

WINTER FOOD

Healthy, Hearty Food To Survive the Season

Local chefs and nutritionist share their favorite tips for cooking healthy comfort food.

BY MARILYN CAMPBELL THE CONNECTION

earty comfort food doesn't always get the respect nutritionists say it deserves. That's because the image the often comes to mind is artery-clogging, fat-laden fare, but it doesn't have to be that way. And let's face it, when temperatures barely crawl high enough to melt ice on the sidewalk, a dinner of arugula and pine nuts drizzled with olive oil falls flat.

"We really need to eat differently today than July 1. Salad, salad, salad is not going to work when it is freezing, freezing, reezing," said Janet Zalman of the Zalman Nutrition Group. "The first thing that people need is something warm."

Instead, opt for seasonal produce and heady dishes that have been transformed into healthier versions

of their former selves, such as brown rice with beans, which Zalman suggests topping with chicken, low-fat cheese or tofu.

Think whole grains and root vegetables that have been roasted and baked. When cooked properly, winter fare is brawny, flavor-infused and nutritious.

"I start at breakfast with an egg-white frittata with turkey sausage, peppers and asparagus," said Randy Johnston, chef instructor at The International Culinary School in Arlington, Virginia.

Consistency plays a role in the winter meal plan. "In winter, I like foods with buttery textures, like squash. I also like grain carbs that keep you warm and are hearty," said Moreno Espinoza, executive chef at

"Salad, salad is not going to work when it is freezing, freezing, freezing. The first thing that people need is something warm."

- Janet Zalman, nutritionist

Wildfire in McLean. "I also like the full flavors of winter vegetables [like] parsnips, root vegetables, turnips and sweet potatoes.

"In winter, it's all about roasting, baking and braising," Espinoza added. "I like to keep the oven going."

Zalman's go-to winter preparation method for vegetables is to coat them with olive oil and sprinkle them with pepper and fresh herbs before roasting. "If you don't have time to roast, you can also steam them and then sauté them in olive oil " she said. "They caramelize and have more flavor and it's a thousand times more satisfying than steam alone."

One of the keys to a healthy winter meal is making sure it appeases a ravishing cold weather appetite. "Adding a healthy starch like sweet potatoes, brown rice or quinoa will give it body," said Zalman. "You'll be more satisfied than if you ate a salad for dinner and then snacked on cookies and

candy for the rest of the night."

"I make savory kale or collards," said Johnson, who also produces a line of gourmet food and sauces called NRJ Spice.

"I find soups very satisfying in winter, [especially] vegetable and lentil soups," said Espinoza. "And I love a good roast chicken when it's cold out."

For those without the time or desire to prepare dinner, Zalman recommends a slow cooker, although she cautioned the countertop appliance often needs a little help to produce flavorful and exciting meals.

"There are lot of ways that you can add



Incorporating seasonal produce into your diet is one way to eat satisfy a ravenous winter appetite.

liquid that isn't bland," she said. "You want sauces that are low in saturated fat, but that have a lot flavor. Try chicken broth, vegetable broth, low sugar tomato sauce, even wine mixed with the chicken broth."

For a warm, sweet treat after dinner (or any time), "I always recommend people make real hot chocolate," said Zalman. "By real, I mean unsweetened coco powder, low fat milk and a sweetener like Stevia and Splenda. Heat it on the stove the old-fashioned way. It gives you all those feel goodbrain feelings, but for only 100 calories."



In-Person Enrollment Assistance available in:

- Arlington
- Alexandria
- Falls Church

- Oakton
- Manassas
- Leesburg

Meet with a Certified Application Counselor to:

Sponsored

- Find out if you qualify for financial assistance
- Select the right plan for you and your family Enroll in affordable health care coverage



Call (571) 748-2580 to schedule an appointment.

Can't make it to one of the locations listed above? Please visit www.getcoveredamerica.org for more information. Se habla español.



Enrollment Deadline is February 15, 2015

Be Part of The **February** Pet Connection Send Your Photos & Stories Now to arlington@ connectionnews papers.com or complete our online form at arlington connection.com Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 18.



NEIGHBORHOOD OUTLOOK

Aiming To Rebound

Arlington looks for new industries, doubles down on contracting.

By Vernon Miles
The Connection

ith an average of 20 percent office vacancy across the county, it's clear that the exodus of federal government jobs has impacted Arlington. Local neighborhoods have struggled with their own losses and have, in turn, found a diverse range of solutions to try and rebound.

Ballston is still recoiling from the 2013 federal government decision to relocate the National Science Foundation from Arlington to Alexandria, taking 2,100 jobs from a region already impacted by Defense Base Closure and Realignment (BRAC). Overall, Arlington has lost 17 million jobs from BRAC. The American Diabetes Association announced on Jan. 23 that it would relocate its headquarters from Alexandria to Arlington, but with 300 employees it's not much compensation for the loss of the National Science Foundation.

"This really does nothing for the region, it's just moving pieces around the chessboard," said Troy Palma, a regional economist for Arlington Economic Development (AED). "We're not growing an economy like in Silicon Valley or Austin, which is what we're working to do. We have to figure out what we can grow here that is unique to this area."

For much of Arlington, and Ballston in particular, that means doubling down on federal contracting.

"We're a company town," said Palma. "We will always be a government town given our location, so we have to understand our true assets here: the federal government. This is a cluster of development that makes sense."

Ballston's biggest strength, currently, is the headquarters of the Defense Advanced Research Project Agency (DARPA). While the headquarters itself isn't that big of a job pool in the area, roughly 200 employees, Palma says it's a major draw for other tech-

nology and contracting agencies in the area.

"We hate losing the National Science Foundation, but they're a funding arm," said Palma. "The scientists and technology stay here. We put up an effort to keep the National Science Foundation, but we really kicked and screamed when we thought DARPA was going to move."



Rendering of the Wilson Boulevard Plaza between the CEB Towers

1

"We're a company town."

— Troy Palma, regional economist for Arlington Economic Development

237

(50)

120

(50)

sector while they were

still in Ballston.

120

244

120

Palma listed a series of inventions, like GPS, the Internet, and voice recognition software, all developed either by DARPA or contractors working with that agency. Palma lamented that these inventions were being designed in Arlington for military use and then commercialized elsewhere. For Palma, the ideal future for Arlington would be to transition those inventions to the private

Nearby, the Ballston-MU Metro Station and Ballston Common Mall are both receiving major redesigns. The Metro plans will help increase traffic circulation in the area and make it more pedestrian friendly, particularly on Stuart Street. The Metro will also have a new bus shelter installed across Fairfax Street from the station with the street vendors relocated to the canopy near the shelter. The area will also receive a major upgrade in terms of bicycle parking. Work on the metro redesign is expected to start in 2016. Tina Leone, the CEO of Ballston BID (Business Improvement District), warned that while the metro improvements were promising, it was also a temporary solution to the transportation problems in the area.

"It's going to help things for about four or five years, and then we might see this problem come around again," said Leone. "It might be time to look into a new bus station in Ballston, there needs to be some ideas flowing on that."

According to Leone, the plans for the Ballston Common Mall will turn the building "inside out." The plans open the storefronts up to the street.

"This mall can really serve the people that live and work here," said Leone. "They're not looking to compete with Tyson's and Pentagon City, it can support the market here as a new town center. There's going to be a plaza area at the entrance by Wilson, so we'll be able to program that with events and activities. It's a great opportunity to bring some culture."



Photo Contributed

Rendering of the nighttime exterior of the Ballston Common Mall

SEE DEVELOPMENT, PAGE 6

OPINION

Outlook Many bright spots will be overshadowed in the coming budget season in Northern Virginia.

ong awaited, the opening of the Silver Line promises to bring transformation to Tysons and around the current station in Reston, with another Reston station and Herndon to come.

The opening of Springfield Town Center has been greeted by enthusiastic shoppers, showing plenty of demand for retail and restaurants.

Housing prices are up, although so is the number of houses on the market, while the number of houses sold is down from last year.

EDITORIAL

But from local government, current economic conditions overall look more like this:

Job growth has slowed, and the jobs that are being created are lower paying. There is a decline in federal and business services employment, while the job growth that the region is experiencing is dominated by gains in hospitality and retail sectors. Slowing job growth and lower wages mean lower demand for home purchases and retail spending, while declines in federal jobs and government contractors mean lower demand for office space. The region is growing, but it is growing at a slower rate than projected one or two years

Lower demand for office space translates into 19 million square feet of vacant office space in Fairfax County alone. Just for some sense of

scale, that is like having eight malls the size Tysons Corner Center (2.4 million square feet) completely empty. Arlington County has an office vacancy rate of more than 20 percent; in Rosslyn, the rate is approaching 30 percent (27.7). Overall, Northern Virginia has an office vacancy rate of more than 17 percent.

Not only are companies moving their offices from older office space to newer space, more transit-oriented space, but as they do so, they are downsizing the amount of space, leaving more less modern space vacant in the process.

The result will be a very difficult budget year in Northern Virginia. It's also a call to do things differently.

Critical to a successful economy will be to create housing that service and hospitality workers can afford. We have a massive shortage of affordable housing, and the opportunity transform some of the massive quantities of vacant office space into thoughtful, welldesigned housing.

Be Part of the **Pet Connection**

The Pet Connection, a bi-annual themed edition, will publish Feb. 25, 2015.

We invite you to send us stories about your

pets, photos of you and/or your family with your cats, dogs, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Can your dog catch a Frisbee 10 feet in the air, or devour an entire pizza when you turn your back for less than a minute?

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Tell us about your experience.

Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Send photos and identify everyone in the photo including the pets (great preference for photos of pets and people), tell us what is happening in the photo, and include your address (we will only print the town name).

Submissions should arrive by Feb. 18.

Email editors@connectionnewspapers.com, or submit photos and stories directly on our website atwww.connectionnewspapers.com/

Economy, Budgeting Top Opportunity Agenda

BY ADAM EBBIN STATE SENATOR (D-30)

ast week, my fellow Democratic Senators and I unveiled our 2015 legislative priorities, an "Opportunity Agenda," which focuses on six core principles. They are Economic Security; Voter Access and Participation; Equality; Education for a Brighter Future; Restoration of Faith in Government; and Leading Healthier and Safer Lives. When I spoke at our news conference, I invited our Republican colleagues to partner with us in support of these core Virginia values.

An integral part of building a stronger economy is making sure COMMENTARY that hardworking Virgin-

ians receive an honest day's pay for an honest day's work. In 2013, 113,000 Virginian's earned the minimum wage of just \$7.25 per hour. If the minimum wage was indexed to inflation, it would be more than \$10.50 per hour today. That is why I co-sponsored Sen. David Marsden's bill to give hardworking Virginians a raise. Unfortunately, the bill failed on a party line vote in the Commerce and Labor committee.

Much of the focus this session so far has been on the budget. One budget amendment I submitted is for smart investments in support of Community Health Centers (CHC's), non-profit organizations that provide primary medical care in addition to dental and behavioral services to those in need. Neighborhood Health is one CHC with branches in Alexandria, Arlington, and Mount Vernon that provide services to low-income residents who would otherwise go without healthcare. My proposal



to match private, foundation, and federal funding. Supporting great organizations like Neighborhood Health will bring down medical costs by increasing access to preventative care.

I introduced multiple pieces of legislation to address tax disparities that would bring in more revenue. One would to be levy an excise tax on e-cigarettes at a lower amount than tobacco cigarettes. The second would reduce the tax preference for yachts valued at over \$100,000.

I have also introduced a bill to outlaw the import and sale of ivory and rhinoceros horns. While it is illegal under federal law to transport ivory and rhinoceros horns across state lines, there is a loophole regarding trade within states. The ivory black market is a global security issue, as many of poaching proceeds fund

would provide state grants terrorist networks like al-Shabaab. My bill aims to close the loophole and expand the penalties for dealing with those who break the law.

> PLEASE JOIN my colleagues and me for a legislative town hall meeting this winter.

- ❖ Mt. Vernon: Saturday, Feb. 14, 10:30 a.m. - noon, at the Mount Vernon Government Center (2511 Parkers Lane) with Sen. Toddy Puller and Del.Scott Surovell.
- ❖ Alexandria: Saturday, Feb. 14, 2:30 4 p.m., at the Charles Houston Recreation Center (905 Wythe Street) with Del. Rob Krupicka.

my online www.AdamEbbin.com/Survey. You can also email me at district30@senate.virginia.gov. I am active on Twitter @AdamEbbin and Facebook at www.facebook.com/ EbbinCampaign. You can sign up for my weekly email updates at www.AdamEbbin.com.

It is my continued honor to represent the citizens of the 30th Senate District.

\$5,000 to Phoenix House

Buck and Associates, Inc. Vice President Billy Buck (left) and Managing Broker Delk Hamaker (right) present the company's annual charitable contribution to Debby Taylor (center), senior vice president and regional director of Arlington-based Phoenix House Mid Atlantic. Buck and Associates, Inc. is an Arlington-based real estate company serving their clients residential and commercial real estate needs since 1976.



www.ConnectionNewspapers.com

@ArlConnection

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

Local Media Connection LLC

1606 King Street Alexandria, Virginia 22314

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

NEWS DEPARTMENT: arlington@connectionnewspapers.com

Steven Mauren

Editor 703-778-9415 smauren@connectionnewspapers.com

Vernon Miles

Reporter 703-615-0960 vmiles@connectionnewspapers.com

Jon Roetman

Sports Editor 703-752-4013 iroetman@connectionnewspapers.com @jonroetman

ADVERTISING:

For advertising information sales@connectionnewspapers.com 703-778-9431

Debbie Funk

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

Andrea Smith

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

David Griffin

Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President

Jerry Vernon 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

itheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9426 circulation@connectionnewspapers.com



Business

And Now in Arlington ...

Cherry Blow Dry Bar to open Friday.

By Eden Brown
The Connection

ntil now, a mediocre blow dry would cost \$40. A good one, \$55 and up. And if one's hair was unruly, some salons wanted \$75. It was time to have the blow dry bar concept in town.

"I never thought I would do this, but there was a real need here," said Jennifer Weiss when asked how she came to open "Cherry Blow Dry Bar." Opening at 1041 N. Highland St. near Trader Joe's on Friday, Jan. 30, the blow dry bar brings to Clarendon a phenomenon well established in Europe, as well as in New York and California, but late to arrive in the D.C. area.

"I was in publishing before I started this venture," she said. "I needed to present to audiences and needed a quick blow dry to give me that extra polish before a meeting or presentation. There was nothing like that in Arlington. So I decided to fill the void." Weiss, a New Yorker, moved to Arlington in 1990.

Cherry Blow Dry Bar is a franchise originally started by Nathan Cuneen in Australia in 2008. The franchise came to the U.S. two years ago and currently has "bars" in San Francisco, Sacramento, Nashville, N.Y.C., and three cities in Florida. The name "Cherry" Blow Dry is the U.S. name of the franchise and evolved out of a trademark requirement. but it



Jennifer Weiss opens Cherry Blow Dry Bar on N. Highland Street.

also describes the pop of bright red color in an otherwise white-on-white decor.

Cherry Blow Dry Bar specializes in two services: blow dries and hair extensions. An added benefit: regardless of length or type of hair, the blow out will only be \$35. Those with longish curly hair will understand: those blow dries are often the most expensive. The price includes a shampoo with highend Kevin Murphy products, a sulfate-free, parabenfree shampoo and conditioner from Australia. During the first week, Weiss is offering \$15 blow outs. Opening hours will start out from 8-7 weekdays and 10-5 on Sundays. Appointments can also be booked by calling 703-525-2000, or online at www.cherryblowdrybar.com, or try walking in if it's not a Friday/Saturday evening.

Blow Dry is the U.S. name of the franchise and evolved out of a trademark requirement ... but it open this summer, in the Mosaic District, Merrifield.

Bring this ad to your appointment & receive a 90-minute Traditional Thai (reg \$120) or Malee Signature Deluxe (reg \$130) for \$90! 3 locations to Relax:

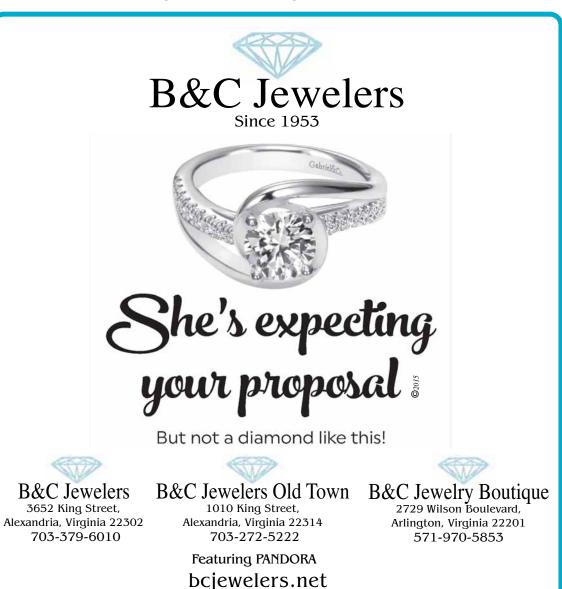
Falls Church, Fairfax and our newest location in Old Town Alexandria.

Call 703-237-0105 to make your appointment now! Thai Massage...Like No Other



www.malee-thaimassage.com







Neighborhood Outlook



Rendering of the observation deck on the top floor of the CEB Towers

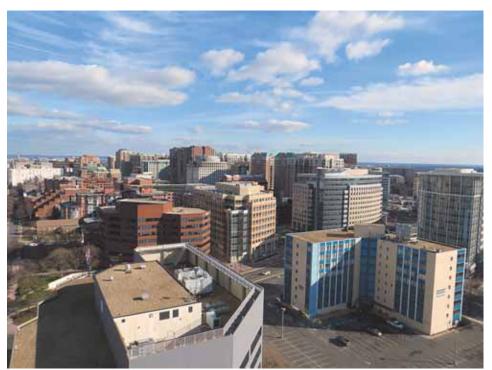


Photo by Vernon Miles/The Connection

Ballston from the Arlington Economic Development office on North Glebe Road.

Attracting Employers, Spurring Development

From Page 3

Leone says the mall can help as a local economy generator, but said the future of Ballston is still in defense research organizations, adding that incorporating local education centers into that network was an opportunity to reinvigorate that market.

"Education is a huge growth area here," said Leone. "George Mason, Marymount, George Washington and Virginia Tech are all around Arlington and there is amazing potential for those universities to come together and create a Mecca for the disciplines connected to those organizations. There is a growth area in cyber security and health technologies, and there's an opportunity to expand their presence here."

Like Ballston, Crystal City was a traditionally contracting-driven economy impacted heavily by BRAC shifts. Where Ballston's office vacancy is 19.5 percent, higher than the national average of 16.8 percent but average for Arlington, Crystal City's office vacancy rate sits at 25 percent. Also like Ballston, while the area is looking for a new identity and new economic development, the core of the economy is still government contracting.

