

HomeLifeStyle

PAGE 14

The  
Arlington  
Connection

Dr. Marti Welman  
treats a baby at a  
Neighborhood  
Health clinic.

# Healthcare Safety Net

NEWS, PAGE 4

## Crossroads For Lee Highway

NEWS, PAGE 3

## Artist To Exhibit 'Birth of the Mother'

PEOPLE, PAGE 8

## Wakefield To Host Potomac Falls in 5A North Playoffs

SPORTS, PAGE 17

SPORTS, PAGE 17 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIED, PAGE 18

PHOTO COURTESY OF NEIGHBORHOOD HEALTH

— REAL STORIES FROM THE EXPRESS LANES —

*"My commute is now safer and more predictable. I don't worry that I will encounter traffic congestion that eats into the limited time I can spend with my Dad."*

- Kathy B.  
Falls Church, VA



Ever since she was a little girl, Kathy from Falls Church has loved taking long car rides with her dad, especially when he came home from serving in Korea and Vietnam. Now that she is older, Kathy is the one driving her dad around and she still takes him on a weekly adventure. She loves that no matter where they go, she says she can always count on the Express Lanes to get to her dad's house in 30 minutes. Kathy knows that she'll never be stuck in traffic — instead, she'll get to spend her precious time with her dad.

See more real stories from the Lanes at [ExpressLanes.com](http://ExpressLanes.com)



Kathy's story was one of our winning entries in our "Express Lanes Love Story" promotion.



## Crossroads for Lee Highway

Lee Highway charrette brings local community, county staff, and consultants together.

BY VERNON MILES  
THE CONNECTION

**T**rees and bike lanes. That's what the Lee Highway community wants. Arlington County has been accused of not engaging with its citizens during the planning process. During the recent County Board election, the Democratic, Republican, and independent candidates all cited it as one of the major problems in the county. If true, the Lee Highway Visioning Charrette in the Langston Brown Community Center was a step in the right direction. The four-day event saw citizens, county staff, and hired consultants all sit and work together to craft an idea of what the Lee Highway of the future should look like.

On Friday, Nov. 6, the charrette began with an introduction from the two community leaders who had been pushing to make this possible: Ginger Brown and Sandra Chesrown.

"A small group of us started working on this three years ago," said Chesrown. "It grew from three to 15 civic associations. We've had over 30 forums and walking tours, and the community has kept showing up to them."

Brown said the efforts were, in large part, inspired by the Columbia Pike Presidents Breakfasts, which helped motivate the community to see a change in their neighborhoods. Brown said that, while many of the faces at the charrette were new, a lot of



Saturday morning's hands-on design session.

them were local citizens who have been active and engaged in the process from the start. In a poll taken that night, roughly 65 percent of the citizens in attendance lived in the area, don't regularly walk or ride bicycles around the area, are over 55 years old and have lived in the area for over 20 years.

Chesrown explained that a charrette is an event that brings together all of the stakeholders in a project to reach a unified vision. On Saturday morning, attendees were divided roughly into groups of six or seven at a table, each table focusing on a different area of the corridor, with some

overlap to show different approaches to the same area. Around the room, each of the tables tackled different problems, but there were several recurring

problems.

Mark Bildner's group, Table 7, was looking at the areas near where Lee Highway crosses with I-66. Dennis O'Connor called it "the intersection of death." For many at that table, the main issue is that the four roads create a major split between the communities in the area. One person at the table said that the highway divides the community psychologically. Thinking big, O'Connor said his ideal solution would be to demolish the intersection altogether, but was willing to look at smaller solutions in the meantime. One of those solutions proposed was more extensive bike lanes along the nearby roads. There is a bicycle trail that runs along I-66, the Curtis Trail, but the parts crossing the major roads are poorly defined, leading to many cyclists breaking from the trail and travelling along the sidewalks to find safe places to cross.

Nearby, at Table 13, Kris Krider said that many of the communities in Arlington rely on driving to reach one another, and it makes it difficult to form a larger sense of

identity.

A few hours into the process, some of the tables began presenting their visions for Lee Highway. Nora Palmatier from Table 3 spoke first. Palmatier noted that around George Mason Boulevard and Glebe Road, there's nothing between the sidewalks and the street, which feels very unsafe for pedestrians. Palmatier's group recommended installing trees, not only for their aesthetic benefit to the area, but also to give bicyclists and pedestrians a sense of protection from the road. Recognizing the cost, Palmatier said her group was willing to compromise to make that happen.

"We didn't care too much about the density here," said Palmatier, "as long as there's no commercial encroachment on the residential areas."

Jessie Lurz at Table 4 addressed the idea of "community hubs." The idea of central meeting places with open space and compact retail was another one of the key ideas to emerge from the charrette. Like

SEE BRINGING, PAGE 16



The larger words indicate words more citizens used in reference to Lee Highway, "Ugly" representing the present and "Walkable" representing hopes for the future.



Rick Hall, president of Hall Planning, displaying options for lane reconfiguration.



Hernan Guerrero leads the Table 16 discussion.



Joseph Kohl (left), Mark Bildner (center) and Dennis O'Connor discussing problems with the Curtis Trail.



# Neighborhood Health Offers Healthcare Safety Net

Community health center provides comprehensive primary care, dental care, and behavioral health services.

BY EDEN BROWN  
THE CONNECTION

**D**r. Basim Khan walks toward the door of the Casey Clinic of Neighborhood Health in Alexandria's West End, stopping to greet two of his patients by name: "Hey, how is your foot?" he addresses, in Spanish, one man on crutches. His patient smiles. "Better, Doctor, Gracias." He tells both patients to get on his schedule that week. Khan wears three hats at Neighborhood Health: Executive director, medical director, and doctor. Khan knows everyone who works in the nine offices of Neighborhood Health (NH), and all his patients, by first name.

And therein lies the story of the organization: it's not just for poor, underserved or uninsured residents of the area. There are middle class patients who depend on Neighborhood Health for their family care because it's a neighborhood health clinic, where doctors follow families for 20 years, give them more than five minutes a visit, and know their names, their children's names, and their situations.

Many people see Neighborhood Health as a clinic just for patients who are unable to pay or for urgent care needs such as a fever or cough. This is not the case with Neighborhood Health, which sees 15,000 patients annually — all of whom are registered, long-term patients with electronic files and records. It is not the clinic of last resort, but for many young families, the first place



**Karina Herrera at work at the newly renovated offices at 2 East Glebe Road. Herrera is a pharm tech who has been with Neighborhood Health for about 15 years. She works in the Medication Assistance Program.**

they want to take their young child, because they know he will be looked after for the next 10 years by the same office.

Neighborhood Health is not a walk-in clinic. Patients need to register and come in regularly. Neighborhood Health does have a clientele which is sometimes undocumented (no questions asked), most are 200 percent below the poverty level, and more than half are uninsured. There is a sliding fee scale which determines how much each patient will have to pay. Often that amount is \$10, for equivalent treatment that might cost hundreds elsewhere.

The community health center concept was an idea started by Lyndon B. Johnson during the "War on Poverty" campaign. In 1965, there were two centers serving a handful of Americans who could not afford health care. There are now 25 million Americans served by health centers.

Neighborhood Health, which in 2004 became the area's first Federally Qualified Health Center (FQHC), has grown to nine separate buildings from a one-bedroom clinic in public housing on Executive Avenue in Arlandria. Its doctors do more than serve the poor of Alexandria and surround-



**Basim Khan, executive director, medical director, and doctor.**

ing areas: they catch people falling ill before their illness defines their lives. "Our goal," said Khan, "is to find the person with chronic illness, like diabetes, which affects 20 percent of the adult patients at Neighborhood Health, before the patient needs dialysis or amputation."

Without Neighborhood Health, many of these patients go undetected and by the time they get health care, it's too late. Accessibility is a major part of the community health center concept, said Khan. That means having multilingual staff, and, if needed, finding that Bangla or Amharic speaker to translate; having locations patients can reach by foot or bus; and getting appointments within one week, or less. Another major benefit of Khan's organization is the computerization of every medical record, so that an individual who doesn't track his own health has his medication and medical history on file.

Dr. Martha Welman joined Neighborhood Health in 2000 as its first pediatrician, and has led its pediatric expansion program at Casey. To her, it's all about the relationships she has with her patients. What makes her long days at the center worth doing? "It's the fact that you are really appreciated," she said. "I have patients I have cared for since they were born, and they are now going to college."

At the same time, working at the center is a commitment. "You don't work in neighborhood clinics without that commitment to long days and spending the extra minutes with patients," said Khan. "There is a burn out rate. We do a lot with very few doctors. The need is well beyond the supply, and we are having trouble adding a doctor to the center because of the lack of money."

Mental health and dental care are part of Neighborhood Health's effort: these two aspects of health are often overlooked or overpriced. The psychologist at the East Glebe Road Health Center said she spends a lot of time managing mental health issues like past trauma and family reunification. Most of the people she treats, many of them immigrants, have been through some very rough times before reaching the U.S. and have never spoken about it. Since men-

## Neighborhood Health Sites

To schedule or cancel an appointment, call 703-535-5568.

### ARLINGTON

2100 Washington Blvd., 3rd Floor Arlington, VA 22204

Services:  
Dental Care at the Arlington County, Division of Public Health  
Hours of Operations:  
Tuesday: 12 - 8 p.m.  
Thursday: 8 a.m. - 4 p.m.

1725 North George Mason Drive, Arlington, VA 22205

Services:  
Primary Care for Adults at Arlington County Behavioral Health Division  
Medication Assistance & Lab Services  
Health Insurance Enrollment Assistance  
Hours of Operations:  
Wednesday: 8 a.m. - 4 p.m.

### ALEXANDRIA

2 East Glebe Road, Alexandria, VA 22305

Services:  
Pediatric Care, including Newborn Care  
Behavioral Health and Family Support  
Medication Assistance & Lab Services  
Health Insurance Enrollment Assistance  
Hours of Operations:  
Monday: 7:45 a.m. - 5 p.m.  
Tuesday, Wednesday, Thursday and Friday:  
7:45 a.m. - 4:30 p.m.  
Saturday: 8 a.m. - 12:30 p.m.

1200 North Howard Street, Alexandria, VA 22304

Services:  
Pediatric Care, including Newborn Care  
Adult Medicine and Women's Health  
Ryan White Program HIV Services  
Behavioral Health and Family Support  
Medication Assistance & Lab Services  
Health Insurance Enrollment Assistance  
Hours of Operations:  
Monday through Friday: 8 a.m. - 4:30 p.m.

720 North Asaph Street, Alexandria, VA 22314

Services:  
Primary Care for Adults at the Alexandria Community Services Board  
Medication Assistance & Lab Services  
Health Insurance Enrollment Assistance  
Hours of Operations:  
Tuesday and Thursday: 8 a.m. - 4 p.m.

4480 King Street, Alexandria, VA 22302

Services:  
Dental Care at the Alexandria Health Department  
Hours of Operations:  
Monday: 8 a.m. - 4 p.m.

tal and behavioral health issues often cause chronic homelessness and substance abuse, it makes sense to catch these issues early.

Khan says among the biggest health threats to low-income residents of Alexandria are chronic diseases like diabetes or hypertension, but he is equally perturbed by the failure of many uninsured residents to get specialized care. Neighborhood Health can take care of a variety of sick people, but for serious cases involving neurology, oncology, or major surgery, it is hard to find places to send the poor. Jennifer Sims, a nurse practitioner who has been at East Glebe Road for four years, said many of her female patients have chronic bleeding. For years, they've been shunted off to the Emergency Room, where the bleeding

SEE NEIGHBORHOOD, PAGE 16

## Basim Khan

Dr. Basim Khan spent much of his childhood abroad, moving often and acclimating to each new international city. It still sometimes surprises him that he chose to focus on improving health care in this area instead of returning overseas to work in global health. Khan drives an older Acura sedan littered with the signs of a man who is always on the move, a cup of coffee in one hand, a smartphone in the other, and his mind on his to-do list.

He has known he wanted to be a community health doctor ever since he went to medical school. His goal is to improve access to basic health care in Northern Virginia, but his dream is that health care can be more affordable and more personal for many more Americans, of all income levels.

Khan has a longstanding interest in global health and HIV/AIDS; he has volunteered abroad in developing countries. He speaks Spanish, Urdu, and Pashto. He is Board Certified in Internal Medicine and a Fellow of the American College of Physicians.

Khan joined Neighborhood Health in 2011 as an internal medicine physician. He became

medical director in 2013 and executive director in 2015. He received his medical degree from the University of California, Los Angeles, and residency training from the University of California, San Francisco, in an urban underserved primary care program based at San Francisco General Hospital. He also has a Master's degree in public administration from Harvard University's Kennedy School of Government, where he was a Center for Public Leadership Zuckerman Fellow.

He has served on the board of directors of multiple organizations, including the National Physicians Alliance, a group that advocates for improving access to healthcare. He has appeared in multiple media outlets including the Los Angeles Times, PBS News, and NBC News. Despite this schedule, Khan continues to see patients, using part of his day to "keep his hand in" and because good doctors are still in great demand at the Neighborhood Health centers. Those interactions with patients give Khan perspective and keep him aware of issues, as well as acting as the daily reminder of why he does this: the reward is the healthy person, often uninsured, smiling back at him at the end of a long day.





