

WELLBEING  
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# The Arlington Connection

Del. Alfonso Lopez  
shares the book "Don't  
Let the Pigeon Drive the  
Bus" by Mo Willems with  
the children in the Read-  
ing Connection Read-  
Aloud program at Colum-  
bia Grove on Nov. 24.

## A Read-Aloud

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Handling Family Dynamics  
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Straight Appearance at States

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Knows Your Name

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**“Drosselmayer Winds Up The Dolls:” Darren Marquardt (Drosselmayer), Emma Wagner (Harlequinette Doll) and Maggie Snow (Princess Doll)**



**At the party, the parents dance.**

## ‘The Nutcracker’ In Rehearsal

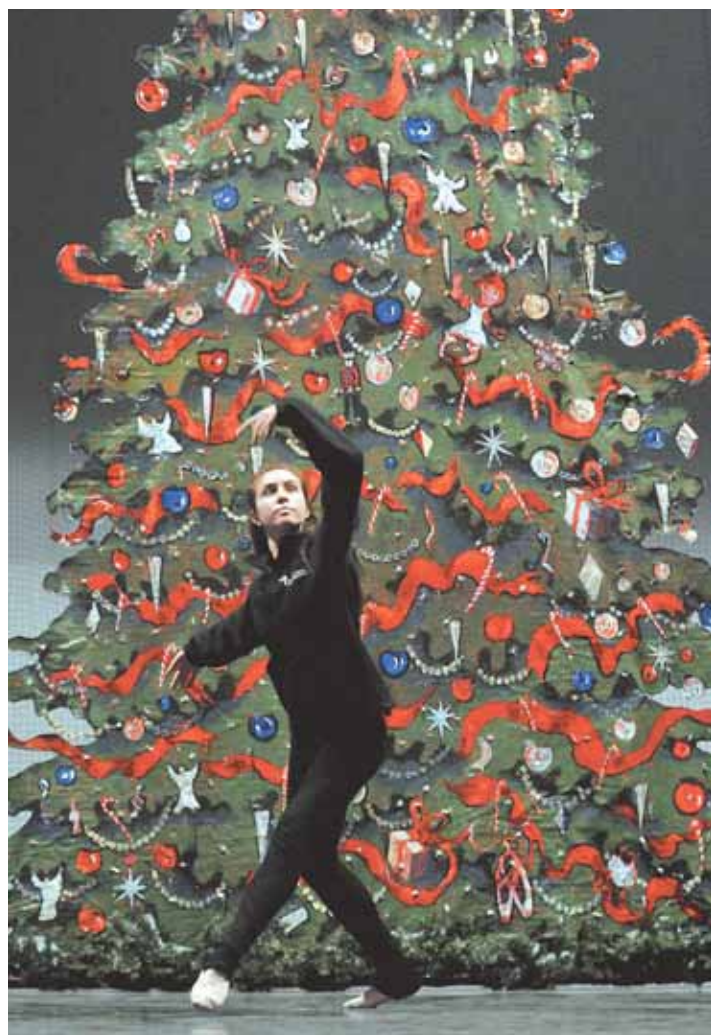
**D**ancers were a-flutter on stage as fairies, soldiers, dancing princesses, mice, princes and the rest of the cast of “The Nutcracker” prepared for the upcoming BalletNova holiday show. The full-length production includes dancers of all ages. Performances start this Thursday at the Thomas Jefferson Community Theatre at 125 S. Old Glebe Road in Arlington.

Showtime’s are Thursday, Dec. 4 at 7:30 p.m. and Friday, Dec. 5 at 7:30 p.m., Saturday, Dec. 6 at 1 p.m. and 5 p.m. and Sunday, Dec. 7 at 1 p.m. and 5 p.m. Contact the studio to purchase tickets at 703-778-3008 or email [info@BalletNova.org](mailto:info@BalletNova.org).



**“Drosselmayer Winds Up Soldier Doll:” Darren Marquardt (Drosselmayer), and Annie Ogren (Soldier Doll).**

PHOTOS BY  
LOUISE KRAFFT/  
THE CONNECTION



**Alexa Mengenhuser (Clara) dances at the party.**



**Emma Wagner (Harlequinette Doll) and Maggie Snow (Princess Doll) come to life.**



**Executive Director of BalletNova Center for Dance Caroline Frankil Warren works through the choreography with the fairies during the Nutcracker rehearsal on Sunday afternoon.**



**“Clara and Her Friends:” Grace Cogley, Alexa Mengenhuser (Clara), Sabrina Akin, and Willa Frantz.**



# Where Everybody Knows Your Name

## Arlington Small Business Saturday promotes local entrepreneurs.

BY VERNON MILES  
THE CONNECTION

For many small businesses, making their way in the world today takes everything they've got. Heidi Drake, founder of the local business Happy Doh Lucky that creates homemade play dough for children, says that starting a company can be an incredibly lonely experience. But for local business owners like Drake, events like "Small Business Saturday" on Nov. 29 can be a huge boost to sales and morale.

"I love networking with other small businesses, you don't feel alone out there," said Drake. "It can be the smallest event in the world, and I'll still make a connection that makes the business grow."

With a population of 225,000, Arlington is the second largest county in the Washington D.C. metropolitan area. Small Business Saturday is a nationwide shopping holiday started in 2010 alongside Black Friday and Cyber Monday, which tries to assist local entrepreneurs who can become overwhelmed in a weekend mostly devoted to larger retail industries. Arlington Small Business Day was started in 2012 by Shana Lawlor, founder of Alainn Exporting, to help small businesses cross-promote each other. Since 2013, more than 170 businesses have become involved with the program.

"Sixty cents of every dollar you spend at a small business stays in the community," said Lawlor. "When you shop at a small business, you're not only supporting your community, but your friends and neighbors. If you live here in Arlington, why not shop here? They got into business here for a reason, they love what they do and they want that connection with their community."

This year's small business day featured a bazaar on Columbia Pike where Arlington small businesses, many of which are online stores, had a chance to physically showcase their products.

"Some people are hesitant to buy things when they haven't seen them, that's the benefit of being able to do events like this," said Molly Duffy, founder of Molly's Closet, a small business that sells new or slightly



Volunteers with Wakefield High School promote Small Business Day.

used children's clothes and accessories. "I'm a homebody, I've got children and it's so much easier to sell online so I can be with my children."

This year, one of the main features of Small Business Saturday was a smartphone application created by Lawlor called YOPP, a social networking app that allows the user to see what small businesses are in their area, to check out discounts, and to leave reviews. The app draws its name from the Dr. Seuss story "Horton Hears a Who!", where citizens of a city on a speck of dust are finally able to make enough noise to be noticed by the world. The idea of YOPP is to give a similar voice to small businesses that can become overwhelmed in a weekend that heavily favors larger retail outlets.

Arlington Small Business Day also got some help from more established businesses in the area. Red Rocks, a pizzeria with four locations in the D.C. area, provided hot chocolate for the event and advertised it online.

"We want to make a name for ourselves as a neighborhood restaurant," said Sarah Lakey, representing the pizzeria. "We do that through community outreach."

"When a bigger business gets involved, they have a following in their social media a lot of smaller businesses don't have," said Lawlor. "It's important for companies like Red Rocks and people established in the

community to get involved. [The companies] have to be tiny business to participate."

Outside the bazaar, Emma Burd and other students from Wakefield High School gave out hot chocolate to raise money for their school and to help promote the event.

"This is a great way for small businesses to reach out into the community and get their name out there," said Burd, 2016 class president at Wakefield.

Burd is helping to plan the school's bazaar on Dec. 13 and was informed Wednesday, Nov. 26, that she'd be able to fundraise at Small Business Saturday. Since most of her team was away for Thanksgiving break, Burd said she and some of her classmates stayed up until four in the morning the night before making crafts and decorations for their Small Business Saturday fundraising event. Burd says she's learned a lot from seeing how small businesses operate.

"I've learned that you need to be patient," said Burd. "We started out slow and I was nervous, but then people started coming [to the event] and it was a nice boost of confidence. Patience is key."

Shana Lawlor's sister, Erin Lawlor, said that there's a restaurant in Arlington where she and her family eat regularly. They walk in and immediately recognize people around them. She said it's a positive feeling and one she hopes more people in Arlington can experience. "Arlington is big, but there are tons of little neighborhoods all over the place," said Erin Lawlor. "People want to live and play in those neighborhoods and they want to feel a sense of community. It doesn't matter if it's a big town or a little town, you create a neighborhood around you where there's small businesses, where you can walk in. It's like Cheers. It's a home. People want that."

## A Read-Aloud with Delegate Lopez

The children gathered around on the floor of the community room at Columbia Grove for a Thanksgiving story on Monday, Nov. 24. State Del. Alfonso Lopez opened Eve Bunting's book, "A Turkey for Thanksgiving," and began the tale. Mr. Moose is trying to find a turkey to bring home for Thanksgiving dinner. As the story of the turkey came to an end, Lopez selected one of his favorite children's books to read — "Don't Let the Pigeon Drive the Bus" by Mo Willems.

The Read-Aloud program is one of the Reading Connection outreach programs in Arlington.

Volunteers visit 12 sites in the county on a weekly basis to read aloud to at-risk children, work on a craft-related project and help the children select a book to take home.

The Reading Connection has been chosen as one of the recipients of the 2014 James B. Hunter Human Rights Awards. Barbara Amaya, Stephen Fowler, the Animal Welfare League of Arlington and Doorways for Women and Families were also chosen to receive the 2014 awards. A public awards ceremony will be held



Del. Alfonso Lopez shares the book "Don't Let the Pigeon Drive the Bus" by Mo Willems with the children in the Reading Connection Read-Aloud program at Columbia Grove on Nov. 24.

on Dec. 11 from 7-9 p.m. in the Arlington County Board Room on the 3<sup>rd</sup> floor of 2100 Clarendon Blvd. in Arlington.



# Health Initiative Focuses on Veterans

Teaching health-care providers to ask about patients' military backgrounds.

BY ASHLEY CLAIRE SIMPSON  
THE CONNECTION

Chamberlain College of Nursing in Arlington co-sponsored a veteran's health awareness campaign last month, shedding light on health issues that more prominently affect veterans than the average civilian. The American Academy of Nursing established the initiative, "Have You Ever Served in the Military?" so that all healthcare providers know to ask about their patients' military backgrounds when assessing overall health.

The American Academy of Nursing has been promoting "Have You Ever Served in the Military?" since its official start on Labor Day 2013. Today, it exists in Alabama, California, Connecticut, Florida, Illinois, New Jersey, Ohio, Texas, Virginia and Washington. It was created in response to First Lady Michelle Obama's and Jill Biden's Joining Forces program, which helps the private and public sectors provide adequate services to the nation's soldiers and veterans, as well as their families.

Chamberlain College of Nursing, which began its nursing education programs in 1889, is one the initiative's official co-sponsors. Chamberlain offers nursing degrees ranging from Bachelor of Science in Nursing to Doctor of Nursing Practice to more than 20,000 students nationwide. Dr. Trish Hughes, the president of Chamberlain's Arlington Campus, said the initiative is an

especially important cause in the Washington D.C.-metropolitan area.

"I am not sure what percent of Chamberlain's total enrollment are military or veterans," Hughes said. "However, at my campus in Arlington, approximately 16 percent of our student population is military, veteran or their family members."

Hughes herself is a veteran, having served as an Army nurse in Korea, so knows firsthand the importance of this cause. She said it is imperative for healthcare providers to consider military backgrounds when seeing patients. Making this questioning a part of everyday medical practice starts at institutions like Chamberlain, which establish important habits in the nurses of the future.

