

The Arlington Connection

WELLBEING
PAGE 11

Raea "Jean" Leinster, curator of the EcoPOP exhibit and chief yuck officer of Yuck Old Paint, a sponsor of the event with Arlingtonians for a Clean Environment. She said this was a "photographic essay of how far our sensitivity has evolved." Pieces were created from vintage chemicals.

EcoPOP

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PHOTO BY CORRIN REID/THE CONNECTION

DECEMBER 2-8, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



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

Parable of the Good Arlingtonians

Planning Commission gives its blessing to Gilliam Place.

BY VERNON MILES
THE CONNECTION

When the County Board's meeting room is even a little crowded, it's generally a sign that there's a fight impending. But at the Planning Commission's Nov. 30 meeting, it was members of the Arlington Presbyterian Church and the Arlington Partnership for Affordable Housing (APAH) that attended the meeting together in support of a new joint initiative: a new housing complex devoted to affordable housing.

At the meeting, the Planning Commission recommended approval of a plan to construct a mixed use affordable housing complex. In addition to 8,500 square feet of retail and civic use spaces, the new complex will contain 170 affordable housing units. APAH bought the property for \$8.5 million at a 20 percent discount off of the market price.

Susan Etherton, a member of the Arlington Presbyterian Church for over 30 years, spoke on behalf of the church. Etherton explained that, in 2012, the church had reached out to APAH about the potential sale, which was approved by the church's national hierarchy a year ago. The only thing Etherton asked from the county was that the new complex be named Gilliam



Arlington Presbyterian Church on Columbia Pike.

Place, after Ronda Gilliam, one of the elders in the local church. Gilliam, Etherton explained, had been one of the first African Americans in the Arlington church, and was its first African American elder.

"He had a heart for the community and the neighborhood," said Etherton, and explained that Gilliam had worked to make sure Arlington's immigrant population had adequate access to clothing.

For the past 30 years, the church has run the Ronda Gilliam Clothing Bank out of the lower level of the building, a tradition Etherton hopes will continue in the new complex.

"We're absolutely thrilled," said Nina Janopaul, president and CEO of APAH. "We're pleased that the [church] sees this as part of their mission. There's been a huge loss of affordable housing over the last few

years. We have 500 households currently on our waiting list."

If all goes according to plan, construction on the new complex will start in the first quarter of 2017. The total building cost is currently estimated at \$68 million. Janopaul said that APAH still needs to compete for state level tax credits on the project and the plan still has to be approved by the County Board on Dec. 12.

There were some concerns from the Planning Commission. Planning Commission member Steve Cole questioned the architecture of the new building and technicalities in the way the Form Based Code, Columbia Pike's specialized mixed use development guideline, was being implemented.

"I am fearful that Columbia Pike will take on a very unfortunate character in how this architecture extends to other sites," said

Cole.

Cole's motion to recommend the County Board initiate a study to review the design and architecture standards of the Form Based Code, as well as other refinements to the system, was approved by the commission. Still, Cole noted that his concerns did not detract from his overall approval of the project.

"What the church has done here is admirable," said Cole, and then quoted Janopaul's comment on the development. "It's private land being used for public good."

Like Cole, other members of the commission had concerns about aspects of the development, but supported the project overall.

SEE PARABLE, PAGE 7



EcoPOP

Guests at the EcoPOP exhibit on Nov. 14 look at the many pieces of art along the displays held in the lobby/1st floor of 3400PIKE which was transformed into a gallery for the evening. The event was cosponsored by Arlingtonians for a Clean Environment and Yuck Old Paint.



Lawrence Chang, one of the main artists featured, completed his first full show.



Naomi Theirs, an Arlington resident, points out one of the exhibit favorites, along with Greg Luce.

PHOTOS BY
CORRIN REID
THE CONNECTION

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.

News



It's a pARTy

CinCin Fang greets guests in her studio at the Columbia Pike Artists Studios pARTy on Nov. 14 where artists showcased their work.



Carl Lennartson goes through some of his materials used for his works on display.



