

The Yorktown High School Madrigals in period dress respond to a little old fashioned chivalry. From left are Margot Hanchlich, Youssef Thomas and Sophia Welch. The Madrigals sang at Arlington House on Sunday, Dec. 14.

# The Arlington Connection

## A Civil War Christmas

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# New Perspective on Arlington's Past, Present, Future

Local restaurateur takes inspiration from historic photos and customers' stories to heart for his first book.

BY AMBER HEALY  
THE CONNECTION

**B**ill Hamrock's story is not an uncommon one. Born in a different part of the United States and moved to Northern Virginia as a child, he stayed in the area and found success in the restaurant business, first with Portabellos just off Lee Highway and then with Pasha Cafe and Billy's Cheesesteaks in the same neighborhood.

In 2010, Hamrock started lining the walls of Pasha Cafe with historic photos of Arlington, depicting its history from the Civil War on. The photos became conversation pieces among customers, some of them sharing their stories with Hamrock and his staff.

"Most of the photos came from the Virginia Room, but a significant amount came from the Library of Congress," he said.

As the stories started piling up, Hamrock decided he had enough material, or enough inspiration, to put together a photography book of historical Arlington. But he wanted to make it a little different from other books.

The result is "We Are Arlington," a 184-page full color book published this fall by Hamrock, who also incorporated a publishing company and worked with a local printer to allow the book to stay true to his vision for it.

The book begins with one of the county's most famous landmarks: Arlington National Cemetery. Hamrock tells a tale that many Arlingtonians might not know: the cemetery's location was specifically chosen to insult Gen. Robert E. Lee and force his



CONTRIBUTED PHOTO

**This photo of Parkington from the 1950s is one of dozens in Bill Hamrock's new book, "We Are Arlington," depicting the county's history. This location is now home to the Ballston Commons mall.**

family, including a wife and three sons who fought in the Civil War, from their home.

Montgomery C. Meigs, then quartermaster general, felt Lee and his ilk were traitors, and petitioned to turn Arlington House into the grounds for a burial site for soldiers.

"On his first visit to the cemetery, Meigs saw the first graves were 100 yards from the house," Hamrock said. Furious, "Meigs stayed to make sure the next graves were in the rose garden," just off the house's front steps.

Each chapter in the book examines a different part of Arlington's history, from the two airports that were combined to create Reagan National Airport near some of the Wright brothers' early aviation experiments, to the much different early design for the Pentagon and its rapid construction during World War II with concrete made from sand dredged from the Potomac River.

Hamrock has a few favorite tales in the book, pieces of Arlington's past that are a little seedy, a little untoward.

His favorite story is in the chapter entitled "Arlington in Transi-

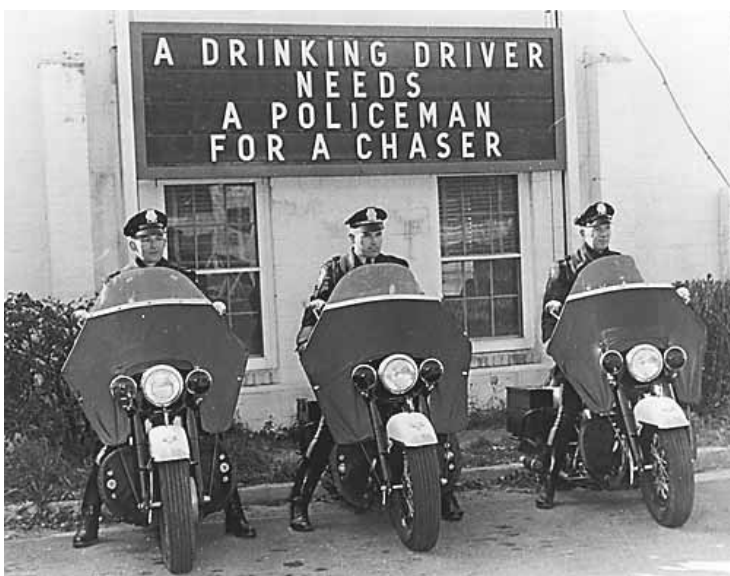
tion" and is under the heading "The Greatest Scandal in Arlington History." There are few public records of the scandal, which involves E. Wade Ball, the county's treasurer from 1907 through the 1930s and for whose family Ballston was named.

During his tenure, some \$515,969 went missing from the county's finances, losses only noticed when the county incorporated a new board and the newly named manager called for an audit of the treasurer's office. In 2014 dollars, some \$460 million went missing, but Ball was sentenced to just two and a half years in jail.

"In all other Arlington history books, this story is left out," Hamrock said. What happened to the money is still unknown, but Hamrock said it's unlikely Ball kept any of it; rather, the money likely went back into Arlington's development.

Hamrock stressed that he's not a writer and never thought he'd write a book, adding that this book was written "between 11 p.m. and 1 a.m.," after his restaurants were closed and he had a little time to himself.

In many ways, his restaurant was integral to the book's development.



CONTRIBUTED PHOTO

**In this photo, included in Bill Hamrock's new book, "We Are Arlington," some members of the Arlington Police Department provide stern warning to drivers.**



PHOTO BY AMBER HEALY/THE CONNECTION

**Bill Hamrock, owner of Pasha's Cafe and Billy's Cheesesteaks on Lee Highway in Arlington, has published a photographic history book of Arlington, "We Are Arlington."**

"Pasha is a neighborhood restaurant," he said. "Customers loved the photos," and once he started doing some research to write captions for each photo, "every day, maybe five times during lunch, people would stop to read the captions" and share their own memories.

Many of the photos in the book are courtesy of Arlington resident Greg Embree, who goes to dinner at Pasha Cafe at least once a week with his wife and who also helped Hamrock with a photo exhibit featuring images from the book on display at the Cherrydale Branch Library on North Military Road through Jan. 5.

The library's balcony was packed for the opening reception in October, recalled Embree, who also serves as the volunteer photo exhibits curator there. "The librarians have said it's one of the most popular exhibits we've ever had," Embree said of the "We Are Arlington" display.

"When Bill told me he was writing a book, he knew I was a photographer and he commissioned me to do some of the 'then and now' photos," along with the use of some standalone photos, like one of a soldier standing watch at the Tomb of the Unknown Soldier in January 2010 on what was the coldest day of the year.

Of the book, Embree said it's been well received and enjoyed by many since its release.

"I think it's great," he said. "I bought it immediately. I told [Hamrock] he'd have one definite sale, but it's been enormously popular."

His favorite image in the book is not one of his own, but is instead the photo of President John F. Kennedy on the book's cover, above a quote of his from the young president's first trip to Arlington Cemetery: "I could stay here forever."