PHOTO CONTRIBUTED

## Bringing Opera into Public Schools

Virginia Opera has launched an initiative to provide free in-school opera performances for elementary school students. In Northern Virginia, 17 elementary schools in Arlington and eight elementary schools in Alexandria will benefit over the next two years through the support by the Niles Trust. This Education Coalition Initiative, known as Adopt-A-School, was launched through a grassroots effort to sponsor in-school performances. Many of these productions are original world premiere works created by Virginia Opera's Community Outreach Musical Director, Dr. Glenn Winters. World premiere works by Winters featured in this season's tour include "A Trickster Trilogy," a comic romp through three classic fables, and, in honor of Black History month, "Deep River," the story of the African American contralto Marian Anderson. These 40-minute operas include singers, costumes and sets, and adhere to the Commonwealth of Virginia's Standards of Learning.

BUILT IN DETROIT,  
AND AT HOME ANYWHERE  
IN THE WORLD.



THE RAMBLER IN STAINLESS STEEL CASE, GMT COMPLICATION WITH SECOND HOUR HAND, ROTATING BEZEL, CERULEAN BLUE DIAL, DETROIT-BUILT ARGONITE 515.24 MOVEMENT AND AMERICAN-MADE TAN LEATHER STRAP.

**SHINOLA**  
DETROIT

Where American is made.™

*King's Jewelry*  
609 King St  
Old Town Alexandria  
703-549-0011

# First home?

## Trust your hometown bankers.

Large enough to know the way.  
Small enough to know you.

When buying your first home, come to one of the DC area's number-one community banks. Our friendly professionals know every aspect of the mortgage loan process. More important, they'll take the time to get to know you, and find you just the right loan option. Let our mortgage loan experience make yours a great one.



**EAGLEBANK**

EagleBankCorp.com 571.447.5356  
VA | MD | DC



*Students soar here.*



Co-ed College-Prep School for Grades 6-12  
Day & Boarding Programs | Air Force JROTC for Grades 9-12  
Sports Teams for All Grades | Chorus | Flight Program | Drama | Band

100% college acceptance rate  
Over \$6.6 million in college scholarships offers each year

**Randolph-Macon Academy**  
*Much more than an education.*

**You're invited! Open House Saturday, November 14th**  
**www.rma.edu 540-636-5484**



Betty Adelman and Bob Dunphy greet, and thank, arriving voters.

PHOTO BY  
MICHAEL MCMORROW  
THE CONNECTION



## A Business-as-Usual Election

Lack of competitors for offices changes nothing.

BY MICHAEL MCMORROW  
THE CONNECTION

“Surprising” is the way Betty Adelman described the absence of representatives from other than the Democratic Party. Signs bracketing the driveway entrance into Arlington’s Nottingham Elementary School last week urged attention only for Dorsey and Cristol, both seeking a seat on the County Board. John Becker, Adelman’s Democrat partner-greeter, saw a partial explanation in the fact that 2015 is “an off-year election.”

A glance at the ballot explained more. All five candidates for re-election to the Constitutional offices — Clerk of Court Ferguson, Commissioner of Revenue Morroy, Sheriff Arthur, Commonwealth’s Attorney Stamos and Treasurer de la Pava — were unopposed, and all were Democrats. The only contested office in this precinct with candidates identified by party was state delegate, where Democrat Patrick Hope facing Independent Janet Murphy.

Those standing for vacancies to the County Board and the School Board appeared with no party designation, although “endorsements” by both major parties are common knowledge.

Dorsey and Cristol alone made the effort at the Ohio Street driveway.

“It is important that every vote counts,” said Megan Hill, chief of Precinct #37, with a dozen or so years under her belt as an election official. Those words were her way of explaining why she remains involved with county elections. After the morning rush of voters on their ways to work, Hill was confident that the usual level of participation, 60 percent of registered voters in the precinct, would be achieved once more, off-year or no. This neighborhood takes voting “very seriously,” she added.

“It is important to ‘do your thing’ for the right person running for office, not just voting for him or her.” Thus, Bob Dunphy explained away his reason for standing outside the polling place since 7 a.m. Karen Menichelli, who arrived an hour earlier than that, stated the effort is important for every election, and more so when a low turn-out is expected.

With unofficial results tallied, Democrats scored a clean sweep. Each unopposed Constitutional officer drew over 97 percent of votes cast. Both the delegate candidate and School Board-endorsee registered 78 percent of the votes. As for the County Board seats, Dorsey and Cristol garnered 70 percent of the total cast votes.

That leaves only the “turn-out” percentage of eligible voters. The percentage of Nottingham neighbors matched the county-wide figure almost exactly at 29 percent.

“It is important that every vote counts.”

— Megan Hill

## Arlington Election Results

Unofficial results as of Wednesday morning, Nov. 4, 2015.

\* indicates incumbent

Candidate	Votes	Percentage
<b>Arlington Clerk of the Court</b> — Unopposed		
Paul F. Ferguson (D)*	30,151	97.79%
<b>Arlington Commissioner of Revenue</b> — Unopposed		
Ingrid H. Morroy (D)*	29,801	97.74%
<b>Arlington Commonwealth’s Attorney</b> — Unopposed		
Theo K. Stamos (D)*	32,037	97.72%
<b>Arlington Sheriff</b> — Unopposed		
Elizabeth F. “Beth” Arthur (D)*	30,436	97.69%
<b>Arlington Treasurer</b> — Unopposed		
Carla F. de la Pava (D)*	29,714	97.57%
<b>Arlington County Board, two seats</b>		
Christian E. Dorsey (D)	23,987	35.71%
Kate A. “Katie” Cristol (D)	23,116	34.41%
Michael T. McMenamin (I)	12,785	19.03%
Audrey R. Clement (I)	6,771	10.08%
<b>Arlington County School Board General</b>		
Reid S. Goldstein	24,741	78.41%
B. A. “Brooklyn” Kinlay	6,158	19.52%
<b>House of Delegates</b>		
District 45 — Unopposed		
Mark H. Levine (D)	15,987	95.08%
District 47		
Patrick A. Hope (D)*	11,648	77.43%
Janet H. Murphy (I)	3,277	21.78%
District 48 — Unopposed		
R. C. “Rip” Sullivan Jr. (D)*	13,125	95.36%
District 49 — Unopposed		
Alfonso H. Lopez (D)*	7,895	95.60%
<b>Virginia Senate</b>		
District 30		
Adam P. Ebbin (D)*	27,207	76.72%
J. Ron Fisher (I)	7,420	20.92%
District 31		
Barbara A. Favola (D)*	26,298	62.21%
George V. Forakis (R)	15,887	37.58%
District 32 — Unopposed		
Janet D. Howell (D)*	31,138	94.10%



Election official Casey Peltier looks over ballots at the Reed-Westover Building.

## Low Turnout

It was a beautiful, sunny day in Arlington for Election Day, but election officials are expecting low-voter turnout. Arlington County “didn’t expect turnout to be high the year before the presidential election,” said Mike Warner, the chief election official at the Woodlawn precinct.

Todd Parker, the election chief for the Overlee Knolls precinct, said the county was predicting a voter turnout rate of 35 percent. Parker laughed when he said that Overlee Knolls has 32,000 voters in his precinct but only 1,000 ballots on hand.

Yet, there were still many dedicated voters who came out to cast their vote. Katy Irene St. Marie said that her main concerns were “roads, infrastructure, and affordable housing.” She would like to see a “limited tax” be put in place for roads instead of using tolls.

— ROSS SYLVESTRI



Woodlawn precinct voters at Glebe Elementary School fill out their ballots.

PHOTOS BY ROSS SYLVESTRI/THE CONNECTION



## NEWS

**VOICE volunteers take their voter turnout campaign to the streets.**



JIM COATES PHOTOGRAPHY

## Effort Boosts Voter Turnout

Clergy and lay leaders celebrated the success of a three-day non-partisan, interfaith voter turnout drive that generated an increase in turnout in two particularly low-voting precincts here, as well as more than 1,300 individual conversations with voters about the power of civic engagement.

The turnout drive by VOICE (Virginians Organized for Inter-faith Community Engagement), a multi-faith citizens power organization, cited a 24 percent increase in voter turnout in Precinct 30 (Nauck neighborhood) from the November 2011 election — the last off-year election with a comparable ballot.

It also led to a 12 percent increase in turnout in Precinct 43 (Arlington Mill neighborhood), VOICE leaders said, noting reports indicating that turnout countywide was at most 1 percentage point higher from 2011.

The voter turnout campaign targeted primarily infrequent voters, enlisting more than 100 volunteers to knock on doors, talk to voters at bus stops, and call voters Nov. 1-3. The aim was to raise turnout by at least 5 percent from November 2011 in these two precincts.

Noting that VOICE exceeded its goal almost five-fold in Precinct 30 and more than doubled it in Pre-

cinct 43, the Rev. Dr. James E. Victor, Jr., of Mount Olive Baptist Church said, “We learned that, when you make the effort to truly engage people around their hopes and dreams, Arlington’s residents will respond and vote.”

In Precinct 30, turnout this year was 619, according to unofficial returns, compared with 498 in 2011, and in Precinct 43, it was 433 versus 386 in 2011.

VOICE leaders selected Precincts 30 and 43 to test voter turnout strategies this year because both have among the lowest voter turnout in off-year elections such as this, and both are areas where VOICE already has a presence and would like to deepen its connections with residents.

The Rev. Linda Olson Peebles of the Unitarian Universalist Church of Arlington said the lessons from this voter turnout campaign will serve VOICE well in future elections: “Our faith traditions teach us the transformative power of coming together in community, and our community organizing teaches us the influence that citizens who engage can have on elected officials’ decisions. We look forward to continuing with organized voter participation campaigns to ensure that everyone’s voice AND vote can count.”

See [www.voice-iaf.org](http://www.voice-iaf.org).

## NEWS BRIEF

### From Arlington to the White House

A march for immigrant families and an end to deportations will leave from 2100 Clarendon Blvd. on Friday, Nov. 20 at 8:30 a.m. to arrive at the White House by 11:30 a.m.

Participants include The Virginia Coalition of Latino Organizations, Mason DREAMers, DREAMers of Virginia, DREAMers of Martinsville, National Korean American Service & Education Consortium, DREAMers Mothers in Action, Legal Aid Justice Center’s Immigrant Advocacy Program, Just Neighbors, and Virginia Latina Advocacy Network.

## Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

**10% down**  
nothing until the job  
is complete for the  
past 17 years

### 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 Since 1999



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

### LIMITED-TIME OFFER

# 1.20% APY

### 15-MONTH BUMP-UP CD

### There’s an UPSIDE to investing today!

There’s no reason to hold back any longer! Our **BUMP-UP CD** not only starts with a great rate, but also gives you a one-time chance to earn even more if we change our rates in the future!

This is a **limited-time** offer. Call or visit us today to open your account.



Member FDIC

Annual Percentage Yield (APY) is effective as of October 8, 2015 and is subject to change without notice. Minimum opening deposit of \$1,000 required; maximum \$1,000,000 per customer. Account must be opened with new money not on deposit with Cardinal Bank. The 15-Month Bump-Up CD features the potential of a one-time interest rate bump at any point during the term. Customer must request to update or bump their interest rate by contacting Cardinal Bank. The new interest rate will not be applied retroactively. Municipalities and existing Cardinal No-Penalty CDs are not eligible. Penalty will be imposed for early withdrawal. One account per tax identification number. Not eligible for Chairman’s or President’s Club preferred rate. Fees could reduce earnings.

[www.cardinalbank.com](http://www.cardinalbank.com) | 703.584.3400



## PEOPLE

# Artist To Exhibit 'Birth of the Mother'

Local painter Sue Grace presents 20 years of paintings.

BY EDEN BROWN  
THE CONNECTION

Along a quiet, tree-lined street in the Ashton Heights neighborhood, the house is already a reflection of the painter inside. The front porch has been antique-washed in color: sea greens, pale oranges, blue.

Inside, Sue Grace's canvases from a recent show are on the wall, their warm, rounded mountains resting, like sleeping bears, on the wall. The kitchen is warm and full of light. The tutti frutti Mondrian-ish mosaic backsplash over the kitchen sink reflects the creativity that takes place in the kitchen and the love of color and shape that takes place in the studio below it. The pantry is full of Indian, Italian, Asian, and whole foods cookbooks. The painter offers breakfast of steel cut oatmeal, nuts, and tea.

She's fed many people at this kitchen island, two of them children who have gone off to college and a first apartment.

Grace is preparing for a show of paintings she did over the past 20 years, reflecting the profound joy, perplexed exhaustion, and perpetual wonderment she experienced since first finding herself pregnant and giving birth. Although she had read "What to Expect When You're Expecting" and picked out her layette, preparing for an event she suspected would change her life, nothing ... absolutely nothing ... could have prepared her for birth itself, and particularly, the artist's perception of it. The guides for new mothers expounded on newborn clothes, the colors and soft fabrics, softer detergents: all of which Grace, as a new mother-to-be studied earnestly. "In retrospect", she laughed, "I realized that what was really called for in this amazing journey towards stewardship of another human being was to go into the desert and fast for 40 days and 40 nights."

"I loved being pregnant; all of my senses were extremely heightened. But beyond that, it was a profoundly spiritual experience. I wanted to create imagery that would share some measure of this — the certitude that was a guiding force — with people for whom there would never be a chance to experience it. I particularly was thinking of men when I made many of these pictures."

Her series of paintings — almost 30 in total



Sue Grace's wall in her studio.



Sue Grace in her kitchen



Sue Grace at work in her studio, with one of her paintings for upcoming exhibition.