Works from Carl Lennartson.

Helen Ginberg (left) discusses her work with Nancy Soschin (right), actor, visiting her sister, Jay Gerard, who was exhibiting her work at the pARTy as well.



Marta Sweall chats about her work.

PHOTOS BY
CORRIN REID
THE CONNECTION



The long-awaited Duck Donuts opened in the Lee Harrison Shopping Center on Nov. 17. A high school student in line at lunchtime a week later commented there had been 50 people waiting to get in when it opened last week. The first Duck Donuts was opened on the Outer Banks in North Carolina eight years ago and is now one of several in this area as well as other stores in North Carolina and other parts of Virginia.



Customer Handcrafted

A jug of batter plunks donuts into a vat of hot fat where they are flipped over and moved by small conveyer belt to a large bowl. Each hot donut is made individually as ordered. The customer handcrafts the donut with choices of icing including strawberry, lemon, orange, chocolate, maple and then tops it with peanuts, bacon, chocolate sprinkles and more.

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION

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OPINION

Fixing I-66

BY STEWART SCHWARTZ
COALITION FOR SMARTER GROWTH

We all know I-66 is a mess. But politics have made it difficult to have an objective discussion about the causes and potential solutions. Not only did the recent election include dramatic T.V. ads about tolls, the first bill proposed for the coming General Assembly session would ban tolls inside the Beltway. Its sponsor favors widening all the way to the Roosevelt Bridge in D.C. instead. To some that seems intuitive, but will it actually solve the problem?

At its most basic we have too many cars trying to use limited road space during peak hours. The traditional approach has been to widen highways – again and again, but has meant significant impacts on our homes, neighbors, parks, and our health. And “if you built it we will come” — new highway lanes in metropolitan areas can fill up again in as few as five years. In the particular case of I-66, where would all of the additional cars go when they

Politics is getting in the way of long-term solutions.

hit Constitution Avenue in D.C. or exit onto local roads in Arlington? In contrast to the \$40 million for toll infrastructure, widening of I-66 could cost hundreds of millions of dollars and lead to years of construction-related traffic delays.

The Governor’s proposal for variable tolling, carpools, and transit will move twice as many people through the corridor as today, with far greater reliability and a minimum guaranteed speed of 45 mph. And, unlike today, single-occupant vehicles will be able to use the highway in the peak direction for the first time, albeit by paying a variable toll. No one who is currently using the highway for free today (HOV-2 and above) will have to pay anything when the plan is implemented in 2017. The public will also retain ownership of the revenues, allowing funding for transit to carry even more people.

Outside the Beltway, the state proposes privately-operated HOT (high-occupancy toll) lanes like those on I-95 and the Beltway. Unlike the two prior projects, I-66 would include funding for more commuter express buses. But the new lane capacity may well lead to still

more growth 30 miles beyond D.C. and yet more traffic in the future.

Under both Republican and Democratic administrations, Virginia failed to evaluate the longer-lasting benefits of a transit-first approach combining Metro, Virginia Railway Express, and commuter express buses, with better land use and fixes to bottlenecks like the Route 28/I-66 interchange. Providing more homes closer to jobs, and creating the compact, walkable, mixed-use and transit-accessible neighborhoods that are so much in demand today will reduce the amount we have to drive.

We have to think more carefully about how we handle growth. Do we keep expanding highways, destroying our neighborhoods and quality of life in the process? Or do we address where we build and how we design our communities, in such a way that we can drive less and for shorter distances, and have access to more options like Metro, VRE and express buses? This is the conversation we need to have.

Stewart Schwartz is executive director of the Coalition for Smarter Growth, see www.smartergrowth.net.

BULLETIN BOARD

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

THROUGH 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.

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.

SATURDAY/DEC. 5

Stop Hunger Now Event. 10 a.m.-12 p.m. and 11:30 a.m.-2 p.m. at Clarendon United Methodist Church, 606 N. Irving St. Clarendon United Methodist Church will be hosting a humanitarian relief event for the entire family. Volunteers are asked to help package 20,000 meals to be sent all over the world. Visit www.morefaith.org and clock “SHN.”

