

Holiday Bazaar

NEWS, PAGE 3

Anjali Sunderam displays one of her handpainted votive lights in the Tree of Life design at the holiday bazaar at Wakefield High School on Saturday, Dec. 15.

A Very Special Election

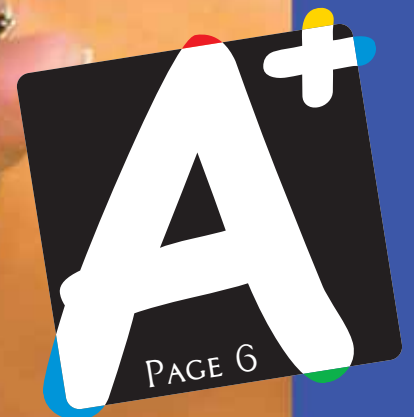
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Art Therapy Helps Wounded Warriors

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Teaching Children To Be Charitable

A+, PAGE 6





Alexandria resident and runway model, **Tameka Young**

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Edward Dean of Sangam Catering International prepared a four-course Indian luncheon for shoppers at the holiday fair.



A Christmas angel by Mila French.

Members of the Wakefield High School Orchestra perform in the common area of the newly built high school.



Wakefield Hosts Holiday Bazaar

PHOTOS BY
LOUISE KRAFFT
THE CONNECTION

The new Wakefield High School opened its door to holiday shoppers on Saturday, Dec. 14. Dozens and dozens of vendors set up booths in the hallway and cafeteria offering wreaths, ornaments, hats, sweaters, scarves, jewelry and much more. Members of the Wakefield High School orchestra entertained shoppers in the common area mid-afternoon.



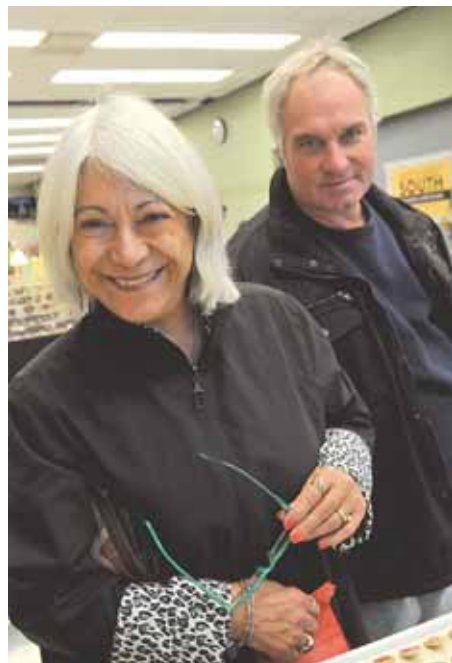
Mila French has been creating "Gilded Paper Art" holiday ornaments and gifts for the past 20 years.



Kate Amarelo displays a selection of her handmade jewelry "Ruivo Armadillo." Her work may be seen at www.ruivoarmidillo.etsy.com



Pier Pons knits away on a winter hat during the sale on Saturday afternoon. Pons' work is also available at the Potomac Hair Salon Design in Washington D.C.



Nora and John Partlow browse through Timothy Johnson's "Spare Ball" recycled bowling ball jewelry.



Timothy Johnson, owner and designer of "Spare Ball" recycled bowling ball jewelry. Johnson's work may be seen at www.spareball.etsy.com

A Very Special Election

Streetcar controversy separates candidates.

BY MICHAEL LEE POPE
THE CONNECTION

Where do they stand on the streetcar? Do they approve of the recent direction of the county government? What kind of accomplishments would they like to make?

As candidates for the Arlington County Board start knocking on doors and making calls, these are the questions they get asked more than anything else, especially their stand on the controversial \$310 million streetcar initiative. Two of the three Democrats support the streetcars, and one is critical. The most forceful opponent to the project is a Republican running as an independent who has the backing of a former Democratic chairman.

"I don't have confidence that any of the three current Democratic candidates seeking the Democratic nomination will fundamentally change the dynamics of the County Board," said Peter Rousselot, former chairman of the Arlington Democratic Committee. "That includes issues like the streetcar but also the share of the county budget going to schools in Arlington, which I think is too low, as well as expenditures on the million-dollar bus stops and the wasteful potential expenditures like the aquatics center in Long Bridge Park."

That's why the former Democratic chairman is endorsing John Vihstadt, a Republican running as an independent who is seeking endorsements from the Green Party as well as the Arlington Republican Committee. Vihstadt will face one of three Democrats vying to become the party's standard-bearer. One is IBM management consultant Alan Howze, who lost a primary race for House District 47 back in 2009. Another is planning commissioner Peter Fallon, who was unsuccessful candidate for County Board in a 2012 special election. The third candidate is a relative newcomer to Arlington politics, Cord Thomas, who is a co-founder of the Envirocab taxi company and is now co-owner of Elevation Burger.

"Whichever one of them wins, the party is going to mobilize and unify in support of that candidate," said Mike Lieberman, current chairman of the Arlington Democratic Committee. "I'm confident when we take

SEE STREETCAR, PAGE 10

Art Therapy Helps Wounded Warriors

“Intrepid Spirit One” program gives soldiers tools for healing.

BY STEVE HIBBARD
THE CONNECTION

Art Therapist Jackie Biggs, 28, of Arlington is working on a three-month pilot program at Fort Belvoir Community Hospital that helps wounded warriors find healing through visual arts therapy.

The “Intrepid Spirit One” program brings art therapy to military patients with mild traumatic brain injury (TBI) at Fort Belvoir’s satellite center of the National Intrepid Center of Excellence (NICoE). It is sponsored by the National Endowment for the Arts in partnership with the U.S. Department of Defense.

“Art-making is very intuitive,” said Biggs. “An art therapist is a trained therapist who uses art to facilitate the therapy.”

Dr. Heechin Chae, 47, who oversees NICoE at Fort Belvoir, said art therapy is beneficial because it helps patients express what’s going on inside. “It’s very important that we understand what the person is going through — what they’re thinking, feeling, what’s going on internally,” he said. “It really helps the providers understand the person’s thinking process and emotional process.”