"As much as we want to diversify, we need to make sure that our core tenants are happy tenants," said Palma. "Boeing just opened up their headquarters here. Lockheed Martin is still one of our largest employers in Crystal City."

Angela Fox, the CEO of the Crystal City BID, said that in the wake of BRAC, Crystal City is trying to find its culture and identity without the same level of contracting that has defined the neighborhood.

"Obviously, in the beginning, Crystal City was very much a government enclave, and it is always going to have an element of the Department of Defense," said Fox. "In the last few years, though, you're seeing a little bit of a shift with the Patent and Trademark Office moving out [in 2005], or BRAC, and when those move out it has a huge impact on the neighborhood. Getting a little bit bet-

ter balance becomes an issue. Now the focus has been a shift towards younger, innovative companies. That's a very natural progression."

Crystal City's newest gem is the Crystal Tech Fund, a project under the research and investment advisory group Disruption Corporation that helps turn technology startups into full scale businesses. In April of 2014, the Crystal Tech Fund began working with six local start-ups and help set them up in offices in Crystal City.

The changing demographics of the neighborhood is apparent, even on a street level, acording to Ellen Kaplan, a manager at Jose Andres in Crystal City.

"It's slowly changing around here," said Kaplan. "In the past year, we now have the Disruption Corporation and tech companies moving in. There's going to be new and more jobs. People are going to want to move in, and they will probably be a younger set. We're moving away from the repu-

tation of a commuter area, but it's slow."

CRYSTAL CITY isn't the only part of Arlington struggling to overcome a reputation as a lifeless, commuter-driven neighborhood. Palma classified Rosslyn as a car-oriented district built in the architectural dark age of the 1970s. But Rosslyn, not traditionally known for a lively culture or nightlife, is anticipating a small renaissance with the opening of the Corporate Executive Board Towers in 2017 and 2018. The residential tower, expected to open in 2017, will add 377 homes and 45,000 square feet of retail space across the street from the

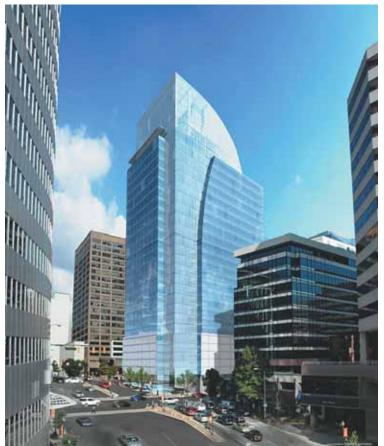


Photo Contributed

Rendering of the CEB Towers

Rosslyn Metro station. According to Palma, the residential developments in Arlington are targeting higher than average incomes, which he says should help spur development in the area.

The business tower, Central Place, will be opening New Year's Day in 2018 and will add 800 new jobs to the company's existing 1,200 strong workforce in Arlington. One of the most notable features of the business tower is the public observation deck at the top of the 390-foot tall structure.

"With Central Place coming online, that's going to bring the only public observation deck with a 360-degree view of the entire

region," said Mary-Claire Burick, president of the Rosslyn BID. "We're really going to become a tourist destination. There are already several monuments and tourist type things to do here, but that deck will significantly change the tourism industry here."

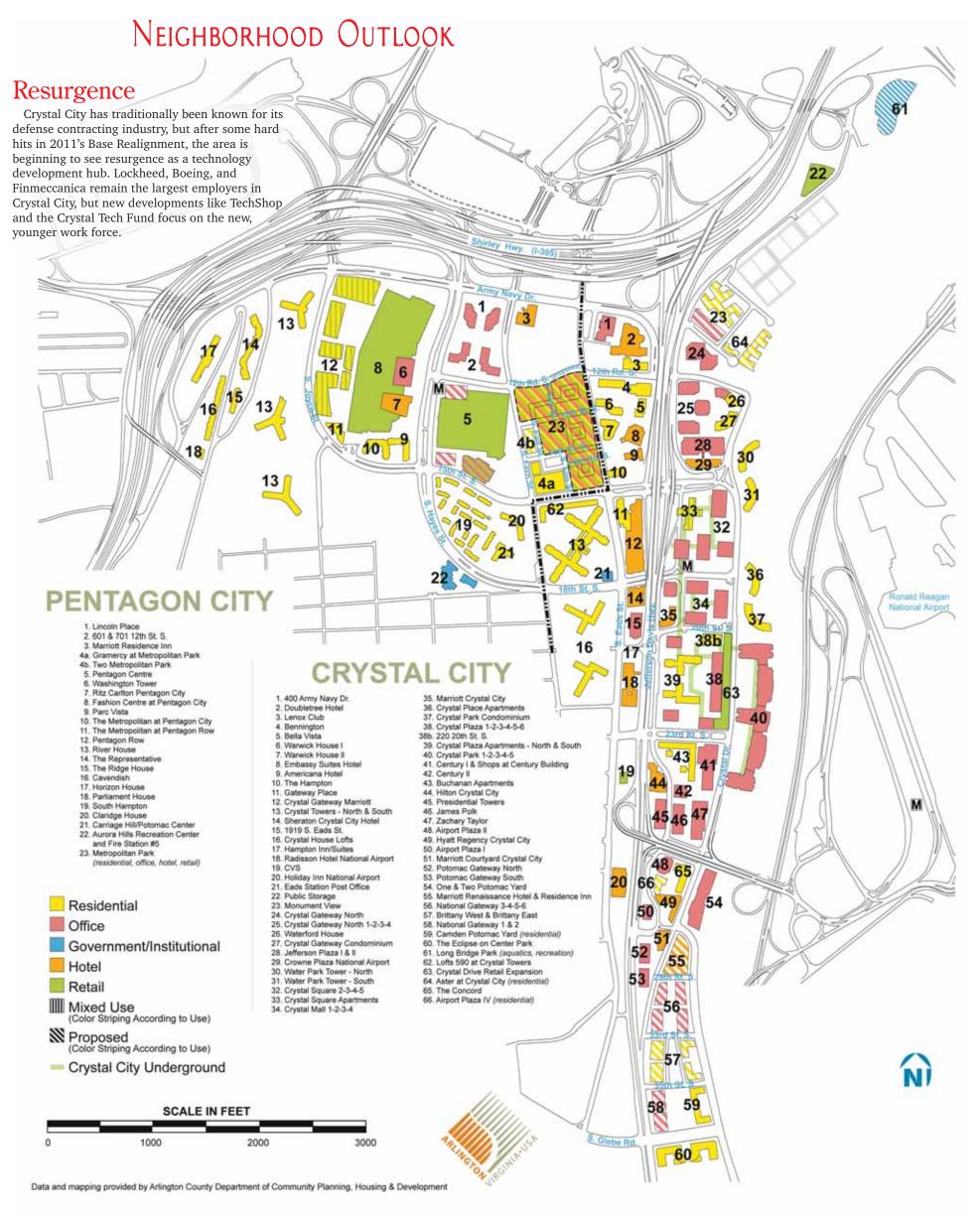
Burick also hopes the view will be part of the allure that brings Washington D.C. law-firms to Rosslyn. While law-yers with licenses from the Virginia State Bar could practice in D.C., until now, lawyers with licenses from D.C. were not able to practice law in Virginia.

"Virginia State Bar recently made a modification to their rule," said Burick. "There's a much more open policy on reciprocity. We're hoping that is going to make Arlington and Rosslyn a really attractive place for law firms in D.C. that are looking for somewhere else to go. If you've ever been up in our building, it has the most amazing view of the monuments in D.C. For law firms looking for prestige and

that 'wow' factor, Rosslyn is the only place for that."

While the Silver Line is making areas further away from D.C. more competitive, Palma says developments at Tyson's Mall and more remote areas that are becoming metro accessible won't keep Arlington from rebounding.

"We're 40 years into creating infrastructure," said Palma. "You can talk about all these different things, location and price, but what we hear from all of our prospective tenants is that it's about workforce. "What will my workforce want?" And that's what we have."