"The initiative aims to change the way nurses and other healthcare providers obtain vital information that will help improve the health care provided to our veterans and their families," Hughes said. "Chamberlain College of Nursing is a co-sponsor of the initiative and educates our students about the role they serve on the front lines of healthcare when it comes to identifying possible health factors or illnesses related to military service. As president of the Arlington campus, my role is to ensure that students are learning to ask the question, 'have you or someone close to you ever served in the military,' and that faculty are including content about military-related occupational illnesses and exposures."

With the help of sponsors like Chamberlain, Hughes added that the American Academy of Nursing recently announced that it will soon be able to launch the campaign nationwide.

Hughes mentioned a number of afflictions and diseases that veterans are prone to encounter.

"Prostate cancer, Type 2 diabetes, viral hepatitis and ischemic heart disease are just a few of the many diseases more common



Dr. Trish Hughes

"Prostate cancer, Type 2 diabetes, viral hepatitis and ischemic heart disease are just a few of the many diseases more common among military veterans,"

— Dr. Trish Hughes

Hughes said. "An example of unique risks include the high risk for respiratory illnesses and a variety of cancers for veterans exposed to open burn pits in Iraq and Afghanistan. These veterans also are at risk for infectious diseases such as malaria, leishmaniasis and tuberculosis."

Last month, Chamberlain displayed posters and handed out cards printed with the appropriate information for veteran students to communicate with their practitioners.

"At my campus, we always recognize and honor the students and colleagues who are veterans," Hughes said. "We create a poster that communicates our thanks for their service."

We give veterans something to identify them as a veteran; this year, we had a flag lapel pin for them. This year, we also provided our students with the Have You Served? pocket cards. And no celebration

would be complete without food, so we provided snacks."

One veteran at Chamberlain College of Nursing's Arlington campus said he can attest firsthand how soldiers' medical needs are different from other patients. Reivan Buenaobra, who has been a Chamberlain student since last September, said he is taking a break from the Air Force to go to nursing school and plans to return as an Air Force hospital nurse as soon as he gets his Bachelor of Science in Nursing.

Buenaobra was an Air Force first responder and he said it was his experience with military nurses that inspired him to go to school full-time for three years so he could help others in the same capacity. He said it is extremely important that healthcare providers are able to identify veterans in order to diagnose patients efficiently.

"There are things that military are members are exposed to that are different from any other given person," Buenaobra said. "There are things that military service members have to do to be compliant for the military. We have to maintain a certain level of physical fitness. We shoot guns and people are exposed to loud noises over the course of years. There are so many things that could lead to serious health conditions, and health care providers should know what they are."

Buenaobra, who will graduate in 2016, is proud to be a part of a school that sponsors the Have You Ever Served? initiative. He said he is also proud to be joining such an inspirational group of healthcare providers upon his graduation.

"The nurses I worked with in Afghanistan very much inspired me to do what I'm doing," Buenaobra said. "In my line of work, I saw how flight nurses worked together to keep people alive and safe. They do everything they can to save every person. It was so inspirational to me."

## Saints Participate in United Cerebral Palsy Design-a-thon



Michelle Bendit, a senior majoring in interior design at Marymount University, demonstrates a tool she helped design that ensures privacy in public restrooms. Her team came up with the idea at the United Cerebral Palsy 2014 Enabled by Design-a-thon.

Michelle Bendit had no idea what Cerebral Palsy was like until the Marymount University senior put on a thick pair of gloves and tried to remove a pencil from a bag. That exercise inspired her to help develop a tool that ensures privacy in public restrooms with hard-to-latch doors.

Interior Design Adjunct Professor Susan Hergenrather watched a video of a young man with autism who said the phrase "it's raining cats and dogs" makes him think cats and dogs are literally falling from the sky. That led to the creation of an app that helps autistic people interpret idioms.

Both innovations won awards for the teams that created them at the United Cerebral Palsy 2014 Enabled by Design-a-thon held at Martin Luther King, Jr. Library and Google Washington, D.C. from Nov. 5-7. The event brought together designers, technologists, engineers, students, people with dis-

abilities and service professionals to share ideas and create accessible products and technology to solve everyday problems.

Hergenrather's team was the overall winner and received Google Chrome laptops. Bendit's team was runner-up and earned memberships and workshops at Arlington's Tech Shop. MU student Jessica Denson's team came in third for designing a clip bracelet that provides stability on a low-dexterity hand. They won Google Chromecasts.

Other Marymount participants in the two-day design workshop included Associate Professor of Interior Design Robin Wagner and students Jessica Villeda, Chelsea Hendrix, Hieu Truong, Erika McGee and Heather Furman. Thirty MU students attended the event's opening night activities at Martin Luther King Jr. Library that featured talks by industry experts and networking opportunities.



The team from Marymount University at the United Cerebral Palsy 2014 Enabled by Design-a-thon.

PHOTOS CONTRIBUTED





Arlington Housing Corporation's proposed affordable housing project has been deferred for up to one year.

## Board Defers Apartment Demolition

An application to the Arlington County Board to demolish the existing Key Boulevard Apartments and construct a new affordable housing project has been deferred. The applicant, the Arlington Housing Corporation (AHC Inc.), asked for a deferral of up to one year and staff agreed with this request. Some residents were hoping for a full rejection of the application.

"Denial is the proper thing, not a deferral," said Terri Prell, a Rosslyn resident. "To ask us to spend

another year on this is not fair."

The deferral was passed unanimously. Jay Fisette, County Board chair, suggested the application not return without significant overhauls and community support.

"Affordable housing is critical to our community, but not at all costs," said Walter Tejada, Arlington Board Member. "We have to be careful in how we go about it."

— VERNON MILES



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# OPINION

## Be Part of Children's Connection 2014

Annual edition showcases youth art and writing.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

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

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

We welcome student's original ideas. Here

are some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity.

These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

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

❖ Your opinion (50 to 100 words) about news, traffic, sports, restaurants, video games, toys, trends, politics, etc.

EDITORIAL

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

We welcome contributions from public and private schools, individuals and homeschoolers.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Email submissions for the Children's Connection to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com). To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 10. The Children's Connection will publish the week of Dec. 27, 2014.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### LETTER TO THE EDITOR

## Bravo for Opera NOVA

To the Editor:

I was an attendee and volunteer at Opera NOVA's production of Mozart's "The Magic Flute," as described in the article in The Connection: "A New Audience for a Beloved Tale," a Nov. 19 article by Amber Healy. While the Saturday audience was composed of many school-age children, as Healy described, the opera singers and the eight-piece orchestra also had the pleasure to perform for our elderly and disabled community, such as

members of the Armed Forces Retirement Home, on Nov. 22. Students of the Lutheran College Washington Semester, of which I am a part of, helped usher people to their seats, pass out programs, and provide refreshments to contribute to the friendly, lighthearted atmosphere carefully cultivated by Miriam Miller, the long-tenured president of Opera NOVA.

Once the performance began, the entire audience was captivated. The clever use of props (the 12-foot-long dragon was an instant hit), the Queen of the Night's strong soprano voice (played by Callie Wohletz), and Papageno's

(played by Alex Albuquerque) silly antics helped condense a three-hour performance into an hour of fun for people of all ages and a superb primer for those first exploring opera. Opera NOVA spared no effort in its recruitment of extremely talented artists, and clearly adds to Arlington's designation as "a world-class residential, business, and tourist location" by the Coalition for Smarter Growth. I recommend to all who are interested to attend their productions.

Sean E. Waxman  
Arlington

## On Fracking

BY RIP SULLIVAN  
STATE DELEGATE (D-48)

The U.S. Forest Service has reversed course and paved the way for hydraulic fracturing, or fracking, in the George Washington Forest.

The George Washington Forest is a national treasure and a favorite place for many 48th district residents. It's something we must protect.

In addition to impacting the scenic beauty of the forest, hydraulic fracturing poses a great risk to local streams and the water supply. While I understand that some additional precautions will be implemented, the fact remains that when we inject known toxins and carcinogens into the Earth, there are bound to be some hazardous environmental consequences. I am not prepared to accept these consequences.

I have begun exploring ways through the legislative process by which we can ensure no fracking takes place in the George Washington Forest, and look forward to attacking this problem head-on in the upcoming session of the Virginia General Assembly. I will also continue to stay in touch with the Governor's office and the US Interior Department to do all I can to preserve the integrity of one of our Commonwealth's most prized possessions- the George Washington National Forest.

The 48th House of Delegates District is composed of parts of Arlington and McLean.



The  
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Connection

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## PEOPLE



PHOTO CONTRIBUTED

### A Long Way From Home

While on a fall adventure trip to Iceland, Arlingtonians Jeanne and Gary LaBella stumbled onto an accomplished Iceland chef with a local connection. Jon K.B. Sigfusson is master chef for Fridheimar in Iceland's countryside and is an early-'70s graduate of Washington-Lee High School. He told the LaBellas that his cooking inspiration "came from his W-L home economics class taught by Mrs. Anderson." Fridheimar is a greenhouse that grows tomatoes under artificial lighting for Iceland, even during the country's darkest hours, and Sigfusson prepares many tomato-inspired products sold through its "Pantry." On the day the LaBellas visited, he made a tomato-mango gazpacho.

### PEOPLE NOTES

To have engagements, weddings, obituaries, or other significant personal events listed in *The Arlington Connection*, e-mail [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is noon the Thursday before publication. Photos are welcome.

The Washington Bach Consort announced that **Dr. J. Reilly Lewis**, founder and music director, was awarded an honorary doctorate degree from the Virginia Theological Seminary.

Arlington resident **Sophia Varn** received a Canine Companions assistance dog from Canine Companions for Independence, a national non-profit organization.

For his role with president and CEO of the Foundation for Advancing Alcohol Responsibility and other career accom-

plishments, **Ralph Blackman** is the recipient of the 2014 University of Illinois Alumni Achievement Award. The Arlington-based nonprofit was created in 1991 by the distilled spirits industry to reduce drunk driving and underage drinking. Since then, its efforts have helped decrease alcohol-impaired driving fatalities by 32 percent. Prior to joining AAR, Blackman served as the associate director of the White House Conference on Small Business during the Reagan administration, and as the assistant administrator for private enterprise within the U.S. Agency for International Development during the George H.W. Bush presidency. In addition, Blackman founded Public Access Inc., a Washington, D.C., corporate-relations firm that provided assistance to clients interested in business ventures abroad. Blackman earned a master's degree in public administration from the University of Illinois' College of Public Affairs and Administration in 1976.

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# ENTERTAINMENT

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

## ONGOING

**“Sex with Strangers.”** At Signature Theatre, 4200 Campbell Ave., Shirlington. The play by Laura Eason runs through Sunday, Dec. 7. Tickets go on sale July 1 and performances are Tuesday-Sunday evenings with matinees on Saturdays and Sundays. \$40 and up. Visit [www.signature-theatre.org](http://www.signature-theatre.org) for more.

**Fall SOLOS.** Through Saturday, Dec. 20, artists from across the Mid-Atlantic region are selected for solo exhibitions to take place in one of AAC’s seven separate gallery spaces, or outside on the grounds. Visit [www.arlingtonartscenter.org/solos/](http://www.arlingtonartscenter.org/solos/) apply for more.

**Art Exhibit.** Runs through Jan. 5. at Cherrydale Branch Library, 2190 Military Road. “We Are Arlington,” an exhibit of vintage photographs and memorabilia. Monday-Thursday, 10 a.m.-9 p.m. Tuesday-Wednesday, 1-9 p.m. Friday-Saturday, 10 a.m.-5p.m. Call 703-228-6330 for more.