Many of the soldiers have been deployed to Iraq and Afghanistan where they encountered traumatic situations like blast injuries or gunshot wounds in combat. As TBI patients, Biggs said they can have memory-loss issues. So the art therapy helps them with remembering situations they may have blocked, as well as helping with hand-eye coordinating and dexterity.

“A lot of people will recreate pieces of their traumatic event in their artwork,” she said. “What’s great about the art — as soon as they sit down, they pick up intuitively exactly where they left off.”

Biggs lets soldiers work at their own pace, painting masks or doing drawings or sculptures, and cites three reasons that art-making is beneficial — for being relaxing, cathartic and insightful.

She doesn’t dictate to soldiers what to draw or create. “I give open-ended directives so people can take it in a million different directions,” she said. “Some people like to work quietly and tell me about it at the end, and some people talk while they’re doing it. Everyone has a different way of doing it.”

When they finish the art work, they process it, she adds. “Once it’s on the page, they can talk about it ... So I might ask them to tell me what they’ve created. For some people, it’s really helpful to get it out there.”

When some soldiers encounter trauma, the “Broca” area of the brain’s frontal lobe — the speech section — shuts down, so they don’t have the words to talk about it. “That’s when the art-making is very helpful,” she said.

Christopher Walz, media relations officer with Fort Belvoir Community Hospital, added: “Our team works with ‘mitigating strategies’ ... getting them to talk about (the issues) so they can have a better quality of life.”

He said sometimes symptoms don’t show up until months or even years after traumatic incidents — when family, co-workers or colleagues point out differences in their

Dr. Heechin Chae and art therapist Jackie Biggs of the “Intrepid Spirit One” program at Fort Belvoir.



PHOTO BY STEVE HIBBARD/THE CONNECTION

behavior.

“One thing we’ve tried to emphasize is that while everything may not be curable, everything can be mitigated, and we can help,” said Walz.

Depending on the need, Biggs sees some soldiers for an hour a week or four times a week. “It depends on what they’re dealing with,” she said.

There are many other benefits to art therapy as well, she added: “We use the creative process, art making and art working to improve a person’s cognitive, emotional and physical wellbeing.”

Chae adds that certain areas of the brain are activated by art therapy, which is critical to help promote “neuroplasticity” — or the ability of the brain to repair, reconnect or reorganize itself. However, 10 to 20 percent of the population does not recover fully and neuroplasticity doesn’t take place. “That’s why it’s a public health crisis,” he said.

Art therapy tries to promote this neuroplasticity, he said, by stimulating the

brain.

And because many service members have not been exposed to art, through this therapy, they are tapping into “an unused therapy.” He added: If you stimulate the healthy side of the brain, sometimes it promotes wellness and helps repair the damaged side as well.

Chae said when someone has trauma, their brains can suppress the memory. Those memories may get triggered in a crowded Wal-Mart or public place that induces sweats, panic attacks and tremors. “This is a subconscious process,” he said.

Biggs works with an interdisciplinary team of physicians, psychologists, and case managers to really address the person. Through art therapy, Chae said, soldiers may start to connect the events — why they are having problems.

“It gives the other psychotherapists a tool to get to that point to resolve that conflict,” said Chae. “That’s the beauty of the system. Art therapy really helps a person’s healing process.”

CRIME REPORT

The following incidents were reported by the Arlington Police Department.

ROBBERY, 900 block of S. Orme Street. At 10:17 a.m. on Dec. 4, an unknown suspect allegedly robbed a female at gunpoint in her hotel room. The suspect is described as a black male in his late 20s with short hair. The suspect was wearing a black shirt, blue jeans, a gray sweater, and black and gold shoes at the time of the incident.

ROBBERY, 1600 block of N. 21st Street. At 11:34 p.m. on Dec. 4, a victim was allegedly robbed at gunpoint of his cell phone by two suspects outside of his apartment complex. The first suspect is described as a black male in his early 20s, approximately 5’6” with short black hair and a stocky build and was wearing a gray hooded sweatshirt and dark colored pants. The second suspect is described as a black male in his early 20s, approximately 5’8” with short black hair and was wearing a dark gray hooded sweatshirt and dark pants at the time of the incident.

ROBBERY, 500 block of S. 15th Street. On Dec. 8, at approximately 1:15 a.m., two victims were robbed at knife-point by two suspects. The first suspect was described as a black male,

18-21 years old, 5’11”, thin build, wearing a red jacket and black pants. The second suspect was described a black male, 18-21 years old, 5’9”, medium build, wearing a black or gray jacket and gray pants. The investigation is ongoing.

SEXUAL BATTERY, 2300 block of N. Fairfax Drive. At approximately 5:20 p.m. on Dec. 5, an unknown suspect grabbed a female victim from behind and groped her. The suspect fled the scene after the victim screamed. The suspect is described as a Hispanic male in his 20s and approximately 5’3” tall. The suspect was wearing a dark jacket and a hat at the time of the incident.

BURGLARY, 3400 block of N. Fairfax Drive. Between 6:15 p.m. on Dec. 3 and 7 a.m. on Dec. 4, an unknown suspect(s) stole a laptop and various tools from a construction site. There is no suspect(s) description.

BURGLARY, 2200 block of S. Crystal Drive. At approximately 12:15 a.m. on Dec. 6, two cleaning people heard a loud noise inside a restaurant and discovered a portion of ceiling in the manager’s office had collapsed and the safe was open. It was unknown if any of the money had been stolen at the time of the report. There is no suspect(s) de-

scription.

BURGLARY, 1300 block of S. 28th Street. Between 9 p.m. on Dec. 7 and 9 a.m. on Dec. 8, an unknown suspect(s) broke into the apartment through a window. Nothing appears to have been taken. The investigation is ongoing.

BURGLARY, 900 block of S. Orme Street. Between 12 a.m. and 6:30 a.m. on Dec. 8, an unknown suspect(s) broke into an engineering room and took tools. The investigation is ongoing.

FRAUD/UTTERING, 1300 block of S. Crystal Drive. Between July 15 and Dec. 5, a known suspect fraudulently stole money on numerous occasions from the victim. The investigation is ongoing.