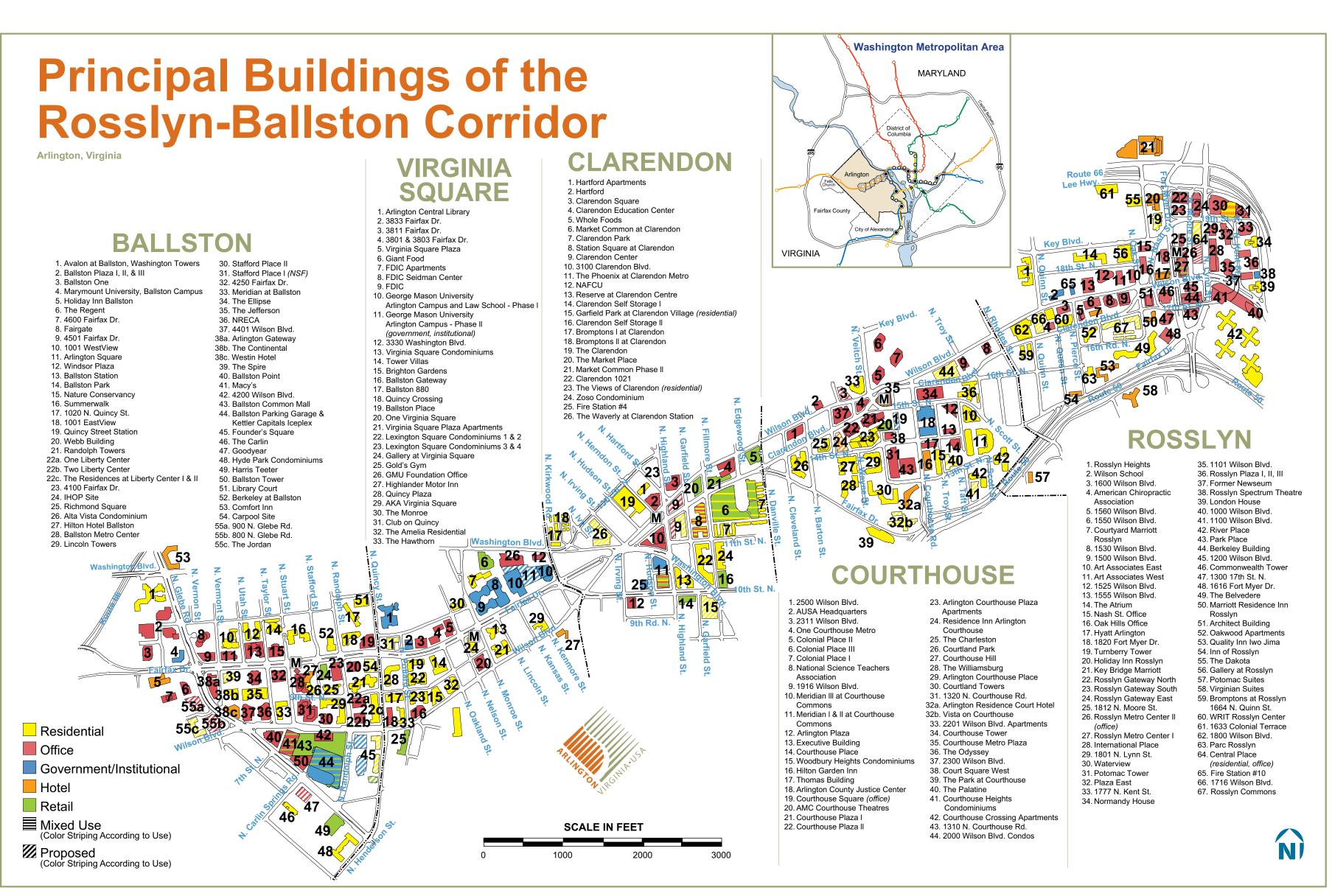
OUTLOOK

Job Growth

While development on the Corporate Executive Board (CEB) Tower in Rosslyn is causing some traffic congestion, the end result will be 800 new jobs to the area in addition to the existing 1,200 CEB jobs.

Metro Redesign And Mall Expansion

While Ballston losing the National Science Foundation to Alexandria is anticipated to negatively impact the region, with the Defense Advanced Research Projects Agency (DARPA) remaining headquartered in the area, collaboration between high level technology firms and the federal government continues to be the main industry for Ballston. The neighborhood will soon see a redesign of the Ballston Metro to facilitate greater ease of transit and an expansion of the Ballston Common Mall. Work on the Metro redesign starts in 2016 and demolition at the Mall begins in February 2015.



www.ConnectionNewspapers.com

Data and mapping provided by Arlington County Department of Community Planning, Housing & Development

WINTER FUN

Email announcements to 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

Photo Exhibition. 10 a.m.-9 pm; Tuesday and Wednesday, 1-9 p.m.; Friday and Saturday, 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road, Arlington. "The Roof of the World: Photos of Nepal by Kenneth Chadwick." Free. Call 703-228-6330

Crime and Punishment in

America. Through Jan. 31, at Theatre Two in the Gunston Arts Center, 2700 South Lang St., Arlington. The American Century Theater begins the new year and its final season with two one-act plays that echo the issues emanating from Ferguson, Mo. 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. Get tickets at AmericanCentury.org or by calling 703-998-4555.

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.

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.

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 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. Free, no registration required. Call 703-228-6535 or visit arlingtonva.us.

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 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 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 or call



The United States Navy Concert Band has been performing public concerts and participating in high-profile events for more than 85 years.

Navy Band To Visit Yorktown

Concert to include band students.

By Michael McMorrow The Connection

t the upcoming performance of the U.S. Navy Band, the uniformed professionals will be joined by members of the event host, Yorktown High School Band. The free concert will be held in Yorktown's auditorium this coming Saturday evening.

Brian Bersh, Yorktown's director of bands, has nothing but praise for the military service bands which contribute much to the musical education of students. The very presence of the Navy Band on campus, according to Bersh, "is an inspiration for the students. There is no substitute for being up-close to witness professionals playing at the elite level."

What happens on Jan. 31 is not limited to the evening's concert. As an educator, Bersh fills the day with opportunities for growth on the part of his students. Early in the day, a cadre of music teachers and performers, active and retired, will conduct sessions for student musicians according to instrument grouping. Once the Navy Band arrives, a number of its members hold additional

small-group clinics for the students. Overall, Bersh said, "the students learn what excellence is." The entire day, he added, "jump starts" the spring band competition season and provides valuable "fine-tuning" for the months ahead.

Highlighting the concert itself is an invitation reserved for

Yorktown band seniors to "sit in" with the Navy Band to play Sousa's "Washington Post March." One of the 10, trombonist Wade Miller, admits to being "really excited. I never have played beside professionals before." Bersh, he added, "has given us the music. I'll be doing lots of practice until the concert."

One feature of the recital will be the little remembered and only recently revived piece "Patton's Third Army March." Written for a unit "passing in review," it is a European-style march, festive rather than martial. Composed in April 1945, the song will turn 70 this year.

Master Chief Musician Aaron Porter speaks for the Navy Band. While playing for military ceremonies always comes first, he says, "outreach" performances for the public — particularly for students — are very special. Placing

On Stage

The U. S. Navy Concert Band will offer the following public performances, at no charge:

*Yorktown High School, Arlington, Saturday, Jan. 31, 7 p.m. Yorktown High School's graduating band seniors joining the Navy Band on stage are: Mariah Bowman (flute), Aidan Farley (trombone), Dylan Finnegan (trumpet), Chris Guastaferro (euphonium), Nikki Jafari (french horn), Wade Miller (trombone), Julia Payne (flute), Sarah Pinson (trumpet), Ben St. Pierre (tuba) and Alice Wilbur (clarinet).

* Wakefield High School, Arlington, Thursday, March 26. 7 p.m.

March 20, 7 p.m.

♦ McLean High School, McLean, Thursday, April 30, 7 p.m.

among the Navy
Band members for
a number always
excites the parents
and friends from
the community,
and the professionals take great pleasure from it on
each occasion.
The purpose of

student musicians

offering appearances across the country, said Porens that they have a nds of sailors at sea

ter, is to remind citizens that they have a Navy, and that thousands of sailors at sea and ashore are protecting them from those who would do them harm. The immediate purpose of each concert, of course, is to entertain and educate through good music performed by great musicians.

One such Navy Band member is Senior Chief Musician William C. Mulligan, currently a saxophonist. He admits being part of the Navy Band is "exciting," even after years of service. Concerts attended by students, he said, generate a unique chemistry. The faces of many reflect an interest in the Navy itself. Mulligan believes he sees individuals thinking "I can study and earn a place on a band like that."

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 or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-2769693

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.

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 for a list of classes.

Synetic Theater. Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to physical theater, acting and dance 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 or call 703-824-8060.

Teen Camp Summer Intensive.

June 22-July 1, 9 a.m., at the Synetic Studio. Eight days of actor training and new play development led by Synetic teaching artists, and award winning DC theatre professionals, culminating in the premiere production of Star Force, a physical musical theatre parody of everyone's favorite intergalactic space odyssey. Reigster at www.synetictheater.org.

Youth and Teen Winter Fitness Programs. Winter speed and explosion workshops at Swanson

www.ConnectionNewspapers.com

Entertainment

Middle School will focus on mental preparation, speed, explosion, agility, fitness and conditioning training. Teens ages 13-19 can take advantage of programs focused on baseball and softball. Ages 9-13 will enjoy a more generalized program. The key objective ofworkshops is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to learn and maximize their performance and to achieve peak condition. For full time and session dates or to register visit http://

www.registration.arlingtonva.us and use activity code 720515.

WEDNESDAY/JAN. 28

Resolve To Run. 7 p.m. at the First Presbyterian Church, Room 103, 601 N. Vermont St., Arlington. Arlington Thrive offers a program in 2015 to strengthen physical fitness and charitable spirit. Arlington Thrive is offering a three-month running training program beginning in late January which will train participants to run a 5K, 10-mile or Halfmarathon race. Both experienced runners and beginners are welcome. Training for the 10 mile and half marathon begins on Jan. 31, while training for the 5K race begins Feb. 7. \$85 and includes supplies and a donation to Arlington Thrive. Email info@arlingtonthrive.org, call 703-558-0035 or visit www.arlingtonthrive.org. for more.

THURSDAY/JAN. 29

Exhibition and Gala, Opening

Reception. 7-9 p.m. at Artisphere, 1101 Wilson Blvd, Arlington. SELECT 2015 will be one of the last exhibitions held at Artisphere. The

exhibition, which is free and open to the public, includes works by 104 emerging and established artists in a variety of media, selected by top curators from the region's most important institutions, notable independent curators, and the WPA Board of Directors. Visit www.artisphere.org for more.

FRIDAY/JAN. 30-FRIDAY/MARCH 6

SELECT — Curated Exhibition.

Through Friday, March 6. Fridays, 4-11 p.m.; Saturdays and Sundays, noon-5 p.m. at Artisphere, 1101 Wilson Blvd., Arlington. SELECT 2015 will be one of the last exhibitions held at Artisphere. The exhibition, which is free and open to the public, includes works by 104 emerging and established artists in a variety of media, selected by top curators from the region's most important institutions, notable independent curators, and the WPA Board of Directors. Visit www.artisphere.org for more.