PHOTOS BY EDEN BROWN/THE CONNECTION

— are an effort to express, on canvas, that joy, whoosh, pain, ecstasy, oneness and apartness, that exit from one's body of another human being.

Grace is being talked about — in a good way. Her mix of styles has been written about recently in the Washington Post and her recent series of shows promise this artist is piquing interest among collectors. Her work explores the bridge between abstract and figurative expression. She is interested in this polarity: rendering the third dimension without sacrificing the immediacy of the two-dimensional, abstract aspects of painting. These paintings convey the mystery of giving birth; specifically the experience of the birth of the mother, being pulled towards a presence larger than her own experience.

Coming on the heels of a one-woman show at the Hillyer Gallery in DuPont Circle, she will open "Birth of a Mother" on Nov. 14 at the Lorton Workhouse, the former center of detention for suffragettes who were arrested

while demonstrating for equal rights. Like them, Grace wanted it all.

She grew up in the Chicago area, and started painting in the summer of 8th grade. She majored in English, because her art teacher told her to get a practical degree, and soon after getting her B.A. at the University of Chicago, she told her boyfriend she wanted to be a painter, live in New York, not tie herself down; he cleverly said he wanted to move to New York as well, and they married. She went to art school in New York City, studying with Robert Beauchamp at the Art Students League. Through Beauchamp, Grace studied the Push-Pull technique, overlapping warm and cool colors to create depth and movement to the two-dimensional canvas surface. The technique helps give paintings a life of their own.

Grace has shown her art since 1982, including a stint at the Florence Trust Exhibition in London and at the Torpedo Factory, and she has been professionally recognized by the Director's Collection, Workhouse Art Center Winter/Spring 2015, and in 2014 she was juried into the Artist Residency at the Workhouse Art Center.

Besides living in Arlington with husband Bruce since the mid-1980s, and having children here, Grace has been an involved member of the community, as a volunteer assisting a diabetes educator, and working with the Arlington Arts Center. See [www.facebook.com](http://www.facebook.com) for details or visit [www.workhousearts.org](http://www.workhousearts.org).

## Art Exhibit Reception

### "Birth of the Mother"

Workhouse Arts Center, Building W-10 Gallery  
9601 Ox Road, Lorton, Virginia, 22079.  
Free Reception: Saturday, Nov. 14, 6 – 9 p.m.  
Exhibition Dates: Nov. 14 – Dec. 6  
Gallery Hours: Wednesdays through Saturdays,  
11 a.m.-6 p.m.; Sundays, 12-5 p.m.

The  
Arlington  
Connection

[www.ConnectionNewspapers.com](http://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  
[connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

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

### ADVERTISING:

For advertising information

[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

### Debbie Funk

Display Advertising/National Sales

703-778-9444

[debfunk@connectionnewspapers.com](mailto:debfunk@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

### 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

### CIRCULATION: 703-778-9426

[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





## LETTER

### Criminal Justice Process at Work

To the Editor:

The Arlington community is obviously relieved to learn that an arrest has been made in the case of Bonnie Black — the victim who was murdered in her home. The alleged killer is her husband, David Black, who has been charged with the crime. In the aftermath of his arrest, critics in the community contend that it took the police too long to make an arrest.

It is immediately obvious that these individuals know not what they speak of.

Apparently they have been watching too many crime shows on television and don't understand the facts of what comprises a criminal investigation in the real world and what is needed for probable cause to make an arrest.

The Arlington County Police have worked unrelentingly for countless hours and engaged a lot of manpower in working this case. The professionalism, commitment and dedication that was involved in searching for and sifting through potential evidence was steadfast, time-consuming and done with resolve.

For those who want justice in this case, they need to thank the Arlington County Police for the work they have done thus far. Hopefully, Commonwealth's Attorney, Theo Stamos, an outstanding and highly skilled prosecutor, will personally prosecute this case.

Everyone wants justice for the victim. Therefore, the criminal justice process must be allowed to work as it is supposed to. Bonnie Black deserves nothing less.

**Karen L. Bune**

Arlington

*The writer is an adjunct professor in the Department of Forensic Psychology at Marymount University.*

## SCHOOL NOTES

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com).

Marymount University professor **Dr. Usha Rajdev** taught, observed faculty and helped 85 students sign up for an International Association of STEM Leaders chapter at Stranmillis University College in Belfast, Northern Ireland.

**Lucas DeGraw**, a graduate of Yorktown High School and the son of Christopher DeGraw and Terry Muilenburg, and **Emily Renkey**, a graduate of Bullis School and the daughter of Albert and Mary Renkey,

have enrolled at Colby College (Waterville, Maine).

Assistant Superintendent for Information Services of Arlington Public Schools **Raj Adusumilli** was one of 27 district leaders from across the country named as a finalist for the second cohort of the Lexington Education Leadership Award. The Lexington Institute is a nonprofit, nonpartisan public policy think head-quartered in Arlington. The LELA fellowship is a six-month program designed to expose district leaders to personalized learning and facilitate the first steps to implementation. The final-

ists participated in a specialized track and special networking opportunities at the iNACOL symposium in Orlando.

**Robert G. Steinhoff** of Arlington, Engineer Fellow with Honeywell Federal Manufacturing & Technologies, has been inducted into the Missouri S&T Academy of Mechanical and Aerospace Engineers. The academy recognizes alumni of Missouri University of Science and Technology for their professional achievement and success, and provides organized assistance to the mechanical and aerospace engineering department at Missouri S&T.

## Saint Ann Catholic School

### OPEN HOUSE

Tuesday, November 17

9:30 am - 11:30 am



- Half-day & Full-day Preschool Program
- Full-day Kindergarten-8th Grade
- U.S. Department of Education National Blue Ribbon School of Excellence
- Above national average standardized test scores
- S.T.E.M. enrichment activities and field trips
- Lab Learner® Curriculum
- Enrichment programs
- Excellent certified staff and faculty
- Small class size
- Extended Day Program (before and after school)
- Financial assistance available



980 North Frederick Street, Arlington, VA

703-525-7599

[www.StAnn.org](http://www.StAnn.org)

**REP. BEYER HOSTS**

# JUST THE FACTS

**A DISCUSSION ABOUT**

## Climate Change

**THURSDAY, NOV. 19, 2015 | 7:00 PM**

**GEORGE MASON UNIVERSITY**  
3351 Fairfax Drive, Arlington VA 22201

**PANELISTS:**

**MEGAN CERONSKY**  
Senior Policy Advisor  
White House Office of Energy and Climate Change

**SHAWN GARVIN**  
Regional Administrator  
Environmental Protection Agency

**MONA SARFATY**  
Director of the Program on Climate and Health  
George Mason University

**ALIYA HAQ**  
Climate Change Special Projects Director  
Natural Resources Defense Council

**Rep. DON BEYER**

Register Online at [beyer.house.gov](http://beyer.house.gov)

# DOYLE

## Invitation to Auction

**Consignment Day**  
**November 20**

Doyle Specialists will evaluate your Asian Works of Art for upcoming auctions. We invite you to schedule a private appointment.  
Samira Farmer, VP, DC/Mid-Atlantic  
202-342-6100, [DoyleDC@Doyle.com](mailto:DoyleDC@Doyle.com)

Chinese Turquoise Ground Famille Rose Glazed Porcelain Vase, Jiaqing Seal Mark and of the Period. Sold For \$75,000

**DOYLE.COM**



# 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

**“Girlstar.”** Through Nov. 15 at various times at Signature Theatre, 4200 Campbell Ave. “Girlstar” is a musical combining witchcraft with pop music to detail the journey of a young woman who believes she is destined for fame. Tickets start at \$25. Visit [www.sigtheatre.org](http://www.sigtheatre.org) for more.

**“Hansel & Gretel.”** Through Nov. 15, various times at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Encore Stage & Studio presents the classic fairytale. Tickets are \$15 for adults, \$10 for children, students, military and seniors. Visit [www.encorestage.org](http://www.encorestage.org) for more.

**Artist Honors Niece in Exhibit.** Through Nov. 15, 9 a.m.-5 p.m. at the Verizon Gallery in the Richard J. Ernst Cultural Community Center at Northern Virginia Community College’s Annandale Campus, 8333 Little River Turnpike, Annandale. In 2010, 19-year-old Vanessa Pham was stabbed to death in her Scion hatchback found in a ditch off Arlington Boulevard in the Falls Church area. After more than two years, police arrested a suspect who was eventually convicted of murder and sentenced to 49 years in prison in 2013. Michelle Pham, Vanessa’s aunt, will pay tribute to her niece’s life through her art in an upcoming exhibition. Free. Visit [www.nvcc.edu](http://www.nvcc.edu).

**“Cake Off.”** Through Nov. 22, various times at Signature Theatre, 4200 Campbell Ave. Watch a satire dealing with stereotypical gender roles. Tickets start at \$72. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

**“Living Diversity.”** Through Nov. 28, various times at Arlington Mill Community Center, 909 S. Dinwiddie St.

**“Ceramic Art by Joe Hicks.”** Through Dec. 3 during gallery hours at The Barry Gallery in the Reinsch Library at Marymount University, 2807 N. Glebe Road. This exhibit featured the work of Marymount assistant professor Joe Hicks. Free. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery).

**Fall SOLOS 2015.** Through Dec. 20, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artists featured in the exhibit: Katie Duffy, Rachel Guardiola, Dean Kessman, Sonya Lawyer, Nara Park, Austin Shull, and Benjamin Zellmer Bellas. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**“Wired.”** Through Dec. 20, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artist Michele Colburn presents a solo exhibition exploring the impact of war and violence on culture. This is reflected in the use of gunpowder, trip wire, and military-themed fabric. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**“Cause and Effect.”** Through Dec. 20, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artists Robert Allen, Kathleen Ramich, and Dave Seiler explore war and violence as a complement to Michele Colburn’s “Wired.” Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**“The Civil War Grand Review.”** Through Feb. 1, Monday-Thursday



## BalletNova Presents “The Nutcracker”

To usher in the holiday season, BalletNova will give six full-length performances Dec. 3-6 at The Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. In addition, on Friday and Saturday, Dec. 11-12, at BalletNova’s Fredgren Studio Theatre, 3443 Carlin Springs Road, Falls Church, the company will offer presentations of the classic ballet suitable for a young audience—these performances are called “Nutcracker Petite.” Further, patrons may attend a “Nutcracker Tea” on Sunday, Dec. 13 at Ritz-Carlton-Pentagon City, 1250 S Hayes St. There, guests may enjoy high tea, meet the dancers/characters, and watch a mini “Nutcracker” performance. Visit [www.BalletNova.org](http://www.BalletNova.org) for a full schedule and admission prices.



10 a.m.-9 p.m.; Tuesday-Wednesday 1-9 p.m.; Friday-Saturday 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road. View “The Civil War Grand Review: Photos of the Sesquicentennial Reenactment Parade.” Free. Call 703-228-6330.

**Sci-Fi Book Club.** Third Wednesday of each month, 7-8:30 p.m. at Java Shack, 2507 N. Franklin Road. Nov. 18 title is “Doomsday Book” by Connie Willis. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).

**Arlington’s Historical Museum to open on First Wednesdays.** The Arlington Historical Museum, which until now was only open on weekends, will now be open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County’s history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at [garrett.peck@arlingtonhistoricalsociety.org](mailto:garrett.peck@arlingtonhistoricalsociety.org).

**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. For 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. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit [www.RiRa.com](http://www.RiRa.com)/Arlington for more.

**Food Truck Thursdays.** 5:30-8:30 p.m. at the corner of North Irving St., and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit [www.dmvfta.org](http://www.dmvfta.org).

**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.

**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. 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 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 S. 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.

**Ball-Sellers House Tours.** Saturdays, April-Oct., 1-4 p.m. at The Ball-Sellers House, 5620 3rd St. S. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

**Crystal City Sparket.** 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC’s Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit [www.crystalcity.org](http://www.crystalcity.org).

**Open Mic Night. Wednesdays,** at 8 p.m., sign ups are at 7:30 and 10 p.m., at Iota Club & Café, 2832

Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

**Art for Life.** Third Thursday of each month. The Hyatt Regency Crystal City’s “Art for Life” Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit [www.torpedofactory.org](http://www.torpedofactory.org).

**Brunch at Freddie’s.** Third Saturday of every month, 11 a.m.-1 p.m. at Freddie’s Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit [www.facebook.com/events/700174390103305](http://www.facebook.com/events/700174390103305).

## WEDNESDAY/NOV. 11

**Arlington National Cemetery Veterans Day Ceremony.** 11 a.m. at Arlington National Cemetery. The ceremony begins with wreath laying at the Tomb of the Unknowns and continues inside the Memorial Amphitheater with a parade of colors by veterans’ organizations and remarks from dignitaries. Free. Visit [www.va.gov/opa/vetsday](http://www.va.gov/opa/vetsday) or [www.arlingtoncemetery.mil](http://www.arlingtoncemetery.mil) for more.

**Women In Military Service For America Memorial Veterans Day.** 3 p.m. at Arlington National Cemetery. Gayle Tzemach Lemmon, a senior fellow at the Council on Foreign Relations and best-selling author of “Ashley’s War: The Untold Story of a Team of Women Soldiers on the Special Ops Battlefield,” will give the keynote address for the 18th annual ceremony. Free. Visit [www.womensmemorial.org](http://www.womensmemorial.org) for more.