ATTEMPTED MALICIOUS WOUNDING, 4800 block of S. Columbia Pike. At 5:27p.m. on Dec. 10, a victim reported being slashed on the hand by an acquaintance in the parking lot after an intoxicated altercation. Upon police arrival the suspect had fled the scene. The suspect is described as a Hispanic male, 28 years old, 5’10”, and weighing approximately 190 pounds. He has black hair and was wearing a black North Face jacket and dark pants at the time of the incident.



PHOTO BY LOUISE KRAFT/THE CONNECTION

Snapshot

Dec. 14: Demolition continues at the site of the old Wakefield High School in South Arlington.

Ensuring Health Care for the Uninsured

Even with federal health care changes, many will continue to lack coverage.

BY CAMILLE CLOWNEY
THE CONNECTION

Now in its 19th year, the Arlington Free Clinic provides free medical care for almost 1,700 low income, uninsured Arlington County adults and is the area's only provider of free comprehensive medical care. The clinic is open five days a week with care provided by 170 volunteer physicians and supported by 400 additional volunteers. Its annual operating budget is raised primarily through private donations including a gala event that occurs every fall.

In October, the organization held its 17th annual gala which raised 25 percent of the clinic's annual operating budget. The gala featured a vintage Hollywood theme and attracted more than 625 guests.

"The money we raise at the gala is absolutely essential for operations. The funds help us continue to provide medical care



COURTESY OF JOSEPH ALLEN PHOTOGRAPHY

The Arlington Free Clinic's fall gala raised 25 percent of the clinic's annual operating budget.

for our uninsured neighbors which is vital and helps our community as a whole," said Emily Billingsley, development officer at the Arlington Free Clinic.

"The gala was a huge success thanks to all the extraordinary efforts of the committees and the generosity of the community.

We had committee members that planned the gala and special committees dedicated to securing table sponsorships and auction and raffle items," said Allison Shay, publicity chair for the 2013 Benefit Gala.

Guests participated in a silent auction that included getaway trips, dinners, and pho-

tography sessions.

"The AFC Benefit Gala is one of the biggest events in Arlington and grows each year. With our 20th anniversary next year, we're changing things up a bit and will be holding the gala at the National Building Museum," said Shay.

The money raised at the event goes directly to clinic operations that support more than 9,000 onsite patient visits at the clinic each year. Visits include nearly every aspect of medical care individuals could need such as women's health, mental health, physical therapy, and pharmaceutical support, among others. The group also runs a vaccination program for the seasonal flu, pneumonia, Hepatitis B, and other conditions to help keep the whole community healthy.

AFC provides oncology, labs, medications, and care coordination for cancer patients. One such example is Jenny, a patient of AFC for two years. Jenny was diagnosed with cancer and her student health insurance policy had a \$50,000 cap. She was able to turn to AFC who saved her life.

"Jenny is a great example of the full spectrum of care we provide at the clinic," said Billingsley. "Patients are not just coming in with the common cold. The majority of our patients are seriously sick and many have cancer. We're fortunate to be able to provide the full range of medical services."

AFC accepts referrals from shelters and hospitals and hosts a monthly lottery to

SEE SUPPORTING, PAGE 7

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Teaching Children to be Charitable

Experts say modeling, nurturing are keys to raising generous children.

BY MARILYN CAMPBELL
THE CONNECTION

Elena Santiviago walked her 6-year-old son down the aisle of a grocery store near her Arlington home. They picked up five boxes of toothpaste and two bottles of mouthwash, several bars of soap and a few sticks of deodorant. The shopping trip was part of a school project in which students fill holiday stockings with personal hygiene items for the homeless.

"I gave him \$20 to spend," she said. "I figure he can learn how expensive things are and that there are some people who can't afford to buy the things he takes for granted."

Teaching children about charity, particularly during a season when many are focused on making sure Santa Claus gets copies of their Christmas lists, is an important lesson, according to experts. Redirecting a child's focus from getting to giving this season may not be as difficult as one might think, however. The key, say experts, is for parents to model and foster a sense of generosity.

"Most children are born with a sense of caring for others, which is related to empathy, or being able to put oneself in another person's shoes," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington. "Empathy and caring are found among humans and other social mammals, and a strong sense of empathy can help people to feel loved and included. As children develop, empathy can be diminished if they are not exposed to it often enough or learn that other characteristics, such as aggression, are more rewarding."

Fred Bemak, Ed.D., who is with the Counseling and Development Program in the College of Education and Human Development at George Mason University in Fairfax, said that some children are more likely to be interested in giving than others. "Children have predispositions for charity, but they are not born with it," said Bemak. "You have children who naturally share more than others. There are some toddlers who share their toys with other children and some toddlers who don't."

Bemak believes that a sense of compassion must be nurtured.

"A child could have a predisposition for charity, but have parents who don't foster it," he said. "You can cultivate it by bringing those values into your home environment."

There are a number of ways to cultivate it. "In young children, parents can foster a child's sense of empathy by modeling this response," said Van Arsdale. "For example, if they see a person who has been injured, the parent could comment on how that injury must hurt. ... Ask



Experts say exposing children to those in need can help them develop a sense of charity.

the child, for example, 'How might that person be feeling right now?' These interactions can help foster the child's empathy for others."

Bemak suggests directly connecting older children with opportunities to help people who are in need. "Take children to serve people who are homeless or refugee populations or people who don't have resources," he said. "Modeling

"A child could have a predisposition for charity, but have parents who don't foster it. You can cultivate it by bringing those values into your home environment."

— Fred Bemak, Ed.D., George Mason University

the behavior is extremely important."

He recalled a personal example from his own life. "I was in Burma working with children who were vulnerable and poor [who were] at high levels of risk," he said. "Outside the gates [of our facility] were homeless children who were in more desperate situations than those children I was working with."

The children were homeless, hungry and dressed in rags. "They had no parents and were markedly different than the at-risk children I was working with," he said. "Typical response of the children I was working with was 'Go

away. Leave us alone and don't sit outside our facility.'"

Bemak suggested the homeless children be invited inside for dinner. "We talked with them, welcomed them and ate with them," he said. "After they left, we talked about what the experience was like for the at-risk kids and what they learned by talking to the homeless children."

