

Table number 4 is called, the first in line to to through the Thanksgiving lunch line at Lee Senior Center in Arlington on Wednesday, Nov. 18. Harris Teeter has been donating food for this annual event for over 20 years. This year's festive lunch included turkey, stuffing, mashed potatoes, gravy, cranberries and later pie with whipped cream.

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Remembering Jennifer

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Being Thankful

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Early Thanksgiving

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More than 2,000 people came out to support the Jennifer Bush-Lawson Foundation at the Jennifer Bush-Lawson Foundation's Memorial 5k Run.

Remembering Jennifer Race raises over \$95,000 for prenatal care in Jennifer Bush-Lawson's name.

BY VERNON MILES
THE CONNECTION

Neil Lawson was on the last segment of the Jennifer Bush-Lawson Foundation's Memorial 5k Run, but this part was the hardest. Not for any of the hills through that area or the rough terrain, but for Neil Lawson, it was the moment where the Jennifer Bush-Lawson Foundation's Memorial 5k took him past Nottingham Elementary School, past the site where his wife Jennifer Bush-Lawson was fatally struck by a dump truck last year.

"In that moment, I reached out and touched the pole [near where she was killed]," said Neil Lawson. "It was a sad moment, but I had my son running with me. That made it easier."

But it wasn't just the oldest of Neil Lawson's three children running with him. More than 2,000 people came out to support the Jennifer Bush-Lawson Foundation at the Nov. 21 event. More than 600 signed up for the 5K run and 400 children ran in mini-races. More showed up for the food trucks, climbing wall, and other events in the lawn around north Arlington's Knights of Columbus building. All proceeds from the race went to the Virginia Hospital Center and the Arlington Pediatric Center (APC). Ashley Leonard, executive director of the foundation, estimated that more than \$95,000 had been raised.

"Seeing the community celebrate and support this, it means so much to me and to the hospital center," said Michele Werner, director of development at the Virginia Hospital Center. "The [Jennifer Bush-Lawson Foundation] has been a fantastic partner and a very good friend to our patients."

According to Werner, between 600 and 700 new children are born in Arlington each year. If a mother is uninsured or on Medicaid, the Virginia Hospital Center is their only way to receive care. New mothers can also receive treatment at the APC for up to a year, and the center takes care of children up until age 16. Ba-

sic check-ups can cost \$1,172 for each child per year. The APC sees more than 3,560 children each year and has an annual budget of \$2.2 million, 40 percent of which is funded through charitable giving.

Bush-Lawson's connection to the Virginia Hospital Center and health care for young mothers stemmed from her own experience with three difficult births. Each of her children needed to be admitted to the Hospital Center's Neonatal Intensive Care Unit shortly after birth. After each birth, Bush-Lawson spoke to her husband about how fortunate she had been to have access to this medical care, and how many others weren't as fortunate.

The activities culminated in one of the Lawson family's newer traditions. According to Neil Lawson, whenever the family visits Jennifer Bush-Lawson's grave, they bring balloons with them. He and his three children write messages on the balloons and release them, sending them up to their mother. At the end of the 5k, Neil Lawson, his children, and hundreds of supporters release pink and blue balloons into the air.

"She was an unbelievable daughter," said

Bush-Lawson's mother, Fran Bush, who also noted that Bush-Lawson would have loved the event. "She's left such a legacy ... we think about her every single day. She did a lot of running, sometimes she'd even outrun Neil [Lawson]. Neil has been an unbelievable father to their children."

Not just at the event, but throughout Arlington, Fran and Bruce Bush said they've received a very warm reception.

"The people here have been unbelievably kind," said Bruce Bush. "I have never been to a place with friendlier people."

Some of the runners had known Jennifer Bush-Lawson before the race. The Hudspeths did not know Bush-Lawson particularly well, but they went to church with her.

"She always came into church with a smile," said Christian Hudspeth, "She always seemed happy and engaging. She had

a very strong bond with her family."

Wendi Carrol went to Southern Lehigh High School with Bush-Lawson, and said that while Bush-Lawson was a couple grades older, she had always seemed sweet and driven.

Other runners didn't know Jennifer Bush-Lawson at all, but were very impressed with the quality of the event.

"The race was very close by, and it's a fairly hilly course,"

said James Scarborough. "There was a lot of sponsorship, they really brought in a lot for charity."

The high quality of the event's coordination was noted by several of the runners.

"We're out here to support the community. This event is so well organized, especially for a first time race," said Anne Bloom.

"As moms, our heart breaks. We want to show our support for the family," said Ellie Bernhardt.

"For all the families," added Barb Young.

"She's left such a legacy ... we think about her every single day."

— Fran Bush



Neil Lawson with his family's balloon.



Gunnar Obitts crosses the finish line in one of the youth races.

PHOTOS BY VERNON MILES/THE CONNECTION

PEOPLE

Being Thankful Thanksgiving gives all ages to pause and consider: "What are you thankful for?"

Seniors at Culpepper Garden and the Lee Senior Center Thanksgiving lunch plus pre-schoolers at a park on Harrison Street answer the question "what are you thankful for at Thanksgiving." Some common themes emerge from the generations. Family is the number one blessing with various kinds of recreation or play, food and finally life itself. And finally, gratitude from immigrants that they are in America where they have found a good life.

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION

Brendan Pojunas, almost 4, is grateful for flowers, pink and orange and white and for presents. His mother says they have a lot of flowers at his new school.



Alex LaBonte, 7, whose family is moving to Arlington in December, is grateful for "my family, my friends and food — cheese pizza!" His parents have brought Alex and his brother to see his new house and to play in the local park a block away.



Max LaBonte, the younger brother says, "I think ... for toys. I like games a lot, Ker-Plunk with marbles and sticks." His mother Sheri adds, "and he's thankful for his brother most days."



Ana Carolina, almost 5, says, "I am thankful when I go to someone's house at Thanksgiving and play and make heart cards." Her mother explains that Ana's grandmother, now in heaven, used to ask each grandchild what they were grateful for at Thanksgiving and write it on a heart for their place at the table.



Agnes Seuueira says, "I'm happy for Culpepper Garden for starters. I don't drive so just take the elevator to everything — movies, podiatrist." Sequeira says, "I am an immigrant, came from Pakistan with 30 bucks. And I'm grateful that I have never been starving or homeless. People have always been good to me over the years."



Jacob Villafuerte, 4, thinks hard about what he is grateful for and then says, "good." He is a little shy according to his grandfather who is at the park with him. Jacob says the whole family gets together at Thanksgiving. He has rice and chicken and "he eats a lot."



Mary Anne Shirley says she is an only child with no family and is grateful for her church and all of the people at Culpepper Garden. "We have a lot of activities, karaoke and sometimes children dance their head off."



James Short said, "I am lucky just to be alive. At a certain point, you know, the aging process"



Myriam Bourdin is happy for everything "that is positive in my life — family, friends, health (I'm really healthy) and my two grandchildren 9 and 5 years old who I babysit every day after school."



Bernice Anglin volunteered that she wanted everyone to know that she feels thankful that her son who lives in St. Louis "just found out he is cancer free. My son is 68 years old. He had the same thing as the governor of Maryland."



Marcia Adamek says, "Since Ray came and took over the kitchen here we get shrimp; tomorrow he is having my favorite coconut shrimp." She is grateful that the people in Culpepper Garden are very friendly, and "I'm known as the lady that knows everybody."



Stevan Toth, who is clutching a pack of M&Ms, says he likes chocolate. He came to America from Hungary in 1956 to escape the revolution. "American people helped refugees but American man is no good lover. American women not cool. They are spoiled with equal rights in America; in Hungary they stay home and cook."



