners <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	
<p>TOYOTA GENUINE SERVICE COMPLIMENTARY MULTI-POINT INSPECTION</p> <p>Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>TOYOTA GENUINE SERVICE 4 WHEEL ALIGNMENT \$79⁹⁵</p> <p>PREVENT UNEVEN WEAR</p> <p>Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.</p> <p>INCLUDES: inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>TOYOTA GENUINE SERVICE 30000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁹ Synthetic \$10 More</p> <p>Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. SEE AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>New RAV4s, Priuses Scion IMs and IAs ALL ON SALE LIKE NEVER BEFORE</p> <p>Fall is here and so are the SAVINGS! Ask one of our sales managers, George, Mike, Yared or Rocky 703-684-0700</p> <p>WE ARE HERE TO MAKE DEALS!</p>

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