**Family and Teen Skate Nights.** Through March 28 at The Thomas Jefferson Community Center, 300 N. Park Drive. The evenings start with Family Skating from 6:30-9 p.m. and close with Teen Nights from 9-10:45 p.m., for middle and high school students. \$2 per person/\$3 skate rental. Visit [parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson](http://parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson) for more.

**LGBT & Straight Friends Social.** Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey’s “Bar A” Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit [www.iotaclubandcafe.com/](http://www.iotaclubandcafe.com/) for more information.

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

**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](http://registration.arlingtonva.us). Free, no registration required.

**Comedy.** Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit [www.comedyindc.com](http://www.comedyindc.com) or 703-294-LAFF.

**Comedy.** Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz (“clean”) and at 10 p.m. on Friday and Saturday is the Blue Show (“adult”), both at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit [www.comedyindc.com](http://www.comedyindc.com) or 703-294-LAFF.

**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](http://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. Featured musicians perform from 9:30-10 p.m. Visit [www.iotaclubandcafe.com](http://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](http://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](http://www.whitlows.com) or call 703-276-9693.

**Storytime.** Mondays and Fridays, 10:30-11:00 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 South Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

**Family Nights.** 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

## CAMPS, CLASSES & WORKSHOPS

Class registration is now open at **Arlington Arts Center**, 3550 Wilson Blvd. This fall Arlington Arts Center is offering after school classes for children, weekend sessions for teens and evening classes for adults — not to mention special workshops like Day of the Dead, Art’s Cool! Art School and Gift Mania. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

♦ **Ages 4-6:** Saturday/Dec. 13: Gift Mania — weekend workshop

♦ **Ages 7-10:** Saturday/Dec. 13: Gift Mania — weekend workshop

♦ **Ages 11-14:** Saturday/Dec. 13: Gift Mania — weekend workshop

♦ **Ages 18 and Older:** Thursday/Dec. 4: Golden Acrylics Lecture & Demo (free, RSVP required)

## WEDNESDAY/DEC. 3

**Author Talk.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Journalist Sarah Wildman will share from her biography “Paper Love: Searching for the Girl My Grandfather Left Behind,” an exploration into family identity, myth and memory. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## THURSDAY/DEC. 4

**Paint Lecture.** 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Enjoy a lecture covering paint formulations, gels, pastes, grounds, color mixing and application techniques. Call 703-248-6800 for more.

**Young Adult Author Panel.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Participating authors include: Joy Hensley, Sara Raasch, Kristen Lippert-Martin and Brigid Kemmerer. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## WEDNESDAY/DEC. 3-SUNDAY/JAN. 4

**Gothic Adaption of Beauty and the Beast.** Through Jan. 4, 2015; Wednesday-Saturday 8 p.m., Sunday 2 p.m., excluding Christmas Eve, Christmas Day, New Year’s Eve and



CONNECTION FILE PHOTOS

**The Beltway Brass perform at the 2012 Rosslyn lighting ceremony.**

## Rosslyn Holiday Market

Join us for the Second Annual Holiday Market Friday-Saturday, Dec. 5-6, 10 a.m.-6 p.m. at 1500 Wilson Blvd., Rosslyn. Vendors will be offering a variety of gifts. The Rosslyn Holiday Market will be a one-stop shop for holiday needs. At the close of Friday’s market there will be a small ceremony for the lighting up of Rosslyn properties and skyline. Beltway Brass will perform from 4:30-5:30 p.m. and at 5:45 Rosslyn’s rooftops will light up. Visit [www.rosslynva.org/do/rosslyn-holiday-market](http://www.rosslynva.org/do/rosslyn-holiday-market) for more.



**Peter Greenwald, Rosslyn BID Executive Director Cecilia Cassidy, Jose Ortiz, Kathleen Sibert and Mary Hynes, chair, Arlington County Board, flick a switch to light up Rosslyn on Dec. 6, 2012.**

New Year’s Day. Synetic Theater, 1800 South Bell Street, Arlington. Based on the classic fairytale. Tickets: \$35 and up. Student tickets start at \$20. Senior citizens and military receive \$5 off. Group discounts are available. Visit [www.synetictheater.org](http://www.synetictheater.org) for more.

## THURSDAY-SUNDAY/DEC. 4-7

**Annual Sweet Fruit Sale.** The Arlington Lions will host their annual sale at the Wells Fargo Bank parking lot at the corner of Lee Highway and North Glebe Road. The Lions will be selling grapefruit, navel oranges and more. Call 703-598-8266 or visit [www.arlingtonhostlions.org](http://www.arlingtonhostlions.org) for more. **BalletNova’s The Nutcracker.** 7:30 p.m. at Thomas Jefferson Community Theater, 125 South Old Glebe Road. BalletNova Center for Dance will perform. Visit [www.BalletNova.org](http://www.BalletNova.org) for more.

## FRIDAY-SATURDAY/DEC. 5-6

**Rosslyn Holiday Market.** 10 a.m. - 6 p.m. at 1500 Wilson Blvd. Vendors will be offering a variety of shopping and gift options. Visit [www.rosslynva.org/do/rosslyn](http://www.rosslynva.org/do/rosslyn)

holiday-market for more.

**Tom Green Live.** 7:30 p.m. at Arlington Cinema and Drafthouse, 2903 Columbia Pike, Arlington. Comedian Tom Green, popular for his hit MTV comedy series “The Tom Green Show,” will be performing. Tickets are \$25. Visit [ArlingtonDrafthouse.com](http://ArlingtonDrafthouse.com) for more.

## FRIDAY/DEC. 5

**Senior Art Exhibit.** 5-7:30 p.m. at Reinsch Library at Marymount University, 2807 North Glebe Road. A variety of media will be on display from six senior art majors, including handmade books, prints, mixed media drawings and paintings. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery) for more.

**Miracle on 23rd.** 6-9 p.m. at Linden Resources, 750 23rd S. St. Kick off the holiday season with a festive tree lighting, a visit from Santa Claus and holiday themed musical performances. Call 703-521-4441 or visit [www.Linden.org](http://www.Linden.org) for more.

**Wine Tasting.** 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. The store will host wine and chocolate tasting with selections that are perfect for the

holiday season. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## SATURDAY/DEC. 6

**Volunteer Work Party.** 10 a.m. at Potomac Overlook Regional Park, 2845 N Marcey Road.

Spend a morning with park staff and volunteers helping with indoor and outdoor projects. Visit [www.nvrpa.org/park/potomac\\_overlook](http://www.nvrpa.org/park/potomac_overlook) for more.

**Holiday Wreath Workshop.** 1-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Enjoy the chance to create a spruce wreath. Participants should bring hand pruners or wire cutters. Registration is \$30. Call 703-228-6535 for more.

**Book Event.** 2:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. Enjoy a presentation and book discussion celebrating the new anthology of work by cartoonist and Arlington resident Richard Thompson. Visit [library.arlingtonva.us/ailec\\_event/book-celebration-the-art-of-richard-thompson-central](http://library.arlingtonva.us/ailec_event/book-celebration-the-art-of-richard-thompson-central) for more.

**Animal Feeding.** 3 p.m. at Potomac Overlook Regional Park, 2845 N Marcey Road. Venture into the Birds of Prey house and explore raptor feeding habits. This program will focus on how and what we feed our four permanently injured birds of prey. Visit [www.nvrpa.org/park/potomac\\_overlook](http://www.nvrpa.org/park/potomac_overlook) for more.

**Live Music.** 8 p.m. at Iota Club and Cafe, 2832 Wilson Blvd. Marah members David Bielanko and Christine Smith will perform. Tickets are \$15. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) for more.

## SUNDAY/DEC. 7

**Alternative Gift Fair.** 12:30-3 p.m. at Mount Olivet Methodist Church, 1500 N. Glebe Road. Fair trade and handcrafted items from artisans around the world will be available for purchase. Visit [www.mtolivetumc.org](http://www.mtolivetumc.org) for more.

**Holiday Craft Workshop.** 1 p.m. at Potomac Overlook Regional Park, 2845 N Marcey Road. Come make a wreath or centerpiece from local greens, pine cones and other natural materials. Visit [www.nvrpa.org/park/potomac\\_overlook](http://www.nvrpa.org/park/potomac_overlook) for more.

**Winter Wonderland.** 1-5 p.m. at Penrose Square, 2501 9th Road. Enjoy visits with Santa, carolers, ornament decorating stations, hot chocolate and cookies and finish with a tree-lighting ceremony in the breezeway next to Giant at 5 p.m. Free. Visit [www.penrose-square.com](http://www.penrose-square.com) for more.

**Feed the Birds.** 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn how to make and bake different bird treats for winter. Registration is \$5. Call 703-228-6535 for more.

**Launch Party.** 4 p.m. at One More Page Books, 2200 North Westmoreland St. The store will host a launch party for author and leadership expert Carmen Medina to celebrate the publication of “Rebels at Work: A Handbook for Leading Change from Within,” co-authored with Lois Kelly. This event will be held in the Westlee Party Room next door to One More Page. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**Messiah Sing Along.** 7:30 p.m. at St. Peter’s Episcopal Church, 4250 North Glebe Road. This event will feature St. Peter’s Adult Choir with orchestra and soloists. Congregation will be invited to join in singing the choruses from the Christmas portion of Handel’s “Messiah.” Admission is



free. Visit [www.stpetersmusic.org](http://www.stpetersmusic.org) for more.

## MONDAY/DEC. 8

**Laughter Yoga.** 6:30-7:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. Use breathing, clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. Free. Email [arlingtonlaughteryoga@yahoo.com](mailto:arlingtonlaughteryoga@yahoo.com) for more.

**Intimate Conversation.** 7:30 p.m. at Signature Theatre, 4200 Campbell Ave. Signature Theatre and The Washington Post's POV series are teaming up to present a conversation with Sheryl Crow and Barry Levinson, the creative team behind "Diner." The panel discussion will be led by The Washington Post's Chief Theater Critic Peter Marks in the MAX Theatre. Tickets are \$25. Visit [www.signature-theatre.org](http://www.signature-theatre.org) for more.

## TUESDAY-SUNDAY/DEC. 9-14

**Citrus Sale.** Runs through Sunday, Dec. 14. The Lions of Arlington Northwest will be selling fresh Florida citrus, Georgia pecans and Vermont Maple Syrup at the Overlee Main Pool Pump House, 6030 Lee Highway, Arlington. The table will be open Tuesday, 11:30 a.m.-9 p.m.; Wednesday, 7 a.m.-2 p.m.; Thursday, 8 a.m.-5 p.m.; Friday, 9:30 a.m.-3:30 p.m.; Saturday, 9 a.m.-3 p.m.; and Sunday, 11 a.m.-2 p.m. Call 703-528-1130 for more.

## WEDNESDAY/DEC. 10

**Book Club Meeting.** 5 p.m. at One More Page Books, 2200 North

Westmoreland St. The teen book group will discuss "Let It Show" by John Green, Maureen Johnson and Lauren Myracle. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## FRIDAY/DEC. 12

**Book Club Meeting.** 11 a.m. at One More Page Books, 2200 North Westmoreland St. The daytime book group will discuss "Flight Behavior" by Barbara Kingsolver. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**Upcycling Pinecones.** 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn different things to do with pinecones over the holiday season. Registration is \$5. Call 703-228-6535 for more.

**Book Signing.** 7 p.m. at the Martha Washington Library, 6614 Fort Hunt Road, Alexandria. Andy Ankovitz, an Arlington resident, will be signing copies of his book, "The Middle East At Street Level View." Call 703-768-6700 for more.