VIEWPOINTS

What are you thankful for?

PHOTOS BY
ROSS SYLVESTRI
THE CONNECTION



Sarah Griswold:
"My new marriage."



Victor Green: "The opportunities my parents give me."

Mariana Flesles is a cancer survivor. "I am happy I have been cancer free for one and a half years and that I teach Spanish classes here at Lee Senior Center with 14 students and I'm learning how to ballroom dance."



Sydni Oliver:
"My parents."



Terry Coey: "Having a close-knit family and partnering with others to start a business."

Foundation Honors Moran

A group of 300 community members, government officials, education leaders, and nonprofit trailblazers gathered to honor Mary Ann Moran, this year's recipient of the William T. Newman, Jr. Spirit of Community Award at the Arlington Community Foundation's annual Spirit of Community luncheon on Nov. 12.

"Mary Ann Moran has been a tireless advocate of children and youth in Arlington" said Wanda Pierce, executive director of the foundation. "Mary Ann epitomizes the spirit of community. Her gentle and unassuming spirit while serving the families of this community have made her an effective advocate."

Moran's list of service includes involvement with Arlington's Task Force on Youth, resulting in the creation by Arlington County of the Arlington Partnership for Children, Youth and Families, which she was appointed to co-chair with Diane Smith. She was also instrumental in bringing the Developmental Assets movement to Arlington and Arlington Public Schools — and has been involved with organizations and projects such as Teen Day, Project Peace, A-SPAN (where she was a board member and a volunteer for 25 years), Northern Virginia Family Service and more.

The Spirit of Community Award, named in honor of the foundation's founder and president emeritus, William T. Newman, Jr., was established to recog-



John Shooshan, Arlington Community Foundation president; honoree Mary Ann Moran; Founder and President Emeritus William T. Newman, Jr.; and Wanda Pierce, executive director of the Arlington Community Foundation.

nize individuals and organizations who have demonstrated a commitment to improving the quality of life in Arlington. Moran joins a roster of past honorees including John Andelin and Ginger Geoffrey, Anna Barber, Jean Berg, Elizabeth Campbell, Preston Caruthers, Judy A. Connally, Karen Darner, Jennie T. Davis, Rich Doud, Ralph Johnson, John T. McCracken, H. Paul Mount, Joan Cooper, Mary Ann Nirschl, Charles L. Overby, Lola C. Reinsch, Eric Schaeffer, Walter Tejada, Meg Tuccillo, George D. Varoutsos, and the Woman's Club of Ashton Heights. See www.arlcf.org.

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OPINION

Celebrate, Shop, Dine Locally

Every day can be “small business day.”

There is a joy to participating in community traditions and celebrations during the holidays, from walking along a sidewalk with the streets decked out for the holidays, to shopping in local stores, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

EDITORIAL

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambiance available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that is otherwise unmatched.

We all benefit when local stores thrive, when local business districts beckon. An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday,

the Saturday after Thanksgiving, also called Shop Small. This year that day is Nov. 28.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive, and communities depend on those businesses as well. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

Frequently, it is the small retail person who is active in fundraising for local charities, advocating for improvements, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face tough challenges right now. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally owned retailers. But local families will literally spend millions of dollars to shop and exchange gifts during the next month in a variety of places.

Everyone will do some of their shopping at the mall. Everyone will shop online. Many will answer the call of the big box. But local shoppers should be sure to do some celebrating, shopping and dining locally. We promise it brings more joy.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Children's Connection

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. It is a keepsake edition for many families. The annual Children's Connection is a tradition of well over a decade. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

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

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide submissions by Friday, Dec. 4.

Email submissions for the Children's Connection to arlington@connectionnewspapers.com.



Thanksgiving Meal

The tables are over half full at 12:30 p.m. waiting for the annual Thanksgiving meal to begin at 1 p.m. at Lee Senior Community Center. The room is alive with conversation with an overflow crowd of more than 100 people. Available chairs run out before the lunch has been set on the buffet table, and people crowd together making room for late comers. A full Thanksgiving meal was served by volunteers from turkey to the cranberry sauce.



Table number 4 is called, the first in line to go through the Thanksgiving lunch line at Lee Senior Center in Arlington on Wednesday, Nov. 18. Harris Teeter has been donating food for this annual event for over 20 years. This year's festive lunch included turkey, stuffing, mashed potatoes, gravy, cranberries and later pie with whipped cream.

PHOTOS BY SHIRLEY RUIHE/THE CONNECTION

LETTER TO THE EDITOR

'Gifts That Give Hope'

To the Editor:

Thank you for your timely opinion piece reminding readers of community needs and listing alter-

natives to buying material gifts. You asked for suggestions on other opportunities. One event vehicle that might help readers put your advice into action, simplify holiday shopping, receive joy, and teach children about charitable giving, is the 5th annual Arling-

ton "Gifts That Give Hope" festival taking place on Saturday, Dec. 5, from 10 a.m. – 2 p.m., at Key Elementary School, 2300 Key Blvd. "Alternative gift fairs" such as "Gifts That Give Hope" offer a non-materialistic option for holiday shopping — gifts are dona-

tions made in honor of family and friends to any of 16 participating Northern Virginia non-profits — promising to be a unique, festive and educational opportunity for Arlington residents during the gift-giving season.

Keith Oberg, Arlington

The
Arlington
Connection

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

THROUGH 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 for more.

THROUGH DEC. 4

Donate Blankets and Coats to Syrian Refugees. At 23rd Street Chapel, 745 23rd St. S. Visit www.fairfaxcounty.com/ncs/blanketdrive for more.

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.

40 Under 40 Luncheon. 11:30 a.m.-1:30 p.m. at Army Navy Country Club, 1700 Army Navy Drive. Leadership Arlington is honoring 40 emerging leaders under the age of 40

who demonstrate impact personally and/or professionally through leadership in the DC metropolitan region. Tickets are \$60. Visit www.leadershiparlington.org for more.

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 for more.

2015 Human Rights Awards Ceremony. 7-9 p.m. at Arlington County Board Room, 2100 Clarendon Blvd. The theme for this year's event is "Immigrant Rights" and the keynote speaker is Ana Avendaño, Vice President for Labor Participation at United Way Worldwide. Free. Visit www.arlingtonva.us.

FRIDAY/DEC. 11

Arlington Chamber of Commerce 91st Annual Meeting. 10:30 a.m.-SEE BULLETIN, PAGE 12

"HIV, my life revolves around the people I love. Not around you." - Chris



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

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ENTERTAINMENT

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

ONGOING

“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.

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 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 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 for more.

Santa Photo Experience. Various times at Fashion Center at Pentagon City, 11 S. Hayes St. Families are invited to have a picture taken with Santa. Free. Appointments available for \$10, photo packages start at \$29.99. Visit www.simon.com.

“The Civil War Grand Review.”

Through Feb. 1, Monday-Thursday 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.

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.

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 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/ 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.

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. 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 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 or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow’s on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com 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.

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.

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.

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

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.



While shopping for holiday gifts learn more about 16 locally based nonprofit organizations, enjoy festive holiday music and refreshments, visit with Santa, enjoy face-painting and other children’s activities at the annual Gifts That Give Bazaar. Nonprofits will include Arlington Food Assistance Center, and The Reading Connection. The bazaar will be Saturday, Dec. 5, 10 a.m.-2 p.m. at Key Elementary School, 2300 Key Blvd. Gifts range between \$5-120. Visit www.giftsthatgivehope.org/arlington.