His students learned about charity through processing the experience of having a human encounter. "We talked about what it meant to give," he said. "It was very powerful for all involved. This exercise can be replicated anywhere."

Van Arsdale said that older children learn best about charity when their parents involve them in altruistic activities. "For example, the family could volunteer together by serving meals at a homeless shelter," she said. "This direct, interpersonal experience is more likely to affect the child's sense of empathy than an indirect experience [such as] telling the child they should be charitable."

Cultivating altruistic values is key to raising children who have a sense of charity. "Share food, possessions, support and assistance in ways that people might need it," said Bemak. "Even a young child can share their toys with other children who might not have toys. In psychology we talk about altruism as a healing variable. Altruism leads to compassion and charity."

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NEWS DEPARTMENT:
To discuss ideas and concerns, call: 703-778-9410
arlington@connectionnewspapers.com

Steven Mauren
Editor
703-778-9415
smauren@connectionnewspapers.com

Michael Lee Pope
Reporter
703-615-0960
mpope@connectionnewspapers.com
@MichaelLeePope

Jon Roetman
Sports Editor
703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified & Employment Advertising
703-778-9411
asmith@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

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Exchange Trip to Germany

The Arlington-Aachen High School Exchange information meeting for students, teachers, parents, and community members will be held at Central Library Auditorium, 7:30 p.m., Wednesday Jan. 22, 2014. Attend the meeting or contact Margie Bell at margiebell@juno.com if interested in joining the planned July 14, 2014 trip.



Participants during the July 2013 trip.

PHOTO CONTRIBUTED

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 23-28.

Senior trip: Saturday, Jan. 4, Winter Garden Walk, Wheaton, MD, \$12. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Madison Chess Club, Mondays, 9:30 a.m. 2:30 p.m., Madison Community Center. Free. Details, 703-534-6232.

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

Foreign language conversation groups, Russian, French, Spanish, German, Langston-Brown. Call for days and times, 703-228-6300.

Pickleball, Tuesdays, 11 a.m. - 1 p.m., Walter Reed. Free. Call to register, 703-228-0955.

Low impact aerobics class, Tuesdays, 9:30 a.m., Thursdays, 11 a.m., Aurora Hills, \$60/15 sessions. Register, 703-228-5722.

Indoor walking program, Tuesdays, 9:30 a.m., Langston-Brown. Free. Register, 703-228-6300.

Table tennis, Tuesdays and Thursdays, 9:30 a.m., Walter Reed. Free. Register, 703-228-0955.

Cross stitch circle, Thursdays, 11 a.m. - 1 p.m., Lee. Kits provided. Free. Register, 703-228-0555.

Arlington Poets, Thursday, Jan. 2, 3 p.m., Langston-Brown. Free. Register, 703-228-6300.

Advanced line dancing, Thursdays, 1:30 p.m., Lee. Details, 703-228-0555.

Lee Woodcarvers, Thursdays, 1 p.m., Lee. Free. Details, 703-228-0555.

Ballroom Dance, Friday, Jan 3, 1 p.m., Lee. Free. Register, 703-228-0555.

Fast-paced walking group, Fridays, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.

Scrabble games, Fridays, 10 a.m. - 2 p.m., Walter Reed. Free. Register, 703-228-0955.

Open Tai Chi practice, Saturdays, 9:15 a.m., Langton-Brown. Free. Details, 703-228-6300.

Supporting Free Clinic

FROM PAGE 5

accept new patients. Around 20-25 new patients are accepted each month as existing patients move on, typically after getting a job that provides healthcare.

With numerous changes to healthcare taking place as a result of the Affordable Care Act, the clinic will continue to play a large part in the health of the Arlington community. A letter from AFC's chairman, John Benton, and executive director, Nancy Pallesen, states that "even though the ACA expands access to health insurance, over 500,000 Virginia residents will remain uninsured after the new legislation goes into effect next year. This means that AFC will remain a lifeline for thousands of uninsured Arlingtonians for years to come."

"We are delighted some of our current patients will have access to health insurance. We will help transition these patients to new providers so we'll be able to help more uninsured Arlingtonians we hadn't previously been able to serve," said Billingsley.



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Streetcar Controversy Separates Candidates

FROM PAGE 3

that candidate's message to the voters, they'll see that the Democratic candidate is the choice."

ALAN HOWZE has the kind of party support that makes him a front-runner in the Democratic contest — a position that would normally mean victory in the Arlington County Board race. Former state Sen. Mary Margaret Whipple (D-31) has offered her support, as has Arlington County treasurer Frank O'Leary and former School Board member Ed Fendley.

"I think that the board is strengthened when we have a diversity of perspectives," said Howze. "What I offer is the perspective of someone who has children in Arlington Public Schools."

Howze is a supporter of the streetcars. He said he would support the streetcar if it meets four tests — the support of the communities along Columbia Pike, funding from transportation money as opposed to general fund, and that it connect existing transit systems. In addition to all that, he said the streetcar system needs to have an economic benefit to the community.

"It certainly meets three of those tests from what I've seen," said Howze. "And I'll await the results of the economic analysis that's being done now to see if it meets the fourth as well."

If elected, he said he would like to "improve the quality of services," although he said he was not yet ready to talk about it at this point in the campaign.

JOHN VIHSTADT also has a number of prominent endorsements. Aside from Rousselot, Vihstadt has the support of County Board member Libby Garvey and Commonwealth's Attorney Theo Stamos. If he is successful in getting endorsements from the Green Party and the Arlington Republican Committee, Vihstadt will have assembled a diverse coalition that may be able to pose a serious challenge to the Democratic ticket.

Seeking County Board Seat

❖ **John Vihstadt, 61:** A native of Berwyn, Ill., Vihstadt was raised in Nebraska and Michigan. He has a bachelor's degree in political science and a juris doctor, both from the University of Nebraska. He moved to Arlington in 1981, first on Columbia Pike and then to Arlington Village before buying a house in the Tara-Leeway Heights Civic Association. He votes at the Lexington precinct.

