



The Arlington Connection

HomeLifeStyle

PAGE 10

Remembering 9/11

Lieutenant Richard Laureano, Officer Vincent Ruggero of the ACPD, and Captain Ben O'Bryant, of the ACPD, stand behind the wreath. More than 100 Arlington residents, and many of the county's emergency personnel and officials, came together at Courthouse Plaza on this Sept. 11 to remember the attack 16 years ago.

NEWS, PAGE 3

ENTERTAINMENT, PAGE 12 ♦ CLASSIFIED, PAGE 18

PHOTO BY EDEN BROWN/THE CONNECTION

Field Lighting Guidelines To Be Reviewed

NEWS, PAGE 6

Diving into Senior Olympics

NEWS, PAGE 4

Five Kilometers, Years of Memories

PEOPLE, PAGE 3





Leadership Center for Excellence's newest class of the Young Professionals Program gathered for the first time at a day-long retreat on Sept. 6.

New Leadership Class

Bean, Kinney & Korman, PC hosted the launch session for Leadership Center for Excellence's four-month Young Professionals Program on Sept. 6.

The program focuses on civic and philanthropic awareness to promote community engagement throughout the D.C. metro region. Twenty participants were selected to engage in the 11th session of this experiential program. Through its three leadership programs, Leadership Center for Excellence has graduated 1,400 leaders representing more than 600 organizations across the region.

The Fall Class of 2017 includes: **Malek Ben-Salem**, Accenture; **Matt Blunt**, Arlington County Fire Department; **Danielle Bush**, Arlington County Treasurer's Office; **Deborah Cordo**, Chain Bridge Bank; **Kate Floyd**, Arlington Commons; **Melen Hagos**, Greater Washington Community

Foundation; **Tselote Hailemariam**, Council on Foundations; **Berkley Jenkins**, Accenture Federal Services; **William Jones**, Arlington County Department of Environmental Services/Transit Bureau; **Marty Kahsar**, Virginia Hospital Center; **Kelsey McCarthy**, CAF America; **Julia Michaels**, Council of Graduate Schools; **Banjo Obayomi**, Metronome; **Maija Paegle**, Arlington County Department of Parks & Recreation; **Ibrahim Pashaei**, Northern Virginia Landscaping; **Cate Reich**, Accenture/FusionX; **Aisha Salazar**, Arlington Food Assistance Center; **Yasmin Serrato-Munoz**, Accenture Federal Services; **Tori Simms**, Northern Virginia Chamber of Commerce; **Leo Yilmaz**, Arlington County Fire Department; and **Tiffany Young**, The Art Institute of Washington.

See leadercenter.org.

Title IX Fight in Arlington

Last week, Arlington was caught in the middle of a national crossfire on Title IX. On Sept. 7, Secretary of Education Betsy DeVos announced at the George Mason University campus in Arlington that the administration was beginning to seek public comment before making revisions to Title IX changes made by the Obama administration six years ago that pushed for colleges to do more to investigate sexual violence on campuses.

Title IX is part of federal legislation that prohibits discrimination based on sex from participation in any educational program or activity receiving federal funding. The Obama administration guidelines told schools to adopt a "preponderance of evidence" standard when adjudicating cases of sexual violence rather than the "beyond a reasonable doubt" standard in a court of law. But in her speech, DeVos called the move an overreach by the administration. DeVos also argued the Obama administra-

tion guidelines had created problems for both victims of sexual violence through excess bureaucracy and those accused of sexual assault.

Across the county in the Westover Library, the First Ladies of Virginia, a group of wives to governors of Virginia, met to discuss the needs of Virginia public schools. The group did not address the Title IX announcement directly, but instead attacked DeVos in general and on her support for school vouchers.

"What they did today is turning back protections for those who survived campus sexual assault," said Princess Moss, treasurer-secretary for the National Education Association and an elementary school teacher traveling with the group from Louisa County, after the conference. "That offends us. Turning back protections for victims is the whole DeVos agenda."

— VERNON MILES

WWW.CONNECTIONNEWSPAPERS.COM



We're hosting
an Open House at
The Kensington Falls Church,
and you're invited

Saturday, Sept. 23, 2017 from 1pm-3pm
700 West Broad Street

Family & Friends Welcome • Tours • Refreshments

RSVP to 703-992-9868 or conciergefs@kensingtonsl.com

We've been open since February, and our community is buzzing with the happy sounds of residents, staff and our beloved four-legged friends. The good times have only just begun, so please come share them with us!

The mood here is upbeat. The environment makes you feel good as soon as you cross the threshold. Expertly prepared meals tempt your palate all day long. And comprehensive programs of care promote wellness and joy. When you get here, our team is ready to greet you with a smile and a hug, and maybe even a two-step and a song. Better yet, they'll show you assisted living suites that are still available.

Join us to explore your options and mingle with guests at our upcoming open house.



THE KENSINGTON
An Assisted Living Community
FALLS CHURCH



703.992.9868 | 700 West Broad Street, Falls Church, VA 22046
www.TheKensingtonFallsChurch.com

Individualized Care for Couples

Arlington County Remembers 9/11

Officials speak of preparedness, pride in Arlington's role, and emotions.

BY EDEN BROWN
THE CONNECTION

This Monday morning was, as County Board Chair Jay Fisetto said, an eerily similar beautiful late summer morning, nearly as brilliant as the day of the 9/11 attacks, and it gave the commemoration of the attacks an unusual poignancy.

More than 100 Arlington residents, and many of the county's emergency personnel and officials, came together at Courthouse Plaza on this Sept. 11 to remember the at-



Terrorism is never very far from people's thoughts since 9/11. ACPD Officer Ryan Williams and his bomb-sniffing dog, George, checked every backpack, every bush, every pile of sweaters before the ceremony began.

tack 16 years ago. It might have been the bright blue skies, or it might have been the reverent, evocative rendition of the national anthem sung by Arlington police officer Jennifer Levy, but more than one attendee swallowed hard as the moment of silence hung in the air, the flags were lowered, and Taps rang out.

Attendees were Arlingtonians, like Cindy Romanyk, an Arlington resident for 25 years; Steve Holl, former Deputy Chief of Police, who spearheaded the Office of Emergency Management after 9/11; and visitors, like Dutch government official Saskia Pardaans, who was in town with her daughters because they had to evacuate Houston just two weeks ago during Hurricane Harvey. Her daughter, Dominique, said she attends West Briar Middle School in Houston which had just started again this Monday, after a two-week delay, and her mother chimed in that Dominique was studying U.S. history this year, and "what better way to study it than to be at this ceremony." Pardaans remembers 9/11 well because she had visited New York City just a couple of weeks before the attack.

Theo Stamos, Commonwealth's Attorney, said she remembered the morning all too well. She was in the courtroom with police officers: all of a sudden, everyone's radio started crackling, and all the officers ran out of the room to respond to an incident. They saw the black smoke coming from the Pentagon. She remembers the concern that other attacks were on the way, and how a Ryder truck that was parked outside the courthouse suddenly looked like a potential threat to the safety of Arlington.

County and state officials stood behind
SEE ARLINGTON REMEMBERS. PAGE 17



Arlington County's honor guard and elected state and county representatives salute the colors.

PHOTOS BY EDEN BROWN/THE CONNECTION

Five Kilometers, Years of Memories

At the finish line for Arlington's annual 9/11 5k run.

BY VERNON MILES
THE CONNECTION

Pl. Harvey Snook didn't hesitate. When the smoke started rising out of the Pentagon, Snook was one of the first police officers on the scene, having been fishing nearby. Like first responders in New York and Pennsylvania, Snook immediately went to work sifting through debris looking for survivors. He stayed for a week helping to mitigate the horror of 9/11, and in the process Snook contracted non-Hodgkin's lymphoma, a form of cancer. Fifteen years later, on Jan. 14, 2016, the cancer killed Snook. Before the Arlington Police, Fire & Sheriff Memorial 5k run, there was a moment of silence for Snook and all of the other victims of the terrorist attack 16 years ago.

The Memorial 5k run is an annual event that has raised over \$700,000 for 9/11-related charities since it began in 2002. This year, the proceeds of the race on Sept. 9 went to the Pentagon Memorial Fund, Project Enduring Pride, and the National Police Suicide Hotline. The race course goes along the high-

WWW.CONNECTIONNEWSPAPERS.COM

way, around the Pentagon and past Arlington National Cemetery.

Joe Rockhill had been running the race for five years, starting back in 2012 when he was 71. Rockhill said he was doing a lot of running back then, but dedicated that one in particular to his brother, who had been in the military and had died. Rockhill also says the day makes him think of the son of his friend, a firefighter on 9/11 who died from cancer years later.

As the years went on, Rockhill faced more medical challenges and the races became more difficult. Last year, he ran with his daughter, Lisa Gaudette, but because of health complications he came in last.

"It was difficult, it almost killed me," Rockhill said. "But my daughter kept me going."

So this year, Rockhill stands right next to the finish line; watching for any sight of his daughter coming around the corner.

Those who finished the race gathered in front of the DoubleTree Hotel in Arlington drinking water and beer available after the race. Most said they be

SEE AT THE FINISH. PAGE 16



Joe Rockhill cheers on runners and waits to see his daughter at the finish line.

PHOTO BY VERNON MILES/THE CONNECTION

NEWS

SHILLELAGHS
THE TRAVEL CLUB

Celebrating our 52nd Anniversary

Thanksgiving cruise from Baltimore Nov. 18-30\$559 plus taxes
Includes 12 nights cruise on RCCL's Grandeur of the Seas with all meals & entertainment St. Thomas, St. Lucia, St. Kitts & more.

Savannah for St. Patrick's Day March 15-18! \$1,025
Includes Motorcoach from Vienna or Rockville, 3 nights hotel on Tybee Island, 2 breakfasts, 2 dinners, Parade Brunch, private bleacher seating for parade, Beer, wine & bloody Mary's on parade day, Sightseeing.

Aruba, Jan. 13-20 \$1,848
Adults only, all-inclusive, ocean front resort with all meals, beverages, entertainment & sports/fitness facilities.