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.

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

“West Side Story” Dance Class. 7-8 p.m. at Signature Theatre, 4200 Campbell Ave. Dance captain from the Signature production of “West Side Story” Tony Neidenbach will lead a dance class. Free. Visit www.sigtheatre.org.

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.

TUESDAY/DEC. 1

Shirley Lights up The Village. 6-8:30 p.m. at The Village at Shirlington, 2700 S. Quincy St. Signature Theatre, Bishop O’Connell Choir, and The Lovejoy Group will perform. Also find carriage rides, Santa Claus photo-ops, holiday cookie decorating, a tree-lighting ceremony and more. Free. Visit www.villageatshirlington.com.

THURSDAY/DEC. 3

Handmade Holidays. 6:30-8:30 p.m.

at Arlington Arts Center, 3550 Wilson Blvd. Learn printmaking and painting techniques to make one-of-a-kind wrapping paper for the holidays. Adults only. Tickets are \$40. Visit www.arlingtonartscenter.org.

THURSDAY-SUNDAY/DEC. 3-6

BalletNova: “The Nutcracker.”

Various times at Thomas Jefferson Community Theater, 125 S. Old Glebe Road. Associate Artistic Director Constance Walsh stages a full-length production. Tickets are \$13-35. Visit www.balletnova.org.

FRIDAY/DEC. 4

ARTrageous. 6-9 p.m. at Gallery Underground, 2100 Crystal Drive. Start holiday shopping at this silent auction featuring framed original paintings, jewelry, pottery and sculpture from local artists. Free. Visit www.galleryunderground.org for more.

Wine Tasting. 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Taste wines specially chosen for the holidays. Free. Visit www.onemorepagebooks.com for more.

SATURDAY-SUNDAY/DEC. 4-6

A Fairytale Christmas Carol. 7:30 p.m. on Friday and Saturday, 3 p.m. on Saturday and Sunday at Gunston Arts Center, 2700 S. Lang St. Mother Goose lends her talents to narrate as the Big Bad Wolf takes on the humbugging lead role of Ebenezer Scrooge. Cinderella, the Three Little Pigs, Old King Cole, and many beloved characters help create a new twist on the traditional Dickensian fable. Tickets are \$10. Visit www.encoresstageva.org for more.

SATURDAY-MONDAY/DEC. 4-7

Citrus Sale. 8 a.m.-dark at Wells Fargo Bank, 2213 N. Glebe Road. The Arlington Host Lions will be selling pink/white grapefruit; navel oranges; tangelos; Hamlin juice oranges; and

tangerines. Also find honey maple syrup, pecans, cashews, mixed nuts and Virginia peanuts. The proceeds from the sale benefit community nonprofits supported by the Lions Club. Varying prices. Visit www.arlingtonhostlions.org.

SATURDAY/DEC. 5

Jingle Bell Run/Walk. Registration begins at 6:45 a.m., events begin at 8 a.m. race starts at 8:50 a.m. at Pentagon Row, 1101 S. Joyce St. This run/walk features a “Jingle in Your Jammies” and a “Children’s Fun Run” as well as races for adults. Registration is \$15-40. Visit www.arthritis.org for more.

Breakfast With Santa. 9:30 a.m.-11:30 a.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Avenue, Falls Church. Children are invited to have breakfast with Santa, make crafts, and more. Free. Visit www.htluther.org for more.

Gifts That Give Hope Bazaar. 10 a.m.-2 p.m. at Key Elementary School, 2300 Key Blvd. While shopping for holiday gifts learn more about 16 locally based nonprofit organizations, enjoy festive holiday music and refreshments, visit with Santa, enjoy face-painting and other children’s activities. Free. Visit www.giftsthatgivehope.org/arlington.

Washington-Lee High School Holiday Bazaar. 10 a.m.-4 p.m. at 1301 N. Stafford St. Dozens of vendors sell their crafts. Free to attend. Visit www.apsva.us/washingtonlee for more.

Ornament Making Party. 1:30-3:30 p.m. at Arlington Historical Museum, 1805 S. Arlington Ridge Road. Decorate an ornament and listen to holiday music. Free. Visit www.arlingtonhistoricalsociety.org for more.

Gallery Talk: Michele Colburn. 2-5 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Artist Michele Colburn discusses work from her “Wired” exhibition. Free. Visit www.arlingtonartscenter.org for more.

ENTERTAINMENT

A Classic Brass Christmas. 8 p.m. at the Church of the Epiphany, 1317 G St., NW, Washington, D.C. Watch a traditional candlelight processional and a carol sing-along. The event will feature the Classical Brass Quintet of Arlington's Choralis. Tickets are \$5-50. Admission for children under 12 is free. Visit www.Choralis.org.

DEC. 5-13

Holiday House Arts and Crafts Show. Various times at Fort CF Smith Park, 2411 24th St., N. The Holiday House is a juried art and craft sale by local artisans. Free. Call 703-243-7329.

SUNDAY/DEC. 6

Evergreen Wreath Making. 10 a.m.-12 p.m. at Langston-Brown Community & Senior Center and Park, 2121 Culpeper St. Join Master Gardeners of Northern Virginia for a hands-on workshop using evergreens, seed pods, cones and other natural materials to make a holiday wreath. All wreath making supplies will be available, such as greens and tools, however participants are welcome to bring their own decorative touches. Tickets are \$5. Visit parks.arlingtonva.us for more.

Book Talk. 3:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Jeff Cioletti discusses and signs "The Year of Drinking Adventurously: 52 Ways to Get Out of Your Comfort Zone." Each of the guide's 52 chapters features the story behind a unique beer, spirit, cocktail or wine, designed to broaden one's choice of beverage. Free. Visit www.onemorepagebooks.com for more.

"Winter Wonders." 4-5 p.m. at Arlington Presbyterian Church, 3507 Columbia Pike. NoVA Lights Chorale presents "Winter Wonders," a program of winter fun, winter landscapes, and winter holidays, and includes jazz, swing, and global songs. Free. Visit www.novalightschorale.jigsy.com.

A Choralis Family Christmas. 4 p.m. at The Falls Church Episcopal, 115 E. Fairfax St., Falls Church. Presented by the entire Choralis family of choirs, this concert's highlights will include Bob Chilcott's new "Gloria," a sing-along, a conducting raffle, and a visit from Santa. Tickets are \$10-40, free for children 5 and under. Visit www.choralis.org.

Lecture: 13th Amendment to the Constitution. 6 p.m. at Arlington Central Library, 1015 N. Quincy St. Edna Greene Medford of Howard University will be speaking on the Anniversary of the 13th Amendment to the Constitution abolishing slavery. Free. Call 703-228-6334 for more.

Bozman Award Celebration. 6:30 p.m. at Unitarian Universalist Church of Arlington, 4444 N. Arlington Blvd. The Alliance for Housing Solutions will honor Walter Tejada of the Virginia Housing Development Authority. Tickets are \$50. Visit www.AllianceForHousingSolutions.org.

Pet Photo Night. 7-9 p.m. at Fashion Center at Pentagon City, 11 S. Hayes St. Pets are invited for photos with Santa. Free. Premium photo packages available. Visit www.simon.com/petphoto.

MONDAY/DEC. 7

Holiday Traditions. 11 a.m.-12 p.m. at

Culpepper Garden Senior Center, 4435 N. Pershing Drive. Adults 55+ are invited to attend a presentation on the traditions of Thanksgiving and Christmas; such as turkey, wreaths, ornaments, etc. Free. Visit parks.arlingtonva.us for more.