## SATURDAY/DEC. 13

**Winter Wonderland.** Noon-3 p.m. at Market Common Clarendon, 2700 Clarendon Blvd., Arlington. At noon, Santa will arrive on an Arlington County fire truck for visits and free photos with children. Enjoy the season's cheer with family fun and entertainment including the making of flying-reindeer magic dust, seeing characters in a life-size snow globe, ice carvings, music, samplings and surprises. New, unwrapped toys and donations will be collected for the annual US Marine Corps Toys for

Tots campaign. Call 703-476-9377 or visit [www.marketcommonclarendon.com](http://www.marketcommonclarendon.com) for more.

**Holiday Workshop.** 12:30-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Students will have the chance to create handmade gifts for loved ones. Call 703-248-6800 for more.

**Fall Solos Gallery Talk.** 1-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Enjoy an artist talk and reception for the 2014 Fall SOLOS. Tour the exhibitions with the participating artists and AAC staff. Call 703-248-6800 for more.

**Free Holiday Concert.** 3 p.m. at Washington-Lee High School Auditorium, 1301 N Stafford St., Arlington. More than 150 Encore Chorale singers from five Northern Virginia chorales will perform a repertoire that includes traditional favorites for Christmas and Hanukkah, as well as music that reflects holiday traditions around the world. Admission is free. Visit [twww.encorecreativity.org](http://twww.encorecreativity.org) for more.

## SUNDAY/DEC. 14

**The Nutcracker Tea.** 10:30 a.m.-2 p.m. at Ritz-Carlton, Pentagon City, 1250 S Hayes St. Guests will receive a framed picture of themselves with the Sugar Plum Fairy, afternoon tea, coloring crafts and the chance to win a raffle prize. Tickets are \$68. Visit [www.BalletNova.org](http://www.BalletNova.org) for more.

**Visit from Santa.** 1-4 p.m. at Potomac Overlook Regional Park, 2845 N Marcey Road. Come visit Santa during his only visit to Potomac Overlook this year. Visit [www.nvrpa.org/park/potomac\\_overlook](http://www.nvrpa.org/park/potomac_overlook) for more.

**Book Club Meeting.** 3 p.m. at One

More Page Books, 2200 North Westmoreland St. The mother-daughter book club will discuss "A Christmas Carol" by Charles Dickens. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**Annual Holiday Concert.** 4:30 p.m. Rosslyn Spectrum Theatre at Artisphere, 1611 N. Kent St. This show brings classical masterpieces and holiday classics together in one program for the whole family. Visit [www.NationalChamberEnsemble.org](http://www.NationalChamberEnsemble.org) or call 888-841-2787 for more.

## MONDAY/DEC. 15

**Holiday Cabaret.** 8 p.m. at Signature Theatre, 4200 Campbell Ave. Enjoy Christmas tunes from Barbra Streisand, Joan Rivers, Liza Minnelli, Julie Andrews and Patti LuPone. Tickets are \$35. Visit [www.signature-theatre.org](http://www.signature-theatre.org) for more.

## TUESDAY/DEC. 16

**Book Club Meeting.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. The mystery and suspense book club will discuss "Gorky Park" by Martin Cruz Smith. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## SATURDAY/DEC. 20

**Christmas Bird Count.** 7:30 a.m. at Potomac Overlook Regional Park, 2845 N Marcey Road. Come walk all the trails of the park to survey what birds are hunkering down for the winter at Potomac Overlook. Visit [www.nvrpa.org/park/potomac\\_overlook](http://www.nvrpa.org/park/potomac_overlook) for more.

**Turtles in Winter.** 10-11 a.m. at Long

Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about how Arlington's aquatic and box turtle adapt to winter and sketch. Registration is \$5. Call 703-228-6535 for more.

**Ready for Winter.** 10:30 a.m. at Potomac Overlook Regional Park, 2845 N Marcey Road. Learn the secrets of how many of our local animals prepare for and survive the winter. Visit [www.nvrpa.org/park/potomac\\_overlook](http://www.nvrpa.org/park/potomac_overlook) for more.

**Childrens Choir Concert.** 7 p.m. at St. Peter's Episcopal Church, 4250 N Glebe Road, Arlington. The 25th Anniversary Holiday Concert will feature international carols, Hanukkah and New Year songs from around (the world). Visit [www.worldchildrenschoir.org](http://www.worldchildrenschoir.org).

## SUNDAY/DEC. 21

**Winter Solstice Hike.** 3-4:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Enjoy a hike on the shortest day of the year. Registration is \$5. Call 703-228-6535 for more.

**Flying Squirrel Workshop.** 5-6 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about flying squirrels and their habits. Registration is \$5. Call 703-228-6535 for more.

## MONDAY/DEC. 22

**Book Club Meeting.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. The holistic health and wellness book group will chat about "How Yoga Works" by Gesne Michael Roach. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.



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# Handling Family Dynamics During the Holidays

Local experts offer suggestions on how to diffuse family tensions.

BY MARILYN CAMPBELL  
THE CONNECTION

Last month, Linda and Tom Bullen traveled from Boston to Arlington, to celebrate Thanksgiving with their son Matt, daughter Rachel and her partner Grace Knight.

But Rachel Bullen, who spent weeks creating a menu and coordinating a table setting that would please even Martha Stewart, was deflated by one question from her mother.

"Do you think you might be eating too many carbs?" Linda Bullen asked as her daughter scooped up a second helping of potatoes.

"What I eat is none of your business," Rachel Bullen responded. She spent the rest of meal fuming in silence and feeling humiliated in front of her partner and brother.

Family dynamics — and the drama that often ensues — are often unwelcome, but frequent guests at family gatherings during the holiday season. While spending time with family can be a source of comfort, it can also be fraught with anxiety. And the more people and dynamics involved, the more effort it takes to create or maintain harmony.

"During the holidays, people who live far apart and are not part of one another's daily lives often come together," said Stacie B. Isenberg, Psy.D. "As a result ... people cover lot of territory, catching up in a short amount of time, instead of gradually as things naturally happen throughout the year. People give opinions without understanding all of the details."

Being aware of the feelings and emotions

of others can help minimize family conflicts, however. "Sensitivity allows us to tune in to what others might be feeling at a particular moment or in a particular situation," said Katherine Knapp, Ph.D., a marriage and family therapist based in Burke. "It helps us make wise decisions about things that might say or decide not to say."

For example, Linda Bullen was concerned about her daughter's weight.

"Rachel recently lost about 25 pounds," she said. "As a teenager she'd been overweight and had self-esteem issues." She thought she was being a supportive and helpful mother.

Knapp says this is where sensitivity can reduce interpersonal tension, particularly during the holidays.

"When family members are sensitive to each other's feelings, they think before they speak about how what they say might affect another person's feelings," she said. "Even innocent comments or questions can damage a relationship when we speak from our own perspective and don't consider what another person might be feeling."

The pressure to create a perfect holiday can exacerbate pre-existing difficulties as well.

"People are often stressed during the holidays, especially those preparing meals, having out of town guests staying in their homes," said Isenberg. "Guests can be stressed too, as they are staying in someone else's home, don't have their own space, and are operating according to someone else's agenda. So tensions are already higher, and patience is shorter."

The ability to be flexible and recognize that even the most organized plans can fall

**"Consider topics to discuss with certain family members and how you will politely steer away from topics you'd rather not discuss."**

— Stacie B. Isenberg, Psy.D.

apart, will reduce pressure as well, said Pamela Daniels, a licensed clinical social worker and psychotherapist based in Lorton. "Flexibility allows us to roll with the punches," she said. "Rigidity can be a recipe for disaster, especially during the holidays."

**FAMILY MEMBERS** can help ease tension by expressing their needs up front.

"Some people just have a need to feel appreciated," said Knapp. "Everyone has different needs, but others, including family members won't know those needs unless we tell them."

Rachel Bullen needed her mother to recognize and validate the effort that she'd put into preparing a healthy Thanksgiving dinner and an aesthetically appealing table, and to maintaining a lifestyle that had kept her fit.

"I've always seen my mother as thin, beautiful and the perfect hostess," said Rachel Bullen. "And she can always find something wrong with everything that I do, but she can find no wrong with my brother."



PHOTO CONTRIBUTED  
Stacie Isenberg

Recognizing that such old patterns and dynamics may be rekindled during big gatherings can help family members navigate difficult relationships.

"Even though there may be months or even years between visits, people's triggers and sensitivities are the same unless they've previously worked through them with their family members and reached an understanding about the

best ways for them to interact," said Isenberg. "The judgmental parent or uncle will still be judgmental and the inquisitive grandmother who pushes boundaries will still do so."

Prior to spending time with family, she suggested, it's a good idea to think about the actions, words or situations that ignite tensions and decide how they can be avoided.

"Consider topics to discuss with certain family members and how you will politely steer away from topics you'd rather not discuss," Isenberg explained. "If you anticipate that there will be a topic or way of interacting that is too difficult to be avoided with subtlety, you may want to consider gently approaching it prior to the holidays. For example, tell your parents you don't feel comfortable discussing your relationship with your significant other in front of the extended family and ask them not to mention it during dinner, and provide them with an answer to give when relatives inquire."

Rachel decided to begin seeing a therapist to help strengthen her relationship with her family. "Hopefully Christmas will be less tense," she said. "If not this Christmas, then next."

## GMU Chosen To Join Healthy Campus Initiative

George Mason was recognized for its commitment to health and wellness.

BY MARILYN CAMPBELL  
THE CONNECTION

George Mason University's well-being and wellness programs recently received national recognition when the Fairfax-based university was chosen as the first higher education institution in Virginia to join the Healthy Campus Initiative, an effort to encourage colleges and universities to make their campuses healthier by adopting guidelines around food and nutrition, physical activity and programming.

Last month, the Partnership for a Healthier America unveiled the pilot program at the American Public Health Association's annual conference in New Orleans. (Leaders from The Healthier Campus Initiative praised Mason for its commit-

ment to a health and for agreeing to adopt more guidelines on food and nutrition, physical activity and programming in the next three years.

"We are proud and challenged to continue this energy toward a Healthier Campus Initiative," said Bill Ehling, executive director of Mason recreation. "I am continually appreciative of the past efforts and results to provide a genuine sense of a healthier community at George Mason University."

Mason officials point to statistics from The American Public Health Association, which show that during the first year in college, students' overweight and obesity rates increase by more than 15 percent. Additionally, most college students do not meet dietary and physical activity guidelines. PHA officials say, at the same time, the college



PHOTO BY ALEXIS GLENN

**George Mason University's wellness efforts recently earned national recognition for the school.**

years are a time when lifelong habits begin to form because most students are making their own choices about healthy eating and fitness.

"As a Mason alumni," said Kerry Ross, director of benefits and faculty/ staff well-being, "it gives me great pride to see our community coming together in the areas of wellness and well-being. Mason has dem-

onstrated its commitment to these initiatives for years with opportunities like the annual Health and Fitness Expo, Wellness by Mason, the Well-Being Learning Community, and now our strategic goal of becoming a Well-Being University. We are honored ... to take that commitment to a new level as a partner in the Healthier Campus Initiative under the auspices of The Partnership for a Healthier America."

The Partnership for a Healthier America was created in 2010 in conjunction with first lady Michelle Obama's Let's Move! Campaign with a goal of developing strategies to end childhood obesity.

"We know that going to college is a time of change for many students. We also know that means it's a time when new habits are formed. By creating healthier food and physical activity environments today, campuses and universities are encouraging healthier habits that will carry over into tomorrow," said the partnership's CEO Lawrence A. Soler in a statement.