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180
703-242-2204 1-800-556-8646
Please visit our Web site at: www.shillelaghtravelclub.com
for a listing of all our upcoming trips and socials.

Falling for Fall Arts & Crafts Show
Saturday 9/16 & Sunday 9/17
(10am-6pm) (10am-5pm)
Bull Run Regional Park
Special Events Center
www.TroyPromotions.com

\$100 Drawings Every 30 Minutes in Customer Show Bucks to be used to purchase Arts & Crafts at Vendor Booths at this show.

PRS CrisisLink
#CallTextLive

SUICIDE PREVENTION MONTH
September 1-30, 2017

PRS, Inc. and The Connection Newspapers team up for
#CallTextLive

A social media campaign promoting suicide prevention and awareness.

#CallTextLive engages the community in discussing suicide and encourages people to get help.

Learn more at:
prsinc.org/CallTextLive

Sponsored by The Connection Newspapers

Carol Mackela, Arlington, stacks up top points to win a gold medal in the NOVA on Saturday. Mackela competed in July at the FINA World Masters Aquatic Games in Budapest, Hungary where she received a 5th place in women's 65-69 1-meter springboard diving and 6th in 3-meter. At USA Masters diving summer nationals in Riverside, Calif., she won both 1 and 3-meter events in her age group. She and Karen Alderman of Arlington won women's synchronized diving in the 65-70 age group.



PHOTO BY JONATHAN RUHE/THE CONNECTION

Diving into Senior Olympics

RELATED COVERAGE, PAGE 8.

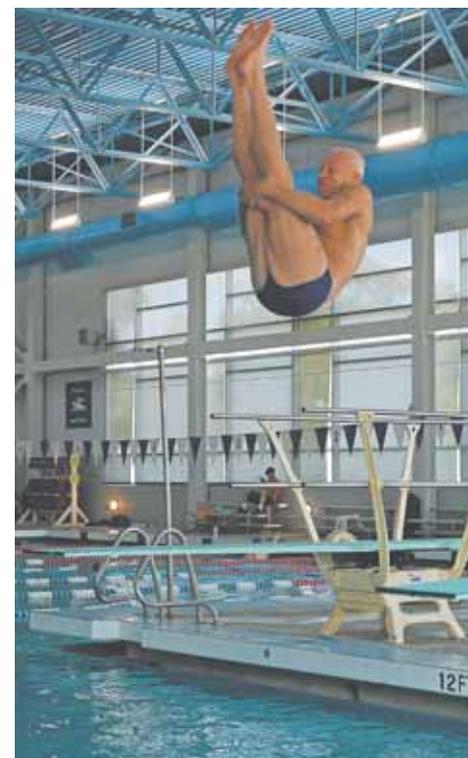
The 2017 Northern Virginia Senior Olympics (NOVA) was off and running on Sept. 9 with morning field and track events followed by afternoon diving. This year 752 competitors signed up to participate in 70 events including swimming, baseball and football toss, track and field, pickleball, horseshoes and a variety of games such as dominoes and scrabble. The games will be held for 12 days at 28 parks, schools, community and senior centers around Northern Virginia

Diving events were held at Yorktown Aquatic Center with six competitors, one having dropped out due to a car accident two days before the event, and the coach Bobbie Meeks didn't compete this year due to recent surgery. But Meeks was in attendance. "I wouldn't miss this event for anything," he said.

— SHIRLEY RUHE



NOVA diving contestants gather on the diving board to show off their medals at the Yorktown Aquatic Center Saturday, Sept. 9. From back left: Karen Alderman, Arlington; Carol Mackela, Arlington; and Mandy Whalen, Falls Church. In front: Duane Clayton-Cox, Fairfax; Samir Salman, Vienna; Kim Alderman, Arlington; and Coach Bobby Meeks, Arlington.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Kim Alderman, Arlington, started competing in the NVSO 8 years ago. He had competed in diving in high school and college but only in the one-meter dive. Alderman recently won first in the 1-meter and 3-meter and 2nd on platform in the USA Masters diving summer nationals. But Alderman says the most fun is synchronized diving. One person sets the tone and the other has to adjust to what the first one is doing that day. "And it isn't always the same."

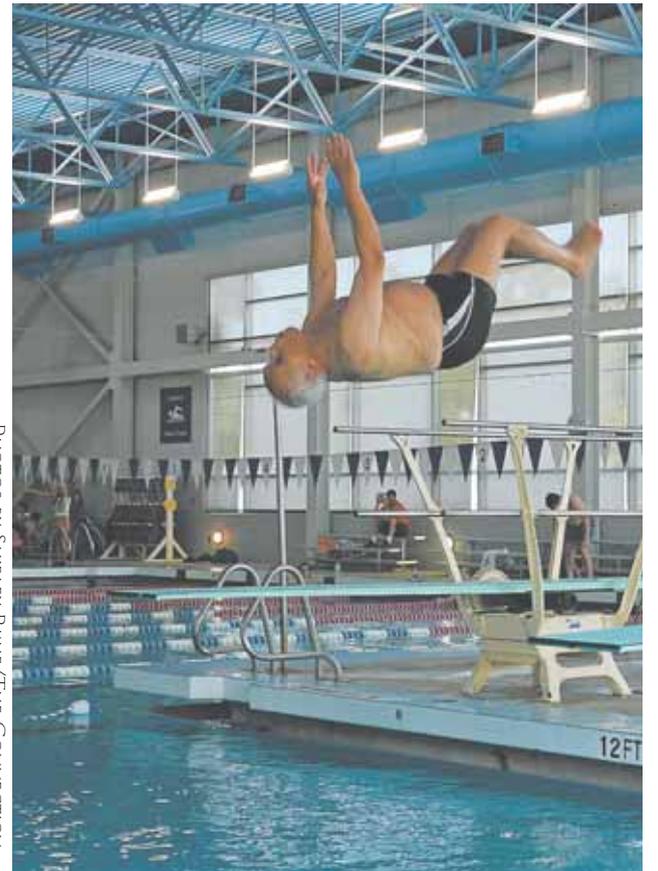
NEWS



Five judges concentrate on the nuances of form and difficulty and flash up score cards after each diver. The announcer calls out 7, 7-1/2, 7, 7-1/2, 6-1/2 and the results are recorded for awarding ribbons.



Duane Clayton-Cox, Fairfax, said he will perform a front dive with a double twist somersault. "It will be the most difficult dive performed today." He added, "It will be my fifth dive today because it's hard with a high level of difficulty."



PHOTOS BY SHIRLEY RUBE/THE CONNECTION

Samur Salmon, Vienna, says he practices all year for these diving events. He says his dives will include a back somersault, a forward dive straight and a forward dive pike and an in-water backward dive. His cheering squad, including his daughter, Manar, sits on the bleachers applauding after each dive.

King's Jewelry

For your convenience, we are now open until 8pm every Thursday.

**Thursdays Open until 8pm
Open Mon-Sat 10a-6p
Closed Sundays**

KingsJewelry.NET
609 King Street
Old Town Alexandria
703-549-0011

KING STREET KING STREET IN OLD TOWN ALEXANDRIA, VA

ART FESTIVAL

FREE ADMISSION
Visit AlexandriaVA.com/ArtFestival

SATURDAY, SEPTEMBER 16
10AM-7PM

SUNDAY, SEPTEMBER 17
10AM-5PM

ArtFestival.com
A Howard Alan Event
(561) 746-6615

THE LINCOLN MOTOR COMPANY | McENEREY ASSOCIATES | GEICO | Renewal Systems | IASIK Vision | CROWNE PLAZA OLD TOWN ALEXANDRIA | Gutter Helmet | ExpressLanes

Field Lighting Guidelines To Be Reviewed

Planning Commission also votes to remove standard that all synthetic fields be lighted.

BY EDEN BROWN
THE CONNECTION

It took 24 speakers, more than four hours, and additional questions by each Planning Commission member before the proposed lighting of the synthetic turf fields installed behind Williamsburg Middle School was dismissed on Sept. 6. For now, high Kelvin LED lights became a casualty of ad hoc planning and, as several commissioners noted, “putting the cart before the horse.”

While most speakers were either parents or coaches who wanted more conveniently located playing fields, or neighbors for whom “night would be turned into day” just a few feet from their backyards, there were several residents who had “no dog in this fight” but expressed an expectation that Arlington’s use of public spaces would include a well-documented, accurate process of site evaluation, community input, and efforts to mitigate impact on neighborhoods. Almost everyone agreed that had not been the case with the Williamsburg lights issue.

Mary Glass, of the ad hoc Arlington Tree Action Group, told the Planning Commission she had gone out to survey the area, and saw the impact would be greater than just the destruction of two or three mature trees. Heavy equipment coming in to set up lights would have an impact on roots, and the new trees planted in the area would likely be damaged. She noted the trend to take down trees in Lubber Run, Four Mile Run, and other public spaces, and the pace of tree removal on private property, has raised concerns in Arlington, where protection of the tree canopy was a stated goal of the county government in 2004.

She also noted in the county’s needs survey, two-thirds of respondents supported maintenance of trees in Arlington and 23 percent wanted more rectangular sports fields. Glass cited the \$1.4 billion dollar of trees in Arlington, which also remove pollutants, slow runoff, and provide oxygen. She urged county planners to respond to the expressed desire of Arlingtonians to preserve tree canopy.

It was the lack of planning guidelines that remained a com-

mon theme and was quickly drilled down on by the planning commissioners, particularly Nancy Iacomini and Erik Gutshall, who were troubled by the fact that no consensus to light the fields still resulted in a decision to light the fields. “This was an ad hoc deal, it seems,” said Iacomini. “What struck me is the planning aspect: we are changing as a county, but we are changing according to adopted plans. What struck me most about this whole process was that we didn’t have siting principles, we didn’t have implementation criteria about how we do lights and where we put lights. We didn’t really have anything the community can look to as some kind of compact, or guarantee, that these are the standards.”