"Br'er Cotton." 7 p.m. at Signature Theatre's Ali's Bar, 4200 Campbell Ave. Attend a reading of Tearrance Arvelle Chisholm's "Br'er Cotton," exploring the racial tension, anger and despair that surrounds and afflicts a young black teen growing up in the South. Free. Visit www.sigtheatre.org.

TUESDAY-SUNDAY/DEC. 8-13

Citrus Sale. 11 a.m.-4 p.m. on Tuesday, 10 a.m.-2 p.m. on Wednesday, 7 a.m.-3:30 p.m. on Thursday, 10 a.m.-3 p.m. on Friday, 9 a.m.-1 p.m. on Saturday, 11:30 a.m.-3 p.m. on Sunday at Overlee Bath House, Lower Level, 6030 Lee Highway. Purchase Florida citrus, Georgia pecans, and Vermont maple syrup. Varying prices. Call 703-528-1130 for more.

DEC. 8-JAN. 24

"West Side Story." Various times at Signature Theatre, 4200 Campbell Ave. For Signature Theatre's adaptation of classic musical "West Side Story," no audience member will be further than 20 feet from the stage. Tickets start at \$40. Visit www.sigtheatre.org for more.

Christmas With Nova Y. Payton and Friends. Various times at Signature Theatre, 4200 Campbell Ave. Star of "Dreamgirls" and "Hairspray" sing some of her favorite holiday tunes including "This Christmas," "Jingle Bell Rock," and "I Saw Mommy Kissing Santa Claus." Tickets are \$35. Visit www.sigtheatre.org for more.

WEDNESDAY/DEC. 9

Holiday Nature Crafts for Kids. 3-6 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families with children 5 and older are invited to this drop-in workshop where they can make nature-themed holiday crafts. \$5 fee. Visit parks.arlingtonva.us for more.

Book Talk. 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Michael J. Sullivan will discuss and sign the third installment in his Riyria Chronicles series, "The Death of Dulgath." Free. Visit www.onemorepagebooks.com for more.

DEC. 9-JAN. 17

Wordless Shakespeare: "As You Like It." Various times at Synetic Theater, 1800 S. Bell St. Synetic Theater presents a completely physical interpretation of "As You Like It." Tickets start at \$35 for adults, student tickets are \$15. Visit www.synetictheater.org for more.

THURSDAY/DEC. 10

Holiday Market Bootcamp. 12-1 p.m. at Gateway Park, 1300 Lee Highway. A professional trainer will lead participants through High Intensity Interval Training - a cardio workout designed to burn as many as 1,000 calories per class. Free. Visit www.rosslynva.org for more.

Fairfax Water

NOTICE OF PUBLIC HEARING ON WATER RATE AND PROPOSED 2016 BUDGET

At 6:30 p.m. on Thursday, December 17, 2015, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges and its proposed 2016 Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes to the Schedule of Rates, Fees and Charges, to be effective April 1, 2016, include the following:

1. An increase in the Availability Charge from \$3,950 to \$4,100†.
2. An increase in the Local Facilities Charge from \$9,750 to \$10,240.
3. An increase in the Service Connection Charge from \$1,090 to \$1,150†.
4. An increase in the Account Charge from \$36 to \$37.
5. An increase in the Quarterly Billing Service Charge from \$9.80 to \$10.10†.
6. An increase in the base Commodity Charge from \$2.55 to \$2.68 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.55 to \$3.80 per 1,000 gallons of water.
8. An increase in the Turn Off / Turn On Charge from \$50 to \$52.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
10. A decrease in the Overhead Charge for Labor from 110% to 104%.
11. A decrease in the Overhead Charge for Materials from 25% to 16%.
12. An increase in the Installation of Sewer Use Meter Charge from \$45 to \$46.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is proposing a \$170.4 million budget for calendar year 2016*. Revenues are expected to be \$170.4 million in 2016. Water sales are expected to provide \$147.3 million. Approximately \$23.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2015	2016
Personal Services & Employee Benefits	\$ 53,891	\$ 55,581
Power and Utilities	10,677	10,750
Chemicals	6,335	7,857
Purchased Water	6,717	6,090
Supplies and Materials	4,985	5,113
Insurance	1,017	1,050
Fuel	781	880
Postage	637	664
Contractual Services	9,930	10,422
Professional Services	1,146	1,046
Other	2,363	2,447
Sub-Total	98,479	101,900
Transfer to Improvement Fund	(9,669)	(9,616)
Total	\$ 88,810	\$ 92,284

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,417,000
Improvement Fund	\$11,000,000
General Fund	\$24,131,000

*Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates and the 2016 budget can be viewed on our Web site at http://fairfaxwater.org/current/public_hearing_2015_12_17.htm. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Mr. Ken Lasso at 703-289-6194. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 16, 2015 to be included in the record of the public hearing.

art league Holiday Ceramics Sale

The Art League's Madison Annex, December 4-6, 2015

Purchase one-of-a-kind ceramic vessels & sculptures created by students & associates of The Art League. These handmade creations by more than 30 artists are perfect for holiday gift giving.

Location:
The Art League's Madison Annex
305 Madison Street
Old Town Alexandria, VA

Hours:
Friday, December 4: 12:00 noon-9:00 pm
Artfête holiday party, 6:00-9:00 pm!
Saturday, December 5: 10:00 am-6:00 pm
Sunday, December 6: 12:00 noon-5:00 pm

Information:
theartleague.org@theartleague



Dreams and dedication are a powerful combination.

—William Longgood



PHOTO CONTRIBUTED

From left: Darcy Monsalve, Alex Albuquerque, Pablo Hendrich, Sandro Trigo, Eduardo Castro, Kwang Kyn Lee, and Katherine Leon.

Opera for Children

Nonprofit exposes students to opera.

BY MIKE DOAN

From the children's reaction, you'd think it was a cartoon show. Or a puppet show. Maybe a circus? But no, it was ... an opera. "I loved the show," said a 7-year-old. Another shouted "bravo," like a La Scala veteran. Others raved about the costumes and the swordplay. There was laughter throughout.

The 70-minute opera, Rossini's "Barber of Seville," was performed for several hundred school children for Nov. 17-20 at Thomas Jefferson Theater in Arlington, produced by Opera Guild of Northern Virginia, a nonprofit.

"I thought it was important to expose them to an art form they have probably never seen before," said Chris Phillips, principal of Jefferson-Houston School in Alexandria. "They may not understand the words, but I told them to look at the movements and emotions in the opera."

And movements there were: Confetti was shot out of a small cannon, actors were chasing each other around the stage, and one actor pretended to put a Spiderman outfit on another singing a serious aria. There were lots of falls and slapstick. Lots of children remarked about the child in a parrot costume

chasing the others on stage with a plastic meat cleaver.

Mee Kim brought 53 children with her from Campbell Elementary School in Arlington to the opera on Wednesday. "First I explained the story and the plot in class," she said. They didn't mind that much of the singing was in Italian.

Occasionally, the maid, played by Katherine Leon, explained the plot line and others described the story intermittently. Leon also introduced each singer along with voice part and each instrument played by the orchestra, conducted by Artistic Director Jose Sacin.

Among other principals in the production were Alex Albuquerque, Erin Passmore, Darcy Monsalve, Eduardo Castro, Greg Voinier and Kinneret Ely and Nathan Letourneau. Opera NOVA volunteer Lynn Bragan was checking each group as they entered, having prepared seating arrangements for each group.