**Book Talk.** 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Gregory Smithers discusses and signs “The Cherokee Diaspora: An Indigenous History of Migration, Resettlement, and Identity”. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## THURSDAY/NOV. 12

**Spirit of Community.** 11:30 a.m.-2 p.m. at Sheraton Pentagon City Hotel, 900 S. Orme St. The Arlington Community Foundation presents the annual Spirit of Community

Luncheon. This year Mary Ann Moran will receive the William T. Newman Jr. Award. Hon. Anne Holton, Secretary of Education, State of Virginia, will be the keynote speaker. Tickets are \$55. Visit [www.arlcf.org](http://www.arlcf.org) for more.

**Sip & Shop.** 7-9 p.m. at Company Flowers & Gifts, 2107 N. Pollard St. Company Flowers and Gifts is hosting a Sip & Shop to benefit Postpartum Support Virginia. Learn 20 ways to wear a scarf, shop, and peruse refreshments. Twenty-five percent of the proceeds will benefit Postpartum Support Virginia. Free. Visit [www.postpartumva.org](http://www.postpartumva.org) for more.

**Arlington Historical Society Program.** 7 p.m. at Marymount University Reinsch Library, 2807 N. Glebe Road. The Arlington Historical Society (AHS) will host Annette Benbow, who will present “Those Who Gave Their Lives: Arlington’s Fallen Sons in World War I.” Free. Call 703-942-9247 for more.

## FRIDAY/NOV. 13

**Joe Ely Performance.** 8 p.m. at Unitarian Universalist Church, 4444 Arlington Blvd. Joe Ely celebrates the launch of his most recent album “Panhandle Rambler.” General admission tickets are \$20, \$30 for reserved seating in the first three rows. Visit [www.stonerroomconcerts.com](http://www.stonerroomconcerts.com) for more.

## SATURDAY/NOV. 14

**Designing the Sustainable Landscape.** 9 a.m.-12 p.m. at Fairlington Community Center, 3308 S. Stafford St. The program will cover the best management practices of sustainable landscapes—using native plants, making the most of available water, building soil health and reducing maintenance and answer questions about individual garden management challenges. Free. Visit [www.mgnv.org](http://www.mgnv.org) or call 703-228-6414 or more.

**Delta Sigma Theta 2015 Prayer Breakfast.** 11 a.m.-2 p.m. at Hilton Alexandria Mark Center Hotel, 5000 Seminary Road. This fundraising event is open to the public and will



# ENTERTAINMENT

include local gospel artists, a full course brunch, vendors and more. Tickets are \$65. Visit [www.nvdecs.org](http://www.nvdecs.org) for more.

**EcoPOP: Art.** 5-7 p.m. at 3400PIKE, 3400 Columbia Pike. Art exhibit and reception sponsored by Arlingtonians for a Clean Environment and Yuck Old Paint featuring photographs of vintage chemicals from local residences and original artwork from waste paint. There is a suggested donation of \$10. Visit [www.arlingtonenvironment.org](http://www.arlingtonenvironment.org).

**Fitness Fun Night.** 5:30-10:30 p.m. at TRUE Health and Wholeness Fitness Center, 1058 S. Walter Reed Drive. Fun for the children includes face painting, crafts and moon bounce. Adults can compete for prizes in friendly strength events like the plank off and flex arm hang. Free. Call 571-421-2774 or visit [www.true-hw.com](http://www.true-hw.com) for more.

**Columbia Pike Artists Studios pARTy.** 6-9 p.m. at 932 S. Walter Reed Drive. The diverse artists at the Columbia Pike Artists Studios showcase their work. Free. Call 571-338-9248 for more.

**Capitals Casino Night.** 6-10 p.m. at Sheraton Pentagon City Hotel, 900 S. Orme St. Monumental Sports & Entertainment Foundation will host the fifth Capitals Casino Night presented by Leonsis Foundation. Casino Night features the entire Capitals hockey team along with coaches, alumni and owners participating in casino games with fans. There also is a raffle and silent auction featuring game-used equipment and autographed memorabilia as well as a live auction featuring interactive experiences with Capitals players and coaches. Tickets are \$250. Visit [www.washingtoncaps.com/](http://www.washingtoncaps.com/)

casinonight.

**Arlington Community Chorus.** 7 p.m. at Kenmore Middle School Black Box Theater, 200 S. Carlin Springs Road. The chorus will perform a variety of songs from Gershwin to the Beatles, directed by McKenna Stenson and accompanied by Tatiana Loisha. Free. Visit [www.apsva.us.adulted](http://www.apsva.us.adulted).

## SUNDAY/NOV. 15

**Artist Expo/Crafts Fair.** 11:30 a.m.-4 p.m. at Congregation Etz Hayim, 2920 Arlington Blvd. Thirty artists will be selling their crafts. Also find a bake sale. Free. Visit [www.etzhayim.net/Artist\\_Expo.html](http://www.etzhayim.net/Artist_Expo.html).

**Columbia Pike Artists Studios pARTy.** 2-5 p.m. at 932 S. Walter Reed Drive. The diverse artists at the Columbia Pike Artists Studios showcase their work. Free. Call 571-338-9248 for more.

## WEDNESDAY/NOV. 18

**Arlington THRIVE Celebration and Fundraiser.** 6:30-9 p.m. at Army Navy Country Club, 1700 Army Navy Drive. Arlington THRIVE celebrates 40 years with a celebration featuring food, drinks, and a performance by members of The Metropolitan Chorus. Tickets are \$60 for “Young Professionals” and \$100 for all else. Visit [www.arlingtonthrive.org](http://www.arlingtonthrive.org)

**Book Talk.** 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Arlington County Library and Arlington Friends of Urban Agriculture collaborate with One More Page Books to welcome Forrest Pritchard and his book “Growing Tomorrow: A Farm-To-Table Journey in Photos and Recipes: Behind the Scenes with 18 Extraordinary Sustainable Farmers

Who Are Changing the Way We Eat.” Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## THURSDAY/NOV. 19

**Sip ‘N’ Shop for SOME.** 6-8 p.m. at Company Flowers and Gifts, too! 2107 N. Pollard St. Twenty-five percent of all proceeds will be donated to So Others Might Eat’s Trot for Hunger. Free. Call 540-353-6726.

**Book Talk.** 7 p.m. at at One More Page Books, 2200 N. Westmoreland St. Political scientist Colleen Shogan shares from her debut novel, “Stabbing in the Senate.” Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## FRIDAY-SUNDAY/NOV. 20-22

**Artful Weekend.** 6-8 p.m. on Friday, 10 a.m.-5 p.m. on Saturday, 12-4 p.m. on Sunday at Fort C.F. Smith Park, 2411 24th St. N. Join Arlington Artists Alliance for the 13th annual “Artful Weekend.” The weekend art show and sale features the work of 40 Arlington-based artists, and includes paintings of many genres, ceramics, sculpture, artists cards, unframed works and more. Free. Visit [www.arlingtonartistsalliance.org](http://www.arlingtonartistsalliance.org).

## SATURDAY/NOV. 21

**Memorial 5K and Family Fun Day.** 8 a.m.-12 p.m. at Knights of Columbia, 5115 Little Falls Road. In partnership with Virginia Hospital Center Foundation, the Jennifer Bush-Lawson Foundation is hosting the inaugural Jennifer Bush Lawson Foundation Memorial 5K and Family Fun Day to support healthcare for

economically vulnerable mothers-to-be and their children at Virginia Hospital Center and Arlington Pediatric Center. The event features a 5K foot race followed by a kids fun run and family fun day including: music, food trucks, a beer garden, photo booth, ambulance and fire truck display, face painting, moon bounce, obstacle course and balloon animals. Registration is \$40 for adults and \$10 for the children’s fun run. Visit [www.JB-LF.org](http://www.JB-LF.org) for more.

**Book Signing Event.** 8 a.m.-12 p.m. at Arlington Farmer’s Market, 2611 Columbia Pike. Forrest Pritchard will sell and sign copies of his book, “Growing Tomorrow: A Farm-to-Table Journey in Photos and Recipes: Behind the Scenes with 18 Extraordinary Sustainable Farmers Who Are Changing the Way We Eat.” Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**Live Music.** 8-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Attend a performance by Natalia Zukerman and Caleb Hawley. Tickets are \$20. Visit [www.stoneroomconcerts.com](http://www.stoneroomconcerts.com).

## SUNDAY/NOV. 22

**Book Talk.** 4 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Kathryn Aalto shares from “The Natural World of Winnie-the-Pooh: A Walk through the Forest that Inspired the Hundred Acre Wood,” an exploration of Ashdown Forest, a wildlife haven that spans more than 6,000 acres in southeast England. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## MONDAY/NOV. 23

**“Meet the Speaker.”** 3-5 p.m. at Arlington Central Library, 1015 Quincy St. Jean S. Moore, a retired partner of Hogan Lovells law firm, will discuss King Edward, the First of England and attempt to answer the question of “Was King Edward one of the great medieval kings or a petty tyrant?” Free. Call 703-228-2144.

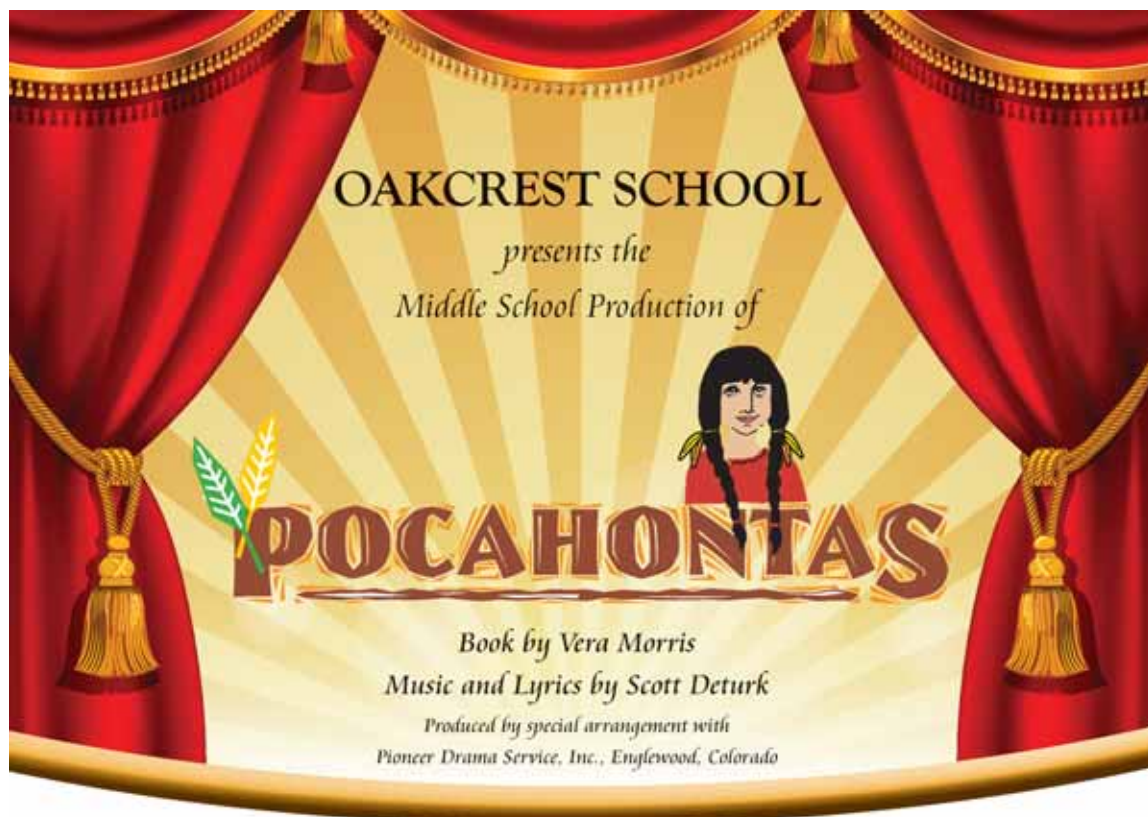
## SATURDAY/NOV. 28

**One More Page Books Celebrates Small Business Saturday.** 10 a.m. at One More Page Books, 2200 N. Westmoreland St. Small Business Saturday and Arlington Small Business Day are designed to encourage shoppers to visit local retailers during the busiest shopping weekend of the year. One More Page Books will celebrate with snacks, a wine tasting, a book launch party, and more. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**A Civil War Christmas.** 10 a.m.-3 p.m. at Cherry Hill Farmhouse, 312 Park Ave., Falls Church. Costumed Re-enactors welcome guests. Also find Victorian decorations, a Civil War-era Santa Claus, Christmas carols, and period music. Free. Call 703-248-5171 for more.

## MONDAY/NOV. 30

**Book Talk.** 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Co-authors Meagan Spooner and Amie Kaufman will celebrate the release of “Their Fractured Light,” the first installment of the Starbound Trilogy. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.



**Friday, November 13, 2015  
7:30 p.m.**

**Saturday, November 14, 2015  
11:00 a.m. and 7:30 p.m.**

**Purchase tickets at <http://theatretickets.oakcrest.org>**

**850 Balls Hill Road, McLean, VA 22101 • 703-790-5450**

*An independent school for girls in grades 6-12 guided by the teachings of the Catholic Church*



## Admission Information Session

Friday, December 4, 9:00 a.m.