Gutshall, for his part, and because he had spent two years on the Williamsburg Field Site Evaluation Workgroup (WFWG), appeared glad to be bringing this chapter of the effort to address the lights issue to a close. He made two points as he closed: one, it will be imperative for Arlington County to find playing fields for the growing number of soccer, and other rectangular field sports players here.

Second, it seemed to him the charge given to the WFWG had been simple: “Can the impacts of lighting the fields at Williamsburg be mitigated sufficiently to preserve the character of the neighborhood and preserve a reasonable quality of life to the nearest neighbors? I simply cannot find that adding bright stadium lights, no matter how carefully designed, and the associated intensity of use

“Can the impacts of lighting the fields at Williamsburg be mitigated sufficiently to preserve the character of the neighborhood and preserve a reasonable quality of life to the nearest neighbors? ... And anyone thinking the neighbors should ‘just suck it’ up — you’ve already admitted the impact can’t be sufficiently mitigated.”

— Erik Gutshall



Arlington residents address the county Planning Commission regarding the Williamsburg playing field lights.

into the evening hours, in this distinctly suburban quiet neighborhood, does not fundamentally change the character of this neighborhood. And anyone thinking the neighbors should ‘just suck it’ up — you’ve already admitted the impact can’t be sufficiently mitigated.”

Gutshall seconded Iacomini’s motion to renew the use permit for the Williamsburg turf fields, which then passed unanimously, and then seconded her second motion to recommend to the county manager that additional lighted rectangular fields be funded in the FY 2019-2028 CIP, and to modify the lighting guidelines in the draft

Public Spaces master plan update to incorporate the key considerations for evaluating potential field lighting (section Four of the Williamsburg Fields Working Group); to remove the standard that all synthetic fields will include lighting, and to incorporate the recommendations in E2C2’s White Paper on Mitigating Light Pollution in Arlington County projects from 2016 and E2C2’s Aug. 30, 2017 letter to the County Board regarding WMS lightings into the draft PSMP update to establish guidelines for implementation of field lighting; and finally to give priority to upgrading to synthetic turf existing natural grass fields that already have lighting. This motion also passed, with a vote of 9 to 1.

The third motion, that the Planning Commission recommend to the County Board that they direct the county manager to initiate a study to consider amendments to the zoning ordinance to permit poles above 68 feet in the S-3A district and establish specific criteria to mitigate the impact on the surrounding neighborhood and natural environment. This motion passed unanimously. Recommendations will go before the County Board on Sept. 16 or 19. The entire meeting can be viewed on www.youtube.com/watch?v=ya1gT4eP_oQ

PHOTO BY EDEN BROWN/THE CONNECTION

The
Arlington
Connection

www.ConnectionNewspapers.com

@ArlConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Steven Mauren

Editor

703-778-9415

smauren@connectionnewspapers.com

Mike Salmon

Assistant Editor

msalmon@connectionnewspapers.com

Vernon Miles

Reporter

757-472-3435

vmiles@connectionnewspapers.com

Eden Brown, Shirley Ruhe

Contributing Writers

arlington@connectionnewspapers.com

ADVERTISING:

For advertising information

sales@connectionnewspapers.com

703-778-9431

Debbie Funk

Display Advertising/National Sales

703-778-9444

debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Jerry Vernon

703-549-0004

jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Art/Design:

Laurence Foong, John Heinly,

Ali Khaligh

Production Manager:

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann

jtheismann@connectionnewspapers.com

@TheismannMedia

CIRCULATION

circulation@connectionnewspapers.com



PEOPLE

30 Youths Graduate from Leadership Arlington Program

The Leadership Arlington Youth Program's Class of 2017, comprised of 30 youth leaders who are rising juniors and seniors in local high schools, graduated on Thursday, Aug. 10. During the first two weeks of August, the Youth Program met at different businesses, nonprofit organizations and government departments throughout Arlington County, providing participants with the opportunity to be exposed to diverse organizations and meet with leaders from the community. Participants visited area nonprofits to learn about the work and service each organization provides to the community. Students collectively visited 18 organizations and then discussed the missions and visions of the nonprofits in order to choose the recipient of a \$1,000 grant. The students presented this grant to OAR (Offender Aid Restoration) at their graduation ceremony. Class members noted how OAR leaves a lasting impact on the lives of formerly incarcerated individuals and were moved by their work.

The **Leadership Arlington Youth Program Class of 2017 graduates include Malate Alemu**, Wakefield High School; **Beza Assefa**, H-B Woodlawn; **Dalante Bell**, Wakefield High School; **Patrice Dour**, St. John's College High School; **Julia Elman**, Washington-Lee High School; **Alex Eng**, Washington-Lee



PHOTO CONTRIBUTED

Members of the Leadership Arlington Youth Program graduated Aug. 10 in Marymount University's Reinsch Library Auditorium.

High School; **Erin Foster**, Bishop O'Connell High School; **Jie Na Funk**, Wakefield High School; **Audrey Gilligan**, Yorktown High School; **Megan Hemstreet**, Yorktown High School; **Jonathan Hernandez**, Wakefield High School; **Julian Hinkson**, Washington-Lee High School; **Rachel Huang**, Washington-Lee High School; **Kelsey Isman**, Yorktown

High School; **Olivia Kennett**, Washington-Lee High School; **Mia Lee**, Yorktown High School; **Kenny Lundgren**, Washington-Lee High School; **Tsion Mamo**, Washington-Lee High School; **Matthew McKnight**, Washington-Lee High School; **Colin Meek**, Yorktown High School; **Adrienne Miller**, Yorktown High School; **Jessica Moyer**, Yorktown High School;

Zach Muleta, Bishop O'Connell High School; **Matt Muleta**, Yorktown High School; **Maya O'Brien**, Wakefield High School; **Quentin Powers**, Yorktown High School; **Cassie Rodriguez**, Washington-Lee High School; **Linh Smith**, Yorktown High School; **Cambria White**, Wakefield High School; and **Jake Wiersberg**, Yorktown High School.

THE HAVEN
NATIONAL HARBOR

NEW CONDOMINIUMS COMING
THIS FALL TO NATIONAL HARBOR

Join Our VIP Priority Preview List at
TheHavenCondosNHBR.com

PETERSON COMPANIES. McWilliams Ballard

Senior Olympics Athletes Gather for Opening Ceremonies

Tennis and indoor track last weekend.

The Northern Virginia Senior Olympics kicked off its 35th anniversary season on Sept. 9, at the Thomas Jefferson Community Center in Arlington. The opening ceremonies included the T.C. Williams High School Army JROTC Color Guard, remarks by NVSO committee Chairman Jim Mackenzie, and the carrying of the Olympic Torch. This year there are 752 competitors. The first day of competition took place on Sept. 9 at the Thomas Jefferson Community Center and included indoor track events. Tennis singles (50-69) took place on Sept. 11 at Wakefield District Park in Annandale. The Senior Olympics runs through Sept. 20. See <http://nvso.us>.



PHOTOS BY TOM MANNING/THE CONNECTION

The National Anthem is sung by Debbi Miller, Ms. Virginia Senior America from Fairfax, during the opening ceremonies.



Paul Cachion from Arlington sprints to the finish of the 1600 meter run. He placed first in his age group with a time of 5:52. Cachion runs 2-3 times a week. This was his first Senior Olympics.



Jim Mackenzie, NVSO Committee chairman, welcomes the competitors to the 35th Senior Olympics.



John Heather (left) from Falls Church and Mark Matsko from Arlington show off their medals after their championship 50-59 age group match. Heather took home silver while Matsko won gold.



Alease Brooks from Arlington competed in the 800 meter walk in the 80-85 age group. This was her 13th Senior Olympics.



Mark Matsko from Arlington hits a forehand during the 50-59 age group finals match. Matsko won the championship pro set match 8-3.

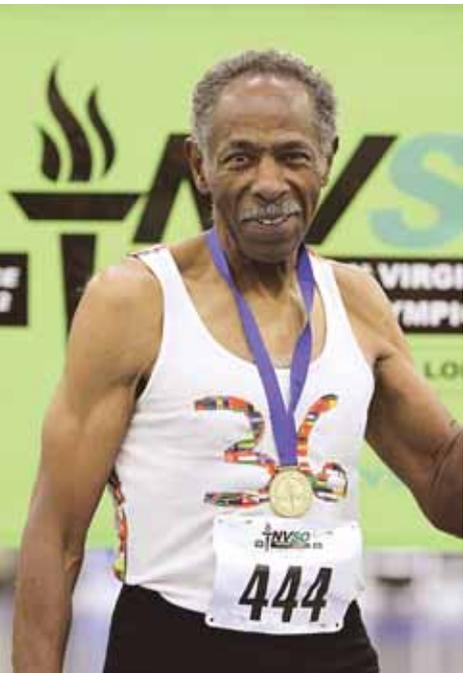


Bronze medals adorn a table waiting to be handed out to finishers.

NEWS



Runners get set for the 1600 meter run.



Clarence John L. Wells-Martin from Herndon received a gold medal for placing first in the 60 meter dash in the 70-74 age group. Number 36 is his lucky number from high school.



Lisa Bridges (left) from McLean and Sheila Laszlo from Ashburn both won gold medals in their championship matches.

PHOTOS BY TOM MANNING/THE CONNECTION



J. J. Smith from Alexandria, wearing bib #510, won the 60 meter dash for the 75-79 age group. Smith ran hurdles years ago while attending St. Albans School for boys in D.C.

WWW.CONNECTIONNEWSPAPERS.COM

TRAFALGAR FLATS



URBAN LIVING AT ITS BEST IN ARLINGTON

- New Designer Condominiums
- Modern Home Finishes
- Stunning Community Amenities
- Underground Garage Parking
- Prime Columbia Pike Location

NOW SELLING

LIVE ON THE PIKE & LOVE IT...THIS IS WHAT YOU HAVE BEEN WAITING FOR!