FRIDAY/JAN.30

Stand-up Comedian Jim Breuer.

7:30 and 10:30 p.m. at the Arlington Cinema & Drafthouse, 2903
Columbia Pike, Arlington. Named one of Comedy Central's 100 Greatest Stand-Ups of All Time, Breuer is known for his charismatic stage antics, dead-on impressions, and family-friendly stand-up. \$35. Visit arlingtondrafthouse.com.

SATURDAY/JAN. 31

LUNA DE TANGOS / Moonlight
Tangos. 7-10:30 p.m. at Teatro de
Luna, NRECA Conference Center,
4301 Wilson Blvd., Arlington.

Claudia Gargiulo and Tucu Medina (singers); Emmanuel Trifilio (bandoneón), Ramón González (guitar), Jon Nazdin (double bass) and dancers Susan and Tino. Tickets are \$30; \$25 students and seniors. Visit www.teatrodelaluna.org.

"Strange for Hire." 9 p.m. at Artisphere,1101 Wilson Blvd., Arlington. Draws from the World of Circus, Sideshow, Vaudeville and Burlesque.Join Mr. Donny V (the Gentleman Oddity), Frankie Sin (the Bad Girl of Broadway), and Insectavora (the Fiery Femme Fatale) for an event that invites you to step into the bizarre world of the carnival, sponsored by Ripley's Believe It Or Not (Baltimore) and Shocked & Amazed. Visit www.artisphere.org.

Energy Journey Game. 1-5 p.m.,
Wakefield HIgh School, 1325 South
Dinwiddie Street, Arlington. The
Arlington Initiative to Rethink
Energy's (AIRE) annual Energy
Journey Game is back. Play a lifesized interactive board game to learn
how every day actions have an
energy impact. Visit http://
freshaireva.us/ for more.

Stand-up Comedian Jim Breuer, 7 and 10 p.m. at the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Named one of Comedy Central's 100 Greatest Stand-Ups of All Time, Breuer is known for his charismatic stage antics, dead-on impressions, and family-friendly stand-up. \$35. Visit arlingtondrafthouse.com.

91st Annual Arlington Business Gala, 7 p.m.-12 a.m., at the Ritz-Carlton, Pentagon City, Arlington. Presented by the Arlington Chamber of Commerce, this year's gala offers

an evening of mingling with local

SEE WINTER FUN, PAGE 15



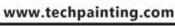


Winter brings us indoors...

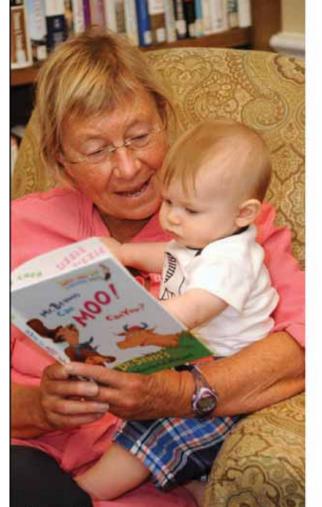


Are you ready for a fresh look in your home? Call us! 703-684-7702









Family Matters

It's a good feeling to know that help is there when you need it—the assurance that loved ones are cared for by skilled professionals who feel like family—the warm feeling of a neighborhood environment with good friends, brings with it an indescribable peace of mind.

Assisted Living at Westminster at Lake Ridge offers a full complement of engaging activities encompassing fitness, wellness, social, spiritual and educational programming. We provide quality, professional on-site assisted living, as well as short-term and long-term nursing care. Your family will be assured of superlative, compassionate care and an exceptional quality of life at Westminster at Lake Ridge.



703-791-1100

12185 Clipper Drive, Lake Ridge, VA

Visit us at www.wlrva.org

Sports

Host W-L Wins Barbara Reinwald Invitational

Generals, Yorktown to compete with McLean for regional berths.

By Jon Roetman The Connection

n Feb. 2, one of the top gymnastics teams in Northern Virginia will be left out of the 6A North region championship meet.

Washington-Lee, the three-time defending region champion; McLean, last year's state runner-up; and Yorktown have the talent to compete for a region title. However, all three teams are members of Conference 6, and only the top two teams from each conference advance to regionals, meaning one will be eliminated from contention nine days before the region meet even takes place.

The Conference 6 championship meet, scheduled for Monday, Feb. 2 at McLean High School, figures to be a pressure-packed event. But before that date arrives, W-L capitalized on an opportunity to have some fun and add another piece of hardware to the trophy case.

The host Generals won the Barbara Reinwald Invitational on Jan. 24 at Washington-Lee High School, finishing ahead of 12 other schools. W-L posted a score of 105.75, followed by Yorktown (101.55), T.C. Williams (97.725), Fairfax (93.45) and Woodson (90.975).

Team scoring at the W-L Invitational is based on top three, rather than top four.

"It's really really awesome," W-L senior



W-L senior Sophie Hatcher placed second in the all-around during the Barbara Reinwald Invitational on Jan. 24 at Washington-Lee High School.



W-L senior Annie Hatcher competes on bars during the Barbara Reinwald Invitational on Jan. 24 at Washington-Lee High School.

Sophie Hatcher said. "I'm a senior and this

is my last home meet ever and it's my last

Invitational ever. That was really fun for us.

... Sometimes I'm really stressed out about

meets but today we just had a lot of fun.

We went really hard and we all were fo-

Hatcher and her twin sister, Annie

Hatcher, finished second and third, respec-

tively, in the all-around competition one day

after being accepted to the University of

Sophie Hatcher produced a score of

36.35. She placed first on vault (9.55) and

floor (9.425), second on bars (9.025) and

night," she said. "Beam was not what I

hoped it would be - two falls on things

that I never fall on. It was either nerves or I

just wasn't focused enough, but I just had

"... It's nice to know I can do better and

Annie Hatcher finished with a score of

35.35, placing second on vault (9.475),

fourth on floor (8.7) and beam (8.875), and

"I think we're doing really good," she said.

"We always say at the end of each meet we

to move past that and get to floor.

still place well in the all-around."

"It was my best floor and bars ever to-

eighth on beam (8.35).

eighth on bars (8.3).

cused and it ended up going really well."

chance [to qualify for regionals]."
Fairfax senior Rachel Barborek won the

all-around with a score of 36.525. Saturday's first-place finish was W-l's sixth in eight meets this season. However, the Generals hosted a meet two days prior and

finished third behind McLean and Yorktown. "It gave the girls a boost that the season's not over," W-L head coach Joe D'Emidio said of Saturday's performance. "It's anyone's

Yorktown head coach Joanne Price, who said the Patriots weren't at full strength on Saturday, praised the performances of sophomores Juliette Mitrovich and Olivia Zavrel.

meet at the conference [championships]."

Mitrovich placed fourth in the all-around (34.975), including a first-place finish on beam (9.525).

"Juliette did pretty well," Price said. "It wasn't her best meet and she would say that too. Beam, she did wonderful. Bars, she's trying something new and it's a really difficult skill. She was going for her double back, which is two flips off of the high bar. It's kind of new for her and she went for it and hit her feet on the low bar [and] had to stop, so it wasn't a typical routine for her, but up until that point it was amazing."

Zavrel placed in the top eight on beam

Photos by Louise Krafft/The Connection

(sixth, 8.6), bars (seventh, 8.5) and vault

"[She is] much taller than the average

[gymnast]," Price said of the 5-foot-8 Zavrel. "... In gymnastics, it's very hard to

control all that height. However, when she

hits her routines on beam and bars, I think

it helps her because her lines are so beauti-

Yorktown sophomore Juliette Mitrovich placed first on beam during Saturday's meet at W-L.

(eighth, 8.575).

ful when she's doing the skills."

Price said Monday's conference meet will be a challenge for the Patriots.

"Our conference is the hardest by far because McLean and W-I" have been the top two teams in the region each of the last three years, Price said. "Going up against them in an entry-level meet is a hard position to be in. They're both excellent teams. ... We have yet to see our full team compete together. ... We've seen each of our girls compete but never together as a full team."

D'Emidio said W-L's region-championship experience should help the Generals keep their composure Monday night.

"The kids have been there before," he said. "They know what the pressure is like. Just like this invitational meet; I think we had the coolest kids on the equipment. They were calmer, they weren't as wobbly as some of the other teams because they've been there. They [expected] to win that trophy."

BULLETIN BOARD

Email announcements to 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.

THROUGH FEBRUARY

Low Cost Spay/Neuter Vouchers.

The Animal Welfare League of Arlington, 2650 S. Arlington Mill Drive, is offering low-cost spay/ neuter service vouchers for sale in honor of National Spay/Neuter Awareness Month. Surgeries will take place at one of the participating vet clinic. Voucher pricing: \$25 for male cats, \$50 for female cats and \$75 for dogs. Pit Bulls will be spayed or neutered for \$25. A limited number of rabbit spay and neuter appointments are available for \$50 per rabbit. Pet owners are required to purchase their voucher in-person at AWLA and schedule their pet's surgery directly with the one of the participating vet clinics. Interested D.C. metro residents must meet the annual household income requirement of \$60,000 or less (proof of household income is required at purchase). Low-cost spay and neuter vouchers are limited and available on a first-come, first-serve basis. Call 703-931-9241, ext. 200 or email Adrienne Mintz at amintz@awla.org

FEB. 1-APRIL 15

Free Tax Preparation. Tuesday, 10 a.m.-7 p.m.; Thursday, 10 a.m.-3 p.m. at Arlington Central Library, 1015 North Quincy St., Arlington. Tuesday, 1:15-7:45 p.m.; Friday-Saturday, 10 a.m.-2 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive. For taxpayers with low and middle income. All ages, with special attention to seniors. Federal and Virginia tax returns prepared and electronically filed by IRS-certified volunteers. Tax questions can be answered. Bring your photo ID(s), Social Security Card(s), tax documents, and your prior year tax return.