"Barber of Seville" is one of several operas performed by Opera NOVA, including "The Magic Flute" and "Monkey See and Monkey Do." Its president, Miriam Miller, is making plans to produce Scott Joplin's "Treemonisha," which languished for nearly 50 years before being discovered in the mid-1970s. Miller's mission is to bring opera and the arts to young people, minorities, seniors and other underserved communities. "Once again the little girls liked the Princess the best — aka the leading lady — with or without royal lineage," Miller said.

Campeau To Lead Arlington Philharmonic

Arlington resident Betsy Campeau has been named executive director of the Arlington Philharmonic, effective immediately. This comes as Arlington's professional non-profit symphony orchestra celebrates its 10th anniversary season.

Campeau comes to the Arlington Philharmonic with a range of professional experience in arts management and as a musician. A clarinetist, she performed in the Concert Band, Symphony Orchestra and chamber ensembles of the U.S. Air Force Band after graduating with honors from the University of



Campeau

Michigan's School of Music. She served as the director of marketing and outreach and chief announcer for the Air Force Band until 2009 when she retired with the rank of Chief Master Sergeant, the highest rank attainable by an enlisted musician.

A private clarinet instructor since 1988, Campeau has also served as a board member of the Northern Virginia Music Teachers Association; served on the faculty of the Levine School of Music; and as an administrative assistant with the

Virginia Symphony.

NEWS BRIEFS

Planning To Divert Waste

The Arlington County Board resolved to explore developing a Zero Waste Goal on Nov. 19 that if implemented could divert 90 percent of the community's waste away from landfills or waste to energy facilities by 2038.

When funded, the county's Department of Environmental Services Solid Waste Bureau would develop a Zero Waste Plan for board consideration, which would include an analysis of existing practices and an assessment of the plan's long-term environmental, operational and fiscal impacts.

Citing long-term increases in disposal costs and the desire to increase recycling, the board instructed the acting county manager to collaborate with the community and the county's Solid Waste Committee to develop the Zero Waste Plan.

Arlington's Zero Waste Resolution is the first in the Commonwealth. Should the County adopt a Zero Waste policy, it would be one of only a few dozen communities in the United States to do so.

The board voted 5 to 0 to adopt the resolution.

Dealing with Projected Budget Gap

The County Board directed the county manager on Nov. 19 to develop a balanced proposed budget for Fiscal Year (FY) 2017 that assumes no tax rate increase and includes options for county budget reductions, excluding the schools.

The projected budget gap for FY 2017 is more than \$15 million, which includes more than \$12 million for Arlington Public Schools, based on APS's initial forecast, and \$3 million for county government.

The board emphasized the importance of maintaining long-term financial sustainability and preserving the county's triple-AAA bond ratings.

The board approved the guidance by a vote of 5 to 0.

Increases in expected county costs to maintain a current services budget are in the areas of employee compensation, healthcare, contractual services, debt service and funding for Metro.

The current projected funding gap maintains the current real estate tax rate of \$0.996 per \$100 of assessed value (including the sanitary district tax). The gap includes no program expansions, or increases in demand for services.

If tax revenues exceed the current forecast of 2.4 percent growth, the board advised the manager to propose optional uses for the additional funding, including a tax rate reduction, and applying the revenue toward priority demands, such as student enrollment growth.

The county is projecting the overall real estate tax base to rise 2.7 percent, with residential real estate assessments rising approximately 3 percent, while commercial assessments are projected to be flat or slightly negative.

Board Splits over I-66 Project

In a 3-2 vote, the County Board on Nov. 19 endorsed in concept the Virginia Department of Transportation's (VDOT) I-66 Multimodal Improvement Project: Inside the Beltway.

The goals of the Commonwealth's Transform66: Inside the Beltway project are to move more people; enhance transportation connectivity; improve transit service; reduce congestion; and increase transportation options.

The board said it endorses "in concept" the implementation of weekday, peak-period, peak-direction, dynamic tolling on I-66 inside the Beltway. It also endorsed in concept the Memorandum of Agreement between the Commonwealth and the Northern Virginia Transportation Commission to use toll revenues to fund crucial multimodal improvements around I-66 inside the Beltway.

The board set several goals it wants to achieve for implementing the project. Among those are:

- ❖ VDOT shall not pursue any widening of I-66 inside the Beltway until after a meaningful evaluation of the effectiveness of the project's tolling, HOV-3 and multimodal components – no sooner than 2025.

- ❖ VDOT will work with affected communities to monitor and

SEE NEWS BRIEFS, PAGE 15

Joanna Cameron Can Be So ... Hypnotizing

Local hypnotist has seen her skill help addiction, ADHD, PTSD, and golf scores.

BY EDEN BROWN
THE CONNECTION

Brock Harris says Joanna Cameron saved his life. When he lived in Arlington 10 years ago his neighbors were heavy smokers, as he was. One day, he noticed they weren't smoking any more. "How did you manage to stop?" he asked. "Joanna Cameron," they said.

Brock had struggled with quitting smoking for years. He thought he had quit many times, and each time, he'd go out with a friend and have just one, and then he'd have another, and soon he was smoking again. He had already tried every therapy available for smoking cessation. He had tried patches, the Phoenix Method. All of it. He called Cameron. In one 45-minute session of hypnosis, he was able to put smoking behind him.

Cameron is on a mission to hypnotize. She was one of the first female hypnotists in the business when she started 16 years ago. She started studying hypnotherapy because of a coincidence: she was seated next to a hypnotist on a long flight and started talking about her daughter, who had test anxiety and lack of focus. The hypnotist suggested she try hypnotherapy; her daughter had a session, and Cameron saw the results. She is now moving into new ventures aimed at making hypnosis — for entertainment and therapy — more established as an alternative way to deal with phobias, addiction, anxiety, and an unreliable golf score. "Someday", she said, "people will look back on our current 'pill obsession' where we put 8-year-olds on Xanax and Valium because they are anxious, and wonder: why did we do that when we could have just used hypnotherapy? Why we were so ignorant of the power of the brain? The trend is towards mindfulness and focus on positive results: and that's all hypnosis is ... really."

Cameron is British by birth. She lives on the dividing line between McLean and Arlington. Her father was a shipbuilder, her mother, who died when Cameron was 24, of breast cancer, was an actress. Cameron was studying to be a doctor at St. Andrews University and was petitioning to do her Ph.D. in neuroscience when one professor pointed out she was a woman, and graduate placements in neuroscience were cov-



Joanna Cameron in her living room.

eted and had to go to men because they were less likely to "go off and have a family." Cameron moved from her small village in Hampshire, England, to the U.S., studied, became a ski bum, went back to care for her dying mother, returned to the U.S., where she started a student travel business, married, and had a daughter. But she never lost her interest in neuroscience.

Cameron studied under the hypnotist Pat Collins. She now teaches others how to hypnotize, and says, based on Youtube hits and name recognition around the world, she is: "the most famous female hypnotist in the world." It was not easy. Many people continue to view hypnosis as just one step removed from the occult. But as she gained experience, she gained a following. She was based in Germany during the Iraq War and soldiers would come through after a tour of duty, many were wounded or suffering from PTSD.

She would have a sign-up sheet at the military base and soldiers would sign up: she dealt with PTSD, smoking, depression — everything.

She employs a desensitization technique to make the recovering soldiers stop seeing images that haunt them. She also teaches them to laugh, using stage antics done by people who are in a trance.

One curious, somewhat skeptical friend, after an experimental session with Cameron, wondered if she were really hypnotized; maybe she had just played along? Weeks later, she started watching a smoking cessation video by Cameron to see her YouTube portfolio. As Cameron counted backwards from five in her standard lead-up to the trance, the skeptic, wide awake

at 10 in the morning, fell into a sound sleep for 60 seconds. "Yes!" shouted Cameron. "That's exactly what it's all about! You learn to self-hypnotize. To relax. To imagine your future in a positive way while feeling nothing but confidence and peace."