LEARN MORE TODAY

703.997.5156 | TrafalgarFlatsLiving.com

STUDIOS • ONE BEDROOMS • TWO BEDROOMS
PRICES FROM THE MID \$200s TO THE \$500s



Home LifeStyle



PHOTO COURTESY OF ANTHONY WILDER DESIGN BUILD/PHOTO BY MORGAN HOWARTH

Blues and greens are great in bedrooms because of their calming effect, says Dana Schwartz, designer at Anthony Wilder Design/Build.

The Psychology of Color

Using color to set the mood in a space.

BY MARILYN CAMPBELL

When it comes to interior design, color has the power to make or change the feel of a room. Whether cheerful and inviting for a kitchen or serene and comfortable for an office, the right shade can be transformative.

"Colors trigger emotional reactions, associations, and memories," said Jerome Short, Ph.D., associate professor of psychology, George Mason University. "The red spectrum colors tend to elicit more arousal and the blue spectrum colors tend to elicit more calmness. People's favorite colors often boost their mood and disliked colors lower their mood."

Part of designing a space is using color to create mood and feel, says interior designer Nadia Subaran of Aidan Design. In fact, she employed this technique when designing a kitchen space for a recent client. Her goal was to create a room that would be a calming place for the homeowner to derive inspiration for party planning, so she chose a light shade of blue.

"The vintage aqua in the china pantry was meant to evoke a calm and happy space to envision and plan for gatherings and social events," said Subaran. "We wanted the aqua in the cabinetry and on the ceiling to inspire creativity. It's a highly functional space, but it's also one that celebrates that which is being housed and organized."

Lighter, neutral colors help lighten a space and make it feel larger, said

Dana Schwartz, designer at Anthony Wilder Design/Build. "Darker, moodier colors can help a room feel cozier and create a dramatic effect."

"Neutrals like white, black, gray and brown are valued for their flexibility," added Amanda Mertins, president, Patina Polished Living in Alexandria. "You simply add or subtract color to liven up or calm things down. Choosing room colors depends on your personal taste and the room's purpose."

Warm colors such as red and orange often elicit a range of feelings from warmth to anger, said Short. "This may be due to our associations with blood, face flushing, or stop signs," he said. "Cooler colors like blue and green often elicit feelings from relaxation to sadness. This may be due to our associations with a blue sky [and] grass."

When it comes to interior design, "red is known to pump adrenaline, so keep red to a minimum in nurseries or bedrooms,"

said Schwartz. "Blues and greens are great in bedrooms because of their calming effect. Yellows and oranges have an energetic effect, great for communal spaces like kitchens, dining rooms, and bathrooms."

"Choose a color that inspires you or a color that you love," said designer Melissa Cooley of Case Design/Remodeling, Inc. "Choose a color that is reminiscent of your childhood, favorite car or perhaps flowers," she said. "It will help create a positive emotion upon entering the space. Color creates



Dark colors, such as those in this room by Susan Nelson of Home on Cameron, can add warmth to a space.

PHOTO COURTESY OF SUSAN NELSON

an emotion; therefore create the space you wish to feel. This is a perfect example where beauty is truly in the eye of the beholder. Make sure to carry that color throughout the space, creating a cohesiveness within the space."

The amount of natural light a room receives can also play a role in color selection, says Cooley. "In a basement space, limited sunlight can sometimes cause a damper on one's mood," she said. "A pop of color even in a bathroom can enlighten and lift one's emotion. Adding a pop color creates an oasis or a place of bright escapism."

Color can be added to a room in a variety of ways, advises designer Susan Nelson of Home on Cameron in Alexandria. "Typically walls are painted, but it's important to remember that accessories and furniture ...

are other ways to insert color into a room." When choosing colors for an outdoor space, play off natural elements. Air and water tones such as blues, soft greens and light neutrals bring a sense of tranquility and calm to a space because they are reminiscent of water views and blue skies, advises Madeline Fairbanks at Country Casual Teak.

"Create a calm, cool retreat by mixing blues and whites that remind us of waves, water and sand to sooth the nerves and invite relaxation," she said. "Earth and fire tones like rich browns, oranges and reds can energize and animate a space and bring inviting warmth outdoors. Warm colors are thought to stimulate the senses and whet the appetite, so are perfect for outdoor spaces where guests will be entertained."



PHOTO COURTESY OF SUSAN NELSON

In this room by Susan Nelson of Home on Cameron, the soft gray and lavender tones provide a backdrop for the brightly colored sofa and accessories.

Home LifeStyle

This Fairfax kitchen was enlarged to create a space for entertaining for a family of five.

PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS



1970s Fairfax Kitchen Gets Makeover

When a Fairfax family of five decided that their 1970s-era kitchen needed to be brought into the 21st century they enlisted the help of Nicely Done Kitchens and Baths. The homeowners also wanted more space for entertaining and to accommodate their large family.

"This was a particularly interesting project," said designer Cathy Goss of Nicely Done Kitchens and Baths. "It involved incorporating four different functions into one uniquely-sized space."

Two adjacent rooms were combined to allow space for an island, pantry, command center and a station for cooking and the subsequent clean-up. The de-

sign team removed a wall between the kitchen and dining room to create a larger kitchen area. They also incorporated two different backsplashes into the design: a marble subway tile with a marble accent under the range hood and a cut stone surface at the glass cabinets. LED under-cabinet lighting accents the quartz countertops.

"The cabinetry is a beautiful example of reverse raised panel paired with eclipse glass doors," said Goss. "The project resulted in a beautiful and ultra-functional centerpiece to this Fairfax family's home."

— MARILYN CAMPBELL



PHOTO COURTESY OF THE DC DESIGN HOUSE

The 2017 DC Design House, located in Potomac, Md., will be open to the public from Saturday, Sept. 30 until Sunday, Oct. 29.

Design House Designers Revealed

The designers who will transform the 10th Annual DC Design House were announced recently.

Among the 23 men and women who will give the Potomac, Md. home a makeover are Alexandria-based designers Susan Nelson and Todd Martz; Lisa Tureson of Herndon; Margery Wedderburn of Great Falls; Mary Amons of McLean; Josh Hildreth of Reston; Keira St. Claire-Bowery of Cabin John, Md.; and Bethesda, Md.-based designers Kelley Proxmire, Lorna Gross, Marika Meyer, Erica Burns, Karen Snyder and Camille Saum.

The selection process is competitive and being chosen to design one of the home's rooms is con-

sidered one of the most prestigious honors in the industry.

The Washington, DC Design House, a nonprofit entity, began in 2008 as a design show house event for the Washington, D.C. area. Each year, local designers donate their time and talent to makeover a grand home that opens to the public for tours. Proceeds raised from tour ticket sales benefit Children's National Health System.

This year, the home is located at 9004 Congressional Court in Potomac, Md., and will be open from Sept. 30 through Oct. 29. Tickets are \$35. Visit www.dcdesignhouse.com.

— MARILYN CAMPBELL

The Mid-Atlantic's Largest Professional Estate Sales, Auctions and Appraisals Company since 1972.



- On-Premises Estate and Moving Sales
- Live Auctions
- Personal Property Inventory Services
- Consignment Sales
- Downsizing/Transition Specialists
- Certified Appraisals

Visit www.foursales.com for photos and descriptions of our weekly sales.

For a **FREE CONSULTATION**
301-580-9542 | 703-256-8300

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?
E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION NEWSPAPERS



If you are looking for a Remodeling company with Outstanding Customer Service and Lasting Value, give Foster Remodeling a call at 703.672.2249



Please Join Us Free Fall Seminars

- Kitchen and Bath Remodeling**
Wednesday October 4th, 2017 - 7:00pm
Have you been dreaming about a remodeling project? Please join us for concepts, inspiration, and industry insight!
Doors open at 6:30pm - Seminar begins at 7:00pm
- Big Impact, Small Space**
Saturday October 21st, 2017 - 9:30am
Join our creative design team as they help you untap the potential of a smaller space.
Doors open at 9:00am - Seminar begins at 9:30am
- Kitchen and Bath Remodeling**
Saturday October 21st, 2017 - 11:00am
From layouts and new technologies to finishes and code requirements, Foster Remodeling Solutions will get you up-to-date.
Seminar begins at 11:00am

Call today to reserve your spot - 703.672.2249 or online at FosterRemodeling.com under Seminars

Foster Remodeling Solutions
7211-H Telegraph Square Drive • Lorton, VA 22079
703.672.2249 • FosterRemodeling.com

Pat's Masonry LLC
25 Years Experience
Free Estimates
All Work Guaranteed

Class A Contractors License also Insured
For all your masonry needs

- Brick • Stone • Flagstone • Concrete • Patios
- Walkways • Retaining & Decorative Walls • Repairs

540-481-6519
www.patsmasonry.com • patsmasonry@yahoo.com

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Northern Virginia Senior Olympics.

Various times and locations through Sept. 20, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us.

Featured Artist. Through Sept. 29, 11 a.m. at the The Arlington Artists Alliance Gallery Crystal City Shops, 2100 Crystal Drive. See Ginger Sanaie, Watermedia exhibit created with pencils, acrylic, ink and watercolor crayons. Email art@galleryunderground.org or visit www.galleryunderground.org.

Jung Min Park: Memoryscape.

Various times through Oct. 1 at the Arlington Arts Center, 3550 Wilson Blvd. Jung Min Park creates memorable urban and architectural scenes through first-hand experiences and observations of cities and sites. Call 703-248-6800.

"A Little Night Music." Various times through Oct. 8 at the Signature Theatre, 4200 Campbell Ave. Visit www.sigtheatre.org.

Arlington Farmer's Market.

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

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit www.crystalcity.org.

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

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystalcity.org.

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

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org.

Culinaire's Winter Lunch. Tuesdays through Thursdays, 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu on Tuesdays, Wednesdays and Thursdays. Visit www.artinstitutes.edu/arlington.

Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4

p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com.