"I thought it was very moving," Embree said. He was surprised to learn, as others might be, that it was Kennedy's interment at Arlington that made the cemetery a major draw for tourists. Within three years of Kennedy's assassination, more than 16 million people came to pay their respects.



CONTRIBUTED

**Luna Park was an amusement park built on Four Mile Run in 1906 complete with elaborate water slides. The park lasted nine years and the space it occupied is now filled by the Arlington County Sewage Treatment Center.**

## Helping the Uninsured

**Arlington Free Clinic faces steady stream of those in need of health care.**

BY VERNON MILES  
THE CONNECTION

**O**n the opening night of Arlington Free Clinic, there were eight patients and twice as many volunteers. It was 1994 and the Arlington Free Clinic was operating out of the nurse's office at Thomas Jefferson Middle School. Twenty years later, the clinic has a full office on Columbia Pike and treats 1,600 patients with the assistance of 184 doctors, 550 volunteers, and 32 staff. Though the clinic has grown, its mission has remained the same: treat the uninsured in Arlington.

**"We're all about having access to healthcare. If you need it, can you get it?"**

**— Jody Kelly, director of clinical administration, Arlington Free Clinic**

Patients at Arlington Free Clinic are all low income Arlington residents who are not eligible to be covered for health insurance. At the clinic, these patients receive primary and specialty care. Recent healthcare reform laws have helped reduced the burden on the clinic, but Jody Kelly, director of clinical administration, says the clinic still has a high demand.

"Last year, we had about 120 of our patients sign up for healthcare," said Kelly. "That's not quite 10 percent,

**Jody Kelly, director of clinical administration, in the Arlington Free Clinic.**



PHOTO BY VERNON MILES/THE CONNECTION

which was actually, in talking with other organizations, pretty good. If our patients are eligible, which means they have legal standing and are within a certain income group, they have to transition .... We're only able to take 20-25 percent of the people who would like to come here. Even with Affordable Care Act fully implemented, we would have more people than we would be able to serve."

Still, Kelly said she's grateful for the assistance the Affordable Care Act has provided to her organization.

"We're all about having access to healthcare," said Kelly. "If you need it, can you get it?"

The clinic helps its patients in this transition process and works with healthcare providers to establish a plan closest to the treatment the patients have been receiving. Still,

Kelly said most patients would prefer to stay with the clinic, both for the "free" nature of the clinic and the extensive specialty care network. Many of the clinic's patients have no legal standing in the country, however, and are unable to receive any form of health insurance.

According to Kelly, there are three groups in Arlington that benefit from the clinic's services.

"The obvious population we serve are the patients, it's easy to recognize the benefit they get from coming to the clinic," said Kelly. "Another obvious one is the community. Many of our patients are working in restaurants or in hotels or with the elderly, so it's extremely beneficial to have these workers healthy. A healthy community is just a good thing to have. A less obvious is the benefit to our volunteers. People want

to give their time and want to have a meaningful experience; they want to know they are making a difference. When they come here, they're given valuable work that needs to get done."

During clinic hours, there are generally between six to eight volunteers working and one or two staff. The clinic has 550 active volunteers and 32 paid staff. Of the 184 doctors that volunteer with the organization, 70 come to the clinic to visit patients, while others treat patients in the doctor's office.

"We have a fair number of retired doctors, so it's a way for them to continue practicing but not at the level or time commitment that they were before," said Kelly. "We also have a fair number of young doctors who come in at the end of the day. We present a different patient population; they probably see something in our population they don't see in their own practice .... Overall, I think it's a desire to give back to the community."

The clinic was started by a group of Arlington doctors who came together after they shared their frustrations with seeing uninsured patients coming to their offices and being unable to treat them. Kelly said these same frustrations are as true for many of the doctors today as they were 20 years ago.

With more demand than they can handle, the clinic relies on two methods of receiving patients. Half of their patients come from a direct bypass program where the clinic takes referrals from domestic abuse and homeless shelters; some are referred to the clinic from the hospital.

The other half of their patients come from a lottery system. At its last lottery session in early December, 90 uninsured

SEE ARLINGTON FREE, PAGE 8

## Yorktown Theatre Takes 'The Outsiders' on Tour



**S**tudents in the Yorktown High School Theatre III class have been taking "The Outsiders" on tour this month. The students selected scenes from the novel that they felt illustrated the primary messages found in S.E. Hinton's novel of brotherhood and friendship on the fringes of society. The production uses abstract movement and staging to help convey the adolescent psyche. The show tour included Williamsburg, Kenmore, Gunston and Thomas Jefferson Middle Schools, reaching nearly 800 students.

**Chris Gaines, Lindsay Huffman and Mary Gay.**

**Reiss Gidner, Charlotte Crockett, Lindsay Huffman, Jade Mellor, Caroline Frey and Nicole Redifer.**



# OPINION

## Merry Christmas

A message of  
peace and joy.

**M**erry Christmas. It's a magical time of year, and perhaps Connection Newspapers has over indulged in displaying the many rituals of Christmas on our pages in the past few weeks. In events around the area, a sense of community has infused holiday parades, Christmas tree lightings, menorah lightings, choral performances, singing of carols and other traditional events with warmth and joy.

We have covered performances of "The Nutcracker" and "A Christmas Carol;" covered acts of compassion and giving in almost every corner of our communities; photographed Santa in so many places arriving in so many ways — by boat at Lake Anne in Reston, by firetruck in Vienna and McLean and other places, by motorcycle around Fairfax County; religious celebrations of many kinds; gift indulgences of many kinds.

But Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, the promise of redemption. So here, let us share the verse from the Bible, Luke 2: 4-19:

"So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the

house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn.

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger.' Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, 'Glory to God in the highest, and on earth peace to men on whom his favor rests.'

"When the angels had left them and gone into heaven, the shepherds said to one another, 'Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about.' So they hurried off and found Mary and Joseph, and the baby, who was lying in the

manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart."

## Happy Hanukkah

Happy Hanukkah, which lasts for eight days and this year began Tuesday evening. While Hanukkah is not one of the most important Jewish religious observances, it is a celebration that gets added attention from timing. Hanukkah celebrates the miracle of a one day supply of oil for the temple lasting eight days.

### Editor's Note about the Rest of 2014

This is our last regular edition of 2014. Next week, after Christmas, we will publish the children's edition, devoted entirely to the artwork and writing of local students. Our next regular editions will publish Jan. 7-8, 2015, with deadline for content and advertising of Jan. 2. In the meantime you can reach the editors at [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) and sales/marketing at [sales@connectionnewspaper.com](mailto:sales@connectionnewspaper.com).