❖ **Alan Howze, 39:** A native of Arlington County, Howze went to high school in Blacksburg. He has a bachelor's degree in economics and anthropology from James Madison University and a master of business administration from the University of Virginia. He moved back to Arlington in 2006, and he currently lives in the Highland Park-Overlee Knolls neighborhood, where he is president of the civic association. He votes at the Overlee precinct.

❖ **Peter Fallon, 49:** A native of New York City, Fallon was raised in New York and Phoenix. He has a bachelor of accountancy degree from George Washington University. He has worked as an accountant for Ernst & Young as well as a number of small businesses and individuals as well as trusts and estates. He has lived in the Donaldson Run neighborhood for 23 years. He votes at the Marshall precinct.

❖ **Cort Thomas, 31:** A native of Salinas, Calif., Thomas has a bachelor's degree in construction management from the University of Denver. In 2007, he founded Envirocab, the all hybrid taxi fleet. He is also a founding partner of Elevation Franchise Ventures, the group that franchises Elevation Burger. Thomas sold Envirocab six months ago, and has now launched his first political campaign.

"By running as an independent I'm trying to send a signal to everybody that I'm going to approach each issue and make every decision on the basis of what is right for the county," said Vihstadt. "I'm not going to be held hostage to a particular ideology, party orthodoxy or groupthink."

Vihstadt is the candidate who is most critical of the Columbia Pike Street project, an initiative he said is too expensive. As an alternative, he said, the county should be investing in mass transit along the Pike. He also said he would like to scale back funding for the Artisphere sooner than county officials plan to phase it out. He also said he is concerned about the cost overruns with the aquatics center at Long Bridge Park, a project that he said should be scaled back.

"Do we really need a waterside, a therapy pool and a hot tub that would rival King's Dominion? I don't think so," said Vihstadt. "The county likes to talk about being a world-class county, but there are things that we need versus things that would be nice to have."

If elected, he said he would work to create an internal audit function in the county.

PETER FALLON has the support of state Sen. Barbara Favola (D-31), whose campaigns for County Board he helped organize. When she was elected to the state Senate, Fallon was one of the candidates

who tried to become the Democratic candidate in the special election. He now says he was unsuccessful in that campaign because he waited too long to announce his candidacy.

"Several candidates had already gotten involved in the race several months before the vacancy occurred," said Fallon. "It takes a long time to get a campaign organized, so this time I kept my campaign finance account open and filed my required reports and kept my website up."

Fallon describes himself as a supporter of the Columbia Pike Streetcar system, although he says the project has a number of "unanswered questions." For example, Fallon said, the county needs to find outside money to fund the project so that it doesn't compete with other county programs.

Moving forward, he said, the program needs a dedicated source of funding for the operating subsidy — an ongoing need for revenue he said could be accomplished with tax-increment financing. Ultimately, Fallon said, voters should have the final say when the bond referendum is considered during an election.

"The county needs to make a better case for moving forward on this, and moving forward with this at this time," said Fallon. "A lot of people have process issues with this. They don't feel as though they are being heard, and they don't feel like the Ar-

lington Way is being used here."

If elected, Fallon says he would try to be a bridge builder between competing factions on the County Board.

CORD THOMAS wants to bring his experience as a businessman to the County Board, a perspective he says is missing from the current group of elected officials. Although the county brings more than half of its tax revenues from business, he said, nobody on the County Board has a business background. As an example, he said he would raise questions about tax-increment financing.

"It's time to bring a new perspective," said Thomas. "Nobody on the County Board really has the insight that I have."

Thomas describes himself as a "skeptic" of the streetcar system, mainly because of the lack of confidence people have in the program.

He said he's not sure it meets the economic development goals in Arlington, and he said he has concerns about the county's ability to build it responsibly.

"When a bus stop costs a million dollars, and when the operating costs for an aquatics center go from \$1 million to \$4 million overnight, I think there's a lot of concern as to whether or not we can complete these projects effectively," said Thomas.

If elected, he said he would work to make the budget document more transparent.



Residents celebrate Latin American heritage month at the Festival Latinoamericano inside Kenmore Middle School in September.



The audience claps as Carlos Gutierrez and his partner Catherine perform the tango.

PHOTOS BY
LASHAWN AVERY-SIMON
THE CONNECTION

Wakefield Boys' Basketball Suffers First Loss

Warriors gain experience during trip to Chesapeake.

BY JON ROETMAN
THE CONNECTION

After a 3-0 start, the Wakefield boys' basketball team traveled 200 miles to Chesapeake to compete in the Hornet Tip-Off Classic at Deep Creek High School on Dec. 14.

The Warriors experienced lengthy travel prior to a game, had a chance to bond and the following day watched former Wakefield star Khory Moore take on Christopher Newport University as a member of the Virginia Wesleyan men's basketball team.

Unfortunately for Wakefield, the trip also included the Warriors' first loss.

Deep Creek defeated Wakefield 64-51 on Saturday night. The teams were tied at 36-all entering the fourth quarter but the Hornets outscored the Warriors 28-15 in the fourth quarter.

"We laid an egg in the fourth quarter," Wakefield head coach Tony Bentley said.

Wakefield junior forward Dominique Tham scored a team-high 17 points and blocked five shots in defeat. Junior forward Xavier Cooper finished with 12 points and senior Re'Quan Hopson had 11.

The Warriors took away more from the trip than just a loss, however. Experiencing life on the road could come in handy if Wakefield is able to make a return trip to Richmond for the state tournament.

"The reason for the tournament (appearance) was to get my guys in travel mode," Bentley said. "... Also for a chance for us to bond."

After opening the season with a 56-51 victory over T.C. Williams on Dec. 7, Wakefield beat Anacostia (Washington, D.C.) 86-77 on Dec. 11 and Stuart 74-40 on Dec. 13. Through four games, Hopson was Wakefield's top scorer at 15 points per game, and was second in rebounding at 6.8 per contest. Tham was averaging 11.8 points, along with a team-high seven rebounds and 4.5 blocks. Cooper was also a double-figure scorer at 11.3 points per game.

Junior guard Marqua Walton was averaging 9.5 points per contest and senior

guard Jalen Carver was at 7.5 points per game.