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

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

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

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 p.m. and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit 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 gathers for an all-you-can-eat breakfast buffet (\$9.99). All are



Artists Gather

Drawing Meet-Up on Sept. 19, from 6:30-8:30 p.m. at Westover Branch Library, 1644 N. McKinley Road. A place for like-minded, creative people to work on art and socialize in a relaxed atmosphere. All-skill levels are welcome. September theme: Cosplay, with a costumed figure model, Katt Noir as Deadpool; October: The Bride of Frankensketch. Program is designed for adults, but mature high schoolers are welcome. RSVP for an event reminder; attendance is on a first-come, first-served basis. Visit library.arlingtonva.us/locations/westover-branch-library/.

welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

WEDNESDAY/SEPT. 13

Barcroft Gymnastics Ribbon Cutting. 5 p.m. at Barcroft Sport & Fitness Center, 4200 S Four Mile Run Drive. Based on popular demand, Arlington County expanded its gymnastics facility with double the space for more classes and more gymnasts. Learn more at parks.arlingtonva.us/events/barcroft-gymnastics-ribbon-cutting/.

Film Festival Kicks Off. 7 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Locavore Film Series showcasing Academy Award winner, Ellen Burstyn in "Wish You Well," filmed in Virginia. Visit arlingtondraffthouse.com/ or call 703-486-2345.

THURSDAY/SEPT. 14

Artist Lecture. At 7 p.m. at the Woman's Club of Arlington, 700 S Buchanan St. An evening with author, Toby McIntosh, who will present a talk on Auriel Bessemer's seven New Deal-era murals, installed at the historic Joseph L. Fisher Post Office in Clarendon. Email latripp24@gmail.com.

FRIDAY/SEPT. 15

Fridays at the Fountain. 5-9 p.m. at the fountain across from 1750 Crystal Drive. A different brewery each week and local live music on the Keolis Stage. Entry is free. Every Friday through October. Visit www.crystalcity.org/do/september.

St. Mary's Stewardship Party. 7:30-9 p.m. at St. Mary's Episcopal Church, 2609 N Glebe Road. Visit <http://stmarysarlington.org/> or call 703-527-6800.

SATURDAY/SEPT. 16

Celebrate Hispanic Heritage Month. 10:30-11:30 a.m. at Columbia Pike Branch Library, 816 S Walter Reed Drive. Join for the Mexican folk tale "Cactus Soup," then create fun cactus crafts. For families with children in elementary and middle school. Visit <https://library.arlingtonva.us/locations/columbia-pike-branch-library/>.

BBQ, Boots and Bingo. 11 a.m.-3 p.m. at The Columbus Club of Arlington, 5115 Little Falls Road. Food, entertainment, games, moon bounces, a fire truck, face painting and bingo. Call 703-558-0035.

Fun Day Festival. Noon-6 p.m. at the Drew Model School & Community Center, 3500 S. 23rd St. Kids

Pavillion of activities, including Gwen Brown and Mature Clientele on stage and Fish Fry, Vendors, Community Bike Ride and Basketball Game. Call 703-486-0058.

S.A.L.T. Toastmasters Club. 2-4 p.m. at Westover Library, 1644 N. McKinley Road #3. Learn public speaking, communication, and leadership skills. This is held the third Saturday each month. Call 703-475-3208 or visit 3953561.toastmastersclubs.org/.

SUNDAY/SEPT. 17

2017 Bluemont Arlington Run. 8:45 a.m. at the Bluemont Park, 329 N. Manchester St. There will be a 5K and 10K on the Washington & Old Dominion Trail to benefit the EOD Warrior Foundation. Visit www.eodwarriorfoundation.org.

Sunday Brunch Yoga at the Pub. 9 a.m. at Crystal City Sports Pub, 529 23rd St. S. Hour long, all-levels vinyasa flow followed by drinks at the bar. The \$10 ticket includes a brunch beverage of choice. Takes place every Sunday through December. Visit www.crystalcity.org/do/september.

Pups and Pilsners. 2-6 p.m. at the plaza, 12th Street S. & Crystal Drive. This dog-friendly festival features a beer garden with craft brews and offerings from local breweries and a number of dog friendly attractions including a fenced dog run. Plan a picnic or grab a bite from a local Crystal City restaurant or on-site food truck. Visit www.crystalcity.org/do/september.

MONDAY/SEPT. 18

Poetry Mixer. 7-8 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Informal group of local poetry writers write and read original poetry, and exchange constructive criticism. Meets every third Monday except holidays. Call 703-228-6545.

Artist Talk with Donald Lipski. 7 p.m. at Columbia Pike Library, 816 South Walter Reed Drive. Lipski will discuss his creative process in creating artwork for the public realm in a moderated discussion with Arlington County Board Member Christian Dorsey. Free. Call 703-228-5990.

TUESDAY/SEPT. 19

Wine and Food Tasting Party. 6-8:30 p.m. National Rural Electric Cooperative Association, 4301 Wilson Blvd. Sample food, wine and take part in the raffle in support of Arlington Thrive. Visit www.arlingtonrotaryclub.org.

Drawing Meet-Up. 6:30-8:30 p.m. at Westover Branch Library, 1644 N. McKinley Road. A place for like-minded creatives to work on art and socialize in a relaxed atmosphere. All-skill levels are welcome. September theme: Cosplay... with a costumed figure model: Katt Noir as Deadpool; October: The Bride of Frankensketch. Program is designed for adults, but mature high schoolers are also welcome. RSVP for an event reminder; attendance is on a first-come, first-served basis. Visit library.arlingtonva.us/locations/westover-branch-library/.

SEPT. 19-OCT. 17

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

ENTERTAINMENT

WEDNESDAY/SEPT. 20

How Charlotte Bronte Wrote Her Masterpiece. 7-8:30 p.m. at Central Library, 1015 N Quincy St. Why did Charlotte Bronte go to such great lengths on the publication novel to conceal its authorship from her family, close friends, and the press? John C. Pfordresher, author of "The Secret History of Jane Eyre," explores these questions through an investigation into the relationship between the novel's heroine and its author. Books will be available for sale and signing after the event. Visit library.arlingtonva.us/locations/central-library.

THURSDAY/SEPT. 21

Conversations with the Experts. 7-8:30 p.m. at Central Library, 1015 N Quincy St. Learn tips and tricks to writing Young Adult Literature from a panel of YA authors. The authors take questions from the audience, and their books are available for signing after each discussion. September's theme: Writing Romance and Relationships in YA. Visit library.arlingtonva.us/locations/central-library or www.onemorepagebooks.com.

SATURDAY/SEPT. 23

Artist Lecture. 11 a.m. at the public plaza at 1310 N. Courthouse Road. Meet the minds behind the "Meeting Bowls" when Arlington Arts presents an Artist Talk by Eva Salmerón and Emilio Alarcón of Madrid-based mmmm... Email jbyers@arlingtonva.us or call 703-228-1847.
Fall Fashion Must-Haves. 1-5 p.m.

at Fashion Centre at Pentagon City, 1100 S. Hayes St. Indulge in a day of fall fashion must-haves from popular stores. The event is free and open to the public. Visit simon.com/fashioncentreatpentagoncity.

SUNDAY/SEPT. 24

Sunday Brunch Yoga at the Pub. 9 a.m. at Crystal City Sports Pub, 529 23rd St. S. Hour long, all-levels vinyasa flow followed by drinks at the bar. The \$10 ticket includes a brunch beverage of choice. Takes place every Sunday through December. Visit www.crystalcity.org/do/siptember.

SUNDAY/OCT. 1

Sunday Brunch Yoga at the Pub. 9 a.m. at Crystal City Sports Pub, 529 23rd St. S. Hour long, all-levels vinyasa flow followed by drinks at the bar. The \$10 ticket includes a brunch beverage of choice. Takes place every Sunday through December. Visit www.crystalcity.org/do/siptember.

MONDAY/OCT. 2

ARTrageous Silent Auction. 10 a.m.-6 p.m. at the Gallery Underground, 2100 Crystal Drive. Annual Arlington Artists Alliance silent art auction. Visit www.arlingtonartistsalliance.org/.

TUESDAY/OCT. 10

Meet the Author. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. NPR books commentator Nancy Pearl will discuss her debut novel "George & Lizze." Visit www.onemorepagebooks.com/.



Yoga

Every Tuesday, from Sept. 19-Oct. 17, it's Yoga in the Park from 6-7:30 p.m. at Gateway Park, 1300 Lee Hwy. These hour-long classes are accessible to all fitness levels. The cost for an entire session of five classes is just \$20 per person. Call 703-228-6525 for more.

WEDNESDAY/OCT. 11

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

OCT. 18-NOV. 19

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

SATURDAY/OCT. 28

Arlington Free Clinic Annual Benefit Gala. 6 p.m.-midnight at Ritz-Carlton, Tysons Corner Tysons Galleria, 1700 Tysons Blvd. McLean. Cocktail reception and silent auction, including getaways, art and photography, sports items, and much more. \$300. Visit www.gala.arlingtonfreeclinic.org.



Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

GET YOUR TICKETS TODAY

THU OCT 5
7:30PM



RUSSIAN GRAND BALLET PRESENTS SWAN LAKE

RACHEL M. SCHLESINGER CENTER
ONE NIGHT ONLY!

TICKETS AVAILABLE ONLINE AT TICKETMASTER.COM, BY PHONE AT 800.745.3000 AND AT ALL TICKETMASTER OUTLETS. PLEASE VISIT RUSSIANGRANDBALLET.COM FOR MORE INFORMATION



ALEXANDRIA
Symphony Orchestra

BEETHOVEN
Symphony No. 5

WAGNER
Prelude and Liebestod

STRAUSS
Don Juan



Michael Rossi, guest conductor

Saturday, September 23 at 8pm
Sunday, September 24 at 3pm

Adult: \$20-80 • Student: \$10 • Youth: \$5

www.alexsym.org • (703) 548-0885

Rosslyn Jazz Fest: Groovin' on a Saturday Afternoon

The Rosslyn Jazz Fest, sponsored by the Rosslyn Business Improvement District and Arlington Arts, has been free for the past 27 years, and that is perhaps why it is attended by a diverse and happy crowd, but equally responsible is the choice line-up that never fails to get the crowd moving. Cited by many in the crowd as their favorite event of the day, The Soul Rebels, a New Orleans-based brass ensemble, with its signature tuba, put the crowd on their feet with several of their hits, including "504." Soul legend Lee Fields & The Expressions; Afro-Latina singer/songwriter Xenia Rubinos; and Baltimore's own Joe Keyes & The Late Bloomer Band also played on Saturday, Sept. 9.