— MARY KIMM

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

## Yorktown Madrigals Sing at Arlington House

The Yorktown High School Madrigals, an "a cappella" singing group, evoked a Civil War Christmas with two sets of carols of the 1861-era in the drawing room of the former home of Robert E. Lee on Sunday, Dec. 14. This is an annual event for the group, which is brought in by the National Park Service and dressed in period costumes. Madrigals director Roger Oliver led the singers in old carols like "The Boar's Head Carol" and invited the audience to join in on three songs.

PHOTOS BY  
EDEN BROWN  
THE CONNECTION



The singers stand outside for photos after the performance. From left, first row, are Amelia Lowe, Lauren Mead, Megan Oliver, Isabella Toni, Juliette Smith, Emma Theunissen, Kristen Niert, Meagan Mullins, Margot Hanchlich, Sophia Welch and Natasha Hone. In the back row are Nick Varley, Johnny Malks, Evan Tong, Sean Mullins, Perry Kaufman, Youssef Thomas, Thomas Miller and Wade Miller.



Roger Oliver leads the singers in the Arlington House drawing room. From left, first row, are Lauren Mead, Megan Oliver, Isabella Toni, Natasha Hone, Juliette Smith, Roger Oliver and Kristin Nibert. In the back row are Johnny Malks, Sean Mullins, Evan Tong, Perry Kaufman, Youssef Thomas and Thomas Miller.

The  
**Arlington**  
Connection

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**NEWS DEPARTMENT:**  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Steven Mauren**  
Editor

703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Vernon Miles**  
Reporter

703-615-0960  
[vmiles@connectionnewspapers.com](mailto:vmiles@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor

703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
[@jonroetman](mailto:@jonroetman)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**Andrea Smith**  
Classified & Employment Advertising  
703-778-9411  
[asmith@connectionnewspapers.com](mailto:asmith@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](mailto:@MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

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

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](mailto:@TheismannMedia)

**CIRCULATION: 703-778-9426**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



## NEWS

# Wreaths Across America

**T**hey started arriving before noon. Dozens and dozens of Northern Virginia scouts and their families joined active and retired servicemen and members of the Mount Vernon and John Alexander Chapters of the Daughters of the American Revolution to place wreaths upon the graves at the Alexandria National Cemetery on Saturday, Dec. 13.

This is the 12th year of the annual wreath laying at the cemetery. VFW Post 609 Commander Bill Jones remembered the first year: "We raised enough money to decorate 40 graves with six volunteers." This year more than 1,700 graves were decorated and more than 300 volunteers helped.

At the conclusion of the opening ceremony, the volunteers moved out into the cemetery and placed a wreath on every third grave, the graves of the past post commanders and all of the graves of unknown soldiers.

**VFW Post 609  
Commander  
William M.  
Jones places  
a wreath in  
honor of the  
U.S. Marine  
Corps.**



**Josh Witten of Boy Scout Troop 106 in Arlington helps with the cleanup of the wreath shipping boxes at the Alexandria National Cemetery on Saturday afternoon.**

PHOTO BY  
LOUISE KRAFFT/  
THE CONNECTION

**Scouts from  
Arlington,  
Alexandria and  
Mount Vernon  
volunteered to help  
with the wreath  
laying on  
Saturday, Dec. 13.**





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**To highlight your Faith Community, call Karen at 703-778-9422**

# 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

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

**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.-5 p.m. Call 703-228-6330 for more.

**"Floating, Flying and Racing."** 1-4 p.m. Saturdays and Sundays only, at the Arlington Historical Museum, 1805 South Arlington Ridge Road. The Arlington Historical Society celebrates the holidays with a new temporary exhibit every year. For the 2014 holiday a collection of more than two dozen toys and models antique toys is on display until Jan. 18. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

### 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-



Gannon O'Brien



Bayla Whitten



Delores Williams



Stephen Smith

## Signature's Holiday Follies

The fun begins with a new spin on the seasonal revue Holiday Follies. The series, now in its fifth season, will feature performers Gannon O'Brien, Stephen Gregory Smith, Delores King Williams and Bayla Whitten under the direction of Walter Ware III with musical direction by Howard Breitbart. With a "Choose Your Own Adventure" spin to the festivities, the cabaret set list is built to change from night to night with the help of the audience. Show times vary. At Signature Theatre, 4200 Campbell Ave. Visit [www.signature-theatre.org](http://www.signature-theatre.org) for more.

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

**Theatre Classes.** Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit [www.encorestageva.org](http://www.encorestageva.org) for a list of classes.

**Synetic Theater.** Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to the world of physical

theater, acting and dance through energetic and athletic feats that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and payment plans are available. Visit [www.synetictheater.org/studio](http://www.synetictheater.org/studio) or call 703-824-8060

## 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.

**Science and the Christmas Star.** The Friends of the Planetarium offers a screening of "An Astronomer Looks for the Christmas Star." All ages. The digital show will be followed by Q&A with Dr. Alice Monet, president of the Friends of the Planetarium, and Planetarium Director Jonathan Harmon. \$2 for children (up to age 12), \$2 for Seniors (60+), and \$3 for teens and adults. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org).

**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) for more.

**Screening of Season of Light.** 7:30 p.m. One of the most popular shows at the David M. Brown Planetarium, Season of Light is an annual holiday program about the coldest and darkest of seasons — a time which holds some of the warmest and brightest celebrations of the year. This multicultural presentation traces

the history and development of many of the world's most endearing holiday customs, all of which involve lighting up the winter season. \$2 for children (up to age 12), \$2 for Seniors (60+), and \$3 for teens and adults. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.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.

## TUESDAY/DEC. 23

**Book Club Meeting.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. The spirituality book club will discuss "Ties that Bind: Stories of Love and Gratitude from the First Ten Years of Storycorps" by Dave Isay. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## MONDAY/DEC. 29

**Teacher Work Day Trip.** 10 a.m.-4 p.m. leaving from Thomas Jefferson Community Center, 3501 S 2nd St., Arlington. Four hours of unlimited rides, attractions and video games at Central Park Funland. Ten indoor rides and attractions such as: Laser Tag, Bumper Cars, Rock Wall Climbing, Mini Bowling, the Himalaya and Spinning Teacups. \$5 has been added for each participant to play some of these games. Each participant will receive two slices of pizza and a 16 oz. drink. For full time and session dates or to register visit

## UPCOMING SHOWS

- ❖ Saturday/Dec. 20 at 2 and 8 p.m.
- ❖ Sunday/Dec. 21 at 2 and 7 p.m.
- ❖ Monday/Dec. 22 at 7:30 p.m.
- ❖ Tuesday/Dec. 23 at 7:30 p.m.

[registration.arlingtonva.us](http://registration.arlingtonva.us) and use activity code 970014-B.