Wakefield will host the George Long Holiday Tournament on Dec. 26-28. The tournament will consist of eight teams: Glenelg Country School (Ellicott City, Md.); Stonewall Jackson; South Lakes; Centreville; Washington-Lee; Annandale; Eastern; and Wakefield.

The Warriors will travel to face Mount Vernon at 7:45 p.m. on Friday, Dec. 20.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Wakefield junior Dominique Tham, seen earlier this season, scored 17 points against Deep Creek on Dec. 14.

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication. Photos are welcome.

HOLIDAY NEEDS

The Rosslyn BID's annual **winter clothing drive** to benefit clients of A-SPAN (Arlington Street People's Assistance Network) has started.

Look for a gift-wrapped donation box in the lobby of your building. Donate new or gently used winter coats, sweaters, sweatshirts, hats, gloves, socks and jeans. Or bring donations to the BID offices, 1911 N. Fort Myer Drive.

"Home for the Holidays" Campaign.

The Animal Welfare League of Arlington, 2650 S. Arlington Mill Drive, would like to

find homes for 100 pets during the month of December. Cats and kittens have a half-off adoption fee. \$50/cats over five months; \$75/kittens less than 5 months. The adoption fee includes a certificate for a free exam, spay or neuter surgery, vaccines and more. Visit www.awla.org for more.

HOLIDAY SPECIAL

SoberRide Program. From 10 p.m.-6 a.m., Dec. 13-Jan. 1, Washington-metropolitan area residents can call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$30 fare), safe way home. AT&T users can dial #WRAP for the same service. More information about WRAP's SoberRide initiative can be found at www.soberide.com.

CLASSES

Winter Youth Classes. Jane Franklin offers classes for children 4-7 years of age starting Jan. 15 through March 12 at 3700 S. Four Mile Run Drive. Visit www.janefranklin.com or 703-933-1111 to enroll.

Workshop Series. Jane Franklin Dance will hold a workshop Jan. 16-Feb. 27 from 11:30 a.m.-1:30 p.m. at 3700 S. Four Mile Run Drive. Open to dancers of any age or level of experience. Visit www.janefranklin.com or 703-933-1111 to enroll.

SATURDAY/DEC. 21

Evening Worship Service. 7 p.m. at Bethel United Church of Christ, 4347 Arlington Blvd. This service is planned to help people cope with the season. Free. Visit bethelucc-va.org or 703-528-0937.

MONDAY/DEC. 23

Yoga. 6:30-7:30 p.m. at Central Library,

1015 N. Quincy St. Hosted by Laughing Yoga. All abilities welcome. E-mail arlingtonlaughteryoga@yahoo.com for more.

TUESDAY/DEC. 24

Christmas Eve Services. 5 p.m. or 9 p.m. at Cherrydale United Methodist Church, 3701 Lorcom Lane. Children can participate in the Christmas Pageant during the 5 p.m. service. The 9 p.m. is a traditional candlelight service. 703-527-2621.

SATURDAY/JAN. 4

Brides Against Breast Cancer Charity Show. 1-5 p.m. at Hyatt Arlington, 1325 Wilson Blvd. Browse gowns for any budget and theme. \$5 donation for admission. Visit www.bridesagainstbreastcancer.org for more.

SUNDAY/JAN. 5

Brides Against Breast Cancer Charity Show. Noon-5 p.m. at Hyatt Arlington, 1325 Wilson Blvd. Browse gowns for any budget and theme. \$5 donation for admission. Visit www.bridesagainstbreastcancer.org for more.

MONDAY/JAN. 6

Application Deadline. Apply to Arlington County's free, eight-week Neighborhood College program and learn how to become a neighborhood advocate. For more information or an application, call 703-575-8152, email ml@arlingtonnc.info or visit www.arlingtonva.us to download an application.

THURSDAY/JAN. 9

Free Program. 7 p.m. at Central Library, 1015 N. Quincy St. The Arlington Historical Society presents "When Metro Came to Town" with Kevin Craft. 703-228-5990. For more information, visit www.arlingtonhistoricalsociety.org.

TUESDAY/JAN. 14

Meeting. 7 p.m. at Park Operations Building, 2700 S. Taylor St. Learn more about a proposal by Phoenix Bikes to building a building on Walter Reed Drive and the W&OD Trail. Visit www.phoenixbikes.org for more.

WEDNESDAY/JAN. 15

Presentation. 10 a.m. at Ernst Cultural Center on the NVCC Annandale Campus, 8333 Little River Turnpike. LLI/NOVA will host Dr. Kalahn Taylor-Clark, who will discuss the Affordable Care Act. Parking is \$2/hour. Visit www.lli.nova.org or 703-503-0600.

Application Deadline. The Alexandria Childhood Obesity Action Network is partnering with the Virginia Cooperative Extension to expand the Master Food Volunteer Program in Alexandria. Virginia Cooperative Extension is looking for applicants to become Master Food Volunteers. Volunteers help to lead Extension's many nutrition programs in the community. Training will be held in March, but applications are due Jan. 15. Contact Katie Strong at kstrong@vt.edu or 703-324-5369 or Jennifer Abel at jabel@vt.edu or 703-228-6417 for the brochure or information.

THURSDAY-SUNDAY/JAN. 16-19

Annual Citrus Fruit Sale. Arlington SEE BULLETIN BOARD, PAGE 15



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

After Herndon, Then Bishop Ireton

Washington-Lee junior Alex Seff attempts a shot during a Dec. 11 game at Herndon High School. The Generals lost, 93-61. W-L will travel to face Bishop Ireton at 6 p.m. on Thursday, Dec. 19 and will compete in the Wakefield holiday tournament Dec. 26-28.

BUSINESS

Low Enterprises and Fox Architects received NAIOP Northern Virginia's Excellence Award for Best Building Renovation Capital Improvement for the redesign and renovation of 1400 Crystal Drive, located in Crystal City.



PHOTO BY JEFF GOLDBERG/ESTO

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Award for Best Building Renovation

Low Enterprises and Fox Architects, LLC received NAIOP Northern Virginia's Excellence Award for Best Building Renovation Capital Improvement for the redesign and renovation of 1400 Crystal Drive, in Crystal City. Fox was selected to design the project by Low Enterprises, which managed the \$41 million redevelopment of the property on behalf of an investment client.