WEDNESDAY/DEC. 9

Arlington Parks & Recreation Class Registration Opens. Visit www.arlingtonparks.us/enjoyarlington 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.-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.

THROUGH DEC. 11

Holiday Clothing Drive. Various places in Rosslyn. Donate new or

SEE BULLETIN, PAGE 13

LETTER

‘Leafing’ Truth Behind

To the Editor:

As a longtime resident of Arlington, I am generally satisfied with the services provided by the county. But I take issue with this year’s leaf collection. While Rock Spring neighborhood is typically the last one to have leaves removed, the truck came through just before Thanksgiving.

But it didn’t remove leaves from my side of the street. And it didn’t return. So imagine my

surprise to see the county tweet on Nov. 30 that they had completed (early!) their first pass of all neighborhoods.

When I responded to the tweet, I was told that my street was completed on Nov. 25 which is completely untrue. As we watch politicians spin untruths on the national stage, must we also accept local ones doing the same? A little honesty, a sincere apology, and a do-over would go farther than excuses.

Tamar Abrams
Arlington

“FLOURISHING AFTER 55”

From Arlington Office of Senior Adult Programs for Dec. 7-12.

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

Senior trips: Monday, Dec. 7, tour U.S. Supreme Court, D.C. \$6; Wednesday, Dec. 9, Downtown Holiday Market, D.C., \$7; Thursday, Dec. 10, Mormon Temple, Festival of Lights, D.C., \$6; Saturday, Dec. 12, National Cathedral, “The Joy of Christmas” concert, D.C., \$79. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Folk music sing-along, Monday, Dec. 7, 1:30 p.m., Lee. Free. Register, 703-228-0555.

Armchair tour of renowned art collections, Monday, Dec. 7, 1:30 p.m., Lee, \$6. Register, 703-228-0555.

Ballroom dance lessons, Monday, Dec. 7, 6:45 p.m., Walter Reed. Free. Register, 703-228-0955.

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.

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.

The
Arlington
Connection

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

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Susan Etherton, a member of the Arlington Presbyterian Church, addresses the Planning Commission.

PHOTO BY
VERNON MILES
CONNECTION
NEWSPAPERS

Parable of the Good Arlingtonians

FROM PAGE 3

"I think it's fantastic," said Commission member Erik Gutshall. "It's affordable housing near transportation ... but I do agree with the notion raised by several of us. Are we getting what we really wanted out of Form Based Code?"

The new building will require the demolition of the existing church, which Gutshall noted as lamen-

table. Etherton says the congregation plans to leave the space by June 1, 2016, to move to another location that is yet to be determined. Etherton says the church is "close to tying down a space" and wants to remain as close to its current location as possible. But the new location may be a temporary one. Eventually, when the new building is complete, Etherton says the church hopes to buy back some of the space and move in.

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ONGOING

“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 Guardiollo, Dean Kessman, Sonya Lawyer, Nara Park, Austin Shull, and Benjamin Zellmer Bellas. Free. Visit www.arlingtonartscenter.org.

“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.

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.

Saint Charles Holiday Bazaar. 6-10 p.m. at Saint Charles Preschool, 3299 N. Fairfax Drive. Buy locally-crafted goods. Also find wine, cheese, and more. Call 703-527-0608 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.

Photo Organizing Workshop. 7:15-8:30 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Join Jody Al-Saigh, founder of Picture Perfect Organizing, and Larissa Leclair, independent photobook expert, for an info session on options for organizing digital photos, storing digital photos, and output of photos (prints, albums, etc) through a powerpoint presentation and informal question and answer.

Free. Visit www.arlingtonarts.org.

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.encorestageva.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.

Hot Chocolate Open House. 2-4 p.m. at Arlington Mill Community and Senior Center, 909 S. Dinwiddie St. Create your own hot chocolate drink. and listen to stories and songs. Free. Call 703-228-6334 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.