## TUESDAY/DEC. 30

**Teacher Work Day Trip.** 10 a.m.-4 p.m. leaving from Thomas Jefferson Community Center, 3501 S 2nd St., Arlington. Rebounderz and Sudden Combat trip. Bounce the day away at Rebounderz in Sterling, one of the area's largest indoor trampoline arenas, then venture next door for extreme laser tag at Sudden Combat. Price includes one hour of trampoline jump time and one hour of laser tag. There will be time for lunch in between (not included). Bring lunch or extra money for concessions as well as games. For full time and session dates or to register visit [registration.arlingtonva.us](http://registration.arlingtonva.us) and use activity code 970014-C.

## WEDNESDAY/DEC. 31

**Winter Hike.** 10-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Enjoy a winter hike discovering what is outside in nature during the season. Registration is \$5. Call 703-228-6535 for more.

**New Years Eve Campfire.** 6-7:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ring in the new year under the stars at this campfire. Registration is \$5. Call 703-228-6535 for more.

**New Years Eve Show.** 8 p.m. Ballston Common Mall, 4238 Wilson Blvd. Enjoy an evening of live performances. Tickets are \$15. Visit [www.comedyindc.com](http://www.comedyindc.com) for more.

## THURSDAY-SATURDAY/JAN. 1-3

**Live Comedy.** 7 p.m. at Arlington Cinema and Drafthouse, 2903 Columbia Pike, Arlington. Carlos Mencia from Mind of Mencia Live will perform. Tickets are \$30. Visit [ArlingtonDrafthouse.com](http://ArlingtonDrafthouse.com) for more.

## SATURDAY/JAN. 3

**Open Casting Call.** 11 a.m.-4 p.m. at at Fashion Centre at Pentagon City in Arlington. An open casting call for The CW Network's "America's Next Top Model." Contestants will vie for a prize package that will launch their modeling careers. Casting directors

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

are looking for females and males, ages 18-27, of diverse backgrounds, shapes, sizes with no minimum height requirement. Go to DCW50.com for complete information.

#### THURSDAY/JAN. 8

**Live Music.** 7:30 p.m. at Artisphere, 1101 Wilson Blvd., Arlington. Artisphere kicks off the new year with a performance by Louisiana-based Cajun band Steve Riley & the Mamou Playboys, hailed by critics as one of the best Cajun music acts in history. Dance lesson at 7:30, show begins at 8 p.m. Visit [www.rosslynva.org/do/steve-riley-and-the-mamou-playboys](http://www.rosslynva.org/do/steve-riley-and-the-mamou-playboys) for more.

#### FRIDAY-SUNDAY/JAN. 9-18

**“Cinderella.”** Runs through Friday, Jan. 18. at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Tickets \$12. Visit [www.encorestage.org](http://www.encorestage.org) or Call 703-548-1154 for more.

#### FRIDAY-SATURDAY/JAN. 9-31

**Crime and Punishment in America.** The American Century Theater performs at Theatre Two in the Gunston Arts Center, 2700 South Lang St., Arlington. TACT begins the new year and its final season with two one-act plays in an evening that echoes the explosive issues emanating from Ferguson, Mo.; New York; Oakland and beyond. In “Cops” by Terry Curtis Fox, police find themselves in a shoot-out with a young African-American male, and in

William Saroyan’s classic “Hello Out There,” a wrongly imprisoned young black man tries to find the best of humanity while trying to survive in a small Texas town. Showtimes are Thursday-Saturday, 8 p.m.; with Saturday-Sunday matinees at 2:30 p.m. (no matinee Saturday, January 10). Pay what you can performance Wednesday, Jan. 14, 8 p.m.; talkback will follow the Thursday, Jan. 15 performance and others will be scheduled. Get tickets at [AmericanCentury.org](http://AmericanCentury.org) or by calling 703-998-4555.

#### SUNDAY/JAN. 11

**Chewy the Camel Visit.** 10:30 a.m. at Church of the Covenant, 2666 Military Road, Arlington. Chewy the Camel will be visiting Church of the Covenant. Children and adults are invited to watch or join in and sing songs of joy welcoming the Three Kings. Hot cider and cookies will be provided. Families and children of all ages are welcome. Call 703-524-4115, email [cvnnt@verizon.net](mailto:cvnnt@verizon.net) or visit [www.CovenantChurchArlington.org](http://www.CovenantChurchArlington.org) for more.

**Music for String Quartet.** 4 p.m. at Clarendon United Methodist Church, 606 North Irving St. Anchoring this program will be Beethoven’s dramatic Op. 18 No. 1 String Quartet, whose slow movement is said to reflect the tomb scene of Shakespeare’s Romeo and Juliet. Free. Visit [ibischambermusic.org](http://ibischambermusic.org) for more.

#### TUESDAY/JAN. 13

**55+ Singers Welcome.** 2-3:30 p.m.

## FOOD & DRINK

**Rock Bottom Restaurant & Brewery,** 4238 Wilson Blvd., Arlington., featuring a broad selection of food and micro-brewed and specialty beers, has introduced a set of desserts prepared and presented in old-fashioned Mason jars. The single-serving Mason jar selections include Raspberry and Chocolate Mousse, Key Lime Pie, Bourbon Pecan Pie and Salted Caramel and Toffee. For something sized to share, Rock Bottom is also introducing the Brownie Passion, made with extra-thick house-made fudge and white chocolate brownies and is served with vanilla ice cream, hot fudge sauce, raspberry puree and fresh raspberries in a cloud of whipped cream topped with a chocolate wafer. Visit [www.rockbottom.com](http://www.rockbottom.com).

**Clarendon Farmers Market.** Year-round, has locally produced breads and pastries, organic vegetables, flowers, soap, sorbet and more. Saturdays and Sundays, 8 a.m.-noon at Courthouse Parking Lot, 3195 North Wilson Blvd. Also year-round on Wednesdays from 3-7 p.m. at Clarendon Metro Station. Visit [www.Clarendon.org](http://www.Clarendon.org). Call 703-812-8881.

**Arlington Farmers Market at Courthouse.** Adjacent to the Arlington County Courthouse Parking Lot, at the intersection of N. Courthouse Road and N. 14th Street. This is a ‘producer only’ market with more than 30 producers. From January through March, the market is open on Saturdays 9 a.m.-noon. Visit [www.arlingtonfarmersmarket.com](http://www.arlingtonfarmersmarket.com) for a list of vendors.

**Arlington Mill Community Center Plaza.** Wednesday. 3-7 p.m. at 909 S Dinwiddie St., Arlington. A new farmers market will be open weekly. Visit [www.columbia-pike.org/events/?event=1049](http://www.columbia-pike.org/events/?event=1049) for more.

at Langston Brown Senior Center, 2121 Culpeper Street in Arlington. Encore invites novice and experienced singers who are 55 and older to join the winter/spring season of Encore Chorale. There are no auditions, new singers are welcome, and singers may be seated for rehearsals and performances. Visit [www.encorecreativity.org](http://www.encorecreativity.org) or call 301-261-5747 for registration information and fees.