# HOME SALES

In October 2014, 226 Arlington homes sold between \$2,860,000-\$62,000.  
This week's list represents those homes sold in the \$2,860,000-\$575,000 range.  
For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address .....	BR	FB	HB .....	Postal City ....	Sold Price ...	Type .....	Lot AC	Postal Code .....	Subdivision
4502 32ND RD N .....	5	...	5 ... 2	ARLINGTON	\$2,860,000	Detached	0.33	22207	COUNTRY CLUB HILLS
2724 NELSON ST .....	6	...	6 ... 1	ARLINGTON	\$2,675,500	Detached	0.55	22207	RIVERWOOD
2753 QUEBEC ST N .....	6	...	6 ... 1	ARLINGTON	\$2,000,000	Detached	0.28	22207	DOVER
6620 32ND ST N .....	5	...	5 ... 2	ARLINGTON	\$1,825,558	Detached	0.25	22213	BERSHIRE OAKWOOD
1504 JOHNSON ST N .....	6	...	6 ... 1	ARLINGTON	\$1,800,000	Detached	0.18	22201	LYON VILLAGE
3011 TRINIDAD ST .....	6	...	5 ... 1	ARLINGTON	\$1,750,000	Detached	0.31	22213	OAKWOOD
3812 25TH ST N .....	5	...	4 ... 1	ARLINGTON	\$1,460,000	Detached	0.19	22207	CRYSTAL SPRING KNOLLS
1507 BUCHANAN ST N .....	5	...	4 ... 1	ARLINGTON	\$1,455,000	Detached	0.14	22205	WAYCROFT/WOODLAWN
1163 IVANHOE ST N .....	5	...	4 ... 1	ARLINGTON	\$1,440,000	Detached	0.15	22205	LACEY FOREST
1601 TAYLOR ST N .....	5	...	4 ... 1	ARLINGTON	\$1,425,000	Detached	0.14	22207	WAVERLY HILLS
1610 QUEEN ST #248 .....	2	...	2 ... 1	ARLINGTON	\$1,389,900	Mid-Rise 5-8 Floors			22209
GASLIGHT SQUARE3153 21ST ST N .....	6	...	4 ... 1	ARLINGTON	\$1,375,000	Detached	0.18	22201	LYON VILLAGE
1881 NASH ST #1804 .....	1	...	2 ... 0	ARLINGTON	\$1,350,000	Hi-Rise 9+ Floors		22209	TURNBERRY TOWER
6212 28TH ST N .....	5	...	4 ... 1	ARLINGTON	\$1,300,000	Detached	0.15	22207	BERKSHIRE OAKWOOD
1881 NASH ST N #1010 .....	2	...	2 ... 1	ARLINGTON	\$1,290,000	Hi-Rise 9+ Floors		22209	TURNBERRY TOWER
2515 FERN ST S .....	4	...	3 ... 2	ARLINGTON	\$1,248,395	Detached	0.23	22202	NA
1920 QUINCY ST N .....	5	...	4 ... 1	ARLINGTON	\$1,200,000	Detached	0.14	22207	CHERRYDALE
25115 FERN ST .....	4	...	3 ... 2	ARLINGTON	\$1,190,335	Detached	0.14	22202	AURORA HILLS
600 MONROE ST S .....	5	...	4 ... 1	ARLINGTON	\$1,180,000	Detached	0.20	22204	ALCOVA HEIGHTS
3812 WOODROW ST N .....	4	...	3 ... 1	ARLINGTON	\$1,160,000	Detached	0.25	22207	COUNTRY CLUB HILLS
6040 4TH ST N .....	5	...	3 ... 1	ARLINGTON	\$1,150,000	Detached	0.18	22203	SPY HILL
2415 LINCOLN ST .....	3	...	3 ... 0	ARLINGTON	\$1,100,000	Detached	0.31	22207	CRYSTAL SPRINGS KNOLLS
4845 YORKTOWN BLVD .....	4	...	3 ... 1	ARLINGTON	\$1,025,000	Detached	0.23	22207	SHIRLEY WOODS
2729 GROVE ST S .....	5	...	4 ... 1	ARLINGTON	\$997,000	Detached	0.23	22202	AURORA HILLS
1881 NASH ST #312 .....	2	...	2 ... 0	ARLINGTON	\$990,000	Hi-Rise 9+ Floors		22209	TURNBERRY TOWER
1881 NASH ST #404 .....	1	...	2 ... 0	ARLINGTON	\$990,000	Hi-Rise 9+ Floors		22209	TURNBERRY TOWER
718 VEITCH ST .....	3	...	3 ... 1	ARLINGTON	\$989,000	Detached	0.15	22204	PENROSE
1048 STAFFORD ST N .....	4	...	3 ... 1	ARLINGTON	\$975,000	Townhouse	0.03	22201	BROMPTONS AT BALLSTON
1417 21ST ST S .....	5	...	3 ... 1	ARLINGTON	\$975,000	Detached	0.15	22202	ARLINGTON RIDGE
1515 GEORGE MASON DR N .....	4	...	3 ... 1	ARLINGTON	\$965,000	Detached	0.13	22205	WAYCROFT
2422 13TH CT N .....	3	...	3 ... 1	ARLINGTON	\$949,000	Attach/Row Hse	0.02	22201	COURTHOUSE HILL
50 FENWICK ST N .....	3	...	2 ... 1	ARLINGTON	\$899,900	Detached	0.19	22201	LYON PARK
412 N NORWOOD ST .....	3	...	2 ... 1	ARLINGTON	\$897,000	Detached	0.15	22203	ASHTON HEIGHTS
509 GARFIELD ST N .....	3	...	3 ... 0	ARLINGTON	\$891,000	Detached	0.13	22201	LYON PARK
804 BARTON ST N .....	3	...	2 ... 1	ARLINGTON	\$890,000	Detached	0.10	22201	CLARENDON
2900 S GRANT ST .....	5	...	3 ... 1	ARLINGTON	\$865,500	Detached	0.20	22202	ARLINGTON
1514 KENILWORTH ST .....	4	...	2 ... 1	ARLINGTON	\$865,000	Detached	0.15	22205	WESTOVER
5100 37TH ST N .....	3	...	1 ... 0	ARLINGTON	\$860,000	Detached	0.32	22207	WOODLAND ACRES
120 GRANADA ST .....	5	...	4 ... 0	ARLINGTON	\$855,000	Detached	0.14	22203	ARLINGTON FOREST
2313 MONROE ST N .....	3	...	2 ... 0	ARLINGTON	\$850,000	Detached	0.15	22207	MAYWOOD
2211 LEXINGTON ST N .....	3	...	3 ... 0	ARLINGTON	\$840,000	Detached	0.16	22205	TUCKAHOE VILLAGE
2737 23RD RD N .....	4	...	2 ... 0	ARLINGTON	\$835,000	Detached	0.14	22201	MAYWOOD
3213 4TH ST N .....	2	...	2 ... 0	ARLINGTON	\$830,000	Detached	0.12	22201	ASHTON HEIGHTS
1413 LONGFELLOW ST .....	4	...	2 ... 1	ARLINGTON	\$825,000	Detached	0.11	22205	WESTOVER
4730 OLD DOMINION DR .....	4	...	3 ... 1	ARLINGTON	\$820,000	Townhouse	0.07	22207	THE BIRCHES
1035 19TH ST S .....	4	...	2 ... 1	ARLINGTON	\$819,000	Detached	0.11	22202	ADDISON HEIGHTS
1418 RHODES ST #B127 .....	2	...	2 ... 1	ARLINGTON	\$815,000	Garden 1-4 Floors		22209	COURTHOUSE
216 LIBERTY ST .....	4	...	2 ... 2	ARLINGTON	\$814,500	Detached	0.09	22203	SPY HILL
1628 ABINGDON ST N .....	4	...	3 ... 0	ARLINGTON	\$805,000	Detached	0.13	22207	WAYCROFT
3136 HARRISON ST .....	6	...	3 ... 0	ARLINGTON	\$800,000	Detached	0.23	22207	CRESCENT HILLS
2822 23RD RD N .....	3	...	2 ... 0	ARLINGTON	\$799,900	Detached	0.28	22201	MAYWOOD
3309 KEMPER RD .....	3	...	3 ... 1	ARLINGTON	\$795,000	Townhouse	0.03	22206	SHIRLINGTON CREST
1276 WAYNE ST N #1007 .....	3	...	2 ... 0	ARLINGTON	\$790,000	Hi-Rise 9+ Floors		22201	THE WILLIAMSBURG
204 CLEVELAND ST S .....	5	...	2 ... 1	ARLINGTON	\$790,000	Detached	0.12	22204	PENROSE
415 KENSINGTON ST S .....	3	...	3 ... 1	ARLINGTON	\$789,000	Detached	0.14	22204	CARLYN SPRINGS
725 BUCHANAN ST N .....	4	...	2 ... 0	ARLINGTON	\$788,500	Detached	0.13	22203	BLUEMONT
975 MADISON ST .....	3	...	3 ... 1	ARLINGTON	\$787,000	Detached	0.16	22205	DOMINION HILLS
6105 9TH RD N .....	4	...	2 ... 1	ARLINGTON	\$774,900	Detached	0.15	22205	MADISON MANOR
451 GEORGE MASON DR .....	3	...	3 ... 1	ARLINGTON	\$761,000	Townhouse	0.02	22203	BUCKINGHAM COMMONS
5884 14TH ST N .....	3	...	3 ... 1	ARLINGTON	\$755,000	Detached	0.14	22205	WESTOVER
4736 OLD DOMINION DR .....	3	...	2 ... 0	ARLINGTON	\$752,500	Detached	0.15	22207	LYONHURST
4040 20TH ST N .....	4	...	3 ... 0	ARLINGTON	\$749,000	Detached	0.13	22207	CHERRYDALE
1009 27TH ST S .....	3	...	2 ... 1	ARLINGTON	\$730,000	Detached	0.22	22202	OAKCREST
1004 LIBERTY ST .....	3	...	2 ... 0	ARLINGTON	\$720,000	Detached	0.14	22205	DOMINION HILLS
1514 ABINGDON ST .....	3	...	3 ... 0	ARLINGTON	\$720,000	Detached	0.15	22207	WAYCROFT/WOODLAWN
2835 VAN BUREN ST N .....	3	...	2 ... 1	ARLINGTON	\$715,500	Detached	0.22	22213	BERKSHIRE OAKWOOD
1023 MANCHESTER ST N .....	3	...	2 ... 0	ARLINGTON	\$710,000	Detached	0.13	22205	DOMINION HILLS
3125 ARLINGTON BLVD .....	3	...	2 ... 0	ARLINGTON	\$700,000	Detached	0.15	22201	ASHTON HEIGHTS
1524 OHIO ST N .....	3	...	3 ... 1	ARLINGTON	\$700,000	Detached	0.14	22205	WESTOVER
900 STAFFORD ST N #2425 .....	3	...	2 ... 1	ARLINGTON	\$699,000	Hi-Rise 9+ Floors		22203	ALTA VISTA
4425 7TH ST N .....	2	...	2 ... 1	ARLINGTON	\$697,000	Townhouse	0.05	22203	BALLSTON PLACE
2010 BRANDYWINE ST .....	3	...	2 ... 2	ARLINGTON	\$689,500	Townhouse	0.04	22207	BECKET GLEN
2404 INGE ST .....	4	...	2 ... 1	ARLINGTON	\$685,000	Detached	0.12	22202	AURORA HILLS
5011 4TH ST N .....	3	...	2 ... 0	ARLINGTON	\$680,000	Detached	0.14	22203	ARLINGTON FOREST
4414 6TH ST S .....	3	...	2 ... 0	ARLINGTON	\$680,000	Detached	0.22	22204	BARCROFT
6000 27TH ST N .....	3	...	1 ... 0	ARLINGTON	\$675,000	Detached	0.19	22207	BERKSHIRE OAKWOOD
3625 10TH ST N #302 .....	2	...	2 ... 1	ARLINGTON	\$665,000	Hi-Rise 9+ Floors		22201	MONROE
3224 N GLEBE RD .....	4	...	3 ... 0	ARLINGTON	\$660,000	Detached	0.20	22207	COUNTRY CLUB PARK
6935 27TH RD N .....	4	...	2 ... 0	ARLINGTON	\$660,000	Detached	0.23	22213	BERKSHIRE OAKWOOD
867 PATRICK HENRY DR .....	4	...	2 ... 0	ARLINGTON	\$655,000	Detached	0.14	22205	DOMINION HILLS
6400 27TH ST N .....	5	...	2 ... 0	ARLINGTON	\$655,000	Detached	0.15	22207	BERKSHIRE OAKWOOD
888 QUINCY ST N #1101 .....	2	...	2 ... 0	ARLINGTON	\$654,500	Hi-Rise 9+ Floors		22203	RESIDENCES AT LIBERTY CENTER
1600 OAK ST N #310 .....	2	...	2 ... 0	ARLINGTON	\$649,900	Hi-Rise 9+ Floors		22209	THE BELVEDERE/ROSSLYN
743 ALBEMARLE ST .....	4	...	2 ... 0	ARLINGTON	\$640,000	Detached	0.14	22203	BRANDON VILLAGE
618 GEORGE MASON DR N .....	3	...	1 ... 0	ARLINGTON	\$638,500	Detached	0.20	22203	BRANDON VILLAGE
3125 14TH ST S .....	3	...	2 ... 2	ARLINGTON	\$638,000	Townhouse	0.08	22204	COURT DES MAISONS
1020 HIGHLAND ST #812 .....	2	...	2 ... 0	ARLINGTON	\$632,500	Hi-Rise 9+ Floors		22201	PHOENIX
2611 POWHATAN ST N .....	2	...	2 ... 0	ARLINGTON	\$630,000	Detached	0.13	22207	BERKSHIRE OAKWOOD
6901 28TH ST N .....	3	...	2 ... 1	ARLINGTON	\$630,000	Detached	0.28	22213	BERKSHIRE OAKWOOD
5100 10TH ST N .....	3	...	2 ... 0	ARLINGTON	\$625,000	Detached	0.13	22205	BALLSTON/ LACEY WOODS PARK
707 OAKLAND ST .....	2	...	1 ... 1	ARLINGTON	\$621,500	Duplex	0.06	22203	ASHTON HEIGHTS
512 LITTLETON ST .....	3	...	2 ... 1	ARLINGTON	\$620,000	Detached	0.19	22203	SPY HILL BLVD MANOR
2309 KENMORE ST N .....	3	...	1 ... 1	ARLINGTON	\$619,849	Detached	0.09	22201	MAYWOOD
1003 HARRISON ST .....	3	...	1 ... 1	ARLINGTON	\$615,000	Detached	0.17	22205	MORGAN E VEITCH
3835 9TH ST N #901W .....	2	...	2 ... 0	ARLINGTON	\$608,000	Hi-Rise 9+ Floors		22203	LEXINGTON SQUARE
2245 BUCHANAN ST .....	2	...	1 ... 0	ARLINGTON	\$605,000	Detached	0.13	22207	COUNTRY CLUB
6431 LEE HWY .....	4	...	3 ... 1	ARLINGTON	\$599,000	Detached	0.15	22205	BERKSHIRE OAKWOOD
4141 HENDERSON RD #510 .....	3	...	2 ... 0	ARLINGTON	\$590,000	Hi-Rise 9+ Floors		22203	HYDE PARK CONDOMINIUM
1633 COLONIAL TER #201 .....	2	...	2 ... 1	ARLINGTON	\$588,000	Garden 1-4 Floors		22209	TERRACE LOFTS
2220 FAIRFAX DR #PH11 .....	2	...	2 ... 0	ARLINGTON	\$587,250	Hi-Rise 9+ Floors		22201	THE PARK AT COURTHOUSE
4613 31ST RD S .....	3	...	3 ... 0	ARLINGTON	\$587,000	Townhouse		22206	FAIRLINGTON
7048 WILLIAMSBURG BIVD .....	3	...	2 ... 0	ARLINGTON	\$585,000	Detached	0.23	22213	N. ARLINGTON
2200 WESTMORELAND ST #228 .....	2	...	2 ... 1	ARLINGTON	\$585,000	Mid-Rise 5-8 Floors		22213	WESTLEE CONDOS
4627 5TH ST S .....	4	...	2 ... 0	ARLINGTON	\$578,000	Detached	0.15	22204	BARCROFT
1755 HAYES ST S #B .....	3	...	2 ... 1	ARLINGTON	\$575,000	Townhouse		22202	SOUTHAMPTON
5920 1ST ST N .....	3	...	2 ... 0	ARLINGTON	\$575,000	Detached	0.14	22203	SPY HILL BLVD MANOR