RSVP to [admission@langleschool.org](mailto:admission@langleschool.org)

## Upcoming Webinars

Visit [langleschool.org](http://langleschool.org) for a list of our November admission webinars

## THE LANGLEY SCHOOL

Where vital academics meet a deep respect for childhood  
*Preschool through grade 8 in Northern Virginia*

Learn more at [langleschool.org](http://langleschool.org) or (703) 848-2782



# 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.

## THROUGH NOVEMBER

### Borrow Gardening Tools.

Wednesdays: 5-7 p.m., Fridays: 3-5 p.m., Saturdays: 10 a.m.-12 p.m. at Arlington Central Library, 1015 N. Quincy St. "The Shed" at Arlington Central Library is open and lending gardening tools to Arlington residents and property owners. Free.

See [library.arlingtonva.us](http://library.arlingtonva.us) for more.

## THROUGH NOV. 15

### Arlington County Requests Input.

Arlington residents are invited to provide input on what future mobile or online services they think would make it easier to communicate and do business with the County. Participants should visit [www.insights.arlingtonva.us](http://www.insights.arlingtonva.us) or send a text to 703-270-0070.

## THURSDAY/NOV. 12

**Memory Screening.** 9 a.m.-12 p.m. at Langston Brown Senior Center, 2121 N. Culpeper St. Virginia Hospital Center and Care Options will be

sponsoring confidential memory screenings. Free. Call 703-237-9048 to schedule an appointment.

## FRIDAY/NOV. 13

**"Keeping Your Heart Healthy As You Age."** 11 a.m.-12 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road. Dr. Jeremy Bock will explain how problems older people have with heart and blood vessels are really caused by disease, not by aging. Free. Call 703-558-6859 to RSVP.

## SUNDAY/NOV. 15

**Deadline for 2015 Notable Tree**

**Awards Nominations.** Categories include: size and/or age, unusual species, historical significance, or significance to the neighborhood. Visit [www.parks.arlingtonva.us](http://www.parks.arlingtonva.us) and search "Notable Trees."

## THURSDAY/NOV. 19

**"Just the Facts: A Discussion About Climate Change."** 7 p.m. at George Mason University-Founders Hall, 3351 Fairfax Drive. U.S. Rep. Don Beyer hosts "Just the Facts: A Discussion About Climate Change." Free. Call 703-658-5403.

## WEDNESDAY/DEC. 2

**Goodwin House at Home Informational Seminar.** 10-11:30 a.m. and 2-3:30 p.m. at Key Bridge Marriott, 1401 Lee Highway. Goodwin House at Home, a new program for individuals in Northern Virginia and D.C. who want to remain in their home as they age will be hosting information sessions. Free. Call 703-575-5202 for reservations.

## FRIDAY/DEC. 4

**Fall Prevention Workshop.** 11 a.m.-12 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road. The Virginia Hospital Senior Health Department hosts a seminar on the leading cause of hospitalization for people aged 65 and older. Learn how to prevent falls of your own and/or of loved ones. Free. Call 703-558-6859 to RSVP.

## THURSDAY/DEC. 10

**Virginia Commission for the Arts-Grant Application Assistance Workshop.** 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Virginia Commission for the Arts staff will provide an overview of grant programs, updates to the Guidelines for Funding, application and review procedures, as well as general tips on preparing competitive proposals in preparation for the March 1, 2016, and April 1, 2016, application deadlines. Free. Visit [www.arts.virginia.gov](http://www.arts.virginia.gov) for more.

## ONGOING

### Arlington Rotary Club Lunches.

Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

**Job Seeking Help.** 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit [www.arlingtonva.libcal.com/](http://www.arlingtonva.libcal.com/).

**The Jewish Council for the Aging** has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit [www.accessjca.org](http://www.accessjca.org).

**Vajrayogini Buddhist Center** offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, fulltime students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

**PFLAG of Arlington.** 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets at the Unitarian Universalist Church at George Mason Drive and Route 50. Email [aly.pflagdc@gmail.com](mailto:aly.pflagdc@gmail.com) for more.

**Helmsmen Toastmasters** meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabbath [carl.e.sabbath.civ@mail.mil](mailto:carl.e.sabbath.civ@mail.mil) or 703-695-2804 or Elizabeth Femrite [elizabeth.m.femrite.civ@mail.mil](mailto:elizabeth.m.femrite.civ@mail.mil) or 571-256-8674.

SEE BULLETIN, PAGE 13

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



151 RIVER PARK LANE  
GREAT FALLS, VIRGINIA

**Absolute Auction:**  
Saturday, November 21 at 11AM ET

OPEN HOUSES THIS  
WEEKEND FROM 1-4PM

Exclusive Video at [DeCaroAuctions.com](http://DeCaroAuctions.com)

In cooperation with The Murphy Group,  
Keller Williams Realty, Great Falls

2% Broker Cooperation

Daniel DeCaro, VA Auctioneer #2907004075

# ABSOLUTE AUCTION



This masterpiece estate artfully blends dynamic architecture with the simplicity and grace of its surrounding nature. Wooded grounds, seasonal gardens, a stream and koi pond on approximately 2 private acres, offer the ultimate experience in luxury living and entertaining with the convenience and amenities of Washington, D.C.



**DECARO** ★  
LUXURY AUCTIONS

1.800.332.3767

Over 35 Years





# "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Nov. 16-21.

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

**Senior trips:** Monday, Nov. 16, tour Decatur House and Renwick Gallery, D.C., \$9; Tuesday, Nov. 17, Alexandria Ghost Tour, \$12; Wednesday, Nov. 18, Country Gospel Christmas at Pennsylvania Opry, \$57; Friday, Nov. 20, tour Clara Barton Missing Soldiers Museum, D.C., \$14. Call Arlington County 55+ Travel, 703-228-4748. Registration re-

quired.

**Armchair tour of Swiss art collections,** Monday, Nov. 16, 1 p.m., Aurora Hills. Cost \$6. Register, 703-228-5722.

**Ballroom dance lesson,** Monday, Nov. 16, 6:45 p.m., Walter Reed. Free. Register, 703-228-0955.

**Gentle Hatha Yoga classes,** begin week of Nov. 16 at senior centers. Call for info, 703-228-4771

**Pickleball games and instruction,** Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

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

**Madison Chess Club,** Mondays, 9:30 a.m. Games and strategies. Free.

Details, 703-534-6232.

**Table tennis,** Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

**Acoustic music,** Tuesday, Nov. 17, 7 p.m., Walter Reed. Free. Register, 703-228-0955.

**Rubber Stamp workshop,** Tuesday, Nov. 17, 11:30 a.m., Lee. Free. Register, 703-228-0555.

**Cardio boxing class for beginners,** Tuesday, Nov. 17, 9 a.m., Walter Reed. \$40/8 sessions. Register, 703-228-0955.

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

**Belly dance class,** Tuesdays and Fridays, 10 a.m., Lee. Free. Register,

703-228-0555.

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

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

**Table tennis,** Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

**Poker games,** Tuesdays and Thursdays, 10 a.m.-12:30 p.m., Lee. Register, 703-228-0555.

**Cooking Fall vegetables demo,** Wednesday, Nov. 18, 11 a.m., Arlington Mill. Free. Register 703-228-7369.

**Ten warning signs of Alzheimer's,** Wednesday, Nov. 18, 10:15 a.m., Walter Reed. Free. Register,

703-228-0955.

**LinkedIn tutorial,** Wednesday, Nov. 18, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

**Boomer Boot Camp** begins Wednesday, Nov. 18, 9:15 a.m., Arlington Mill. Cost \$35/7 sessions. Register, 703-228-7369.

**Car-Free Diet,** Wednesday, Nov. 18, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

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

**Effective ways to save on energy bills,** Thursday, Nov. 19, 11:30 a.m., Lee. Free. Register, 703-228-0555.

**How to download eBooks from Arlington library,** Thursday, Nov. 19,

## BULLETIN BOARD

FROM PAGE 12

**Donations Needed.** Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit [www.ourladyqueenofpeace.org](http://www.ourladyqueenofpeace.org) for more.

**Plant Clinics.** Two clinics staffed by Virginia Cooperative Extension Master Gardeners who can answer questions. Thursdays through mid-November, 6:45-8:45 p.m. at the Arlington Central Library, 1015 N. Quincy St., and Saturdays through late-September, 8-11 a.m. at the Arlington Farmers' Market, N. 14th Street and N. Courthouse Road. Gardeners also staff the Horticulture Help Desk, 9 a.m.-noon weekdays year-round at the VCE office in the Fairlington Community Center, 3308 S. Stafford St. Call 703-228-6414, [mgaralex@gmail.com](mailto:mgaralex@gmail.com) or [www.ext.vt.edu](http://www.ext.vt.edu).

**Soil Testing.** Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Recommendations generated usually within three working days of receipt. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit [www.soiltest.vt.edu/Files/testing-process-and-fees.html](http://www.soiltest.vt.edu/Files/testing-process-and-fees.html).

**Alzheimer's Association Support Group** has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at [www.alz.org/nca](http://www.alz.org/nca).

**Pentagon Legacy Toastmasters** meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin' Donuts. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604

### A Homeowner Dilemma:

## Move or Improve?



What do you do when your family outgrows your house, or when the quirks of the place you once found charming aren't so charming anymore?

Is it smarter to move or improve? The answer is, it depends. And this is a question only you will be able to answer. Here are a few things to think about when considering your options.

- How well are homes selling in your area? Is it a buyers or seller's market?
- What improvements will you need to do to sell your home and what will the costs associated with this be?
- Are the homes you would be interested in moving to within your price range? Is there ample inventory available?
- As a general rule, improving costs less than trading up. But it depends on what kind of improvements you're doing.
- Consider the resale value of your remodeling projects for when you do go to sell whether now or in the future. Of course, don't discount the enjoyment you will get from your remodel.
- Beyond financial considerations think about the neighborhood and where you want to be. Consider the school district, the amount of traffic on your street, the size and layout of your yard, your commute time, and access to businesses you frequent. All of these play a huge factor in your quality of life.

If you love where you are, improving makes sense. But if a different location would be an improvement in its own right, then trading up could be the way to go.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.



MedStar Orthopaedic Institute



**Returning to an active life can be complicated.**  
Fortunately, finding expert care is not.

**Join our medical experts for FREE health talks on how we can help you return to an active life.**

**Joint Pain—Surgical & Non-Operative Options**

**Sat., Nov. 14, 2015**  
**11:30 a.m. to 12:30 p.m.**  
**Springfield Town Center**  
6500 Springfield Mall  
Springfield, VA 22150

**Orthopaedics & Pain Management**

**Wed., Dec. 2, 2015**  
**6 to 7 p.m.**  
**MedStar Orthopaedic Institute**  
9455 Lorton Market St., Suite 200  
Lorton, VA 22079

**Shoulder Pain & Differentiating Arthritis**

**Tues., Dec. 8, 2015**  
**6 to 7 p.m.**  
**MedStar Orthopaedic Institute**  
9455 Lorton Market St., Suite 200  
Lorton, VA 22079

**Hand & Upper Extremity**

**Thurs., Dec. 10, 2015**  
**6 to 7 p.m.**  
**MedStar Orthopaedic Institute**  
12825 Minnieville Rd., Suite 203  
Woodbridge, VA 22192

**Attendance is free but registration is required.**

Space is limited. To register call **855-788-6464**. Light refreshments will be provided.

**[MedStarOrthopaedicInstitute.org/OrthoLectures](http://MedStarOrthopaedicInstitute.org/OrthoLectures)**

*Knowledge and Compassion*  
**Focused on You**



## Getting Guest-Ready

Local designers offer solutions for easy, pre-holiday updates.

BY MARILYN CAMPBELL  
THE CONNECTION

Getting ready for the holidays means more than simply hanging decorations and ordering a turkey with trimmings. For many, the holidays usher in an abundance of house guests. While there might not be time to complete a remodeling project or build an addition, local designers offer suggestions for minor tweaks that can breathe new life into a living space so that it is guest-ready when the holidays arrive.

Starting with a home's exterior, outdoor lighting that highlights the walkway and facade of the house is a simple update, according to Kai Tong, director of architecture at Hopkins and Porter. "Low voltage lighting can also accentuate the steps leading to the front door, as well as [line voltage] lighting illuminating ... [plants] and trees."

Tong also recommends upgrading a home's interior lighting fixtures, such as sconces and dining room chandeliers. In fact, he said dimmer switches create ambiance. "Low voltage lighting, including cable-mounted lighting, can bring new brilliance to spaces."

A coat of paint can also brighten a home in time for the holidays. "You don't need to paint the entire home at once to make a great impression for your guests," said Marty Cornish, CEO of EasyPaint. "Think about rooms you'll be using the most and then devise a plan."

Rooms where most of the holiday décor will be displayed as well as the dining room where meals will be served are good starting points, said Cornish.



JOHN COLE PHOTO

**A kitchen is often a hub of activity during the holidays. Small touches like new cabinet hardware can add polish to the space.**

"Consider selecting a wall in perhaps a guest room and painting it an exquisite accent color," adds Tong. "The same goes with public spaces such as the kitchen."

Painting a home's main entry door or trim is another simple way to welcome guests in style. "The front door makes an immediate first impression," said Tracy Morris, color consultant and principal of Tracy Morris Design.

Morris suggests using Benjamin Moore's Soot for the front door. "The rich color is festive and fun and makes the perfect backdrop for holiday décor, as well as provides a lasting first impression."

Replacing the front door or updating the hardware on an existing door, updating

lighting fixtures at the door or on a porch enhances a home's curb appeal, says Ken Hurdle, Hopkins and Porter project coordinator.