Sheila Gallagher, certified horticultural therapist at Melwood, explains her work with disabled people that includes occupational training. Sponsored by Rock Spring Garden Club. Free with optional lunch for \$5. RSVP by Jan. 8 by contacting 703 532-1959 or [rockspringgardenclub@gmail.com](mailto:rockspringgardenclub@gmail.com). See [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com) for more.

#### THURSDAY/JAN. 15

**Garden Club Presentation.** 11 a.m. at Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington.

#### SATURDAY/JAN. 17

**Signature in the Schools.** 11 a.m. at Duke Ellington School of Arts, 3500 R St., NW, Washington, D.C. Local high school students will perform

award winning shows written by Joe Calarco. Call 703-820-9771 or visit [www.signature-theatre.org](http://www.signature-theatre.org) for more.

**Dance.** 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Enjoy a live performance from Jane Franklin Dance and Tom Teasley Percussion. Visit [www.janefranklin.com](http://www.janefranklin.com) for more.

#### SUNDAY/JAN. 18

**Signature in the Schools.** 11 a.m. at Bishop Ireton High School, 201 Cambridge Road, Alexandria. Local high school students will perform award winning shows written by Joe Calarco. Call 703-820-9771 or visit [www.signature-theatre.org](http://www.signature-theatre.org) for more.

#### SATURDAY/JAN. 24

**Signature in the Schools.** 11 a.m. at Oakton High School, 2900 Sutton Road, Oakton. Local high school students will perform award winning shows written by Joe Calarco. Call 703-820-9771 or visit [www.signature-theatre.org](http://www.signature-theatre.org) for more.

**Forty+ Concert.** 4 p.m. at Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Jane Franklin Dance presents Forty +, a performance by dancers over age 40 in works by local choreographers. \$20 online or at the door. Visit [www.janefranklin.com](http://www.janefranklin.com).

#### MONDAY/JAN. 26

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

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### JANUARY

1/7/2015 ..... Wellbeing, Renewal, Resolutions

1/14/2015 ..... HomeLifeStyle

*Martin Luther King Jr. Day is Jan. 19*

1/21/2015 ..... A+ Camps & Schools

1/28/2015 ..... Neighborhood Outlook

1/28/2015 ..... Winter Fun, Food, Arts & Entertainment;

Valentine’s Preview

### FEBRUARY

2/4/2015 ..... Valentine’s Dining & Gifts I

2/4/2015 ..... Wellbeing – National Children’s Dental

Health Month

2/11/2015 ..... HomeLifeStyle

2/11/2015 ..... Valentine’s Dining & Gifts II

*Valentine’s Day is Feb. 14 • Presidents Day is Feb. 16*

2/18/2015 ..... A+ Camps & Schools

2/25/2015 ..... Pet Connection Pullout

### MARCH

3/4/2015 ..... Wellbeing

3/11/2015 ..... HomeLifeStyle Real Estate Pullout

3/18/2015 ..... A+ Camps & Schools

3/25/2015 ..... Spring Fun, Food, Arts & Entertainment

*FCPS Spring Break 3/30-4/3*

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# Arlington Free Clinic Helps Those Needing Health Care

FROM PAGE 3

Arlingtonians showed up hoping to receive access to healthcare. Of those, only 23 were selected. Those who didn't get in are referred to other healthcare services and informed of future chances to get in. Those who do get into the program go through an extensive eligibility screening where they must present documentation that shows that they are Arlington residents living at 200 percent of the federal poverty level or less, that they have been in the United States for at least one year, and that they don't have any other access to health insurance. Patients are required to re-register every year and show up-to-date documents.

Once they've been accepted, a patient can remain in the program as long as he or she is still eligible and follow the rules.

"People can lose their card by being rude or disrespectful to anyone in the clinic, volunteers, patients, or staff," said Kelly. "We do this for everyone; we want this to be a peaceful place. We will treat patients kindly and with respect, so we will all benefit."

The clinic takes in 500 patients each year with approximately the same rate of attrition.

"A lot of our patients have fairly transient lives, and Arlington is a very expensive place to live," said Kelly. "Some move to suburbs, some are getting insured now at a low rate they can afford. Those are the main two ways we lose people."

The top diagnoses at the clinic are diabetes, cardiovascular disease, hypertension, high blood pressure, and obesity.

"Generally, when people come to us, they have either never seen a doctor or they've seen a doctor irregularly," said Kelly. "Many come to us with preexisting medical problems. They come in sick and we try to make them better. The health problems are the same as what you'd see in the general population, but probably a higher percentage of our people have them. When you're deciding between food, housing, and medical care, if you're unable to come to us you're always going to go for those two first and medical care is going to be third unless it's an emergency."

The clinic operates on a \$2.3 million annual budget. The clinic building was provided by the developer and the clinic's \$4 million in medicine at its pharmacy was largely donated by pharmaceutical companies. According to a 2014 financial audit, administration composes less than 4 percent of its expenses. Ninety percent of its budget goes directly into donated goods and services to its patients. As a private nonprofit, the clinic receives no federal funding, and gets very little from the state or county.

"We get a third of our funds from the annual gala," said Kelly. With the program director retiring this year, the gala's funds raised were more substantial than expected.

"Our gala raised \$1.3 million, twice as large as normal. We get another third from foundation or grants, and a third from individuals or business."

The clinic operates with a diverse patient population. Their primary clientele is Hispanic, many of whom speak primarily or exclusively Spanish.

"We have three ways of dealing with this," said Kelly. "Half of our staff is bilingual, Spanish and English. We have volunteer translators in a number of different languages. Two years ago, we installed a patient language line."

It's not inexpensive, but the doctor picks up the phone and says 'I need a Mongolian translator' and someone comes on the line a minute later and they talk."

The need for Mongolian translators has come up more frequently than expected at the clinic.

"We had an experience where a family came in, they were Mongolian and literally could not speak a word of English, and it was impossible to treat them," said Kelly. "Some people we ask to bring a translator, and in some cases that's just fine, but with

a doctor-patient relationship there are certain things you might not want your husband or, more likely, your teenage child to have to translate for you. You may just not want someone else in the room with you."

In the lobby, Marietha Mayen, appointment scheduler for the clinic, helped translate for two female patients who spoke exclusively Spanish.

"The treatment here is excellent," said Maria Alfaro, a patient at the clinic.

"Since I've been in this country, I've never found someone to help in the way that I'm being helped here."