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# Warriors Trying for Third Straight Appearance at States

## Wakefield senior Tham named region POY in 2014.

BY JON ROETMAN  
THE CONNECTION

Ask Tony Bentley whether this year's Wakefield boys' basketball team will look similar to the successful Warrior squads of the last two seasons and the head coach will mention four graduated seniors who cannot be replaced.

Ask Bentley about star forward Dominique Tham and the coach will say last season's 5A North region Player of the Year will need to learn how to become a senior leader. Bentley also mentions that Tham will have less talent around him than he had each of the last two seasons.

As the conversation continues, however, it becomes clear that while Wakefield might have a different look on the court, the Warriors have the potential to make a run at a third consecutive state tournament appearance.

Wakefield's success starts with Tham, a 6-foot-4 force at both ends of the floor. The senior enters the 2014-15 season with 812 career points. He can dominate in the paint, as well as step out and knock down mid-range jumpers. On defense, Tham has blocked 215 shots, using his long arms to wreak havoc on opposing shooters.

Tham showed how dominant he can be during a game against Mount Vernon late in the 2013-14 season, when he scored 31 points, grabbed 23 rebounds and blocked eight shots.

"There's everybody [else], and then Tham," Mount Vernon head coach John



Wakefield's Dominique Tham, left, blocks a shot against Mount Vernon last season.

Wiley said after the game. "He had a heck of a game. Our game plan was to put a body on him because we know he roams from elbow to elbow and camps out in the paint, it just didn't work."

Bentley said Tham needs to improve his leadership skills.

"He's going to have to be more of a leader," Bentley said. "Domo was the junior last year and [his teammates] were seniors. Even though it was Dominique's team, those seniors were the leaders. He's going to have to learn how to be a leader."

Bentley said the Warriors will have an answer if opponents focus on shutting down Tham.

"We saw a lot of junk defenses late in [last season's region championship] run," Bentley said. "... We've got some other guys, so if you want to double team Dominique

Tham, you're going to leave Marqua Walton open for a [3-pointer]. Pick your poison."

Walton, a 6-foot-1 guard, returns for his senior season and is one of the team's top perimeter shooters. Bentley said Walton's size, strength and confidence have improved as a result of playing receiver for the school's football team, which produced a historic 2014 season, including its first winning record since 1983 and first-ever playoff victory.

Xavier Cooper, a 6-foot-3 senior forward, enters his third season on the varsity.

"I'm looking for some good things out of him on the boards," Bentley said.

Deng Nhial, a 6-foot-3 junior forward, missed more than 10 games with a broken wrist last season.

Bentley said Nhial, had a great summer and is the "most athletic kid in the pro-

gram."

For the second consecutive season, Wakefield will have a transfer starting at point guard. Last year, it was senior Kyle Davis, a former Washington-Lee guard who was a pass-first director of the offense. This year, sophomore Alan Treakle, a transfer from West Potomac, will start for Wakefield. Bentley said the 5-foot-8 Treakle can score as well as distribute the basketball.

Senior guard Jordan Allen, who spent most of last season on the bench, has the chance to be another perimeter sharpshooter for the Warriors.

Wakefield will open the season with a road game against T.C. Williams at 7:30 p.m. on Friday, Dec. 5. The teams will wear throwback uniforms for their annual Parker-Gray/Hoffman-Boston contest.

Wakefield's first home game is Dec. 12 against Stuart.

Bentley said he figures to receive each opponent's best effort as Wakefield tries to win its third consecutive conference/district championship and reach the state tournament for the third straight season.

"There is definitely a target on our back," Bentley said. "... We can't take any plays off."

**"There is definitely a target on our back. ... We can't take any plays off."**

**— Wakefield boys' basketball coach Tony Bentley**

## BULLETIN BOARD

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

### HOLIDAY GIVING

**Clothing Drive.** Runs through Dec. 12 at Rosslyn BID, 1911 N. Fort Myer Drive. Donate new or gently used warm clothing for Arlington Street People's Assistance Network. Visit [www.rosslynva.org/do/holiday-clothing-drive](http://www.rosslynva.org/do/holiday-clothing-drive) for more.

### WEDNESDAY/DEC. 3

**Planning Meeting.** 6-8 p.m. at Rosslyn BID, 1911 North Fort Myer Drive. Weigh in on next year's neighborhood events plan. The meeting will be followed by a wine and cheese networking reception. Visit [www.rosslynva.org/rosslyn-focus-group-events](http://www.rosslynva.org/rosslyn-focus-group-events) for more.

### MONDAY/DEC. 8

**ESL Placement Exam.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. Arlington Public Schools' REEP Program is giving placement

exams for the Jan. 5-March 27, 2015 English (ESL) classes to be held at Syphax Education Center. Exam is free, classes range from \$200-\$470. Call 703-228-4200 or visit [www.apsva.us/reep](http://www.apsva.us/reep) for more.

### WEDNESDAY/DEC. 10

**Monthly Dinner Meeting.** 7 p.m. Marymount University, 2807 North Glebe Road. The meeting will educate attendees about the Task Force Report and what the future of housing in Arlington might be. Visit [www.arlingtoncommitteeof100.org](http://www.arlingtoncommitteeof100.org) for more.

### THURSDAY/DEC. 11

**16th Annual James B. Hunter Human Rights Award.** 7-9 p.m. County Board Room, 2100 Clarendon Blvd. Recipients will be honored with the award for human rights achievements. Call 703-228-3929 or 703-228-4611 (TTY) for more.

**Bringing History Alive.** 7 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. The Arlington Historical Society will host Cathy Bonneville Hix, social studies supervisor, who will present "Bringing History Alive: Teaching Social Studies in Arlington Public

Schools." Call 703-228-5990.

### FRIDAY/DEC. 12

**Healthy Aging Lecture Series.** 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. What You Should Know About Joint Replacement with Niama Roland, CPAN. An orthopedic joint procedure is designed to help regain mobility and return to activities of daily living (work, exercise, running errands, etc). Knowing what to expect before, during and after surgery will provide the best possible outcome. Free. Call 703-558-6859 to RSVP.

**Chamber of Commerce Annual Meeting.** 11:30 a.m. at Sheraton Pentagon City Hotel, 900 South Orme St. Senior Vice President of the Boeing Company Timothy Keating will give the keynote address. Call 703-525-2400 or visit [communications@arlingtonchamber.org](mailto:communications@arlingtonchamber.org) for more.