After a full interior and exterior facade demolition, the building was clad in a new curtain wall system with floor-to-ceiling glass that provides views and abundant natural light. The Class A building renovation includes lobby finishes of marble flooring with stone, metal and glass walls and the addition of a fitness facility, conference room and a rooftop terrace with expansive views of the Potomac River and Washington, D.C. An elevator modernization was completed along with upgrades to common areas, and the HVAC system was converted to an

efficient chilled-water dedicated outdoor air system. The building recently attained LEED Gold certification in recognition of its improvements in sustainable design and programs.

The building is located within walking distance of the Crystal City Metrorail station, Virginia Railway Express, and Reagan National Airport.

Low Enterprises acquired the property on behalf of an investment client in early 2008, and serves as property and development manager for 1400 Crystal Drive, as well as the adjacent Jefferson Plaza office building at 1401 South Clark Street.

Whiting-Turner Contracting Company was the General Contractor for the redevelopment of the building. Lincoln Property Company is the listing broker for 1400 Crystal and joined Low Enterprises in recently welcoming the building's first full floor tenant, Decisive Analytics Corporation.

Shooshan Selected as Outstanding Philanthropist

John G. Shooshan has been named Outstanding Philanthropist by the Washington, D.C. Metro Area Chapter of the Association of Fundraising Professionals. He was nominated by Volunteers of America Chesapeake and the Arlington Community Foundation for the work he does on behalf of the homeless population in Arlington.



John G. Shooshan with his daughter-in-law, Jackie Shooshan.

In 2012, Shooshan established the 100 Homes Campaign Fund with a contribution of \$500,000 after successfully negotiating with Arlington officials to reach an agreement that the county would match it. In 2009, he contributed \$100,000 to establish the Emergency Needs-Homelessness Prevention Fund at the Arlington Community Foundation to provide rent, food and services to those that are homeless or at risk of be-

coming homeless in Arlington. In the last five years, Shooshan has given more than \$2.4 million to charity.

In addition to his efforts in community-based philanthropy, Shooshan is the acting chairman of The Shooshan Company, a real estate development firm based in Arlington.

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Backwards Thinking



By KENNETH B. LOURIE

Considering that I've been cancer-centric now for nearly five years, one would have thought I might have learned and totally embraced an alternative concept: forward living – and less thinking about past causes and their possible current effects. Certainly cancer causes physical manifestations and symptoms that are diagnosable and indicative of trouble. But it's the unseen effects that in some cases cause as many difficulties. What I am referring to is the mental and emotional toll a terminal diagnosis and short term prognosis can have on the patient's perspective on life and living, and what's presumptively thought to be left of it.

And in my experience now as a comparatively long-term survivor – five years come February 27, of stage IV, non-small cell lung cancer (NSCLC), backwards thinking, as in why me, as in woe is me, has generally not been characteristic of my daily grind. Sure, I've made changes to my pre-cancer Kenny regimen of poor diet and above-average stress, and have regularly compared and contrasted my past with my present/future. However, much of this has been ongoing. I've never felt as if I've dwelled on any of it. Focused maybe, but not so much as a negative, more as a positive, as in changes which needed to be made – or else. Moreover, to learn the error of my ways and try to parlay any new found knowledge into a future that initially, according to my oncologist's original prognosis: "13 months to two years", was hardly guaranteed.

In spite of it all, I have lived – and learned and accepted that my new reality is somewhat different than it once was: somewhere between tenuous and temporary. Still, thinking about the past can only do so much good when contemplating a future that has been snatched away somewhat (somewhat? quite, actually) unexpectedly at 54 and one half. If I want to have a future, thinking and living as if I have one is more agreeable and more rewarding – and much less stressful than thinking I don't. And constantly reviewing, assessing, and connecting with the horse on which I rode in, as informative as it may be in helping to understand and appreciate the medical predicament in which I find myself so immersed, might actually be causing more harm – emotionally, than I'm willing to admit. I can't change the past, so living with it on a daily basis when I have a present and a future to consider might be shackling me in some emotional way that is preventing me from maintaining the positive and optimistic attitude so crucial in defending myself against the insidious disease inside my lungs.

Not that I'm suggesting that I can talk/think these malignant tumors ("metastatic to the lung") to cease and desist, but spending mental time on what has already occurred, instead of what possibly could be, seems counterproductive, maybe even harmful. Trouble has already found me; I don't need to encourage it. And after all these years, I should know better. I do know better. Nevertheless, as the content of this column clearly indicates, I am still under siege. I am still trying to balance the challenges of living with a future while being mindful of a past and understanding that some emotions I can't control. Cancer is funny like that, but it's no laughing matter. Even so, I did think the subject was fodder for a column – or maybe I'm just indulging myself at your expense. If it's the latter more so than the former, I appreciate your patience. I probably need it.

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

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 NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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 Luong Family, Inc trading as Shell, 5630 Lee Hwy, Arlington, VA 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off premises license to sell or manufacture alcoholic beverages.
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BULLETIN BOARD

FROM PAGE 12

Host Lions will hold its annual Citrus "Sweet" Fruit sale at the Wells Fargo Bank parking lot at the corner of Lee Highway and North Glebe Road. The Lions will be selling pink/white grapefruit; Navel oranges; Honey Bells; tangelos; Hamlin juice oranges; and tangerines. They will also be selling honey maple syrup, pecans, cashews, mixed nuts and Virginia peanuts. The proceeds from the sale benefit community non-profits supported by the Lions Club. For more information go to www.arlingtonhostlions.org or contact Liz Schindler at 703-598-8266.

DEADLINE FEB. 14

Nomination. The Bill Thomas Outstanding Park Service Award is calling for nominations. Nominate someone who is dedicated to park services and improving the community. This award is to pay tribute to park volunteers and encourage residents who demonstrate commitment and support for the parks programs, natural resources and public open spaces. Read more about the award at www.arlingtonva.us/departments/ParksRecreation/scripts/parks/BillThomasAward.aspx.