Constantina Bedon, who has been with the clinic for six years and came in through the lottery, said that with treatment at the facility, she was finally able to live

**"Generally, when people come to us, they have either never seen a doctor or they've seen a doctor irregularly."**

**— Jody Kelly, director of clinical administration, Arlington Free Clinic**

confidently.

"The treatment here is excellent," said Bedon. "I don't have to pay for my health."

"I've been very blessed," said Alfaro. "I had nowhere to go; no money. I couldn't go anywhere else and get help. I am very happy and very blessed, very grateful to the volunteers and workers here. It is such a beautiful place."

## Bank Robbery Suspect Sought

The Arlington County Police Department's Homicide/Robbery Unit, along with the FBI's Washington Field Office, is seeking the public's assistance in identifying a bank robbery suspect captured in surveillance footage.



**Robbery suspect.**

On Saturday, Dec. 6, at 12:08 p.m., an unknown male subject entered the Capital One Bank located inside the Ballston Commons Mall at 4100 Wilson Boulevard in Arlington, and robbed the bank. After obtaining an undisclosed amount of money, the subject exited the bank onto the street.

The suspect is described as a black male in his mid-20s to 30s and approximately 5'8" tall with an average build. He was wearing a black puffy jacket, a sweatshirt underneath, a white knit cap and had head phones around his neck.

The FBI is offering a reward of up to \$5,000 for information that leads to the identification, arrest and conviction of this bank robber.

Call the FBI at 202-278-2000 or Detective Trainer with the Arlington County Police Department at 703-228-4185 or email jtrain@arlingtonva.us. To report information anonymously, call 866-411-8477.

## 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. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### HOLIDAY SAFETY

**Free Cab Rides.** 10 p.m.-6 a.m. daily, through Thursday, Jan. 1. Washington-metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$30 fare), safe way home. Since 1993, WRAP's SoberRide program has provided 61,002 free cab rides home to would-be drunk drivers in the Greater Washington area. Visit [www.soberride.com](http://www.soberride.com).

### APPLICANTS NEEDED

**Arlington Commission on Long-Term Care Residences** needs advocates who work or live in Arlington. The Commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. For more information or an application, go to the Commission on Long-

Term Care Residence's website: [commissions.arlingtonva.us/ltrc/](http://commissions.arlingtonva.us/ltrc/), or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail [ArlAAA@arlingtonva.us](mailto:ArlAAA@arlingtonva.us).

### 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. 10

**Volunteer Orientation.** 10 a.m.-11:30 a.m. at James Lee Community Center, 2855 Annandale Road, Falls Church. The Literacy Council seeks dedicated volunteers with interests in adult education, immigration, ESOL, or related issues to help adults learn English. Teaching or foreign language skills, though beneficial, are not required. Currently registered for our classes or waiting to be matched with tutors, these adult students are eager to improve their English language skills by working with trained volunteers. e-mail [volunteers@lcnv.org](mailto:volunteers@lcnv.org) or call 703-237-0866 x116.

228-4403.

**Ballroom and Salsa dance classes,** Monday, Jan. 5, 6:45 p.m., Walter Reed. Free. Register, 703-228-0955.

**Big Band music and dancing,** Tom Cunningham Orchestra rehearsal, Monday, Jan. 5, 8 p.m., Walter Reed. All ages welcome. Free. Register, 703-228-0955.

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

**Strength training,** Monday-Wednesday-Friday, 9 a.m., T.J. \$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.

## Murphy Named National Finalist

Patrick Murphy, superintendent of Arlington Public Schools, is one of four finalists for the School Superintendents Association's 2015 National Superintendent of the Year.



Murphy, a native of Northern Virginia, has been an educator since 1988. Since joining APS as superintendent, Murphy has focused on academic rigor, and academic and course planning. He has also highlighted the educational journey for students from pre-kindergarten through post-secondary, emphasizing preparation of students and families to ensure successful transitions between all school levels (elementary to middle, middle to high and high to post-secondary opportunities). His efforts led to the recent Medallion of Excellence awarded to Arlington Public Schools by the U.S. Senate Productivity Quality Award.

The other finalists are Mary Ellen Elia, Hillsborough County Public Schools, Tampa, Fla.; Philip Lanoue, Clarke County School District, Athens, Ga.; and Patrice Pujol, Ascension Public Schools, Donaldsonville, La. A \$10,000 college scholarship will be presented in the name of the 2015 AASA National Superintendent of the Year to a student in the high school from which the superintendent graduated, or the school now serving the same area.

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# Parent Coaches Searching for Balance

**Coaching one's own child can be stressful, rewarding.**

BY JON ROETMAN  
THE CONNECTION

**R**ick Sofield started coaching when he was in high school, helping his father coach his younger brothers in football. He continued when he was in law school, when he made extra money coaching various middle school and high school sports.

After starting a family with his wife, Alice, Sofield couldn't wait to coach his own children. The Sofields' first child was a girl named Charlotte, who turned out to be quite the athlete.

Sofield, who played four sports in high school on Long Island and four years of football and lacrosse at Harvard University, helped coach Charlotte in peewee soccer and T-ball. When she was in the first grade, Sofield coached Charlotte's lacrosse team after convincing the commissioner of a Fort Hunt rec league to let Charlotte play against girls several years older.

While eager to succeed, Sofield initially struggled as a youth lacrosse coach.

"I had no idea what I was doing and we got killed in our first game," Sofield wrote in an email. "Afterward, a mom gave me the rule book and suggested that I read it.

**"I would say most coaches are harder on their own kids... We tend to point out when they mess up more than you would with another kid."**

**— Madison assistant volleyball coach Christine Zanellato**

ever victory against national power St. Stephen's & St. Agnes, 9-7, in the state championship game.

Charlotte, then a junior, led Ireton in points with 48 goals and 67 assists. She was an Under Armour Underclass All-American and WCAC Player of the Year, and later signed to play lacrosse at the University of

North Carolina. Sofield was named VISAA Coach of the Year and WCAC co-Coach of the Year.

Bishop Ireton will return the majority of its impact players for Charlotte's senior season in 2015.

"My dad started coaching me when I was in first grade," Charlotte wrote. "He hasn't been my only lacrosse coach, but he has been my main coach for as long as I can remember."

From first grade through high school, Charlotte and her dad experienced ups and downs on and off the field. As several coaches and athletes in the area acknowledged, a parent coaching his or her child can be a difficult, yet rewarding process.

"When my wife, Alice, and I started our family, I couldn't wait for the kids to get old enough to coach," Sofield wrote. "I have coached all four of our kids in a variety of sports: football, basketball, wrestling, ice hockey, T-Ball, and lacrosse."

Charlotte was the oldest child, and Sofield admits she was forced to deal with his mistakes as a first time parent/coach, including not being able to separate the two roles.