Cameron recently returned from a stint in Australia training 10 hypnotherapy candidates in stage hypnosis. Many of those whom she trains are looking for more confidence. She helps people let go of limiting beliefs. She says she has the best life in the world, with travel, staying in resorts when she entertains, and working with people who have given up hope of moving beyond a problem. She can get arachnophobes to comfortably touch a spider. Cameron says she loves to inspire people — especially young women.

Cameron often starts off on the first night of a conference with a comedy show using her skills. She then does eight individual sessions, getting people to recreate their lives and literally "trance themselves" into a place where they can set up a better outcome subconsciously. She reminds her clients how they felt at the age of 7 or 8, before suffering that first loss of confidence. Her hope is to restore that feeling of power and optimism. "The core of my beliefs," Cameron said, "is that people who wonder whether the glass is half empty or half full are missing the point: the glass is refillable."

She likes to call herself the "Monty Python of Hypnotists" because of her silly British humor schtick.

That is one of the reasons she stood before Simon Cowell last January in an audition for Britain's Got Talent. She went through the somewhat devastating experience of being knee-capped by Cowell and his colleagues to bring the attention of the world to an oft misunderstood "science" of mind transformation. She wants to help legitimize a way of healing which she has found so enabling for so many, and to make people laugh, which is one of the things that gets her up in the morning.

Cameron is excited about a new gig, called Hypnojam, which takes her regularly to Nashville to rehearse with singer-

songwriter Gabriel Redding — who has opened for Jason Mraz, Joan Jett, Boys Like Girls and Lady Antebellum, and plays over 30 instruments by ear. HypnoJam is a trance and dance audience participation show. Redding will musically accompany Trance Lady's hypnotic action on stage. Cameron says she has always wanted to hypnotize to music and when she and Redding perform together, she expects it to be very "Cirque du Soleil."

"The Trance Lady" has produced over 100 Youtube videos on hypnosis, some of them self-help videos, some of them just fun recordings of a show she has done with wounded warriors. Some of her more interesting moments include: helping doctors perform surgery on a woman who was badly burned and needed a skin graft but could not have anesthesia because of an allergy. She hypnotized the woman using a CD that played her voice during the long operation. The patient never felt the pain, other than the pressure of the actual grafting. For other

clients, she simply assists in an emotional release: a person can achieve much more once they have dismissed the self-limiting thought process or a habit of poor self-esteem.

Brock Harris said he saw Cameron as a kind

of life coach. He had a stressful job in a family business and she would notice right away when he was stressed: she would anticipate issues, ask him how many times a week he was going to happy hour instead of the gym, then walk him through how to stop that. "It's because of her that I have the life I have today," he said. "I would never have been able to meet and have such a great relationship with my wife, or focus on my work in such a positive way."

It sounds so simple, but by focusing on what is good, and learning how to breathe deeply, I can keep my Type A personality in balance. You have no idea how liberated I feel." Did he ever have any doubts about hypnosis or whether it was really what changed him? "No," Brock said, "because I see it working every day."

To learn more, visit www.joannacameron.com.

"I think hypnosis in the end is all about beliefs. We are what we believe."

— Joanna Cameron, hypnotist

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 1-5.

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

Senior trips: Wednesday, Dec. 2, Leesburg Outlets, \$8; Thursday, Dec. 3, National Cathedral Tour & Tea, D.C., \$36; Friday, Dec. 4, "A Lee Greenwood Christmas," Hylton Performing Arts, Manassas, \$60; Saturday, Dec. 5, DAR,

U.S. Army Band, Holiday Show, \$6. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Pickleball games & 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.

Spanish book club, Tuesday, Dec.

1, 10:30 a.m., Culpeper Garden. Free. Register, 703-228-4403.

Peripheral Vascular Disease, Tuesday, Dec. 1, 6:30 p.m., Walter Reed. Free. 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.

Sing along with guitarist Jim Klein, Wednesday, Dec. 2, 11 a.m., Culpeper Garden. Free. Register, 703-228-4403.

Finding inspiration, Wednesday, Dec. 2, 12 p.m., Arlington Mill. Free. Register, 703-228-7369.

Healthy holiday treats, Wednesday, Dec. 2, 1 p.m., Walter Reed. Free.

Register, 703-228-0955.

What is PayPal? Wednesday, Dec. 2, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

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

Holiday safety in the home, Thursday, Dec. 3, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

Sleep disorders, Thursday, Dec. 3, 11 a.m., Culpeper Garden. Free. Register, 703-228-4403.

Funeral planning, Thursday, Dec. 3, 1 p.m., Walter Reed. Free. Register, 703-228-0955.



PHOTO BY JON ROETMAN

From left: Members of the McLean, Washington-Lee, Hayfield and Yorktown gymnastics teams check in for bars at the 2015 6A North region championship meet at Lake Braddock Secondary School.

Basketball Openers

The Yorktown, Washington-Lee, Wakefield and Bishop O'Connell basketball programs open their seasons next week.

Yorktown and Wakefield will face off in all-Arlington openers on Tuesday, Nov. 1. The boys will play at 7:15 p.m. at Wakefield High School, while the girls will play at Yorktown High School. The Yorktown boys' program is led by first-year head coach Joe Reed, while the girls are coached by DeVaughn Drayton. Tony Bentley and Marcia Richardson coach the Wakefield boys and girls, respectively.

The Wakefield boys' program has won three consecutive district/conference championships, finished AAA Northern Region runner-up in 2013 and won the 5A North region title in 2014.

On Monday, Nov. 30, the W-L boys' team will travel to face Potomac Falls at 7:15 p.m. The Generals, led by head coach Bobby Dobson, lost to Fairfax in the opening round of the Conference 6 tournament last season.

The Washington-Lee girls' team, led by head coach Angie Kelly, will travel to face Falls Church at 7:15 p.m. on Tuesday, Nov. 1. The Generals lost to Madison in the opening round of the conference tournament last season.

ment last season.

The Bishop O'Connell boys' team will host IDEA public charter school at 7 p.m. on Tuesday, Dec. 1. The Knights, led by head coach Joe Wootten, won 20 games last season.

The O'Connell girls' team will travel to face Holy Child at 5:45 p.m. on Nov. 1. The Knights are coached by Aggie McCormick-Dix.

W-L Gymnastics To Host Opening Meet

The Washington-Lee gymnastics program, which won three consecutive region championships from 2012-2014, will host its season-opening meet at 6:30 p.m. on Thursday, Dec. 3.

The host Generals, led by head coach Joe D'Emidio, will compete against Yorktown, Wakefield, Oakton, Potomac Falls and Osbourn Park.

W-L will begin life without graduated standout twin sisters Sophie and Annie Hatcher. Sophie won Conference 6 and 6A North region titles in the all-around as a senior last season, and placed fifth at states.

Yorktown returns some talented gymnasts from a team that finished third in the competitive Conference 6.



Head coach Tony Bentley and the Wakefield boys' basketball team will host Arlington foe Yorktown at 7:15 p.m. on Tuesday, Dec. 1.

PHOTO BY LOUISE KRAFFT THE CONNECTION

BULLETIN BOARD

FROM PAGE 7

2 p.m. at Sheraton Pentagon City Hotel, 900 S. Orme St. With Aneesh Chopra, Co-Founder and Executive Vice President of Hunch Analytics and former Chief Technology Officer of the United States, as the Keynote Speaker.