The kitchen, powder room and guest bathroom are usually hubs of hospitality during the holidays, and a polished appearance can be accomplished with a few minor tweaks.

In a guest bathroom, simple fixes include new vanity or sink hardware, new medicine cabinets and vanity lighting. "Check and see if accessories such as towel bars [and] paper holders could also use an easy recharge," said Tong.

Kohler's Moxi shower head holds a wireless speaker, "so you can enjoy your music

while showering," said Nancy Knickerbocker, designer, Nicely Done Kitchens and Baths in Springfield.

In the kitchen, minor touches can yield a major impact. "Kitchen 'lite' projects are a great way to spruce up your space if you're redesigning on a small budget and have great existing cabinets in your kitchen," said Stephanie Brick, designer at Nicely.

This can include new hardware on kitchen cabinets and new faucets, according to Hurdle.

These projects include upgrading counter tops with quartz or granite and adding a coordinating tile backsplash or other kitchen accents like crown molding to the ceiling or chair rail molding. "These seemingly small details, when put together in a design package," said Brick, "can have a great impact on the overall look of your kitchen."

**"You don't need to paint the entire home at once to make a great impression for your guests. Think about rooms you'll be using the most and then devise a plan."**

— Marty Cornish, CEO of EasyPaint

## Preparing a Home for the Holidays

### Suggestions for getting the house guest-ready.

BY MARILYN CAMPBELL  
THE CONNECTION

With only two weeks until Thanksgiving and the start of the holiday season, it might be time to take stock of your home's guest-readiness. Local designers explain how to reduce stress and make guests feel at home this holiday season.

"Walk into your home as if you are a guest in your own home," said Dana Kaminsky with Glickman Design Build in Potomac. "Look at the entryway. Your front door should have a festive feel."

A new doormat and large urns filled with evergreen foliage that will last until the end

of winter are two accessories that Kaminsky suggests to help ring in the season.

Reorganizing and decluttering a home's interior can decrease stress during holiday hosting and entertaining. The first place to start, suggests Kaminsky is a foyer closet. "This is a great time to donate any winter clothing that your family doesn't use anymore," she said. "This will make way for guests' coats so you don't have to throw them over furniture and take up valuable seating real estate."

This is also the time to declutter one of the most often-used rooms during the holidays: the kitchen. "Go through your pantry so you can have an accurate inventory when getting ready to prepare holiday meals," she said. "Also get rid of any unnecessary products that are not useful anymore."

This process, says Kaminsky, makes room for needed storage and eliminates the unnecessary use of counter space.

Simple and low-cost ways to brighten a kitchen include purchasing new hand tow-

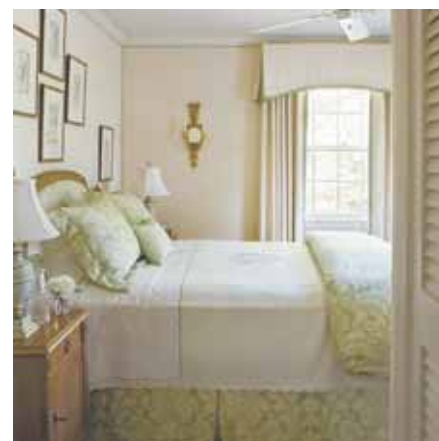


PHOTO BY ANGIE SECKINGER

**Clean, crisp sheets and soft, plush towels make guests feel special, advises Kelley Proxmire of Kelley Interior Design.**

els and fragrant, sink-side, hand soaps and lotions in elegant dispensers. "William Sonoma has a clean line of fragrances, as well as cleaning supplies and candles that will for sure make you and your guests

### Must-Haves for an Inviting Guest Room

Kelley Proxmire of Kelley Interior Design in Bethesda, Md., offers tips:

- ❖ Save sample creams and lotions and display them in an attractive container for guests to try.
- ❖ Make Internet passwords available and visible so guests have easy access while visiting.
- ❖ Consider placing a sound machine in the guest room, particularly if you have an active household, so guests may choose the background noise.
- ❖ Provide magazines that may interest your guests.
- ❖ Make sure there are enough hangers, preferably "pretty hangers," in the closet for your guests.
- ❖ Be sure to place a water carafe (or bottled water) and a glass in the guest room.
- ❖ Clean, crisp sheets and soft, plush towels make guests feel special.

happy," said Kaminsky. "Pink grapefruit is always a perfect year-round standby."

When it comes to a guest bedroom, Marika Meyer of Marika Meyer Interiors in Bethesda believes that stocking a room with books and magazines makes overnight visitors feel at home. She also makes sure the room has a tray of bottled water and cups.

"Guests welcome the chance to catch up on reading," she said.



## BUSINESS

# Retail Trends Keep Shifting

**“Big Box” chains, restaurants and online shopping re-shape streetscapes.**

BY MIKE SALMON  
THE CONNECTION

**C**ollectible Treasures and Wits End were long-time residents of Old Keene Mill Center in Springfield until about 10 years ago when these local mom and pop gift shops closed, and were replaced by a chain bike shop and a Thai restaurant. Their closing is a sign of the times for mom and pop shops in the area, as big box stores, chain restaurants and online shopping are taking over the retail market.

“I like mom and pop shops, but it’s tough,” said Springfield resident Kelly Withington, who shopped at Collectible Treasures years ago. Her shopping trips included Springfield Mall as well. “I think there’s a death of the mall in general,” she said. “People go to a shopping center with a destination in mind.”

At Old Keene Mill Center there are 20 stores, and eight of them are eateries of one sort or another but not much retail. At nearby Springfield Town Centre, there are

**The Ballston Common Mall will soon transform into the Ballston Center.**

19 eateries with two more coming soon. According to numbers released by the Bureau of Labor and Statistics and George Mason University Center for Regional Analysis, there were 1,429 food service/drinking places in Fairfax County in 2001 and that number grew to 1,943 in 2013.

In Arlington along Wilson Boulevard and Fairfax Street where window shopping was once popular, the influx of restaurants caters to the apartments, condominiums and offices in that urban corridor, said Kevin Shooshan, president of the Arlington Chamber of Commerce. “There is so much demand,” he said.

Nearby in Arlington, the Ballston Common Mall is going in the “urban mixed-use,” direction, similar to the remake of Springfield Mall into Springfield Town Center a few years ago. According to information released by Forest City Washington, the Mid-Atlantic hub of the Cleveland-based developer, the finished product will be “a transit-oriented, urban mixed-use center featuring an enhanced blend of restaurants, entertainment and other contemporary upscale retail operations.”

In a set of artist renderings released by Forest City, Ballston Common will include a 393-unit residential tower, a second-floor

dining terrace, outdoor pedestrian walkways and lots of glass. The foot traffic that once perused inside the mall is now looking for an environment with natural light, said Shooshan. “It’s more of an inside-out approach, opening up an area to the sky,” he said.

Springfield Town Center also has a grand entrance, wide open spaces and natural lighting. At one time, Springfield Mall had an outdoor plan as well, and the drawings of the outdoor area was posted on the wall on the second level, but the new town center is indoors for now. Residential and office space are still part of the plans at the Springfield Town Center.

Internet shopping and big box stores such as Walmart play a role in the retail picture as well. In a November 2005 study “The Effects of Wal-Mart on Local Labor Markets,” by David Neumark, Junfu Zhang, and Stephen Ciccarella, Walmart, the epitome of a big box retail giant, impacts not only the competitive local retail scene, but also the employment that goes with local businesses. According to the study, “the employment results indicate that a Wal-Mart store opening reduces county-level retail employment by about 150 workers, implying that each Wal-Mart worker replaces approximately 1.4 retail workers.”

The accessibility of computers and popularity of sites such as Amazon for shopping impacts mom and pop shops too, said Shooshan. “So much can be done from home,” he said.



PHOTO BY MIKE SALMON/THE CONNECTION

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### NOVEMBER

11/19/2015 ..Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015 .....Celebrating Gratitude, Thanksgiving

### DECEMBER

12/2/2015 .....Wellbeing

12/9/2015 ...Holiday Entertainment & Gift Guide II

12/9/2015 ...HomeLifeStyle; Home for the Holidays

12/16/2015 .....A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015 .....Special Issue – Safe for the Holidays

12/30/2015 .....Children’s Connection

E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) for more information.



**THE CONNECTION**

Newspapers & Online

**703-778-9431**

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

#### Reaching Suburban Washington’s Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

Fashion Exchange



Tues.–Sat. 10–5  
Closed Sun.–Mon.

## Money To Burn?

If not, make Fashion Exchange your first Stop!  
Today’s styles at yesterday’s prices!

FASHION EXCHANGE CONSIGNMENT  
6663-B Old Dominion Dr. • McLean, VA

**(703) 760-0808**

Call For Directions

### Saint Ann Catholic Church

#### SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM  
Sunday: 7:30, 9:00, and 11:00 AM  
1:30 PM Spanish Liturgy

5312 North 10th Street,  
Arlington, Virginia 22205  
Parish Office: 703-528-6276

PARISH WEBSITE:  
[www.stannchurch.org](http://www.stannchurch.org)

#### DAILY EUCHARIST:

Weekdays  
Monday-Friday, 8:30 AM  
Saturday, 8:30 AM

All Are Welcome!



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

The Washington  
Balalaika Society  
presents



## Musical Treasures

featuring Olga Orlovskaya  
and selections from  
Sviridov’s “Snowstorm”  
Tchaikovsky’s “Nutcracker”  
and other treasures

conducted by

**Svetlana Nikonova**

sensational soprano

**Olga Orlovskaya**

balalaika virtuoso

**Andrei Saveliev**

Join us for enchanting  
music and song!

**8:00 pm, Sat., Nov. 21**

**F. Scott Fitzgerald Theatre**

603 Edmonston Drive

Rockville, Maryland

For tickets: call 240-314-8690

**3:00 pm, Sun., Nov. 22**

**Kenmore Middle School**

200 S. Carlin Springs Road

Arlington, Virginia

Tickets online at [www.balalaika.org](http://www.balalaika.org)

or check to WBS, 4910 Gadsen

Drive, Fairfax VA 22032

Adults \$25 • Seniors \$20

Students \$15 • 12 and under free

Free parking.

Information and group sales: 703-536-5785

[www.balalaika.org](http://www.balalaika.org)



# Bringing Community, County, Consultants Together

FROM PAGE 3

Palmatier, Lurz said her group was wary of higher density creeping into residential zones, but said the group had no problem with higher density in the more industrial and commercial areas of Arlington.

Where Lee Highway meets N. Harrison Street was identified as another site that could take more dense development. Chris Slatt, chair of Arlington's Transportation Commission and speaking for Table 13, said the ideal style of growth in this area would be higher buildings near the intersections, sloping down in size and building back up again at the next intersection, to give the area a more unique look. Like the other groups, Slatt said the table agreed that there needed to be a more dynamic and extensive bike network along and across Lee Highway.

Brown said the main messages to come out of the Saturday community engagement event was the idea that Lee Highway community wants open space and retail-oriented urban villages.

"It is playing out that we want these urban villages," said Brown, "and there are tradeoffs."

The big ideas are compact commercial centers that serve the neighborhoods. There's a lot of conversation that needs to happen on working to improve bicycling as well, all while still keeping people moving along the highway into D.C."

Brown said that, over the last three years, one of her biggest objectives was educating the public about the economics of the vision. For Brown, that tradeoff for Arlington achieving its goals is allowing more mixed use and taking a hard look at the parking ratio requirements.

On Sunday, the community was invited to watch the developers put together rough plans based on the community's vision. According to Amy Groves, principal and senior project director for Dover, Kohl & Partners, said that the biggest takeaway from

Saturday's meeting was the universal demand for better bike transit options as well as more trees along the sides of the streets and in the city's open spaces, while offering greater density around the Glebe Road and Lee Highway intersection as the trade-off.

Rick Hall, president of Hall Planning, said that the new vision for the streets was entirely achievable. Most four lane roads along the Lee Highway Corridor are 70 feet wide, 80 feet if there's a turn lane.

Hall said there are ways to make better use of that space, like removing the median and undergrounding the streetside utilities, leaving room for trees and bike or bus lanes.

But this is a costly process. While undergrounding utilities can vary in price depending on the section of road, County Board member Jay Fisette was on hand with an estimate of \$4,000 per linear foot.

The other complication with the road expansion is that Dominion Power typically requires its underground utilities to be at least five feet away from any trees. Hall suggested the use of silva cells, a more expensive trench of trees that allows for increased growth, heightened water retention, and even a degree of flood mitigation. The silva cells are also an exception to the five-foot requirement for utilities.

"For everything we do from here on out, we have to kill two or three birds with one stone," said Hall.

The community was largely supportive of the results at the charrette's conclusion on Monday night, though questions remain on how to implement what was envisioned.

"According to the Affordable Housing Master Plan, 11 percent of the affordable housing in 2040 would be a long Lee Highway," said Nina Janopaul, president of the Arlington Partnership for Affordable Housing. "That's 2,500 affordable units in the future. We have 200 here today, so we're basically starting with a blank slate."

Janopaul said the goal is achievable, but



PHOTOS BY VERNON MILES/THE CONNECTION

Stickers indicate what types of development local residents prefer.

it's going to take Arlington County pressing for compensation from developers. Janopaul pointed to three pink highlighted areas where new apartment complexes could be built.

"That's \$150 million in value for developers," said Janopaul, "How much of that should be given back to Arlington? Back to the community?"

Janopaul said she was happy to see a wide array of creative voices engaged in this process.