TUESDAY/FEB. 24

Small Business Assistance. 7-8:30

p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive, Arlington. Interested in starting a business or expanding one? Drop-in one-on-one assistance: the fourth Tuesday of each month at 7 p.m. Stop by to learn about the free services for entrepreneurs and small business owners offered by Arlington's non-profit Enterprise Development Group. And pick up small business resource information from BizLaunch, Arlington Economic Development's Small Business Program and Arlington Public Library. Free. Call 703-228-5710.

WEDNESDAY/JANUARY 28

Estate Planning for Young Adults.

7-9 p.m. at Arlington Central Library Auditorium, 1015 North Quincy St., Arlington. Arlington Law Group attorney Ryan A. Brown, Esq., will provide an introduction to estate planning, with a focus on young adults and parents of small children. Learn about wills, trusts, medical and financial powers of attorney, advance medical directives and living wills, 529 college savings plans, guardianship of minor children and more. Free but registration requested. Call 703-228-5999.

THURSDAY/JANUARY 29

Controlling Clutter. 7-8 p.m. at Cherrydale Branch Library, 2190 North Military Road, Arlington. A workshop about tackling clutter and becoming organized. Participants learn how to organize papers and what documents to keep or shred. Free. Call 703-228-6330 to register.

SATURDAY/JAN. 31

Blood Donor Drive. 7 a.m.-5 p.m at Kettler Capitals Iceplex, Ballston Common Mall, 627 North Glebe Road, Arlington. Blood drive donors will receive a bobblehead of defenseman Matt Niskanen as well as a Capitals T-shirt. More than 250units of blood and blood products are needed every day, year-round, for patients in area hospitals. One blood donation can save up to three lives, and there is a continual need for all blood types. Appointments are required. Donors can make an appointment now by calling 1-866-BLOODSAVES (1-866-256-6372) or by signing up online at www.inovabloodsaves.org.

SUNDAY/FEB. 1

Application Deadline. Applications due for the spring 2015 class of Arlington Regional Master Naturalists. Visit http://armn.org.

MONDAY/FEB. 2

"Meet the Speaker" Series. 3-4:30 p.m. at at the Arlington Central Library, 1015 Quincy Street, Arlington. Encore Learning continues its series "Meet the Speaker" in 2015. James Giordano will speak on "Brain Gain? the Promise and Problems of Neuroscience and the Need for Neuroethics," an overview of recent developments in the study of brain science. Free, open to the public. Call Encore Learning at 703-228-2144.



Healthy Youth Day

More than 450 youth from across Virginia, including four teens from Arlington gathered on the Virginia Capitol lawn to participate in Virginia Healthy Youth Day, hosted by the Virginia Foundation for Healthy Youth. Dominique Renee Bridgeforth, Jordan Dixon, Lukai Hatcher and Shaila Washington from the Langston-Brown Teen Afterschool Program, listened to the First Lady of Virginia Dorothy McAuliffe speak about the importance of good health, exercised on the lawn and participated in the Healthy Kids Walk around Capitol Square. Virginia Healthy Youth Day was established by a Virginia General Assembly Resolution and is held every January to promote healthy lifestyles for Virginia's children, including eating right, exercising and not using tobacco products. To learn more about staying active in Arlington, go to http://topics.arlingtonva.us/fitarlington/.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Feb.

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

Senior trips: Sunday, Feb. 8, Riverside Dinner Theater, The Music of Andrew Lloyd Webber, \$66; Wednesday, Feb. 11, National Geographic Museum, Global Kitchen exhibit, D.C., \$16; Thursday, Feb. 12, National Gallery of Art, Cosimo paintings, D.C., \$7. Arlington County 55+ Travel, 703-228-4748. Registration required.

Virtual tour of Thailand, Monday, Feb. 9, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

How to roast coffee beans, Mon., Feb 9, 1 p.m., Arlington Mill. Free. Register, 703-228-7369.

Planning for retirement, Tuesday, Feb. 10, 6:30 p.m., Walter Reed. Free. Register, 703-28-0955.

Belly dancing classes, Tuesday, Feb. 10, 10 a.m., Lee. Free. Register, 703-228-0555.

Federal benefits for LGBT seniors, Tuesday, Feb. 10, 1 p.m., Lee. Free. Register, 703-228-5722.

Famous Marriages in History, Tuesday, Feb. 10, 11:15 a.m., Lee. Free. Register, 703-228-0555.

Hispanic Heritage in Arlington County, Tuesday, Feb. 10, 11 a.m., Arlington Mill. Free. Register,703-228-

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

Arlington Mill Trekkers, Tuesday, Feb. 10 9:30 a.m. Free. Register, 703-228-7369.

Table tennis, Tuesdays10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

Valentine Sock Hop, Wednesday, Feb. 11, 1 p.m., Lee. Free. Register, 703-228, 0555

Duplicate bridge, Wednesdays, 10 a.m., Aurora Hills. Cost \$5. Register, 703-228-5722.

Arlington Walking Club, Wednesdays, 9a.m., Culpepper Garden. \$4. Register, 703-228-4403.

What's new in the auto industry, Thursday, Feb. 12, 2 p.m., Langston-Brown. Free. Register, 703-228-6300.

Passing along family heirlooms, Thursday, Feb. 12, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Strategies for relieving stress, Friday, Feb. 13, 2:45 p.m., Lee. Free. Register, 703-228-0555.

Coping with loss of a pet, Friday, Feb. 13, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Fast-paced walking group, Friday, Feb. 13, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.

SPECIAL CONNECTIONS CALENDAR

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

E-mail sales@connectionnewspapers.com for more information.





Newspapers & Online

703-778-9431 www.ConnectionNewspapers.com

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates 703-999-2928



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Est. 1999



Visit our website: www.twopoorteachers.com

Traffic Caught

By KENNETH B. LOURIE

If I were writing this column in Massachusetts - where I was born and mostly educated (K-12), and had a thick Boston accent, that's how court would likely be pronounced; changing a noun into a verb. But I'm not in Massachusetts. I'm in Maryland, and the traffic court to which I semi-refer is in Virginia, so I'm not "accenting" any "misannunciating," I'm merely invoking a bit of literary licensing and a double entendre of sorts, in advance of my twice-delayed court appearance, scheduled yet again for this Friday, January 30; and hoping for the feather while ever mindful of the hammer.

Transgression-to-date, the administrative office staff serving the Alexandria Traffic Court has been extremely reasonable in responding to my scheduling challenges. Due to my ongoing treatment for lung cancer, which mostly consists of every-threeweek chemotherapy infusions, (same day, same center), every-three-month face-toface appointments with my oncologist (same doctor, same center) and an every-threemonth diagnostic CT Scan (same center; for luck, of course), I am not always in control of my schedule/availability. Moreover, given the nature and timing of these appointments (generally scheduled weeks/sometimes months in advance), especially infusions, which should occur on the same day (my day is Fridays) every three weeks to keep the cycle/protocol where it is supposed to be - meaning not subject to . change if at all possible – I am beholden. And as it relates to my "case," the officer who ticketed me back in November is only in court on Fridays; ergo, the potential for trouble and the need for understanding.

Now, my infusion schedule may change, even though I said it doesn't. And it changes without my control (but with my knowledge) - when certain levels measured in my pre-chemotherapy lab work (completed the Wednesday before the Friday infusion) are either too high or too low. When this occurs, my infusion is delayed a week to allow my body to recuperate, while a retest is planned for the following week/Wednesday when the same too-high or too-low potential exists and another week's delay is possible (this fifth week infusion has occurred once – mostly the delay has been to a fourth week - nevertheless, the potential exists). This is my routine and it is prudent that delays in my treatment occur to allow certain major organs in my body to not be any more collaterally-damaged than they already have been. Such is my life and I'm glad to live it.

However, this unpredictability can cause problems, since it takes precedence over any other appointments, as it has twice already with the Alexandria Traffic Court. Typically, I won't know my availability until the day before the actual infusion is scheduled (and coincidentally, the day before my scheduled traffic court appearance as well), so I really have no notice to provide; I am a victim of my own circumstances. But this Friday, Court will finally see me in person. No more excused absences – as reasonable and necessary as they have been. It will be time to pay the piper (hopefully not). Planning forward then, should I bore the Court with an abbreviated version of this column, appealing to their generosity of spirit, or shall I just admit my mistake, take my punishment like a man and get on with life? After all, I may not exactly be on borrowed time, but I'm not naive enough to think my clock isn't ticking.

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

EMPLOYMENT ZORG-HAUNTON-GREAT HALLS HOME &





BUSINESS OPP

BUSINESS OPP

TELEPHONE A great opportunity to **WORK AT HOME!** NATIONAL CHILDRENS CENTER

301-333-1900

TELEPHONEA great opportunity to
WORK AT HOME! **NATIONAL CHILDRENS CENTER**No sell! Salary + Bonus + Benefits! 301-333-1900 අත Weekdays 9-4 අත

Reflections Salon & Spa is looking for a hairstylist, manicurist and massage therapist with VA license. Pay comm 60/40, booth rental

with sign on bonus \$1000. 703-356-6555

AUTO DETAILING

Auto Detailers, Car Washers & Managers Diamond Detail is expanding into the Alexandria, VA Area Must have a valid driver's license, clean background and positive attitude To apply online or for more information visit our website WWW.DiamondDetail.com Or call our employment line at 410-983-1008.