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



PHOTO BY JOHNNY SHRYOCK

Taylor Robinson as Rosalind and Phillip Fletcher as Orlando

Synetic Theater Presents Wordless Shakespeare

Synetic Theater will present its 12th silent Shakespeare adaptation. Actors Taylor Robinson and Phillip Fletcher will give a completely physical interpretation of “As You Like It,” to be performed at Synetic Theater, 1800 S. Bell St., Dec. 9-Jan. 17. Tickets are \$35 for adults, and \$15 for students. Visit www.synetictheater.org

craft sale by local artisans. Free. Call 703-243-7329 for more.

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.

“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.

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.

Messiah Sing-Along. 7:30 p.m. at St. Peter’s Episcopal Church, 4250 N. Glebe Road. This event will feature St. Peter’s Adult Choir with Orchestra and Soloists, and a sing-along. Reception to follow. Free. Visit www.stpetersmusic.org for more.

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.

Pearl Harbor Day Remembrance. 1-3 p.m. at Aurora Hills Branch Library, 735 18th St. S. Commemorate Pearl Harbor Day with tales of World War II from World War II veterans. Learn to conduct your own history of veterans from a representative of the Library of Congress’ Veterans History Project. Veterans from Fairfax United Methodist Church will present a film about their service during the war. Free. Call 703-228-5715 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.

Author Event: “Living Mindfully.” 7-8:30 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Author

Deborah Schoeberlein David will discuss her new book “Living Mindfully: At Home, At Work, and in the World.” Free. Call 703-228-6545.

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.

Arlingtones Barbershop Chorus. 6-7 p.m. outside of the Ballston Metro Station, 4230 Fairfax Drive. The Arlingtones, founded in 1957, is a non-profit singing group dedicated to preserving and performing barbershop music. Free. Visit

ENTERTAINMENT

www.arlingtones.com 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.

Film Screening: "Into the Woods." 6:30-8:45 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Watch the 2014 film starring Meryl Streep, that takes a modern approach to Brothers Grimm fairytales. Free. Call 703-228-5710.

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.

Children's Winter Open House. 3:30-5:30 p.m. at Westover Branch Library, 1644 N. McKinley Road. Children are invited to an afternoon of drop-in crafts. Free. Call 703-228-5260 for more.

Book Talk. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Author and NPR correspondent Tom Gjelten shares from "A Nation of Nations: A Great American Immigration Story."

Free. Visit www.onemorepagebooks.com.

THURSDAY-FRIDAY/DEC. 10-11

Rosslyn Holiday Market. 10 a.m.-6 p.m. on Thursday, 10 a.m.-8 p.m. on Friday at Gateway Park, 1300 Lee Highway. Find live jazz, numerous food trucks, a "pop-up boot camp," Santa Claus photo opportunities, a bonfire, and more. Free to attend. Visit www.rosslynva.org for more.

FRIDAY/DEC. 11

"Miracle on 23rd St." 6-9 p.m. at Linden Resources, 750 23rd St. S. This Arlington tradition features The Grand Tree Lighting Ceremony, Santa on an Arlington County Station 5 fire truck, music, entertainment, and more. Free. Visit www.linden.org.

FRIDAY-SATURDAY/DEC. 11-12

BalletNova: "Nutcracker Petite." 5 p.m. on Friday, 1 p.m. and 3 p.m. on Saturday at BalletNova's Fredgren Studio Theatre, 3443 Carlin Springs Road, Falls Church. BalletNova will present a series of mini-performances of the classic tale appropriate for a pre-school audience. Tickets are \$15 for children 12 and under, \$20 for everyone else. Visit www.balletnova.org.

Holiday Chorale Concerts. 7:30 p.m. on Friday at the United Christian Parish, 11508 N. Shore Drive, Reston; 3 p.m. on Saturday at Kenmore Middle School Theatre, 200 S. Carlin Springs Road. Encore Chorale, the nation's largest choral singing program for adults age 55+, will present two Northern Virginia

holiday concerts. The programs will feature holiday and seasonal pieces including Rise Up and Follow that Star, Ose Shalom, and A Musicological Journey Through the 12 Days of Christmas. Guest artist for both concerts will be violinist Heather Haughn of the West Shore Trio. Free. Visit www.encorecreativity.org for more.