**Parents Night Out.** 6-10 p.m. at Walter Reed Community Center, 2909 16th St. Children will enjoy an evening of games, art and fun. Call 703-228-0935 for more.

### SATURDAY/DEC. 13

**Sponsor a Wreath.** Wreaths Across

America, the national nonprofit best known for its annual wreath-laying ceremonies at Arlington National Cemetery, will be placing donated wreaths on graves. Each donation is \$15. Visit [wreathscrossamerica.org](http://wreathscrossamerica.org) for more.

**Christmas Pageant.** 3 p.m. at St. Mary's Episcopal Church, 2609 N. Glebe Road, Arlington. All children in the 3-year-old Sunday School class and older are welcome to participate. Call 703-527-6800 for more.

### SUNDAY/DEC. 14

**Caroling Lessons.** 10:30 a.m. at Walker Chapel United Methodist Church, 4102 N. Glebe Road, Arlington. The Walker Chapel Choir and the Falls Church Concert Band will be offering caroling lessons. Call 703-538-5200 for more.

**Teachings of Reb Zalman Schachter-Shalomi z.** 5 p.m. Board Room, Unitarian Universalist Church of Arlington (UUCA), 4444 Arlington Blvd. Rabbi Leila Gal Berner will present the Teachings of Reb Zalman Schachter-Shalomi z, the Four Worlds of Kabbalah: The Last Two Worlds: Beriyah (the symbolic world for intellect) and Atzilut (the deep divine intuition and being with God; the world of essence). Email

[admin@kolaminvrc.org](mailto:admin@kolaminvrc.org) for more.

### MONDAY/DEC. 15

**ESL Placement Exam.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. Arlington Public Schools' REEP Program is giving placement exams for the Jan. 5-March 27, 2015 English (ESL) classes to be held at Syphax Education Center. Exam is free, classes range from \$200-\$470. Call 703-228-4200 or visit [www.apsva.us/reep](http://www.apsva.us/reep) for more.

### SATURDAY/DEC. 20

**Chanukah Party.** 5 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Enjoy this festival of lights and a potluck. Contact Herb Cooper-Levy at [admin@kolaminvrc.org](mailto:admin@kolaminvrc.org) for more.

### SATURDAY/JAN. 24

**Teachings of Rabbi Zalman Schachter-Shalomi z.** Immediately after Shabbat services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Rabbi Leila Gal Berner will be presenting "The Art and Spirituality

SEE BULLETIN, PAGE 15



# Winning Human Rights Award

**B**arbara Amaya, Stephen Fowler, The Reading Connection, Animal Welfare League, and Doorways for Women and Families are this year's winners of the 2014 James B. Hunter Human Rights Award, according to the Arlington Human Rights Commission.

The Hunter awards are named for the former County Board member who spent years in public service working on behalf of individuals with little access to government. The James B. Hunter Award recognizes sustained commitment and/or outstanding accomplishment in the area of human rights made in Arlington by an individual, community group, non-profit organization or business.

The awards will be presented at a public ceremony and reception on Thursday, Dec. 11, 2014, from 7-9 p.m. in the Arlington County Board Room, 2100 Clarendon Blvd., Third Floor, Arlington. The public is invited to this free event.

The theme for this year's event is "Working Towards a Violence-Free Community" and the keynote speaker is William Kellibrew IV, vice president for Strategic Partnerships for Mauldin Brand Agency.

## ABOUT THE WINNERS:

❖ Amaya is a long-time Arlington resident who was a victim of violence through human trafficking during her adolescence and early adulthood stages of her life. She has been able to turn her personal pain and suffering into advocacy against human trafficking and violence.

❖ Fowler is the president of the board of directors of Legal Services of Northern Virginia, a non-profit entity committed to provide legal services to those who cannot afford an attorney in civil matters. He

has gone beyond his policy commitments as president of the board, and volunteers his time representing victims of domestic violence in court, among others, to obtain protective orders.

❖ The Animal Welfare League not only protects animals from violence but the stability of families and the safety of a spouse or a child. Studies have demonstrated that people who abuse pets are at an increased risk of becoming domestic abusers. Other studies have shown that almost half of the victims of domestic abuse — who need to leave their homes — fear for the safety of the pets and delay leaving. Pets play a significant part in the emotional stability and sometimes the physical safety of children and people who owned them.

❖ Doorways for Women and Families is a provider of shelter and support services to victims of domestic violence. It provides immediate and long-term housing for women and families fleeing domestic violence and homelessness. It delivers support services aimed at helping women and families learn how to get back on their feet and live safe and independent lives. It advocates for changes that will help eliminate domestic violence and homelessness.

❖ The Reading Connection has been serving Arlington County for more than 25 years, providing an array of literacy programs aimed at children at-risk and families. Creating a literacy-rich environment helps children succeed and serves as a long-term strategy to escape the cycle of poverty. Last year, The Reading Connection served 218 at-risk children in Arlington County, through its Read-Aloud program, and 118 parents through the Reading Family Workshops.

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 14-20.

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

**Senior trips:** Sunday, Dec. 14, The Christmas Revels, D.C., \$58; Wednesday, Dec. 17, Festival of Lights, Riverdale, Md., \$6; Thursday, Dec. 18, NPR headquarters, D.C., \$9; Friday, Dec. 19, Maryland Live! Casino, Hanover, Md., \$9; Saturday, Dec. 20, Yuletide Tour, Winterthur, DE, \$36. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**Current events roundtable,** Monday, Dec. 15, 10 a.m., Culpepper

Garden. Free. Register, 703-228-4403.

**Cell phone basics,** one-on-one, Monday, Dec. 15, Langston-Brown. Free. Call for appointment, 703-228-6300.

**Social couponing demo,** Monday, Dec. 15, 2 p.m., Lee. Free. Register, 703-228-0555.

**Pickleball games and instruction,** Mondays, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

**Strength training,** Monday-Wednesday-Friday, 9 a.m., TJ. \$60/15 sessions; \$4 drop-in. Details, 703-228-4745.

**Seated exercise,** Monday-Wednesday-Friday, 9 a.m., Madison. \$60/15 sessions; \$4 drop-in. Details, 703-228-4878.

**Madison Chess Club,** Mondays, 9:30 a.m., Madison Community Center. Free. Details, 703-228-0555.

**Ice skating,** Mondays, 8:10 a.m. – 9:20 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4745.

**Seniors-only weight room hours,** Langston-Brown, \$60/15 sessions. Details, 703-228-6300.

**Foreign language conversation groups,** free. Details, 703-228-4721.

**Bilingual Spanish/English book club,** Tuesday, Dec. 16, 10:30 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**Drop-in volleyball,** Tuesdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

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

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

## BUSINESS NOTES

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is Thursday at noon. Photos welcomed.

**John Marshall Bank**, was ranked 31st in the 2014 edition of the Top 200 Healthiest Banks in America according to DepositAccounts.

**Sherri Anne Green**, director of marketing at **LMO Advertising**, has been named to the inaugural Board of Directors of Washington, D.C.'s Jefferson Awards. Green will be responsible for setting the organization's goals and strategic direction in the D.C. region.

**Long & Foster Real Estate** announced that the **John Plank Team** ranked 186 out of 250 for real estate teams nationwide, based on transaction volume in 2013, as ranked by The Wall Street Journal and REAL Trends, Inc.

**GHT Limited** has achieved LEED Gold certification for its Arlington headquarters under the Commercial Interiors (LEED-CI) rating system. The 19,100 SF space features 100 percent LED lighting and achieved a lighting power density 40.75 percent below ASHRAE requirements.

Non-profit evaluator **Charity Navigator** has awarded the **Animal Welfare League of Arlington** with a four-star rating.

**Arlington Independent Media** has won the Overall Excellence in Public Access award in the 2014 Hometown Media competition.

**David Perla** will join **Bloomberg BNA** as president, Bloomberg BNA Legal.

**Skanska USA Commercial Development** has sold its office property at 1776 Wilson Blvd. to an institutional client of Invesco Real Estate.

**The Crystal City Business Improvement District** has launched a new website, designed to adapt according the user's platform choice. Visit <http://crystalcity.org/> on a computer, smartphone or tablet to see the difference.

**Technology Management, Inc.** and the **Arlington Community Foundation** are working together on the Technology Management Initiative. This initiative seeks to help nonprofits that serve Arlington become more efficient, more effective and greener by providing donations of used computers and other technological hardware.

Nonprofits can fill out an application stating what the computers will be used for and how it will help the community. Corporate sponsors that have donated equipment include, Bean Kinney & Korman, LLC, John Marshall Bank and MFTA Architecture.

**Dan Shapiro**, former executive vice president and COO at Engineering Services Network, Inc. has been appointed Chief Financial Officer at the Arlington-based company. Shapiro has more than 35 years of professional experience in financial management. He has 20 years of established competencies in Navy Programming, Planning, Budgeting and Execution, resource and program management, and operations efforts for Naval Sea Systems Command and Space and Naval Warfare System Command.

Eight attorneys from **Bean, Kinney & Korman** were selected by their peers for inclusion in "The Best Lawyers in America" 2015. The attorneys were recognized for their distinguished legal work in eight different practice areas. They include:

❖ Jennifer Brust, Bankruptcy and Creditor Debtor Rights / Insolvency and Reorganization Law (2010-2015) and Litigation – Bankruptcy (2010-2015)

❖ Joseph Corish, Banking and Finance Law (2013-2015)

❖ Leo Fisher, Commercial Litigation (2013-2015)

❖ Timothy Hughes, Construction Law and Litigation – Construction (2012-2015)

❖ Jonathan Kinney, Real Estate Law (2008-2015)

❖ James Korman, Family Law (1995-2015)

❖ Christian Lapham, Family Law (2014-2015)

❖ James Schroll, Bankruptcy and Creditor Debtor Rights / Insolvency and Reorganization Law (2005-2015)

**BM Smith**, a family-owned real estate company based in Virginia, has hired **Lucy E. Fraser**, who will fill the role of Vice President of Real Estate Operations. Fraser replaces **Carolyn Dameron** who is retiring after 48 years of dedicated service to the company and BM Smith family.

**Engineering Services Network, Inc.** announced a new contract win, titled "Department of Veterans Affairs National Provider Identifier (NPI) and Health Plan Identifier (HPID) Technical Services," to provide technical services to the Veterans Health Administration Chief Business Office. The award was for one year and valued at approximately \$475,000 with an option period of one year.

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## Since It Ain't Broken...

By KENNETH B. LOURIE



Apparently, at least in the near term, we're (meaning my oncologist) not going to fix it. And by fix it, I am referring to my chemotherapy infusion, which will continue to be every three weeks, as it has been for almost six years; save for a year or so when I was able to take pills at home, and on-site infusions were not necessary. Last week, at my most recent face-to-face appointment with my oncologist, given my higher-than-hoped-for creatinine levels, (which led to a one week's delay in my regularly scheduled infusion), I had inquired about extending my infusion interval to four weeks to give my kidneys a break. Considering the ongoing damage these vital organs have suffered after six years of non-stop chemotherapy, I thought – to quote my deceased father, "that the idea had merit." And it does have merit and my oncologist has always been concerned about the effect. In fact, per his orders, I had seen a nephrologist (a kidney specialist) a few years back. After examining me on multiple appointments, the doctor suggested there was no real need for a return appointment. Though my creatinine levels were abnormally high, her assessment was, considering my pre-cancer/pre-chemotherapy lab work history had been normal, it would likely go back down if we stopped chemotherapy; but since it's highly unlikely that we'll be stopping chemotherapy, given my diagnosis, there was nothing to be done other than watching and managing the levels as my oncologist has been doing. And that's what we've done and I've not been back to see her since.