SUNDAY/DEC. 13

OAR Gift Wrapping Event. 6:30-8 p.m. at St. Andrews Church, 4000 Lorcom Lane. Offenders Aid Restoration (OAR) Gift Wrapping Event for children of incarcerated. Participants may bring a gift or wrapping paper to contribute. Visit www.taggassociates.com/oar1.html.

THURSDAY/DEC. 17

A-SPAN Client Holiday Party. 10 a.m. at St. Borromeo Catholic Church, 3304 Washington Blvd. Arlington Street People's Assistance Network seeks volunteers for a Client Holiday Party to serve the holiday meal, distribute the gifts and otherwise assist at the function. Visit www.a-span.org for more.

SUNDAY/JAN. 10

TreeStewards Application Deadline. The TreeStewards of Arlington and Alexandria are volunteers dedicated to improving the health of urban trees through educational programs, tree planting and care, demonstrations and tree maintenance throughout the community. New volunteer training will be held Tuesday evenings, starting Feb. 2-April 12, 2016, with some Saturday mornings. Free. Visit www.TreeStewards.org.

MONDAY/JAN. 11

"Moving Words" Poetry Contest Deadline. Six poets will have their work printed and displayed inside area buses April-September. Winners will also each receive a \$250 honorarium, and will be invited to give a public reading of their work in April 2016 during National Poetry Month. This contest will be juried by poet Francisco Aragón. Free to enter. Visit www.arlingtonarts.org 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.

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/.

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.

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 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 Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

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.

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, mgaralalex@gmail.com or 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.

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.

Transportation Strategy Update Launched

Northern Virginia Transportation Authority launches work on a six-year TransAction program.

BY ANDREA WORKER
THE CONNECTION

Members of the Northern Virginia Transportation Authority (NVTA) chose an appropriate location to announce the launch of the organization's TransAction update efforts last week. NVTA chairman Martin Nohe, a supervisor on the Prince William County Board of Supervisors, and Sharon Bulova, chairman of the Fairfax County Board of Supervisors and a member of the NVTA, met with other transportation agency representatives and members of the media in a gravel-filled construction staging area alongside the interchange between Route 7 and the Dulles Toll Road. In the months to come, the ground they stood on will be transformed into a major component of a roadway expansion and improvement project in the heavily trafficked area.



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: Martin Nohe, chairman of the Northern Virginia Transportation Authority, launches the update of the organization's TransAction transportation plans for the region with Authority member and Chairman of the Fairfax County Board of Supervisors Sharon Bulova. Dr. Dee Allso, CEO of Heart+Mind Strategies, was available for questions regarding the survey his company conducted for NVTA as part of the update process.

IN AUGUST, NVTA began a major update to TransAction 2040, the plans developed to address transportation in Northern Virginia through the year 2040. It is the first update to the plan since the passage of HB 2313 by the Virginia Legislature in 2013, the bill that provided the region with a sustainable, dedicated revenue stream of more than \$300 million annually with which to tackle the transportation problems of the nine jurisdictions that are covered by the NVTA.

Many residents in those jurisdictions don't know that NVTA has a comprehensive, long-range transportation strategy. A recently completed survey, commissioned by the NVTA as part of the update, revealed that only 8 percent of Northern Virginians were aware of the existence of TransAction. "In fact," said Nohe, "the number may be even lower," since he believes that some respondents may have answered that they were aware of the plan "with-

out really knowing what it's all about." Some might not even know about the NVTA itself. These are two omissions of knowledge that Nohe and the NVTA have plans to remedy.

A new, interactive website is step one of the NVTA's endeavor to educate the public and will include a number of "avenues to participate" in the process. Both the NVTA's web site, www.thenovaaauthority.org, and the new site, www.NVTATransAction.org provide easy-to-read documents that describe and track the organization's many projects, either completed, in progress, or on the books.

Next will be a major outreach campaign. NVTA staff will be heading out, armed with tablets, to "the places where people live, work, and play," said Nohe, educating, but more importantly, gathering input from constituents. The NVTA can speak with one voice on behalf of Northern Virginians, but Nohe and Bulova acknowledged that transportation problems and potential solutions were not necessarily

"one-size fits all" across Planning District Eight, from rural portions of Loudoun County to the congestion faced by residents of Arlington, or from Metrorail users to drivers on the choked major arteries connecting the region. Input from all areas is essential to the success of any plans and critical to meeting the authority's mandate.

THE UPDATE process is expected to last about two years, targeted for completion in late summer/early fall of 2017. When adopted, the final version of the update will be known simply as TransAction and it will guide the NVTA's Six Year Program, covering FY2018-2023, and allocating over \$1 billion to multi-modal transportation improvements during that period.

Bulova urged citizens to visit both websites, to review the findings of the survey and to provide feedback. "It's my core belief," she said, "that a well-informed and educated community is a well-served community."

Four Steps to a Smart Green Remodel

Want to incorporate green components into your remodel? Here are four steps to get you started.

Step 1: Get an energy audit. The beauty of this relatively inexpensive battery of scientific tests is that it will pinpoint and measure a house's energy deficiencies. A detailed inspection will uncover air leaks, equipment inefficiencies, inadequate insulation and other structural shortcomings that together add up to a drafty, uncomfortable and ultimately wasteful house.

Step 2: Draw up a Plan. Green building is a systems approach, meaning that mechanical and structural parts of the house are considered together. If, for example, a remodeling project includes changes to heating ducts or wiring, is there an impact on the air barrier? A plan anticipates these questions.

Step 3: Set priorities. Setting priorities is one way of making sure genuinely important issues are dealt with first, and lesser problems given the attention they really deserve.

First in line should be repairs to the basic structure of the house, especially those related to weather-tightness and structural stability. Next are improvements that make the house more energy efficient.

Step 4: Dig in. Two things to consider before the work begins are what to do with job site waste, and keeping the work area safe. With some advanced planning, recycling receptacles can be arranged. Some materials will have to be discarded, but keeping that to a minimum will help lower disposal costs while making the project less disruptive to the environment.



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.

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FROM PAGE 10

mitigate the effects of traffic diversion onto local roads, and to plan and implement a comprehensive multi-year transportation demand management strategy for residents living near and workers using the corridor.

❖ Toll revenues shall not supplant existing VDOT funds for the maintenance of I-66 or other facilities in the corridor

❖ The project should provide a predictable source of funding to NVTC for multimodal investments, and that the agreement facilitates NVTC's use of the funding for issuing bonds for larger scale multimodal improvements, including Metrorail.

Sullivan Introduces Redistricting Bill

Del. Rip Sullivan introduced a bill (HB 26) last week which would prohibit the General Assembly from using partisan political data in the redistricting process.

"Politics needs to be taken out of the redistricting process," said Delegate Rip Sullivan. "Hundreds of thousands of taxpayer dollars have been spent this year to defend what even the drafters of the 2011 congressional and House of Delegates redistricting maps admit was primarily a partisan process. My bill — which overwhelmingly passed the Senate with bipartisan support last year — would make sure that voters choose their elected representatives, not the other way around."

"Republicans and Democrats for too long have used partisan data to carve up our communities to pick their voters and ensure their own re-election," said Brian Cannon, executive director for OneVirginia2021. "This has to stop and it can with this bill. We're grateful for Delegate Sullivan's consistent leadership on reforming the biggest ethical issue of our time."

Sullivan represents Virginia's 48th House of Delegates District, which is composed of parts of Arlington and McLean.

