

SERVICES, CONT'D

MAID SERVICE

MERRY MAIDS

Multiple NoVA locations; 877-492-0923; www.merrymaids.com

HANDYMAN

McHANDY SERVICES

43043 Weatherwood Drive, Ashburn; 571-220-9723

REMODELER

MOSS BUILDING AND DESIGN

4265-D Brookfield Corporate Drive, Chantilly; 703-961-7707; moss-buildinganddesign.com

ELECTRICIAN

TWA ELECTRIC

Multiple NoVA locations; 703-450-4231 or 703-723-9253; www.twaelectric.com

PLUMBER

PAUL SOUTH-WICK

144158 Round Lick Lane, Centreville; 703-752-5870



HOME ORGANIZER



JULIE GRAY, PROFOUND IMPACT Starting her own organizing company in 2007, Julie Gray knew that she had made the perfect career choice. When she got burned out from her job, she went back to her passion. Gray takes an integrated approach with her clients, looking at four major areas: the space, time management of her clients, support systems that should be in place and energy management. —AM
703-517-2449; WWW.PROFOUND-IMPACT.COM

LORI WELCH, JCL SERVICES, LTD. About 10 years ago, while working a demanding job, Lori Welch discovered that she needed help with day-to-day tasks. Quickly realizing that she was not alone in her need for such assistance, she decided to start her own lifestyle management business. "I figured that there may be a big need for this kind of service," says Welch, who assists clients with everything from closet organization to running errands and managing home repairs. —AM
703-403-5674; WWW.JCLSERVICESLTD.COM

AFTERNOON DJ LAVAR ARRINGTON AND CHAD DUKES

Through a combined effort of outrageous character and humor, LaVar Arrington and Chad Dukes head up a sports-radio program that has both an amusing and comedic style on 106.7 The Fan. Arrington, former Washington Redskins linebacker, has been able to put his sports knowledge to good use behind the microphone. During his professional football career, Arrington was known as one of the most vocal players on the field. Today, he is staying vocally active by giving sports fans the "real deal" on D.C. sports. Arrington's co-host, Dukes, provides many of the satirical comments during the show, and is both a devoted and "long-suffering Washington sports fan." There is no limit to what the guys might say, as they lay it all-out for sports fans throughout the area. —SM

Weekdays from 2-7 p.m. on 106.7 The Fan; www.washington.cbslocal.com; Twitter: LaVarArrington, ChadDukes

FEMALE NEWS ANCHOR

DOREEN GENTZLER After jumping around in three different markets (Philadelphia, Cleveland and Charlotte), Doreen Gentzler says she is glad to be home. "Nothing compares to covering news in your hometown," says the former Arlington elementary school student. For 22 years at NBC4 she has been covering the Metro-D.C. region, which she calls a "smarter news market than any other market," and she says she will never leave again. While her focus is on breaking news, Gentzler also heads up NBC4's health coverage, with one story in particular being her favorite: "Being in the war in Iraq, and going over in the U.S.S. Comfort. We were in the middle of everything, and we had access we don't normally get." —LN

Weekdays at 6 and 11 p.m. on NBC4; www.nbcwashington.com; Twitter: DoreenGentzler