"The middle school years were particularly tough for me and Char," Sofield wrote. "I hadn't learned how to separate Dad from Coach. I also saw exceptional talent in Char and felt compelled to try and maximize her ability. She has always wanted to be her best so she didn't need all the extra pushing that I was giving her. Unfortunately for Char, I learned my lessons and made my mistakes on her as our eldest and I have been much more patient and understanding with her three younger brothers."

Charlotte also acknowledged middle school was a tough time.

"Every practice was a disaster," she wrote. "But I'm happy he didn't stop coaching. I would not be the player I am today without him."

Sofield said his wife helped him realize the need for separation between father and coach.

"By the time Char got to middle school, we used to talk about virtually nothing but lacrosse," Sofield wrote. "It was around that time that Alice gently, but firmly, reminded me through a series of conversations that there was much more to my relationship with Char off the field than lacrosse. She reminded me to keep lacrosse on the field, and be a father at home."

Sofield said he still struggles at times differentiating between Charlotte as his daughter and Charlotte as No. 15 on the Bishop Ireton girls' lacrosse team.

"I've gotten much better over the past 10-plus years in separating player and child," Sofield wrote. "I'm still not always as good



**Head coach Rick Sofield and his daughter, Charlotte Sofield, left, are seen during a Bishop Ireton girls' lacrosse game.**

PHOTO BY DELIA SULLIVAN

ever had, but he is my dad. On or off the field.

"Having my dad as a coach gives me an edge over other players. I am constantly around the game. And I always have a sounding board to vent my lacrosse problems

"As I said previously, my dad will always be my dad. That includes throughout messed-up drills and poor games. When everyone else goes home and leaves lacrosse on the field, I bring it to the dinner table, to family events, everywhere. Lacrosse isn't just on the field. I have my coach watching over me 24/7.

"Lacrosse is a huge bond for my dad and I. It's our thing together. Lacrosse is a constant. But it's not a bad thing. It is something that he and I both love."

When it comes to treating Charlotte the same as others on the team, Sofield said he holds his daughter to a higher standard.

"I encourage our players to 'play hard and make lots of mistakes. Make mistakes by playing fast and learn from them,'"

Sofield wrote. "I find that I'm much more tolerant of the mistakes made by other players than of mistakes that Char makes."

Sofield isn't alone.

"I would say most coaches are harder on their own kids than they are on the regular kids," Madison assistant volleyball coach Christine Zanellato said. "We tend to point out when they mess up more than you would with another kid."

Zanellato and head coach Carrie Hall each have a daughter on the Madison volleyball team, which was one point away from capturing the VHSL 6A state championship in the fall. Zanellato coached her daughter, Natale, when she was young, but stopped when Natale was in middle school.

Their relationship had some rough spots. "When I was in [sixth] grade, I hated it," Natale said. "I would cry most nights. I would cry on the way home [from volleyball]. I was very sensitive. I would get a little upset when she would tell me to suck it up or do this and that. I wasn't as good with her criticism."

After a few years playing for other coaches, Natale started to appreciate her mom's volleyball knowledge. Zanellato played collegiately at LSU and coached the Fairfax High varsity from 2007-2011. When it came time for high school, Natale, who attended Lake Braddock as a freshman, wanted her mom as a coach. Zanellato joined the Bruins' staff as an assistant in 2012.

"I think what has worked out well for us

SEE PARENT COACHES, PAGE 11

## The New Normal

By KENNETH B. LOURIE



Loosey goosey, I suppose. As much as one might prefer some predictability in their life (certainly a cancer patient would – I know I would), I may be entering a cycle of permanent unpredictability. Whereas my previous schedule was chemotherapy every three weeks, a CT Scan every three months, followed up by a face-to-face appointment/examination/assessment with my oncologist sometime during the next week (in effect, every three months as well), my most recent abnormal lab results may very well be upsetting my apple cart. However, rather than change my infusion schedule to every four weeks due to recurring high creatinine levels showing up in my current every-three-week, pre-chemotherapy lab work, my oncologist wants to keep me on the same track. His thinking is, since my most recent CT Scan showed “shrinkage,” he wants to continue treating my cancer as aggressively as possible, since we’re having some success – so long as my body tolerates the drug, that is. My worry is that, from what little I understand, these last two lab results are indications that my body (kidneys) may in fact no longer be tolerating the treatment and that my future treatment is subject to change, shall we say.

For the moment however, the change will not be in the drug I’m infusing but with the frequency. I will still be scheduled for my chemotherapy every three weeks, with my usual pre-chemotherapy lab work the Wednesday before the Friday. If my creatinine level is too high on that first test, we will delay the infusion by one week and I will return to the lab the following Wednesday and hope for an improved result. What this means to me is, I can’t ever know, given the variability in my last two lab results, whether I can plan on chemotherapy every three weeks, every four weeks or some reasonable facsimile thereof. What little control I thought I had over my life: the predictability/regularity of my infusions, apparently is over. Now, so long as my creatinine goes down on the subsequent retests, I will live with the consequences – happily. Still, I have lost something very important in my life, something with which I have become quite accustomed these last few years: knowing who, what, when and where. Why this is happening, and whether or not a slope has become slippery all of a sudden (“all of a sudden” – after six years, nothing is all of a sudden) is the big question, a question/scenario that my oncologist will likely blame the cancer for causing (simple, isn’t it?). Because, that’s sort of what cancer does, he’ll probably say.

Part of me understands that “If It Ain’t Broke” there’s no need to fix it; we just need to work in some flexibility. And if the flexibility keeps me alive, I’m all for it. Nevertheless, this change will affect my life, my future. I can never know – for sure, and anticipate accordingly – what my lab results will be (as I have been able to these last few years) and plan/schedule/arrange my non-cancer activities. I will once again become a victim of my own circumstances. I will never know until I’m told (e-mailed actually; I’ll know by the results whether that next chemotherapy appointment will be put off) whether I’m busy two days hence or not. Moreover, I’ll likely repeat the cycle the following week and beyond. Maybe the regularity of the irregularity will become my new routine? Maybe breaking up the every-three-week schedule – sometimes – will give me and my body some much needed/appreciated rest. I can only hope so. I don’t want to think that it’s not so. I’ve gotten used to my life. And though this is definitely a blip, I’m thankful to still be showing up on the radar.

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

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FROM PAGE 9

is that we have a really solid relationship and she trusts that when I am working to improve her skills, I'm looking at her as an athlete," Zanellato said. "My criticism is all based on what she needs to do on the court. It's not about her personally. I think that's the hardest thing [about being a parent/coach] is kids sometimes personalize the comments. ...

"I coached her early and then I stopped. I stepped away and let her be coached by a lot of other people ... then I let her come to me. When she was ready and comfortable, she started seeking me out for, 'Do I need this?' 'How does this work?' 'Does my approach look right?' 'Am I blocking too far in?'"