— EDEN BROWN

PHOTOS BY
EDEN BROWN
THE CONNECTION



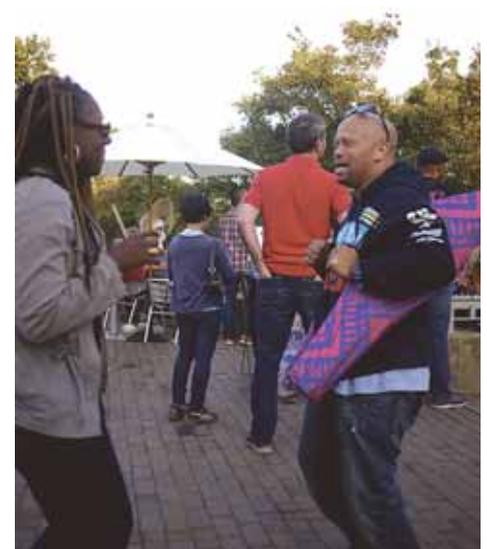
The stage at the end of the day, with the New Orleans Jazz. The crowd was happy with cooler temperatures than last year.



Karan Saini with Cherry Saini, of Springfield, were glad to be able to introduce the jazz festival to their visitors from New Delhi, India, Amit and Rakesh Pandey.



Jerome Doe and Austin Hicks were enjoying the festival: their favorite band was the Soul Rebels.



Delight Jackson and David Hendricks from Baltimore came down to the festival for the first time, and were impressed with the vibe of the festival and the last two bands.

BULLETIN BOARD

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

SENIOR VOLUNTEERS

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers an array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

WEDNESDAY/SEPT. 13

Substance Abuse Seminar. 6:30 p.m. at Yorktown High School, 5200 Yorktown Blvd. Director of Student Activities Michael Krulfeld will kick-off the club's fall program season with a special presentation, followed by dinner. \$25 per person. Email BSCRSVP@gmail.com or call 703-241-0390.

THURSDAY/SEPT. 14

Volunteers Needed. 6-7 p.m. at Gates of Ballston, 4108 4th St. North. Learn about volunteering with AHC's Teen Tutoring program. Foster both academic and life skills to help teens graduate from high school and maximize their potential. Tutors are paired with one student during the school year for one hour once a week between 6 and 8 p.m. Email Cindy Rozon at rozon@ahcinc.org or visit www.ahcinc.org/volunteer/.

FRIDAY/SEPT. 15

Application Deadline. The Energy Masters Training program, serving Arlington and Alexandria, is now accepting applications on a rolling basis for the positions of community adult and student apprentice. The program trains volunteers in energy efficiency, water conservation, and community education and outreach. To apply, student apprentices must be in college or high school and over 16 years old. Training will begin in late September. Visit www.ArlingtonEnvironment.org/energy.

MONDAY/SEPT. 18

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at ASyphax Education Center, 2110 Washington Blvd. #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Sept. 25-

Dec. 15 session. Classes to be held at Syphax Education Center. Morning and evening classes available. Tuition is \$200 or \$285 for people who live or work in Arlington; \$350 or \$470 for people who do not. Exams are free. Call 703-228-4200 or visit www.apsva.us/reep.

SEPT. 20, 21, 29, 30

Rosh Hashanah and Yom Kippur are the most important holidays on the Jewish calendar. Kol Ami opens its doors to visitors and does not require tickets to attend these services. It accepts donations, but turns no one away. Erev Rosh Hashanah is observed on Sept. 20 and Rosh Hashanah on Sept. 21. Kol Nidre is observed on Sept. 29 and Yom Kippur on Sept. 30. Kol Ami holds services and other events at the Unitarian Universalist Church of Arlington, located at 4444 Arlington Blvd. More information and

registration is available at KolAmiVirginia.org/high-holy-days/.

SATURDAY/SEPT. 23

Refugee Advocacy Workshop. 3-5 p.m. at Fairlington Presbyterian Church, 3846 King St., Alexandria. Free, hands-on training from NGO experts for legislative developments affecting refugees now. Hosted by NOVA Friends of Refugees. Register for one of three locations. Free. Email welcomingrefugees@saintgeorgeschurch.org.

SATURDAY/SEPT. 30

SafeChurch Workshop. 9:30 a.m. at St. Mary's Arlington, 2609 N. Glebe Road. Prevention of Child Sexual Misconduct Workshop. Visit stmmarysarlington.org for more.

GET MORE WITH SNAP

SEE BULLETIN BOARD, PAGE 15
WWW.CONNECTIONNEWSPAPERS.COM

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Sept. 17-23.

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

Senior trips: The Kennedy Center, "Shear Madness," Sunday, Sept. 17, \$42; Capt. Pell's Fairfax Crab House, Tuesday, Sept. 19, \$5; Rainbow's Comedy Playhouse, Paradise, Pa., Wednesday, Sept. 20, \$88; Dutch Country Farmer's Market, Laurel, Md., Friday, Sept. 22, \$6; Olney Theatre, "In the Heights," Saturday, Sept. 23, \$54. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS

Controlling paper clutter, Monday, Sept. 18, 11 am, Walter Reed. Register, 703-228-0955.

Effective use of Medicare benefits, Monday, Sept. 18, 11 a.m., Langston-Brown. Register, 703-228-6300.

Senior boot camps begin Monday, Sept. 18 or Thursday, Sept. 21, 8:30 am, \$40/8 sessions, Walter Reed. Register, 703-228-0955.

AARP's two day driver safety class, Tuesday, Sept. 19, Wednesday, Sept. 20, 5:30-9:30 pm, Langston-Brown. Cost \$20 (\$15 AARP members). Register, 703-228-6300.

BULLETIN BOARD

FROM PAGE 14

Arlington and Alexandria

Farmers' Markets accept SNAP/ EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Rpad (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/

Americans in Paris in the late 19th Century, Tuesday, Sept. 19, 1:30 p., Lee. Register, 703-228-0555.

Fashion in the 20th Century, Tuesday, Sept. 19, 11 am, Langston-Brown. Register, 703-228-6300.

Women's health issues, nutritional deficiencies, Wednesday, Sept. 20, 7 pm, Arlington Mill. Details, 703-228-7369.

Learn the basics of social media, Wednesday, Sept. 20, 11:30 am, Aurora Hills. Limited space, register early, 703-228-5722.

Do's and don'ts of vegetarianism, Wednesday, Sept. 20, 10 am, Arlington Mill. Details, 703-228-7369.

How to decipher food labels, Thursday, Sept. 21, 10 am, Walter Reed. Register, 703-228-0955.

Sharing the love of literacy, Thursdays, Sept. 21-November 16, 10:45 am, Arlington Mill. Need storytellers, singers, musicians. Details, 703-228-7369.

Introducing Feldenkrais, method to improve balance and flexibility, Friday, Sept. 22, 9:45 am, Walter Reed. Register, 703-228-0955.

Ballroom Dance, Friday, Sept. 22, 1 pm-3 pm, Arlington Mill. Details, 703-228-7369.

Fast Forwards walking group, Friday, Sept. 22, 9 am, Aurora Hills. Register, 703-228-5722.

Performing Arts Showcase of singers and dancers, Saturday, Sept. 23, 2 pm Lee. Details, 703-228-0555.

agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

The Arlington Food Assistance Center's Plot Against Hunger program is again seeking local vegetable gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry. AFAC can provide free vegetable seeds to those who pledge to donate produce from community or personal

SEE BULLETIN BOARD. PAGE 19

Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

TWO POOR TEACHERS Kitchen and Bathroom Remodeling

10% down
nothing until the job
is complete for the
past 17 years



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999



Free Estimates

703-999-2928

Visit our website: www.twopoorteachers.com

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.



Walk to End Alzheimer's
in Northern Virginia
Reston Town Center
September 24 | 2:00 pm

Learn About Advertising in the Connection and Digital Options!

Advertising in the Connection and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call 703.778.9431



Recruit class 142 from Fairfax County Fire and Rescue Department.



At the Finish Line for Arlington's Annual 9/11 5k Run

FROM PAGE 3

lieved the race this year was substantially more pleasant than last year, which was more humid.

"It was great," said Elyse Braner. "It is such a beautiful day. It's a great course."

Braner said as she was running, she kept thinking about the local first responders.

"We owe it to our first responder community to be a fraction as tough as they are," said Braner. "It's that 'don't give up' spirit."

Bryan McKnight is a chief inspector with the Drug Enforcement Agency. He's been away from the area for the last few years around 9/11 and said he was happy to be back and able to join in the race again.

"It's really a great cause," said McKnight. "Running by Arlington National Cemetery, you think of all the heroes, and it makes you push a little bit harder."

Some of those in the race ran in groups. Matt Gorman ran with a group of friends dressed in pink, calling themselves Wierditude. "It was cooler than last year, and you can't beat the beer," said Gorman. "It's a great cause, and how often can you say you ran on the highway?"

The highway was Chris Vanacore's favorite part of the race. He said it's different from running out in the woods; it exposes you to the city and causes you to reflect on what happened that day.

Another group running was a set of recruits from Fairfax County Fire and Rescue. After the race was finished, they gathered around to celebrate and do more push-ups. Some noted with a touch of concern that in two days they were going to have to do another five mile run.

"I'm a little sore, but it's good," said Kyle Knox, a recruit firefighter who ran with the rest of recruit class 142 from Fairfax County. "There's a lot of folks in our department that responded to the attacks. We're working alongside living legends, so we have big shoes to fill."

During the race, Marine veteran Charles



Charles Bowman celebrating post-run.



Wierditude, a group of friends running together.