GEORGE WASHINGTON'S MOUNT * VERNON

Guest Services Staff

Seasonal

Welcome guests to the most visited historic home in the US!

Apply to Guest Services position: www.mountvernon.org/employment

HOW TO SUBMIT ADS TO



CLASSIFIED

DEADLINES

Zones 1, 5, 6... Zones 2, 3, 4.....Tues @ noon E-mail ad with zone choices to:

classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 1, 5, 6......Mon @ noon Zones 2, 3, 4......Tues @ noon E-mail ad with zone choices to:

classified@connectionnewspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection

The Burke Connection

The Fairfax Connection

The Fairfax Station/Clifton/ Lorton Connection

Zone 3: The Alexandria Gazette Packet

The Mount Vernon Gazette Zone 4: Centre View North

Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection

The Vienna/Oakton Connection The McLean Connection

The Great Falls Connection

ELECTRICAL

ELECTRICAL

COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated

Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades

Hot Tubs, etc.

Licensed/Bonded/Insured

Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com

entered through another gate. -Arthur Wing

I believe the

future is only

the past again,

Pinero

26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME

JEWELRY, FURNITURE, PAINTINGS AND CLOCKS. Schefer Antiques 703-241-0790 theschefers@cox.net

GUTTER GUTTER

Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES

lic/ins 703-802-0483 free est. 🎉 email jamie@lawnsandgutters.com web: lawnsandgutters.com

Friendly Service with a Friendly Price

IMPROVEMENTS IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849 E-mail: rncontractorsinc@gmail.com www.rncontractors.com

The HANDYMAN A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY. POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. o
We Accept VISA/MC Licensed

703-441-8811



(703) 590-3137

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks •FREE Estimates

• EASY To schedule

Handyman Services Available

www.pphionfine.com

"If it can be done, we can do it"

Licensed - Bonded - Insured



PINNACLE SERVICES, INC.

LAWN SERVICE **MOWING, TRIMMING, EDGING,**

MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

ANGEL'S TREE REMOVAL

Brush & Yard Debris

Trimming & Topping
Gutters & Hauling

HAULING TREE SERVICE

ANGEL'S HAULING Junk Trash Removal, Yard/Construction Debris, Garage/Basement Clean Out, Furniture & Appl.

703-863-1086 703-582-3709 240-603-6182

LANDSCAPING

JUNK HAULING

Junk, Rubbish, Homes, Offices, Commerical, Yard/Construction Debris, Lot Clear out, 24 hrs day, General Hom Work.

703-520-3205 N-VA

is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

An expert

-Werner Heisenberg

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping



Leaf Removal Gutter Cleaning

25 years of experience Free estimates 703-868-5358 24 Hour Emergency Tree Service

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.



Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls. drainage problems, etc.

Fall Cleanup...

25 years of experience – Free estimates 703-868-5358

24 Hour Emergency Tree Service

ZONE G: • ARLINGTON • GREAT FALLS McLean
 Vienna/Oakton



703-778-9411

ZONE 6 AD DEADLINE: Monday Noon

21 Announcements 21 Announcements

LEGAL NOTICE

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) are proposing to build an existing location modification of antennas at a top height of 127 feet on a 127-foot building at the approx. vicinity of 200 North Glebe Road, Arlington, Arlington County, VA 22203. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Kaitlin, k.abrams@trileaf.com, 8600 LaSalle Road, Suite 301, Towson, MD 21286, 410-853-7128.

26 Antiques

26 Antiques

PRIVATE SWORD COLLECTION FOR SALE

Antique swords from the United States and United Kingdom. Call 703-371-1765

21 Announcements 21 Announcements



540-839-1766 omnihotels.com/thehomestead

from \$224° OMNI * RESORTS

21 Announcements 21 Announcements

LEGAL NOTICE

We are pleased to announce that

Mount Vernon Cardiology Associates, Ltd. has joined Inova Medical Group Cardiology.

To make an appointment or To request medical records please contact:

Mount Vernon Office: 703.780.9014 8101 Hinson Farm Rd, Suite 408 Alexandria, VA 22306

Springfield Office: 703.780.9014 6355 Walker Ln, Suite 406 Alexandria, VA 22310

Lorton Office: 703.780.9014 8988 Lorton Station Blvd, Suite 200 Lorton, VA 22079

Woodbridge Office: 703.780.9014 14605 Potomac Branch Dr, Suite 210 Woodbridge, VA 22191

To move your records to a provider Outside our network, customary fees apply

101 Computers

101 Computers

HDI COMPUTER SOLUTIONS JENNIFER SMITH * Serving the Area Since 1995

- > Speed up Slow Computers
- Troubleshooting
- ➤ Virus Removal
- > Computer Setup

(571) 265-2038 jennifer@HDIComputerSolutions.com

21 Announcements 21 Announcements

NOTICE OF PUBLIC HEARING ON REVENUE BOND FINANCING BY

VIRGINA COLLEGE BUILDING AUTHORITY

FOR MARYMOUNT UNIVERSITY

Notice is hereby given that the Virginia College Building Authority (the "Authority") will hold a public hearing on the application of Marymount University (the "University"), a nonprofit institution of higher education within the Commonwealth of Virginia whose principal business address is 2807 North Glebe Road, Arlington, Virginia 22207, for the Authority to issue, pursuant to the Educational Facilities Authority Act (the "Act"), its educational facilities revenue bonds, which may be tax-exempt or taxable, in one or more series from time to time in a maximum aggregate principal amount not to exceed \$175,000,000 (the "Bonds"). The proceeds of the Bonds are to be used to as-(the "Bonds"). The proceeds of the Bonds are to be used to assist the University in the following plan of financing (collectively, the "Plan of Financing"): (a) refunding the outstanding principal of the Authority's (i) Educational Facilities Revenue and cipal of the Authority's (i) Educational Facilities Revenue and Refunding Bonds (Marymount University Project) Series 1998 issued to refund a portion of prior bonds of the Authority which financed and refinanced a prime computer system, acquisition and renovation of an eight-story, 100,000 square foot office building located at 1000 North Glebe Road (the "Ballston Campus") in the Ballston neighborhood of Arlington County, Virginia, acquisition of approximately 1.45 acres of land contiguous to the University's main campus at 2807 North Glebe Road (the "Main Campus") in the Yorktown neighborhood of Arlington County, Virginia for use as a parking lot, and construction of an 88,640 square foot academic parking structure on the Main Campus, and financed the renovation and expansion of Main Campus, and financed the renovation and expansion of Main Campus, and financed the renovation and expansion of the University Center on the Main Campus and the upgrading of the University's telecommunications wiring system and (ii) Educational Facilities Revenue Note (Marymount University Project) Series 2009 (the "2009 Note") issued to finance the construction and equipping of a residence hall, academic science and health science building, and parking facility on the Main Campus; (b) refinancing certain debt incurred by the University to finance renovations to the academic buildings known as the Main House and Bowley Hall on the Main Campus; (c) versity to finance renovations to the academic buildings known as the Main House and Rowley Hall on the Main Campus; (c) funding swap breakage costs in connection with the 2009 Note; (d) financing certain deferred maintenance improvements and renovations to the Main Campus, which may include, without limitation, window replacements, parking facility repairs, bathroom renovations, elevator replacements and carpet replacements; (e) financing or refinancing the construction and equipping of an approximately princestor. 165 000 square and equipping of an approximately nine-story, 165,000 square foot academic building to be owned by the University and located on the site of the Ballston Campus; and (f) financing other eligible costs associated with the Bonds, including the funding of reserves, capitalized interest and issuance costs

The public hearing, which may be continued or adjourned, will The public hearing, which may be continued or adjourned, will be held at 10:30 o'clock a.m. on Wednesday, February 11, 2015, before the Authority or its designee, in the Treasury Board Conference Room, 3rd Floor of the James Monroe Building, 101 North 14th Street, Richmond, Virginia 23219. As required by the Act, the Bonds will not pledge the credit or the taxing power of the Commonwealth of Virginia or the Authority, but will be payable solely from revenues derived from the University and pledged therefor. Any person interested in the issuance of the Bonds or the locations or purposes of the projects to be financed pursuant to the Plan of Financing may appear and be heard. Written comments may be submitted prior to February 11, 2015, at the Authority's address set forth below. A copy of the University's application materials may be in low. A copy of the University's application materials may be inspected at the Authority's office, 3rd Floor, James Monroe Building, 101 North 14th Street, Richmond, Virginia 23219,

VIRGINIA COLLEGE BUILDING AUTHORITY

21 Announcements

ABC LICENSE

ABC LICENSE
7-Days Convenience Store,
Inc trading as 7-Days Convenience Store, 3518 Moncure
Avenue, Falls Church, VA
22041. The above establishment is onlying to the ment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcohol-

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

21 Announcements

21 Announcements 21 Announcements



WINTER FUN

business leaders: excellent food, drink and music; and the chance to participate in a silent auction and tropical vacation raffle. Visit www.rosslynva.org for more.

Capella Chamber Chorus. 8 p.m. at Sts George's Episcopal Church, 915 North Oakland St., Arlington. Polyhymnia is an a capella chamber chorus that offers free concerts of works from Renaissance to contemporary and from many countries. Polyhymnia's Winter Concert series, under its conductor Steven Beck, features songs by Poulenc, Janacek, Tallis, Victoria, Desprez, Palestrina, and contemporary works by Steven Beck, Rich Campbell, and Ernst Toch. There is no charge for performances, taxdeductible donations welcome.