Natale would later transfer to Madison. After not playing high school volleyball her sophomore year, Natale joined the Warhawk varsity as a junior and was a key contributor at outside hitter for the 2014 state runners-up.

"I love working with my mom," Natale said. "I respect her. I know that she played great. She's a great coach. When I was younger, it was a little rougher. I was just like, 'I don't want to listen to you,' that kind of stuff. I respect her judgment and I respect what she's saying. I really respect her opinion. I love having her on the coaching staff."

Hall said she treats her daughter, Kendal, a standout junior setter for the Warhawks, no differently than any other member of the team.

"It's not hard to me at all," Hall said. "I've been here 14 years and to me it's about the program. ... It's the program first, then my daughter."

Hall said the two talk about volleyball at home, but don't discuss strategy.

"We talk about if we think we had a good game or not that night, but nothing too elaborate," Hall said. "... That way she's part of the team, I'm part of the coaching staff. She doesn't need to know anything that's going on."

Kendal said she's appreciative of her mom's volleyball knowledge.

"It's definitely nice," Kendal said, "coming home and having someone to talk to who definitely knows what they're doing."

Langley football coach John Howerton started his sons on a path toward gridiron success at a young age. Jack, now a sophomore at Stetson University in DeLand, Fla., and Tyler, now a sophomore at Langley, started strength and skill training before the age of 10. However, they did not play organized football until high school.

Howerton, who was inducted into the Shepherd University athletic Hall of Fame after garnering All-American status as an offensive tackle, taught his sons the basic fundamentals of offensive line play, such as



PHOTO CONTRIBUTED

**Langley offensive lineman Tyler Howerton, left, is seen as a freshman in 2013. His father, John Howerton, right, is the Langley head football coach and is a member of the Shepherd University athletic Hall of Fame. Tyler's grandfather, Cig Howerton, is a member of the Randolph-Macon Hall of Fame.**

getting in a proper stance. He also showed them the basics of strength training, including 15-minute workouts with a lightweight aluminum pipe.

Between the ages of 10 and 12, Howerton "started to get a little more serious with it." By the time Jack and Tyler reached high school, they were light years ahead of the other kids in both strength and technique.

Tyler earned all-state honors during his time at Langley. He could bench press 500 pounds and squat 675. He is now an offensive lineman at Stetson. Tyler recently completed his sophomore season as a starter on the Langley varsity. Both played right guard for the Saxons.

Howerton said he has tried to treat Jack and Tyler in an equal fashion to other players on the team, but admits he has higher expectations for his sons.

"I try to treat them as any kid out there," Howerton said. "As a parent, you probably have more expectations for your own sons. I try not to yell at them any more or less than anyone else. I do expect them to excel as much as possible because they've been exposed to me as a coach more than the other kids have. ...

"I was probably a little tougher on Jack because he was the first one and we were trying to set the tone of how you're going to do things. As you learn, the second one is not quite a mystery because you've already been through it."

Howerton was coached by his father, Elton "Cig" Howerton, in youth football. Cig Howerton was an All-American at Randolph-Macon and was inducted into the university's athletic Hall of Fame.

Tyler said he questioned the purpose of the drills and hard work his father put him through at a young age.

"Even now, I still question that sometimes," Tyler said. "You have to realize that this is the best for me, this is the best way to go [and] this will make me the best I can be."

While it's not easy having his father as a coach, Tyler said there are benefits.

"He's also able to work with me more than anybody else in the weight room and on the field," Tyler said. "He's able to tell me

what I'm doing well, what I'm not doing so well. He always has that urge to make me better than everybody else."

Hayfield assistant gymnastics coach Kristin Overstreet started coaching her daughter, Molly, at a young age, as well, but it didn't take long for Molly to surpass her mother's teachings.

"I also coached Molly when she was Level 3 at Cardinal Gymnastics," Overstreet said. "She quickly surpassed my coaching abilities and moved up through the Level system in club gymnastics and became a Level 9."

Molly gave up club gymnastics prior to her sophomore year, but still competes at the high school level for Hayfield. Now a junior,

Molly has already captured a pair of state championships, finishing in a three-way tie for first on vault as a freshman, and setting a state record on bars as a sophomore.

At the high school level, Molly rarely needs coaching help, allowing Overstreet to focus her attention on the team's less-experienced gymnasts.

"Molly is so knowledgeable that she can coach herself," Overstreet wrote in an email. "She knows the corrections she needs to make. I just remind her to have fun and do her best. She is also a great coach to the younger/newer girls. She demonstrates skills and gives them cues for making skills easier for them."

"I love working with the Hayfield girls. We have nine girls who have never competed in gymnastics before and they improve daily. They usually need my time at practice more than Molly does, but I am always watching her out of the corner of my eye. I rarely have to set limits on her. She knows what is expected and she does it."

Molly struggles with back pain "from years of overuse, training up to 25 hours a week and the constant pounding and hard landing," her mother wrote. The pain is to the point that Molly might have to walk away from gymnastics this year, according to Overstreet.

Molly said one of the greatest benefits of having her mom as a coach is when it comes to dealing with pain.

"Some benefits for having my mom as a coach are that she knows me the best, so when I'm in pain or anything like that, she can tell," Molly wrote. "My mom is a very understanding person and her being my mom and coach, it makes it that much easier to communicate with her about what's going on, or if I don't want to do something."

Like others in the same situation, Molly and her mother experience stressful times together. However, Overstreet, who used to coach at Edison and coached her two other daughters, as well, said coaching her child has benefits.

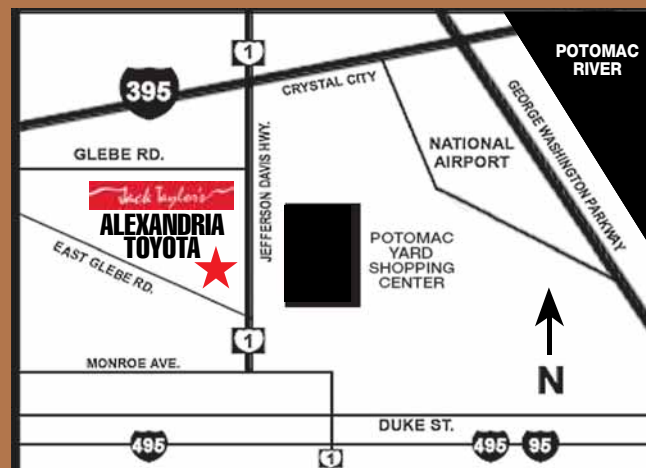
"Special time together, great memories, great pictures, laughing together," Overstreet wrote about coaching benefits.

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