"I'm glad to see it's more than just protectionism," said Janopaul. "We need to be thinking ahead, going from ugly and congested to pedestrian-oriented uses."

Caroline Haynes serves on the Parks and Recreation Commission and said she did feel that the plans needed a greater emphasis on open space.

"There's a lot of good commitments to parking and bicycling," said Haynes. "Arlington is hailed for its transportation, but it's time we look at the needs for open space, or at least pay some attention to it."

Haynes and Janopaul both applauded the work of the civic activists who kept push-

ing for more community involvement.

"Arlington County was supportive from the beginning," said Chesrown. "They provided staffing and support for the walking tours and helped us with the meetings, but now this needs to transition into a staff-led process next year."

Arlington County Planning Director Robert Duffy emphasized that this is the beginning of a long process.

"This is the start of our longer community engagement, more is going to be coming out in the next few months on our website," said Duffy. "It's far from a plan. It's not a set of preliminary or final recommendations."

This is just looking at what the community says are the local needs."

For other communities in Arlington who may hope to take a more active role, Brown said it's all about building relationships.

"You have to build your relationships with civic associations, with businesses, with landowners, commissioners, anyone who's involved in this," said Brown. "If you want to make things better, you have to start at the ground level with relationships."

## Neighborhood Health Offers Safety Net

FROM PAGE 4

may be stopped, but it's not a solution to the underlying problem. Sims says many of these women need a hysterectomy, but affording one is almost impossible. They have to go to Charlottesville to the UVA Medical Center to get treated, and many find it hard to get there.

Khan would like more of his patients to be covered by health insurance, because the paying patients help make it possible to take care of those who cannot pay. In 2014, 68 percent of Neighborhood Health's patients had incomes below poverty levels. Sixty-three percent of their patients were uninsured. Given the ratio at Neighborhood Health of uninsured to insured patients, Khan cannot afford to hire the extra doctor he needs. That is one of the reasons he continues to spend as much as 20 percent of his time as a working physician in the clinics: not only does it energize him to keep giving his best when he meets with patients,

but it's also part of the balance of running a busy health center which is understaffed: double duty is a given.

For those who do not understand why supporting Neighborhood Health is important to them and their community, Khan points out his clinics served more than 15,000 patients in 2014 — 4,111 children and 10,981 adults — and provided 46,647 health care visits. That is up from 10,000 patients five years ago. This is care that would have overburdened the hospitals, or gone undone, putting at jeopardy a swathe of Alexandria's population that works for a living but does not make enough money to pay for insurance. Taxpayers benefit from organizations like Neighborhood Health, they just don't see the benefits as clearly as when potholes get filled in, or schools get refurbished. All residents pay the financial price when the uninsured and underserved use the emergency room as their primary source of care because this drives up the

costs of all healthcare services.

Khan is hoping to see more community support of Neighborhood Health. He says in any given week he gets far more requests for health care than he can accommodate. As a member of the Mayor's Special Advisory Panel on the Health Care Needs of the Uninsured, he appreciates the plan to hold a health fair on Nov. 14, and hopes it will assist those who might otherwise go undiagnosed; he also views the problem as a much larger one which is outpacing the growth of his own organization. Neighborhood Health welcomes AmeriCorps volunteers and has opportunities for other volunteers. A primary need, however, is financial support. The larger, more permanent facility in the new Richmond Highway building is a comprehensive facility, owned versus rented, that will allow Neighborhood Health to serve more people, with the addition of 15 medical exam rooms, eight dental chairs and five counseling areas. To pay

### Neighborhood Health's Track Record

❖ Neighborhood health's childhood immunization rate is 96 percent compared to 43 percent at all Federally Qualified Health Centers nationally. In November 2014, it was designated as a National Quality Leader, an award given to only 57 out of 1,200 (top 5 percent) health centers for exceeding national benchmarks for chronic disease management and preventative care.

❖ Access to care barriers and poverty is ever present within this region. There are more than 170,000 uninsured individuals in Northern Virginia. In south Fairfax County, almost half of the residents are considered "the working poor" — for a family of four that means an income of \$47,700 or less.

for that facility, Neighborhood Health needs community support. For more information, to become a patient, or to donate, see [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org) and [campaigndirector@neighborhoodhealthva.org](mailto:campaigndirector@neighborhoodhealthva.org).



## SPORTS

# Wakefield Hosts Potomac Falls in 5A North Playoffs

Warriors win first conference championship in program history.

BY JON ROETMAN  
THE CONNECTION

**T**he Wakefield football program's list of recent accomplishments continues to grow.

Wakefield won the first regular-season conference championship in program history this season, securing the Conference 13 title with Friday's 50-18 victory over Lee at Wakefield High School.

The Warriors also improved their record to 8-2 and extended their win streak to eight games. The eight regular-season victories are the most for Wakefield since 1964, and the Warriors posted back-to-back winning seasons for the first time since 1982-1983, according to Wakefield historian Frank Had-dock.

The Warriors produced nine first-team all-conference selections, including Offensive Player of the Year Leon Young, the team's standout senior running back.

While the team and individual accomplishments pile up for Wakefield, head coach Wayne Hogwood is all about getting the Warriors to focus on the task at hand.

Wakefield earned the No. 8 seed in the 5A North region via tiebreaker and will host No. 9 Potomac Falls (7-3) in the opening round of the playoffs at 7 p.m. on Friday, Nov. 13. The two teams met in the first round of last season's 5A North playoffs, with the Warriors winning 25-18 in Arlington. It was the first home playoff game and first playoff victory in Wakefield football history.

"We came in, I announced which guys received all-conference votes," Hogwood



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Sophomore quarterback Colton Poythress and the Wakefield football team will host Potomac Falls at 7 p.m. on Friday, Nov. 13 in the 5A North region playoffs.**

said, "we clapped, gave them a pat on the back and then we forgot about it."

While Wakefield is familiar with Potomac Falls, the fact the Warriors beat the Panthers last season can work against Wakefield, Hogwood said.

"The [advantage] goes to the team that lost because they have a chip on their shoulder," Hogwood said. "We've stressed the last two days that this is not last year. ... [We can't just] show up and beat them because we did it in the past."

**WAKEFIELD AND POTOMAC FALLS**

each lost to Broad Run this season, and both teams defeated Falls Church, Marshall, Stuart and Edison.

While running back Young is the leader of the Wakefield offense, the performance of sophomore quarterback Colton Poythress will likely have a significant impact on whether the Warriors experience postseason success.

"[Poythress' performance is] going to be huge because at this point in the year, there are no secrets," Hogwood said. "Everyone knows we have Leon Young and we're decent up front. Teams take away [oppo-

nents'] 'A' game. That's what we do. ... [Poythress is] going to have to play a huge part as far as not turning the ball over ... keeping the team under control and completing some passes and getting some big first down when we need it."

Poythress completed 5 of 7 passes for 138 yards and four touchdowns against Lee. Young carried 18 times for 277 yards and two touchdowns.

Wakefield's first-team all-conference selections include: Young, center Miles Kerby, guard Ryan Jones, tackle Julius Johnson, defensive linemen Anthony Tham, Maurice Gaskins and George Brooks, and linebackers Kevin Greenwell and Chris Robertson.

The winner of Wakefield/Potomac Falls will face the winner of No. 1 Massaponax and No. 16 Halifax County.

## Washington-Lee To Face Westfield In Playoffs

The Washington-Lee football team closed the regular season on a positive note by winning four of its final five games, including a 27-7 road victory over rival Yorktown on Nov. 6.

Now, the Generals face the tough task of traveling to Westfield for a playoff game.

Washington-Lee (5-5) is the No. 14 seed entering the 6A North region playoffs and will travel to face No. 3 Westfield (9-1) at 7 p.m. on Friday, Nov. 13. The two teams met on Sept. 3, with the Bulldogs beating the Generals 30-10.

The winner of the game will face the winner of No. 7 Battlefield and No. 10 Hayfield in the quarterfinals.

## PEOPLE

# 20 Students Participate in Young Entrepreneurs Program

**T**he Arlington Chamber of Commerce kicked off the 2015-2016 academic year of the Young Entrepreneurs Academy (YEA!) on Wednesday, Oct. 28 with a parent and student orientation.

Twenty middle and high school students with entrepreneurial spirit will be participating the program. These students range in age from 11-18 years old and represent schools from across the Washington, D.C., metropolitan area. A competitive application process required students to complete an essay, write responses to short answer questions, submit their school transcripts and a reference, and participate in an in-person interview prior to acceptance into the program. "We look forward to seeing what these students will accomplish this year with the help of our dedicated membership," said Kate Roche, president and CEO of the Arlington Chamber of Commerce.

"YEA! offers numerous opportunities for business leaders to share their experience and talents with these budding entrepreneurs, providing the students with high level professional mentoring while building their entrepreneurial spirit."

Classes will be held at Marymount University and instructed by Charlie Sibbald, Adjunct Professor of Strategy and Entrepreneurship at Marymount University. Throughout the year students will work with local business leaders, community leaders and educators who use their personal experiences to demonstrate how to develop business ideas and objectives, write a business plan, pitch to investors, obtain funding, register with government agencies, establish e-commerce and a web presence, and more. By the end of the 28-week class, students own and operate fully-formed and functioning businesses.



PHOTO CONTRIBUTED

**A group of the Young Entrepreneurs Academy (YEA!) Arlington 2015-2016 students gather after orientation.**



**GUTTER**

**GUTTER**

**GUTTER CLEANING**  
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



**MASONRY**

**MASONRY**

**ALBA CONSTRUCTION INC.**  
**CONCRETE WORK**  
Licensed • Insured  
Driveways • Patios • Exposed Aggregate  
Sidewalks • Carports • Pool Decks • Garages  
Flagstone • Brick • Stonework  
**703-204-0733**

**LANDSCAPING**

**PAVING**

**A&S CONSTRUCTION**  
Bathrooms, Kitchens,  
Flooring, complete  
remodeling.  
**703-863-7465**

**Joseph Sealcoating  
Specialist**  
**PAVING**  
40 Years Experience! Free Estimates!  
**703-494-5443**

**TREE SERVICE**

**TREE SERVICE**

**Quality Tree Service  
& Landscaping**  
Reasonable prices. Licensed & insured.  
**Summer Cleanup...**  
Tree removal, topping & pruning,  
shrubbery trimming, mulching,  
leaf removal, planting, hauling,  
gutter cleaning, retaining walls,  
drainage problems, etc.  
25 years of experience – Free estimates  
**703-868-5358**  
**24 Hour Emergency  
Tree Service**



**HANDYMAN**

**HANDYMAN**

**Hand and Hand  
Handyman**  
General Remodeling  
Residential & Commercial  
Specializing in:  
Kitchen/Bathroom/Basement Remodeling  
Plumbing • Electrical • Custom Carpentry  
Doors Windows • Hardwood Floors  
Crown Molding • House Cleaning  
Interior/Exterior Painting • Brick/Stone Work  
Ceramic Tile • Decks, Fences, Patios  
HOA Maintenance, Granite Counter Tops  
Realtors Work and Much More  
Licensed and Insured Serving Northern Virginia  
**703-296-6409**



**A&S Landscaping**

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**  
LICENSED  
Serving All of N. Virginia



**LANDSCAPING**

**LANDSCAPING**

**JUAN'S LANDSCAPING** Since 1987  
• COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL  
• GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHING  
• HANDYMAN • PAINTING • TRASH REMOVAL • DRYWALL  
Res./Com. • Free Estimates  
• Cell 703-732-7175



**BRICK AND STONE**

**Custom Masonry**  
**703-768-3900**  
www.custommasonry.info  
Patios, Walkways, Stoops, Steps, Driveways  
Repairs & New Installs • All Work Guaranteed

**Potomac Masonry**  
**703-498-8526**  
New Installations & Repairs  
Stone - Flagstone - Brick - Concrete  
FREE ESTIMATES!!  
Lic. & Ins potomac-masonry.com  
BBB Angie's list

**PAVING**

**PAVING**

**GOLDY BRICK  
CONSTRUCTION**  
Walkways, Patios, Driveways,  
Flagstone, Concrete  
FREE ESTIMATES  
Licensed, Insured, Bonded  
**703-250-6231**

**WINDOWS & GLASS**

**WINDOWS & GLASS**

**CHESAPEAKE/POTOMAC  
WINDOW CLEANING**  
Residential Specialist  
Working Owners Assures Quality  
No Hidden Fees/No Broken Window Springs  
30 yrs Exp in local area Lic./Bonded/Ins.  
**703-356-4459**

**IMPROVEMENTS**

**IMPROVEMENTS**

**Picture Perfect  
Home Improvements**  
**(703) 590-3187**  
Remodeling Bathrooms, Kitchens & Basements  
Exterior & Interior Repair, Painting, Carpentry,  
Wood Rot, Drywall, All Flooring, Decks  
• FREE Estimates • EASY To schedule  
• FAST & Reliable Service • NO \$\$\$ DOWN!  
Handyman Services Available  
<http://www.pphionline.com/>  
"If it can be done, we can do it" BBB  
Licensed – Bonded – Insured



**J.E.S. Services**  
Your neighborhood company since 1987  
**703-912-6886**

**Landscaping & Construction**  
Free Estimates • Fully Licensed & Insured  
• Planting & Landscaping Design  
• Drainage & Water Problems  
• Concrete Driveways, Replacement or New  
• Patios and Walks • Masonry Work or Dry Laid  
• Paver, Flagstone, Brick, any style you choose  
• Retaining walls of all types  
All work Guaranteed



**TREE SERVICE**

**TREE SERVICE**

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured  
**Leaf Removal  
Gutter Cleaning**  
25 years of experience  
Free estimates  
**703-868-5358**  
24 Hour Emergency Tree Service



**Pit bull Tree Choppers**

**Pit bull Tree Choppers**  
We take a bite out of your bark.  
Call: Lee Lohan 703-400-5005  
Licensed and insured. We accept all major credit cards.  
➤ Complete tree removal, stumps and limbs.  
➤ Clearing of deadwood,  
➤ Landscaping and design,  
➤ Ponds and waterfalls,  
➤ Trimming and pruning.  
Division of Lohan Construction, LLC.