Nevertheless, it is cause for concern. The kidney is a major organ. As it goes, so might yours truly go, and consequently its affect has been an ongoing theme/point of awareness during my six years of treatment. Fortunately, miraculously maybe (for all I know), a week later the second/rescheduled lab work showed that my creatinine levels had returned to its previous high normal and thus chemotherapy went on/in as semi usual. And thus begins, according to my oncologist, my new normal: I will continue to be scheduled for infusion every three weeks with my pre-chemotherapy lab work completed the Wednesday before the Friday. If my creatinine levels are high, we'll delay, and reschedule the infusion for a week later as happened during this past interval. Now, we didn't discuss what schedule we'd follow if abnormal creatinine levels persist. As has been established during previous conversations between Team Lourie and my oncologist, scenario questions are not helpful and we rarely venture into any what-ifs/what-abouts until absolutely necessary.

But what we did discuss at this last appointment was my future, a little bit. Considering the "shrinkage" written about in last week's column, my oncologist was very encouraged and characterized my treatment going forward as something we're going to be doing for awhile. But he said it so matter-of-fact, that we sort of took it for granted. He didn't really fuss about it and we didn't either. He said it. He didn't really emphasize it. But he meant it. It was all good, that's for sure.

On the way home, my wife, Dina and I reviewed what my oncologist had said and we became even more giddy at what had transpired/been said. It was certainly news with which we could live and that's what we intend to do. I'm not about to look a gift oncologist in the mouth. Since nothing seems broken, I'm not looking to fix anything.

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

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# NEWS



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## Paying Tribute

**Eleventh District U.S. Rep. Gerry Connolly presents a Congressional Record statement to retiring 8th District U.S. Rep. Jim Moran after paying tribute to his friend and colleague at the 8th CD Committee's 21st annual Kennedy-King Dinner held in October in Tysons. It was a sold out event that also paid tribute to the late Mame Reiley, DNC member and long-time political strategist in Northern Virginia. Reiley died earlier this year.**

## BULLETIN BOARD

FROM PAGE 12

of Dying - the December Project” It is encouraged to read the book “December Project: An Extraordinary Rabbi and a Skeptical Seeker Confront Life's Greatest Mystery” by Sara Davidson. Email admin@kolaminvrc.org for more.

### FRIDAY/FEB. 6

**Award Nomination.** Arlington County is accepting nominations for the Bill Thomas Outstanding Park Service Volunteer Award. The country established this award to pay tribute to lifelong park volunteer Bill Thomas, and to honor and encourage residents who demonstrate a passionate dedication and support for dynamic programs. Visit parks.arlingtonva.us for more.

### SATURDAY/FEB. 28

#### Listening with the Ears of the Heart.

Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Rabbi Leila Gal Berner will be presenting Listening with the Ears of the Heart: A contemplative approach to the Torah portion Tetzaveh - priests, vestments and eternal light. Email admin@kolaminvrc.org for more.

### SATURDAY/MARCH 21

#### Listening with the Ears of the Heart.

Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Listening with the Ears of the Heart: A contemplative approach to the Torah portion Vayikra: Feeling small, coming closer to God and revering animals. Email admin@kolaminvrc.org for more.

#### Annual Move Me Festival.

1-5 p.m. at Bowen McCauley Dance, 818 N. Quincy St. Bowen McCauley Dance is seeking local arts partners from the surrounding Metro DC area to participate in the sixth annual festival. Children and adults are invited to enjoy music, dance, theater, arts and crafts and a variety of fun and interactive activities throughout the afternoon. Call 703-910-5175 ex.105 or email joanna@bmdc.org for more.

### SATURDAY/APRIL 18

#### Listening with the Ears of the Heart.

Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Listening with the Ears of the Heart: A contemplative approach to the Torah portion: Shemini: Youthful enthusiasms, extremely harsh punishments, grief and spontaneity. Email admin@kolaminvrc.org for more.

### SATURDAY/MAY 16

**Shabbat Yom Ha-Atzma'ut.** Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. This Shabbat is around the time of Israel Independence Day. Explore Israel's soul through early Zionist, modern and contemporary Israeli poetry. Email admin@kolaminvrc.org for more.

### PUBLIC INPUT WANTED

**Survey.** In conjunction with public meetings, a survey is available for community input is regarding a farmers' market at Fairlington Community Center. Access the survey at www.arlingtonva.us/dpr.

#### Butler Homes Tot Lot Survey.

Upon discussion of Phase II improvements for Butler Holmes Park, some community members asked if the tot lot could be fenced. Others in the community preferred that the tot lot remain open so that children could run freely in the park and take advantage of the open space. Staff has prepared two options for the tot lot, one featuring a solid steel fence and gate and one with no fence but a raised, vegetated buffer and a seat wall along one side. Share opinions on this topic at www.peakdemocracy.com/portals/105/Forum\_311/Issue\_2177

### ONGOING

#### Tree Stewards.

Runs Feb. 3-April 2015. The TreeStewards of Arlington and Alexandria are volunteers dedicated to improving the health of our urban trees through educational programs, tree planting and care, demonstrations and tree maintenance throughout the community. Learn how to care for trees on the streets, in parks, at schools, churches, temples and local neighborhoods. Visit www.TreeStewards.org for more.

#### The Arlington Chamber of Commerce is now accepting applications for the

**Young Entrepreneurs Academy 2015 Class.** It is a program that takes students through the process of starting and launching a real business or social movement. The class, comprised of 24 students ages 11-18, meets after school on Wednesdays at University Partner, Marymount University from January-May 2015. Throughout the class, students develop business ideas, write business plans, conduct market research, pitch their own plans to a panel of investors, and actually launch and run their own real, legal, fully-formed businesses. Applications available online. Visit www.arlingtonchamber.org/about\_the\_chamber/yea.aspx or call 703-525-2400.

**Weekly Classes.** Every Tuesday, 7:30-8:30 p.m. at First Presbyterian Church, 601 N. Vermont St. Vajrayogini Buddhist Center is a nonprofit organization that offers weekly classes in Arlington for the general public. These classes focus on practical advice for daily living and guided meditations. Everyone is welcome. Visit www.meditation-dc.org 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.

**Yoga for Everybody.** Wednesdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. This traditional approach to yoga reduces stress and increases strength and flexibility. Classes begin Wednesday, July 9 and Saturday, July 12. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

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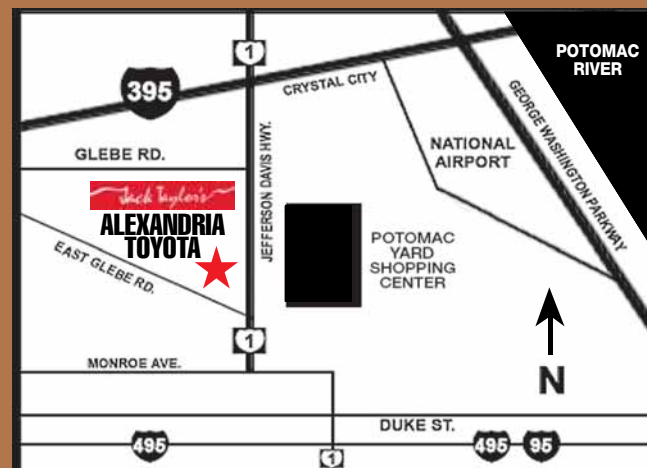


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[www.alexandriatoyota.com](http://www.alexandriatoyota.com)



## NEW! Extended Service Department Hours:

**Monday – Friday, 7 am to 9 pm**

**Saturday, 7:30 am to 4:30 pm**

**Sunday, 10 am to 4 pm**

**Sunday by appointment only.**

Make your next service appointment at:  
**[alexandriatoyota.com](http://alexandriatoyota.com)**

**You Have Saturdays Off**

*That's Exactly Why We Don't!*



**ServiceCenters**  
Keep Your Toyota  
a Toyota



27 YEARS OF  
RECEIVING THIS  
HONOR



[ToyotaOwnersOnline.com](http://ToyotaOwnersOnline.com)

**TOYOTA**  
LIFETIME GUARANTEE

Mufflers • Exhaust Pipes • Shocks • Struts  
Toyota mufflers, exhaust pipes, shocks, struts  
and strut cartridges are guaranteed to the  
original purchaser for the life of the vehicle  
when installed by an authorized Toyota dealer.  
See us for full details.



**TOYOTA**  
Let's Go Places



TOYOTA GENUINE SERVICE  
**BUY 3 TIRES AND GET 4TH FOR**



**\$1.00**



**& GET A 4 WHEEL ALIGNMENT FOR \$39.95**

GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY  
MULTI-POINT INSPECTION. SEE SERVICE ADVISOR FOR DETAILS.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**PRICE  
MATCH  
GUARANTEE**  
ON ANY  
OEM TIRES

TOYOTA GENUINE SERVICE  
**4 WHEEL ALIGNMENT**



**\$89.95**

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE

**TRUE START  
BATTERY SPECIAL**



**\$139.95**

INCLUDES BATTERY INSTALLATION

Includes: 64 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connectors.

Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE  
**WINTER DETAIL SPECIAL**

**\$119.95**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE  
**5K, 10K, 20K, 25K, 35K  
MILE MINOR FACTORY  
RECOMMENDED  
MAINTENANCE SERVICE**

**\$54.95**

SYNTHETIC OIL ADDITIONAL \$10.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE  
**BRAKE SPECIAL**

**\$79.95**

PADS

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

MACHINE ROTORS AN ADDITIONAL \$199.95.

DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE  
**DETAIL SPECIALS**

**\$39.95**

Wash & Vacuum

**\$139.95**

Hand wash, wax & interior cleaning

**\$295.95**

Full premium detail

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TOYOTA GENUINE SERVICE  
**OIL & FILTER SERVICE SPECIAL**

**\$5.00 OFF**

**Includes:** Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE  
**WINTERIZATION SPECIAL**

**\$59.95**

**Includes:** Drain and fill radiator with genuine Toyota anti-freeze inspect belts hoses and water pump. Lifetime anti-freeze \$10 more

SOME MODELS HIGHER. NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. GOOD THRU 12/31/14. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY.

GENUINE TOYOTA  
**15% OFF**

**WIPER INSERTS  
& WIPER BLADES**

SOME MODELS HIGHER. NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. GOOD THRU 12/31/14. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY.

TOYOTA GENUINE SERVICE  
**WE WILL  
MEET OR BEAT  
ANY LOCAL TOYOTA DEALERSHIP'S  
CURRENT ADVERTISED SERVICE  
SPECIALS**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE  
**NITROFILL SPECIAL**

**\$39.95**

We will purge the tires of air and refill them with nitrogen.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 12/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE

**EXTEND THE LIFE OF YOUR VEHICLE!  
BG FLUID EXCHANGE SPECIAL**

**TRANSMISSION FLUSH**

**\$189.95**

**POWER STEERING FLUSH**

**\$139.95**

**BRAKE FLUSH**

**\$139.95**

**FUEL INDUCTION FLUSH**

**\$139.95**

FOR TRANSMISSION FLUSH, TYPE T OR WS FLUID ADD \$50.00

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Jack Taylor's  
**ALEXANDRIA**  
TOYOTA / SCION

**ALEXANDRIA TOYOTA/SCION**  
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**JUST MINUTES FROM REAGAN NATIONAL AIRPORT!**

**TOYOTA**

**Let's  
Go  
Places**