Former Gov. Jim Gilmore speaking at the Memorial 5k.



The first runner crosses the finish line at the annual 9/11 Memorial 5k run.

Bowman said he was focused on just making it to the finish line.

"We live in America: the greatest country on earth," said Bowman, who was wearing an American flag pants, hat, and carrying

an American flag. "It's a special race. I was 12 when the towers were hit. That's ultimately why I joined the Marines: a love and passion for this country. [This date] has been of big importance in my life."



PHOTOS BY EDEN BROWN/THE CONNECTION

Rosslyn Fire Station's Engine 110 with county firefighters honoring the fallen on the 16th anniversary of Sept. 11, 2001.

Arlington Remembers 9/11

FROM PAGE 3

the honor guard: Fire Chief James Bonzano, Sheriff Beth Arthur, Police Chief Jay Farr, County Manager Mark Schwartz, County Board Chair Jay Fisetto, Deputy Chair Katie Cristol, and members Christopher Dorsey, John Vihstadt, Libby Garvey, and Alfonso Lopez; General Assembly Del. Rip Sullivan (D-48), state Sen. Barbara Favola (D-31), U.S. Rep. Don Beyer, U.S. Sen. Tim Kaine, and Commonwealth's Attorney Theo Stamos.

In remarks to the crowd, Fisetto reminded Arlingtonians that the Arlington Fire Department was the first to answer the call for help at the Pentagon, and that the Arlington response to 9/11 was singled out in the 9/11 Commission report as an example of what went right that day. Fisetto recalled being moved by the American reaction to being attacked: the flags came out, everywhere. Huge flags were unfurled and hung from office buildings, from apartment buildings, and were placed on lawns all over the county. "We must not forget the lessons we learned from 9/11," Fisetto told the crowd. "We learned lessons about communication and preparedness, and about our own personal resolve in the face of adversity." Fisetto said one of the most important lessons, "one which we can use today as we help those who suffered hurricane damage, is to remember to reach out and say 'I've got you' to someone else who is suffering."



County Manager Mark Schwartz takes a moment to chat with Arlington County's firefighters and police officers before the ceremony.



Officer Jennifer Levy sang the national anthem. Standing to her left is Officer Jake Kirby, who was in her class at the police academy; he said people first learned that Levy could sing at the academy.



U.S. Rep. Don Beyer, County Manager Mark Schwartz, U.S. Sen. Tim Kaine, and Del. Rip Sullivan talk before the ceremony.



Dominique Pardaans and her mother, Dutch official Saskia Pardaans, came to the ceremony to honor the 9/11 fallen.

GEORGETOWN UNIVERSITY



MS Biotechnology

"Where Science is our Business"

One year with rolling admission
Spring 2018 deadline is 11/15/17
 Contact the Program Manager for details
202-687-1501

<http://biotechnology.georgetown.edu>

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM
 Sunday: 7:30, 9:00, and 11:00 AM
 1:30 PM Spanish Liturgy

DAILY EUCHARIST:

Weekdays
 Monday-Friday, 8:30 AM
 Saturday, 8:30 AM

All Are Welcome!

5312 North 10th Street,
 Arlington, Virginia 22205
 Parish Office: 703-528-6276

PARISH WEBSITE:
www.stannchurch.org



To highlight your Faith Community, call Don at 703-778-9420

THE CONNECTION

Newspapers & Online

SENIOR LIVING

This special focus will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Target the neighborhoods of the top suburban communities with the highest home values, incomes and spending power with many mature adults exploring their many opportunities. Showcase your products and services in this special focus section with the award-winning Connection Newspapers print and digital media.

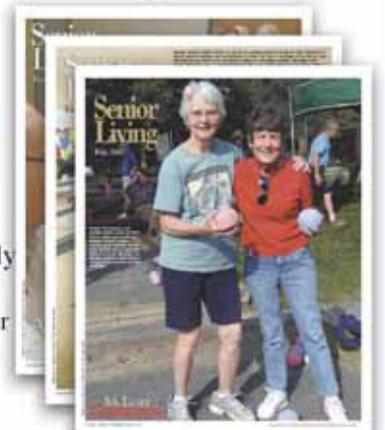
Publishes:

October 4, 2017

Advertising Closes:

September 28, 2017

Your ads in Connection Newspapers' 15 demographically segmented markets appear in print and digital editions on our Web sites, reaching affluent viewers and readers.



Perfect Marketing Opportunity for:

- Retirement Homes | Assisted Living | Real Estate | Home Remodeling | Home Cleaning & Staging | Home Health Care | Doctors | Dentists | Cosmetic Surgery | Vision Services | Counselors | Physical Therapy | Spas | Hearing Aids | Medical Equipment | Travel | Education | Second Career Planning | Trusts | Annuities | Investments

Announcements

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**

Schefer Antiques
703-241-0790
theschefers@cox.net

Employment

ROSEMOUNT CENTER
Deputy Program Director: Early Childhood/Family Services Center. Full-time. Salary negotiable. Generous benefits. BA required in ECE/Social Work or related field. Proven management skills. Able to problem solve. Bi-lingual a plus. Send resume to info@rosemountcenter.com. No phone calls. HR Coordinator: Early Childhood/Family Services Center. Part-time. Salary negotiable. BA required in HR or related field. Consultants welcome. Bi-lingual a plus. Send resume to info@rosemountcenter.com. No phone calls.

**Find us on Facebook
and become a fan!**

[www.Facebook.com/
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)



www.connectionnewspapers.com

Announcements

Computers

**HDI
COMPUTER SOLUTIONS**

JENNIFER SMITH
Serving the Area Since 1995



- > Speed Up Slow Computers
- > Virus Removal
- > Computer Setup
- > Help with Windows 8

571-265-2038

Jennifer@HDIComputerSolutions.com

Legals

NOTICE OF SERVICE OF PROCESS BY PUBLICATION
STATE OF NORTH CAROLINA
JONES COUNTY
IN THE GENERAL COURT OF JUSTICE
DISTRICT COURT DIVISION
17 CVD 422
RICKY WAYNE BRAXTON vs. LESLIE LEE BRAXTON
To: LESLIE LEE BRAXTON
TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is: ABSOLUTE DIVORCE.
You are required to make defense to this pleading and / or otherwise properly respond not later than October 24, 2017 (40 days from date of first publication), and upon your failure to do so, the party seeking service against you will apply to the Court for the relief sought.
This the 13 day of September, 2017.
A. Bowden Houser, (42917)
Attorney for Plaintiff
c/o The Houser Law Firm, P.C.
PO Box 279
Jacksonville, NC 28541
(910) 333-9679
Dates of Publication: 9/13,9/20,9/27/17
Pursuant to N.C.G.S. § 1A-1, Rule 4(f1)

Announcements

NEWS

Honoring Bite Me Cancer Founder

The Leadership Center for Excellence has named Bite Me Cancer founder Nikki Ferraro as one of its honorees for the center's 2017 "40 Under 40" event.

Leadership Center recognizes young leaders each year for the positive impact they make personally and/or professionally. Ferraro, a Chantilly High School and James Madison University graduate, founded Bite Me Cancer in 2010, only months after she was diagnosed with thyroid cancer at age 17.

Thyroid cancer is the third most diagnosed cancer among children between the ages of 15-19 in the United States, according to the National Institutes of Health. It has been one of the fastest increasing cancers overall in the U.S.

Bite Me Cancer is a national nonprofit based in Fairfax that raises funds for thyroid cancer research and provides support for teenagers who have been diagnosed with cancer.

Ferraro's foundation has funded several cancer



Nikki Ferraro

research studies around the country and has sent more than 3,500 Teen Support Bags to teen cancers patients at more than 80 hospitals.

Ferraro, who works for HITT Contracting, will be among 40 local leaders honored at a special luncheon Nov. 30, in Arlington.

The Leadership Center for Excellence presents "40 Under 40" in collaboration with its supporting partners which include the Arlington Chamber of Commerce, the Arlington Community Foundation, Arlington Economic Development and the Sun Gazette.

The mission of Leadership Center for Excellence is to enlighten, inspire and connect leaders through community building and leadership development. For more information, see www.leadershipcenter.org.

To learn more about Bite Me Cancer and its support programs for teens with cancer or to find out how to contribute time or money to support the foundation, visit www.bitemecancer.org or contact customerservice@bitemecancer.org.

PHOTO BY ROB PAINE

A Celebration of Volunteerism

Volunteer Arlington recently welcomed guests to Arlington Cares: A Celebration of Volunteerism, an event to celebrate the recipients of the 2017 Volunteer Arlington Awards. These awards honor county and nonprofit volunteers who offer their time and talents to care for the needs of the Arlington community. Additionally, Arlington Cares celebrated Arlington volunteers who have served more than 100 hours over the past year.

The following were winners of the Volunteer Arlington Awards:

- ❖ **Lifetime of Service Award:** Andrew Lee
- ❖ **Distinguished Corporate Service Award:** Bloomberg BNA
- ❖ **Youth Award:** Molly Byrne
- ❖ **Distinguished County Service Award:** PRS CrisisLink Volunteers
- ❖ **Distinguished County Service Award:** Sara Santner
- ❖ **RSVP Award:** Betty Ahern

Lee received the Lifetime of Service Award. The award recognizes an individual for whom volunteerism and service to others is a part of the fabric of their being. Whether through their organized volunteer work or through their pattern of consistently thinking of and acting on other needs before their own, this person's life is an example

of a life lived for their community.

The Distinguished Corporate Service Award is given to a private, Arlington business or corporation, or an employee volunteer group thereof, that through volunteerism, has shown outstanding commitment and care to the citizens of Arlington. This year, Bloomberg BNA received the award.

The Youth Award, presented to Byrne, is given to a youth who has gone above and beyond service hour requirements. This award celebrates initiative, finding a passionate cause and creating a way to make a significant impact in the lives of those other than oneself.

This year two Distinguished County Service Awards were presented. This award is given to an individual or group who, through volunteerism, has shown outstanding commitment and care to the citizens of Arlington. The two winners this year were the PRS CrisisLink Volunteers and Sara Santner.