Arc Honors Marymount University

Marymount University received the 2015 Jessica Burmester Volunteer Award recently from The Arc of Northern Virginia for the school's support of a series of workshops that help students with intellectual and developmental disabilities transition from high school. The award was presented at The Arc's annual membership meeting at the Columbus Club of Arlington.

The award was accepted by Dr. Lois Stover, Marymount's School of Education and Human Services dean, and Dr. Clara Hauth, assistant professor of Special Education.

Arc concluded the second year of its Transition Series at Marymount's main campus. The full-day workshops were held monthly from September to November. Parental topics included special needs trusts, Medicaid Waivers, public benefits, employment, post-secondary options and transportation.

Learn more about Marymount at marymount.edu and The Arc of Northern Virginia at www.thearcofnova.org.

All Four It



By KENNETH B. LOURIE

In fact, it was my idea (and I do think much of it), as it has been previously, but this time, my oncologist felt — to quote my late father: "The idea had merit." And so, infusing forward, I will be visiting (I use that word loosely), the Infusion Center every four weeks instead of three. A change nearly seven years in the making. Now whether it hastens my demise or simply improves the quality of my life, I certainly don't know. All I know is what little I know. Nevertheless, given my amazing good fortune to still be alive so many years after my original prognosis "prognosed" otherwise: "13 months to two years," (as stated by my oncologist on 2/27/09), I suppose I'm living proof that cancer works in mysterious ways and not always according to medical expectations. Thank God!

Perhaps the future — and maybe even the present, is what I make of it. And though it's difficult — but not impossible — to do so, among the rather grim tales that one hears in the lung cancer/cancer-in-general world, there are success stories, many of which I've actually heard. And the more of these stories I hear, the more I feel empowered and realize that even though we have not won the war on cancer, we are winning battles, not just skirmishes. Lung cancer patients are living longer, as I have been fortunate to do; now we're going to try and improve the quality of that "living longer."

Not that you readers can't sort it for yourselves, but extending my infusion schedule by one week from three to four is not merely a 33 percent increase in that interval, it's an exponential increase in my head; meaning it feels way more significant than one week. It almost seems as if I can breathe normally again (not that I have any cancer-related difficulty breathing other than climbing stairs, lifting heavy objects or otherwise over-exerting myself); the sensation now, the expectation now, is that I have control of my life for an extra week EVERY SINGLE MONTH that I've not had for almost seven years. I don't want to go commercial here, but can you spell relief? For me, it's not a product, it's a lifestyle.

However, as relieved as I am, this decision/possibly even accommodation from my oncologist, is not because I'm cured, in remission or cancer-free. No. It's because I asked and my most recent PET Scan answered by indicating that I was "stable," according to my oncologist. News, I like to joke, with which I can live. But news which hardly extricates me from "Cancerville." Rather, news that allows/enables my oncologist to consider some options that many cancer patients are unable to consider. For the record, though: this is unlikely to be permanent and guarantees are not being made. Still, to invoke Hubert H. Humphrey: "I'm pleased as punch."

As a long-time salesman, I've heard many technique advisories. One I will mention here: "Don't be afraid to take 'yes' for an answer." Well, I've learned my lessons. I am going to take "yes" for an answer. I'm not looking for trouble. If my oncologist is happy to oblige/agree with the four-week interval, then who am I to question it? Question it is the last thing I'm going to do. I'm going to embrace and enjoy it. Besides, I deserve it. I only wish there hundreds/thousands of other "terminal" cancer patients receiving similar results and subsequent improvement in the quality of their lives. And though it may be temporary (until the results of my next CT Scan in January, that is), for the time I'm still being: "Oh, what a relief it shall be!"

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

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21 Announcements

ABC LICENSE
Caboose Brewing Company, LLC trading as Caboose Brewing Company, 520 Mill St. NE Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR A Mixed Beverages on premises license to sell or manufacture alcoholic beverages. Matthew Greer, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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

21 Announcements

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AUCTION Online Bidding!

Dec 1st-15th
16 Acre Lot w/M1 Zoning
1101 Armory Drive, Franklin, VA 23851
- 158,000SF Concrete Pad
- Main Commerce Area
Property Insp.: Nov 28th & Dec 12th, 10am-2pm
Register & Due Diligence at:
atlanticREmarketing.com
William J. Summs, Sr.
757-286-6460
wjsumms@atlanticremarketing.com

21 Announcements

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21 Announcements

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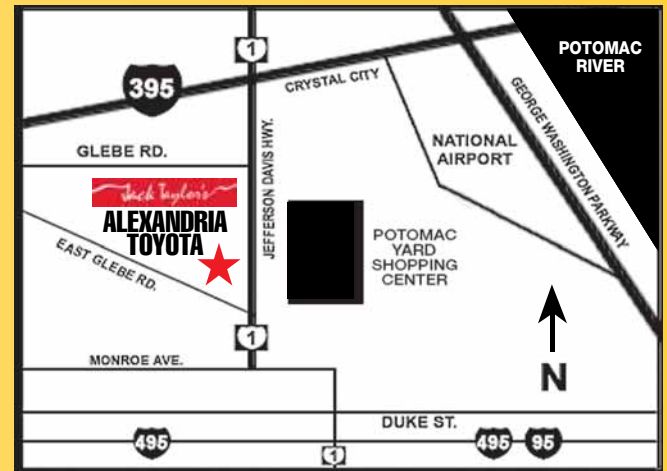
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Questions? E-mail: goinggreen@connectionnewspapers.com



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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.



Let's Go Places



PRE-WINTER MAINTENANCE SPECIAL
\$59⁹⁵ 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 11/30/11. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE BRAKE SPECIAL
\$99⁹⁵

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 11/30/11. 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 \$1.00

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

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ROTATE & BALANCE SPECIAL
\$59⁹⁵

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

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PRE-WINTER SAVINGS

TOYOTA GENUINE SERVICE LUBE, OIL & FILTER SERVICE SPECIAL

\$34⁹⁵ NON-SYNTHETIC
\$44⁹⁵ 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.

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TOYOTA GENUINE SERVICE TRUE START BATTERY SPECIAL
\$99⁹⁵ 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 flooded batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/11. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE DETAIL SPECIAL
\$249⁹⁵

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior.

Vans & SUVs add \$20.00

By Appointment Only

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

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TOYOTA GENUINE SERVICE VARIABLE DISCOUNT

\$5.00 OFF with purchase of \$35.00 - \$49.99
\$10.00 OFF with purchase of \$50.00 - \$99.99
\$15.00 OFF with purchase of \$100.00 - \$199.99
\$20.00 OFF with purchase of \$200.00 - \$499.99
\$50.00 OFF with purchase of \$500.00 Or more

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TOYOTA GENUINE SERVICE FUEL OPTIMIZATION SERVICE
\$139⁹⁵

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 11/30/11. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

EXTEND THE LIFE OF YOUR VEHICLE! BG FLUID EXCHANGE SPECIAL

TRANSMISSION FLUSH **\$189⁹⁵**
POWER STEERING FLUSH **\$139⁹⁵**
BRAKE FLUSH **\$139⁹⁵**
FUEL INDUCTION FLUSH **\$139⁹⁵**

FOR TRANSMISSION FLUSH, TYPE T OR V5 FLUID ADD \$40.00. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/11. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE 15% OFF ANY ACCESSORIES

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

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TOYOTA GENUINE SERVICE COMPLIMENTARY MULTI-POINT INSPECTION

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

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TOYOTA GENUINE SERVICE 4 WHEEL ALIGNMENT
\$79⁹⁵

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.

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

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TOYOTA GENUINE SERVICE 30000 MILES FACTORY RECOMMENDED SERVICE
\$159⁹⁹ 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.

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