MONDAY/MARCH 3

Application Deadline. The online application for the Military Officers Association of America Educational Assistance Programs for the 2014-2015 school year is now available online at <https://scholarship.moaa.org/login.aspx>. Students can apply for the interest-free loans and grants, which are awarded annually for up to five years of undergraduate study (or until a student graduates.)

Applicants must be graduating high school seniors or full-time college students working toward their first undergraduate degree. Students may apply online at www.moaa.org/education. The application deadline is Monday, March 3 at noon. Visit www.moaa.org/scholarshipfund or e-mail edassist@MOAA.org.

RACE INFORMATION

Registration Now Open. Register for April's 5K Fridays race series. They are professionally-timed and start at 6:30 p.m. at the Courtyard, 2121 Crystal Drive. \$20/race or \$60/series. Visit runpacers.com or 703-412-9430.

GRANTS

Friends of the Planetarium has recently established a new **Grants for Teachers** program. They have offered APS a total of eight grants, up to \$500 each, available this calendar year (2013), for teacher training in STEM (science, technology, engineering, and mathematics) education. Interested APS teachers should contact Dr. Dat Le for an application for the Friends of the Planetarium Grants for Teachers. The Friends established the Planetarium Teacher Institute in May 2013, and the first offering will be Introduction to the Planetarium for Teachers. The focus will be on middle school grades in the morning, and high school in the afternoon. Components will include a tour of the planetarium, a demonstration of the system and viewing of a full dome program, discussion of uses of the planetarium for the classroom and information about planetarium resources for teachers. The first class is scheduled for November 2013. Visit www.friendsoftheplanetarium.org.

ONGOING

Virginia Hospital Center is offering **flu shots and Tdap vaccines** through its Outpatient Pharmacy. Visit the Outpatient Pharmacy Monday-Friday, 8 a.m.-5:30 p.m. to receive the vaccinations. No appointment is necessary. The Outpatient Pharmacy is located on the first floor of 1701 N. George Mason Drive. All credit cards are accepted, most insurance plans are accepted, and direct insurance billing is provided. Flu shots cost \$30 without insurance; Tdap vaccines cost \$65 without insurance. Walk-ins welcome. Visit www.virginiahospitalcenter.com. Free **mall walking program** for seniors will be held Tuesdays and Thursdays from 8:30-9:30 a.m. at Ballston Common Mall, 4238 Wilson Blvd. Participants walk at their own pace. There will be a group stretch and cool down led by Virginia Hospital Center staff. 703-558-6859.

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. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

Arlington's Emergency Winter Shelter will remain open through March 31. This is the final year that the County plans to operate this shelter before replacing it with a Homeless Services Center, scheduled to open in the fall of 2014.

The Friends of the Planetarium has launched its 2013-2014 **membership drive**. Past membership donations have saved the Planetarium from extinction, and are needed to continue the preservation of Arlington's grassroots, community-supported source of all things science. Several levels of membership are available. Membership dues allow the purchase of new digital programming for community shows, sponsor planetarium training sessions for Arlington Public School teachers, assist with upgrades to the Planetarium facility, and support the David M. Brown scholarship for Arlington students. Members receive reduced admission fees for Friends-sponsored events and 100 percent tax deduction of membership dues. Visit <http://friendsoftheplanetarium.org/become-a-friend/>.

Join the **Arlington Commission on Aging**. The commission advises the County Board on aging issues and advocates to ensure that the needs of Arlington's older adults are included in all county planning and activities. Commission members are appointed by the County Board and must live or work in Arlington. For more information or an application, contact the Agency on Aging at (703) 228-1700, TTY (703) 228-1788, or e-mail Arlaaa@arlingtonva.us.

Pentagon Toastmasters meet Tuesdays from 5:30-6:45 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin Donuts. Toastmasters is an international organization that helps people speak, think, lead and listen better. Contact Carl Sabath at carl.e.sabath.civ@mail.mil or 703-695-2804 or Bert Romero at jose.h.romero6.ctr@mail.mil or 703-695-3443.

Improve speaking and leadership skills by attending **Helmsmen Toastmasters** on Thursdays from 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.

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.

Meditation and Buddhism Introductory Class. Every Tuesday at 7:30-8:30 p.m. Cost \$10. "How to Solve Our Human Problems: The Four Noble Truths." In this series, learn how to identify and solve real problems, and how to develop a peaceful, happy mind even in the face of difficult situations. Class includes teaching, guided meditation, and Q&A. Located at Vajrayogini Buddhist Center, Arlington Branch Location—First Presbyterian Church of Arlington 601 N. Vermont St. 202-986-2257 or www.meditation-dc.org.

AHC Inc.'s annual Back-2-School Drive is now underway. This year's drive aims to ensure 350 to 400 children start school well prepared. It costs AHC \$18 for a fully loaded backpack. Helping with the cost of a back-to-school bundle will help a child get off to a good start in September with the supplies they need. Visit www.ahcinc.org.

PFLAG of Arlington. Second Sunday at 3 p.m. PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets on the second Sunday of each month, at the Unitarian Universalist Church at George Mason Drive and Route 50. Contact aly.pflagdc@gmail.com.

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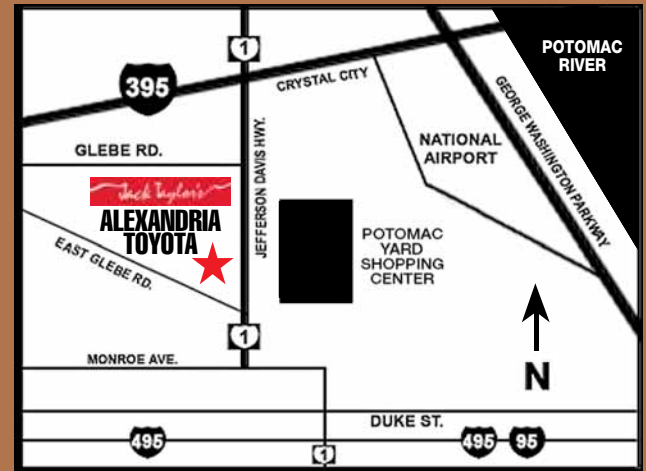
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