The RSVP Award represents the efforts of the RSVP Northern Virginia program, which works with volunteers ages 55 and older. This individual is 55 or over and has used their skills and interests to make a valuable, lasting impact in our community. The winner this year is Ahern.

See volunteearlington.org.

VOLUNTEERS OPPORTUNITIES

- Food Distribution Volunteers.** 2:30-5:30 p.m. at Columbia Grove Apartments, 1010 S. Frederick St. Weekly volunteers are needed every Tuesday to assist with food distribution. Work includes set up, distribution and break down. Sign up at volunteer.leadercenter.org.
- Volunteer Drivers** needed to help senior citizens get to their medical and therapy appointments at the Shepherd's Center of McLean-Arlington- Falls Church. To find out more about the Shepherd's Center and how to volunteer to provide

- transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org.
- Invasive Plant Removal Events.** Help protect watersheds and keep Arlington County parks beautiful. There are several monthly invasive plant removal events sponsored by Arlington County Invasive Plant Program. for more. and to register, call 703-228-1862.
- ❖ **First Saturdays @** Haley Park, 9-11 a.m.
- ❖ **Second Saturdays @** Gulf Branch Nature Center, 2-4 p.m.

- ❖ **Third Saturdays @** Tuckahoe Park, 10 a.m.-noon
- ❖ **Third Sundays @** Long Branch, 2-5 p.m.
- ❖ **Fourth Saturdays @** Benjamin Banneker Park, 10 a.m.-noon
- ❖ **Fourth Sundays @** Ft. Bennett Park, 10 a.m.-noon
- Virginia Cooperative Extension's** varied programs are all supported by community volunteers. No experience is required to volunteer; VCE provides training and volunteer resources. Interested volunteers can find out more at bit.ly/VCEVolunteer.

Lifetime ROOFING
by VA CAROLINA BUILDINGS, INC
FACTORY DIRECT WE FINANCE
CALL 800-893-1242 SINGLE WIDES DOUBLE WIDES HOUSES
WWW.METALROOFOVER.COM

Announcements

Announcements

**Virginia Numismatic Association
59th Annual Convention Coin,
Currency & Stamp Show**

September 22, 23, & 24

Fredericksburg Convention Center
2371 Carl D. Silver Parkway, Fredericksburg, VA 22401

FREE PARKING/FREE ADMISSION

US Mint displays & exhibits, Gold, Silver, Medals, Tokens, U.S. Coins & Currency, Ancient & Modern World Coins, Obsolete & World Bank notes & MORE!

VISIT www.vnaonline.org or Call John Cunningham 703-303-0783

BULLETIN BOARD

FROM PAGE 15

gardens. Seeds available now at AFAC, 2708 S. Nelson Street, during regular business hours: Monday-Friday, 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Visit www.afac.org. Created by the **Arlington Initiative to Rethink Energy** (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit www.arlingtonrotaryclub.org.

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com/.

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit www.accessjca.org.

Vajrayogini Buddhist Center offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, fulltime students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

PFLAG of Arlington. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets at the Unitarian Universalist Church at George Mason Drive and Route 50. Email aly.pflagdc@gmail.com for more.

Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourladyqueenofpeace.org for more.

Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Recommendations generated usually within three working days of receipt. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit www.soiltest.vt.edu/Files

Alzheimer's Association Support Group has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. Visit www.alz.org/nca.

The **Friends of the Planetarium** has relaunched its official website. Visit www.friendsoftheplanetarium.org to find up-to-date show times, a schedule of future events, information about Friends of the Planetarium membership, astronomy news and events, the history of the David M. Brown Planetarium, a link to the Friends' store, and more.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

ELECTRICAL	ELECTRICAL	LANDSCAPING	Good is not good, where better is expected. -Thomas Fuller
K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465	
GUTTER		LANDSCAPING	LANDSCAPING
GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		Patios & Drainage Your neighborhood company since 1987 703-912-6886 J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> Planting & Landscaping Design Drainage & Water Problems Concrete Driveways, Replacement or New Patios and Walks • Masonry Work or Dry Laid Paver, Flagstone, Brick, any style you choose Retaining walls of all types All work Guaranteed	
IMPROVEMENTS		LANDSCAPING	LANDSCAPING
Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoia violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231	
A&S Landscaping		TILE / MARBLE	TILE / MARBLE
<ul style="list-style-type: none"> All Concrete work Retaining Walls • Patios Decks • Porches (incl. screened) • Erosion & Grading Solutions French Drains • Sump Pumps Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured	
RN. CONTRACTORS, INC.		TILE / MARBLE	TILE / MARBLE
Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service	
Alfredo's Construction Company, Inc.		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com	
<ul style="list-style-type: none"> Concrete Driveways Patios • Sidewalks Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg	

"Kenny's Story"



By KENNETH B. LOURIE

Ordinarily I wouldn't have given the Lyrica television commercial too much attention. But there sat a spokesperson named Kenny, his name clearly printed in red script on top of a white oval located above his right breast pocket on his custom-work shirt, a middle-aged white man like me, holding his left foot across his right knee talking about a medical problem that we both feel: the "shooting, burning, pins and needles of diabetic nerve pain." It was odd seeing someone named Kenny on television referring to a problem that not-on-television Kenny also has, though my symptoms are not from diabetes; they're from eight and half years of chemotherapy. Nevertheless, as Babe Ruth said about the sound of his throat-cancer-ravaged voice on "Babe Ruth Day" at Yankee Stadium on April 27, 1947: "It feels just as bad."

Campaign to date, according to ISpot.tv, within the last 30 days, "Kenny's Story," as it's identified, has had "74 commercial airings." And though I don't think for a moment that this Kenny could be confused with that Kenny, considering that he's an auto mechanic who "grew into a free-wheeling kid" and "enjoyed every step of fatherhood," and I'm not 'free-wheeling,' not a father and know zero about cars, I do feel his pain - literally.

Now the fact that the words of advice are coming from someone named Kenny does give me pause however. Not that all Kennys have identical personalities or life's experiences but knowing how little familiarity I have with this product makes me distrust him somehow. My name is Kenny and I'm not prepared to make those statements. How can he?

It reminds me of a long-ago M*A*S*H episode when Major Frank Burns was feeling paranoid (as he said: "I'm only paranoid because every one's out to get me") because he thought "someone else is using my face." None of which makes any more sense than my not believing spokesperson-Kenny just because his name happens to be Kenny.

But there's no accounting for viewer reaction, probably. That's likely why there were a total "1,271 airings" of Lyrica diabetic nerve pain commercials nationally over the last 30 days. "Kenny's Story," at 74 airings, was a small percentage of at least a dozen variations on this theme as well as a parallel campaign to address Fibromyalgia, a similar condition also treated by Lyrica.

It's odd, of the multiple spots that have appeared on television, all of which show people living active lives - and being grateful for using Lyrica, only three: "Kim's Salon," "Michael," and yours truly are "given-named." All the others: "Coach," "Grandpa," "School Teacher," "Keep the Beat Going," "Helping Others", as a few examples, are not.

I'm wondering if "naming"/invoking names in these spots does in fact personalize the experience for viewers in a way that the pharmaceutical companies think is counter productive? Maybe naming the spokesperson/sufferer causes a reaction among Kims and Michaels that yours truly is feeling/writing about?

Moreover, given that "Big Pharma" probably doesn't want to limit its reach by excluding a segment of the market because of name recognition possibly lends some credence to the presumption that using a name to identify the individual in one of these spots is rare because it's unhelpful. As it relates to these spots and their names, perhaps less is more, given how many research/clinical dollars (hundreds of millions of dollars we're often told) are invested in the process of bringing FDA-approved products to market? Accordingly, I suppose "Big Pharma" can't afford to leave any potential stone/"prescriptee" unturned.

I certainly don't know the answers to any of these questions. I can only wander - and wonder what is it that makes sense here and where I fit into their universe. The commercials have hit their intended target: me, a patient with "shooting, burning, pins and needles ...", but I have to tell you: I don't like "Kenny."

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

9

VIRGINIA

2017

Special VIP Offer for your Toyota



ServiceCenters
Keep Your Toyota a Toyota

Jack Taylor's
ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy • Alexandria, VA 22305
703-684-0710 • www.alexandriatoyota.com



Want to earn **FREE SERVICES** and access your service coupons on your phone? Download our **FREE Mobile APP** today!

Access your vehicle's service records, receive our current service coupons, receive instant service reminders, schedule service instantly, store reward points & earn free service, & view our current sales inventory.

SCAN HERE TO DOWNLOAD OUR APP FOR IOS OR ANDROID!



Jack Taylor's
ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy • Alexandria, VA 22305



31 YEARS OF RECEIVING THIS HONOR.
1 OF 4 DEALERSHIPS IN THE NATION TO RECEIVE THIS HONOR

Service & Parts Dept. Hours:
Monday - Friday, 7:00am to 9:00pm
Saturday, 8:00am to 5:00pm

YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!



ToyotaCare Customers

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles



VENTILATION SPECIAL

\$39⁹⁵

INCLUDES: Install A/C power foam & auto refresher, clean condenser fins, check A/C performance, inspect drive belts, & inspect cabin air filter.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

CHECK ENGINE LIGHT DIAGNOSIS

NO CHARGE



INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

BRAKE SPECIAL

\$79⁹⁵

INCLUDES: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

BASIC LUBE, OIL & FILTER CHANGE SERVICE

\$29⁹⁵

NON-SYNTHETIC

\$44⁹⁵

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

Check your windshield. Does your sticker say **8/17, 9/17, or 10/17?** If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER. ONLY GOOD THRU 9/30/17.

SIGHT LINE WIPER BLADES

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER. ONLY GOOD THRU 9/30/17.

4 WHEEL ALIGNMENT

\$64⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

15% OFF ANY ONE REPAIR
Maximum Discount \$200.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/17.

Jack Taylor's

ALEXANDRIA TOYOTA

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