FRIDAY-SATURDAY/JAN. 30 -31

"The Comedy of Errors." 8 p.m. at The Thomas Jefferson Theatre, 125 S. Old Glebe Road, Arlington. Performances through Feb. 14. Adults, \$20; senior and juniors \$15. Visit http:// beta.thearligntonplayers.org for more.

SATURDAYS-SUNDAYS/JAN. 31-MARCH 29

"The Founding Sisters." 1-4 p.m. at the Arlington Historical Museum, 1805 South Arlington Ridge Road, until March 29, 2015. 2015 marks Marymount University's 65th anniversary in Arlington. Designed by Emma Enkhsaikhan, Dalia Faris, Amy Lawton and Apasrin Suvanasai, "The Founding Sisters" exhibit features information about the founders as well as photos and artifacts from Marymount's early years. Visit www.arlingtonhistoricalsociety.org.

SUNDAY/FEB. 1

"The Comedy of Errors." 8 p.m. at The Thomas Jefferson Theore, 125 S. Old Glebe Road, Arlington. Performances through Feb. 14. Adults, \$20; senior and juniors \$15. Visit http:// beta.thearlightonplayers.org for more.

SATURDAY/FEB. 3

Valentine's Day Concert: The Thrill of

Tchaikovsky. 7:30 p.m. Rosslyn Spectrum Theatre at Artisphere, 1611 North Kent St. A day for romance with Tchaikovsky's great works including String Quartet No. 1, Serenade for Strings, and Waltz from "Sleeping Beauty." Purchase tickets at 888-841-2787 or visit www.nationalchamberensemble.org.

THURSDAY-SATURDAY/FEB. 5-7

Lights, Camera, Fashion, 6-10 p.m. at Crystal City shops, 1750 Crystal Drive, Arlington. The biggest runway and pop up shop event returns to Crystal City. The Crystal Couture – Show & Sale unites 35 of the metropolitan area's boutiques, designers, and fashion retailers. Indulge in sips from the bar and tastes from local restaurants, complimentary mini beauty makeovers, meet fashion consultants, and enjoy music from DJ Neekola. Visit www.crystalcity.org for more.

FRIDAY/FEB. 6

Mozart's "Cosí Fan Tutte." 7 p.m. at Gunston Theatre One, 2700 South Lang St., Arlington. Opera NOVA offers a performance of Mozart's 'Ĉosí fan tutte" dedicated to the senior community. Mozart's classic will be condensed for this performance. Arlington County Cultural Affairs makes this performance possible. A lobby reception to meet the performers will follow the performance; tickets are \$5. For reservations call 703-536-7557 or email mcdm1@verizon.net. Visit www.operanova.org for more

FRIDAY/FEB. 6 -SATURDAY/ FEB. 7

"Les Misérables." 7 p.m., at Rivendell School, 5700 Lee Highway, Arlington. Accepting donations: \$8 for individuals; \$25 for families. Call 703-532-1200 or visit www.rivendellschool.net for more.

FRIDAY-SATURDAY/FEB.6-7

"The Comedy of Errors." 8 p.m. at The Thomas Jefferson Theatre, 125 S. Old Glebe Road, Arlington. Performances through Feb. 14. Adults, \$20; senior and juniors \$15. Visit http:// beta.thearlightonplayers.org for more.

Food & Drink -

Super Bowl Sunday. Feb. 1 at 4 p.m., at Capitol City Brewing Company –
Shirlington Village, 4001 Campbell Ave.,
Arlington. AFC and NFC champs vie for
the title on nine large televisions. Food and drink specials begin at 4 p.m. and are available until the end of the game. Enter a football pool for the chance to win Capitol City T-shirts, growlers, hats, gift certificates and a flat screen television. Visit www.capcitybrew.com.

Farmers' Markets Open All Winter, 9 a.m.-1 p.m., January-April, at Arlington Farmers' Market at Courthouse, Westover Farmers' Market, December-April, 9 a.m. 1 p.m. and at Columbia Pike Farmers' Market, 10 a.m.-1 p.m., January-March. Vendors will be selling fruit, vegetables, baked goods, dairy products, meat, eggs and honey all through the winter. For more see topics.arlingtonva.us/farmersmarkets/.

Clarendon Farmers Market. Yearround, 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. Call 703-812-8881.

SATURDAY/FEB. 7

Mozart's "Cosí Fan Tutte." 2 p.m. at Gunston Theatre One, 2700 South Lang St., Arlington. Opera NOVA offers a performance of Mozart's "Ĉosí fan tutte" dedicated to the senior community. Mozart's classic will be condensed for this performance. A lobby reception to meet the performers will follow the performance; tickets are \$5. For reservations call 703-536-7557 or email mcdm1@verizon.net. Visit www.operanova.org for more.

SUNDAY/FEB. 8

"The Comedy of Errors with Meet and **Greet.**" 2:30 p.m. at The Thomas Jefferson Theatre, 125 S. Old Glebe Road, Arlington. Meet and greet with the cast following the Feb. 8 matinee performance. This presents an opportunity to ask questions about the creative process, and hear about activities behind the scenes. Adults, \$20; senior and juniors, \$15. Visit http://beta.thearligntonplayers.org for

"What is This Thing Called Love." 4 p.m. at Rock Spring United Church of Christ, 5010 Little Falls Road, Arlington. The Rock Spring Recital Series features the music of Richard Rodgers, Cole Porter, Jerome Kern, Gaetano Donizetti and more, performed by Elizabeth Kluegel, soprano, and Lewis Freeman, baritone. Donations are welcome and help to sustain the recital series.

FRIDAY-SATURDAY/FEB.13-14

"The Comedy of Errors." 8 p.m. at The Thomas Jefferson Theatre, 125 S. Old Glebe Road, Arlington. Adults, \$20; senior and juniors \$15. Visit http://beta.thearligntonplayers.org.

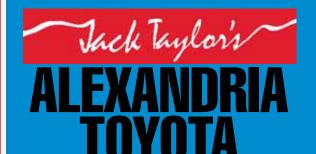
WEDNESDAY/FEB. 11-SUNDAY/MARCH 22

"Much Ado About Nothing." 8 p.m.

Wednesday-Saturday; Sunday, 2 p.m. at Synetic Theater, 1800 S. Bell St., Crystal City, Arlington. Directed by Paata Tsikurishvili and choreographed by Irina Tsikurishvili, this is one of Shakespeare's best-loved comedies, set in 1950's Las Vegas. \$35 and up. Student tickets start at \$20. Senior citizens and military receive \$5 off. Group discounts are available. Tickets available at synetictheater.org or by calling 866-811-4111.

WEDNESDAYS/FEB. 11-MARCH 25

Introduction to Printmaking. 6:30-8:30 p.m. Arlington. For adults, 18 and older, this course is designed for beginners. A series of projects and exercises will provide a hands-on, creative learning experience where students will craft unique prints on paper and cloth. Different printmaking techniques will be employed. Cost is \$220. Supplies not included. Visit www.arlingtonartscenter.org.



3750 Jefferson Davis Hwy. Alexandria, VA 22305

703-684-0710

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







GLEBE RD

ALEXANDRIA 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.



49*5* 95

NATIONAL

POTOMAC YARD

You Have Saturday's Off

That's Exactly Why We Don't!



WINTER DETAIL SPECIAL

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.

VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES. ONLY OFFER EXP. 2/28/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP, VALID ONLY

OIL & FILTER SERVICE SPECIAL

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 2/28/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP

WIPER INSERTS

& WIPER BLADES SOME MODELS HIGHER

PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY

GOOD THRU 2/28/15. COUPON MUST BE PRESENTED AT TIME OF

WE WILL

ET OR BEA

ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

Sales Hours: Mon-Fri: 9am-9pm | Sat: 9am-6pm | Sun: 12pm-5pm

TOYOTA GENUINE SERVICE

WINTERIZATION \$ SPECIAL

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 2/28/15. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY.

TOYOTA GENUINE SERVICE

NITROFILL SPECIAL

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 2/28/15, COUPON MUST BE PRESENTED AT TIME OF WRITE-UP, VALID

Great Savings

Great Security

Great Service



New 2015 Prius Liftback \$1,250 Cash Back

ToyotaCare TOYOTA No Cost Service & Roadside

Peace of mind with every new vehicle. Receive a no-cost maintenance plan* and roadside assistance** with the

purchase

or lease of every new Toyota. For two years or 25,000 miles, *Covers normal factory scheduled service for 2 years or 25K miles, whichever comes first. You and your new Toyota will be covered.

*Covers normal factory scheduled service for 2 years or 25K miles, whichever comes first. See Toyota dealer for details and exclusions. Valid only in the Continental U.S. and Alaska.

**Roadside Assistance does not include parts and fluids. Valid only in the Continental United States and Alaska. 1-800-444-4195. Add Dealer Processing Fee of \$599. 0.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial

Add Dealer Processing Fee of \$599. \$1,250 Cash Back from Toyota Motor Sales USA, Inc. available on new 2015 Prius.

Customers can receive cash back from Toyota or can apply to down payment. Excludes plug-in models. See dealer for details. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participal Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Prius plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details. Offers expire 2/16/2015.

Adul Dealer Processing Pee of 3599. 0.9% AFT inflationing by 10 of informs available to Qualified buyers will not byta critications. Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will qualify. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Prius plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details. Offers expire 2/16/2015.



3750 JEFFERSON DAVIS HWY. I ALEXANDRIA, VA 22305

JUST MINUTES FROM REAGAN NATIONAL AIRPORT!





703-684-0700

Finance a New 2015

Corolla LE Auto at 0.9%

APR for 60 months.