## EMPLOYMENT

### Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail [internship@connectionnewspapers.com](mailto:internship@connectionnewspapers.com)

**THE  
CONNECTION  
NEWSPAPERS**

**CRESCENT HOME SERVICES**  
**Handyman & Home Improvement**  
Free Estimates Licensed & Insured  
**703-953-7309**  
[www.crescenthomeservices.net](http://www.crescenthomeservices.net)  
100% A-Rated on Angie's List & Washington Consumer Checkbook  
Local references available too!

**CHS DOES:**  
• Home Repair & Maintenance  
• Pressure Washing  
• Gutter Cleaning / Repair  
• Carpentry  
• Water Damage Repair  
• Rotten Wood Repair  
• Drywall / Painting  
• Light Plumbing & Electrical  
• Kitchen & Bath Remodeling  
• and so much more!

**No Job Too Small**  
**Professional ✂ Affordable ✂ Reliable**  
[www.crescenthomeservices.net](http://www.crescenthomeservices.net) Email: [info@crescenthomeservices.net](mailto:info@crescenthomeservices.net)






ZONE 6 • ARLINGTON • GREAT FALLS  
• McLEAN • VIENNA/OAKTON

## CLASSIFIED

703-778-9411

ZONE 6 Ad DEADLINE:  
MONDAY NOON

26 Antiques

26 Antiques

101 Computers

101 Computers

**We pay top \$ for STERLING,  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.**  
Schefer Antiques  
703-241-0790  
theschefer@cox.net

21 Announcements

21 Announcements

**VA GOLD BUYERS  
& LOANS**  
21580 Atlantic Blvd.  
#120 Sterling,  
VA 20166

**703-444-7804**

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

**Latinos como tú sirviendo a nuestra comunidad**

- We are Local
- We Buy Gold, Silver and Diamonds
- Over 40,000 Satisfied Customers
- We are Licensed and Specialize in State Sales

**Not Ready to Sell? Please call us  
for our Lending Options!**

**THE CONNECTION  
NEWSPAPERS CLASSIFIED**

*Classified or Home • Lawn • Garden:*  
**703-917-6400**

*Employment:* 703-917-6464

E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

21 Announcements

21 Announcements

21 Announcements

21 Announcements

**ABC LICENSE**  
DT Virginia Fine Wines, LLC  
trading as Total Wine and  
More, 800 North Glebe Rd,  
Suite 130, Arlington, VA  
22203. The above establish-  
ment is applying to the  
VIRGINIA DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL (ABC) for a Wine  
and Beer Off-Premise and Keg  
with Delivery Permit license to  
sell or manufacture alcoholic  
beverages. David Trone,  
Managing Member  
NOTE: Objections to the iss-  
uance 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 regis-  
tered at [www.abc.virginia.gov](http://www.abc.virginia.gov)  
or 800-552-3200.

**29 Misc. for Sale**

**Brand NEW Queen PillowTop  
Mattress Set, never used  
unopened factory plastic \$250.**  
Steve 703-628-3306

If tomorrow  
were never to  
come, it would  
not be worth  
living today.  
-Dagobert Runes

**LIFETIME METAL ROOFING**  
by VA CAROLINA BUILDINGS VACarolinaBuildings.com  
Licensed & Insured  
Financing Available  
Competitively Priced  
Lifetime Warranty  
Local Contractor  
Energy Efficient  
**WE ALSO BUILD SHOPS, GARAGES & BARNS!**  
MetalRoofover.com  
Call For Your Free Roof Inspection! **434-645-7411**  
**1-800-893-1242**

21 Announcements

21 Announcements

21 Announcements

**CDL TRAINING FOR  
LOCAL/OTR DRIVERS!**  
**\$40,000-\$50,000 1st Year!**  
4 Weeks or  
10 Weekends  
**Veterans in Demand!**  
Richmond/Fredericksburg 800-243-1600  
Lynchburg/Roanoke 800-614-6500  
LFCC/Winchester 800-454-1400

## Small Talk in a Big Way



By KENNETH B. LOURIE

No way, actually. In my nearly seven years of cancer-induced doctor's appointments, scan appointments, lab work and miscellaneous other recurring occasions to be sitting/idling in waiting rooms, never before last week's pre-chemotherapy lab work had I been so chatted up by a fellow member waiting for their name to be called.

The circumstances were not particularly unique; it's not as if there was a two-for-one/half-price special that day. It was just another day – not in paradise, at the lab, of which I've had my share. It was crowded this day and because of seat non-availability, I was forced to sit up close and personal between two other patients. We weren't exactly touching one another, but there was some proximity that had the room been less occupied, there likely would have been fewer eyes making contact.

Before I had even completed my half-turn, "bassackwards" descent into my single chair, the self-described grandmother and church-goer to my standing right/sitting left said to me – quite unsolicited I might add, with zero provocation from yours truly: "Look outside!" After landing in my chair, I craned my neck back around to "look," anticipating an incident/accident of some kind. Instead, I saw blue skies and a bright shiny sun, and said as much to my new temporary neighbor and then asked if I was missing something. She said "No." And then elaborated on how it was a beautiful day and how such days make her so happy and yada, yada, yada; yada, yada, yada. (It didn't stop there, if you catch my prose.)

Apparently noticing my rather cool (not hip) demeanor in not responding to her observation/opinion, she started on the man immediately sitting to her left. He was from Ethiopia. Oh. The pastor at her church was from Ethiopia and the congregation used to be old but now thanks to him..., and on and on and on; fortunately not directed at me, but obviously within earshot. Soon however, his name was called and his seat remained unoccupied long enough for grandma to return her conversation back to me and begin to recount the information about the man with whom she had just been conversing: Ethiopian, a pastor, his young wife, their young children, the congregation; and on and on and on. Again, my lack of enthusiasm was likely evident in my barely audible responses to her comments and before too long, the vacated seat to her left was taken by a mother and her nine-month-old baby girl. Sure enough, the conversation soon left me and went over to the mother and her "beautiful baby." Within a few short minutes (in time), my neighbor's name was called (mercifully) and off she went into the lab. As she pulled open the door, she turned back to me, waived and smiled. I smiled back and said: "Break a leg." To which she responded something like: "Oh. You never want to..." but I had lost my focus and she was practically through the door into the lab and no more was there time and place to listen. Thankfully, the exchange, such as it was, was over (and she had just started asking about my job, too; what next? What was I in for?) I don't want to sound like Humphrey Bogart from Casablanca here, but: Of all the hospital waiting areas, of all the HMO waiting rooms, of all the labs, of all the clinics, she had to walk into mine. Don't let this play out again, Sam; it was an intrusion of sorts. Well-intended, I presume, and perhaps a little nervous energy at play; but as Kenny Rogers would say/sing: "You got to know when to fold 'em, know when to hold 'em."

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

## News

# Supporting Those in Need

UnitedHealthcare representatives attending the 2015 National Association of Medicaid Directors Conference in Arlington on Tuesday, Nov. 3, assembled and donated 1,000 backpack care kits to D.C.-area organizations helping the homeless and those in need, including Goodwill of Greater Washington, Volunteers of America Chesapeake and Unity Health Care. Each kit includes items to help individuals stay healthy through the winter, including socks, hygiene kits, bandages, antibiotic ointment, granola bars and more.

The backpack kit donation is a part of UnitedHealthcare's ongoing effort to fight food insecurity and support those in need in the D.C.-area and across the state.



PHOTOS CONTRIBUTED

**Sue Schick, chief growth officer, UnitedHealthcare Community & State and Catherine Anderson, vice president State Programs, UnitedHealthcare Community & State help assemble 1,000 backpack care packages.**



**Mary Frances Limehouse, diversion specialist at Volunteers of America Chesapeake and Kate Paris, director of thought leadership, UnitedHealthcare Community & State unload backpack care packages at Volunteers of America Chesapeake in D.C.**



**James Wynn, vice president of development at Volunteers of America Chesapeake and Flora Castillo, managed care executive, UnitedHealthcare Community & State, help unpack backpack care packages.**

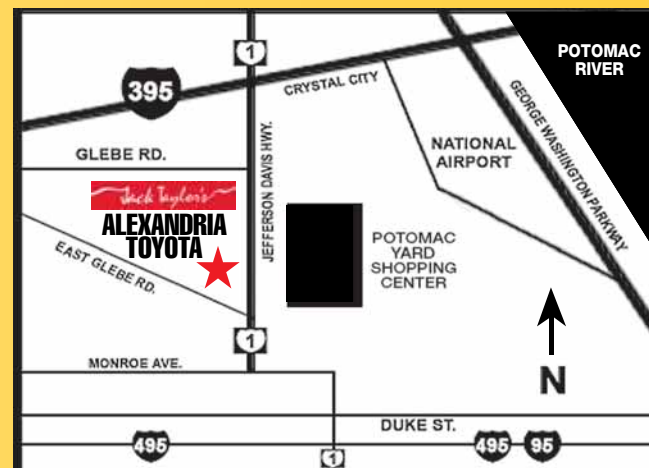


# Jack Taylor's ALEXANDRIA TOYOTA

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, 8 am to 5 pm

Sunday, 10 am to 4 pm

Sunday by appointment only.

Make your next service appointment at:  
**alexandriatoyota.com**

## You Have Saturdays Off

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



ServiceCenters  
Keep Your Toyota  
a Toyota



ToyotaOwnersOnline.com

## TOYOTA LIFETIME GUARANTEE

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



TOYOTA  
Let's Go Places



### PRE-WINTER MAINTENANCE SPECIAL

**\$59<sup>95</sup>** GET READY FOR WINTER

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air Alexandria Toyota's 27 pt. inspection & cabin air filters

\*SYNTHETIC OIL \$10.00 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

### TOYOTA GENUINE SERVICE BRAKE SPECIAL

**\$99<sup>95</sup>**

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

MACHINE ROTORS AN ADDITIONAL \$199.95.

DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### BUY 3 TIRES AND GET 4TH FOR

**\$1<sup>00</sup>**

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

**BONUS: ADD A 4 WHEEL  
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### ROTATE & BALANCE SPECIAL

**\$59<sup>95</sup>**

Includes: Rotate and balance all 4 wheels and inspect brakes and tires.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

### TOYOTA GENUINE SERVICE 15% OFF SITE LINE WIPER BLADES WITH FREE INSTALLATION

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### 15% OFF ANY ACCESSORIES

• Apparel • Window visors  
• I-pad adaptors • All weather floor mats  
• Toyota bedliners

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### TOYOTA GENUINE SERVICE 30000 MILES FACTORY RECOMMENDED SERVICE

**\$159<sup>99</sup>**

Synthetic \$10 More

Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## PRE-WINTER SAVINGS



New RAV4s, Priuses  
Scion IMs and IAs

**ALL ON SALE  
LIKE NEVER BEFORE**

Fall is here and so are the SAVINGS!

Ask one of our sales managers,  
George, Mike, Yared or Rocky  
703-684-0700

**WE ARE HERE  
TO MAKE DEALS!**

### TOYOTA GENUINE SERVICE LUBE, OIL & FILTER SERVICE SPECIAL

**\$34<sup>95</sup>** NON-SYNTHETIC **\$44<sup>95</sup>** SYNTHETIC

Includes: Change oil (up to 5 qts.), 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 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

### TOYOTA GENUINE SERVICE TRUE START BATTERY SPECIAL

**\$99<sup>95</sup>**

FROM

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated. PLUS we'll check all battery cables & connections.

Does not apply to Hybrid Batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### FUEL OPTIMIZATION SERVICE

**\$139<sup>95</sup>**

Includes: Perform fuel decarbonization to remove carbon deposits from throttle body, fuel injectors, combustion chamber, oxygen sensors & catalytic converter. Clean throttle body & air/fuel induction system to improve fuel mileage.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### TOYOTA GENUINE SERVICE 4 WHEEL ALIGNMENT **\$79<sup>95</sup>**

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

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### TOYOTA GENUINE SERVICE DETAIL SPECIAL

**\$249<sup>95</sup>**

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 \$29.00

By Appointment Only

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

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

TRANSMISSION FLUSH **\$189<sup>95</sup>**

POWER STEERING FLUSH **\$139<sup>95</sup>**

BRAKE FLUSH **\$139<sup>95</sup>**

FUEL INDUCTION FLUSH **\$139<sup>95</sup>**

FOR TRANSMISSION FLUSH TYPE T OR WS FLUID ADD \$49.99. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

### TOYOTA GENUINE SERVICE COMPLIMENTARY MULTI-POINT INSPECTION

Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

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

**ALEXANDRIA TOYOTA/SCION**  
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305  
**703-684-0700 | ALEXANDRIATOYOTA.COM**  
**JUST MINUTES FROM REAGAN NATIONAL AIRPORT!**



**Let's  
Go  
Places**