SATURDAY/DEC. 12

National Wreaths Across America Day. 9 a.m. at Arlington National Cemetery. Northern Virginia scouts and their families join active and retired servicemen and members of the Mount Vernon and John Alexander Chapters of the Daughters of the American Revolution to place wreaths upon the graves at the Arlington National Cemetery. Free. Visit www.wreathscrossamerica.org for more

Holiday Bazaar & Crafts Fair. 10 a.m.-4 p.m. at Arlington Career Center, 816 S. Walter Reed Drive. Shop local artisans. Free. Visit www.columbia-pike.org for more.

Edible Book Contest. 10 a.m.-5 p.m. at Cherrydale Library, 2190 N. Military Road. Deliver your entry of an "edible book," between 10 a.m.-12 p.m., awards will be presented at 3 p.m. followed by light refreshments. Free. Visit library.arlingtonva.us.

Giftmania! 12:30-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Children ages 4-10 will create a handmade gift for a loved one. Tickets are \$50. Visit www.arlingtonartscenter.org.

Winter Wonderland. 11 a.m.-3 p.m. at Market Common Clarendon, 2800 Clarendon Blvd. Welcome Santa Claus as he arrives on an Arlington County Firetruck and join Santa for

holiday pictures, enjoy ornament decorating, a hot chocolate bar, and listen to carolers. Free. Visit www.marketcommonclarendon.com.

Gallery Talk: 2015 Fall SOLOS. 2-5 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Rising regional artists discuss work exhibited in the 2015 Fall SOLOS exhibit. Free. Visit www.arlingtonartscenter.org.

CoCoChimp Improv Event. 3-5 p.m. at HB Woodlawn Auditorium, 4100 Vacation Lane. Arlington Public School students from eight schools will team up for improv games to raise funds for Arlington Thrive and Casa Ruby. Tickets are \$5. Visit www.facebook.com/apstheatrehub.

"Shopping, Scones, and Saints." 5-6 p.m. at Joyful Spirit Gifts, 3315 Lee Highway. Partake in refreshments, shop, and learn about women saints of Advent with Melanie Rigney, author of "Blessed Are You: Finding Inspiration from Our Sisters in Faith" and "Sisterhood of Saints: Daily Guidance and Inspiration." Free. Visit www.joyfulspiritgifts.com for more.

National Chamber Ensemble: "Happy Holidays." 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. 13 year old pianist and Lang Lang Foundation Scholar, Avery Gagliano will perform with the ensemble and receive the first National Chamber Ensemble Young Artist Achievement Award. Tickets are \$33 for adults, and \$17 for students. Visit www.nationalchamberensemble.org.

SUNDAY/DEC. 13

Lessons and Carols. 10:30 a.m. at Walker Chapel United Methodist Church, 4102 N. Glebe Road. The Walker Chapel Choir and the Falls Church Concert Band ensemble will lead an Advent Festival of Lessons

and Carols. Free. Call 703-538-5200 or visit www.walkerchapel.org.

Nutcracker Tea. 10:30 a.m. and 2 p.m. at Ritz-Carlton-Pentagon City, 1250 S. Hayes St. Guests are invited to enjoy "high tea" followed by a mini-performance of The Nutcracker by BalletNova. Meet the performers and visit the Nutcracker Treasures table. Tickets are \$72 for adults, and \$42 for children. Visit www.balletnova.org.

Bobby Jasinski Trio. 2-3 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Listen to jazz and Latin music. Free. Call 703-228-5710 for more.

"Holiday Cheer." 4 p.m. at Unitarian Universalist Church, 4444 Arlington Blvd. The Metropolitan Chorus performs. Free, but donations accepted. Visit www.metchorus.org for more.

OAR Gift Wrapping Event. 6:30-8 p.m. at St. Andrew's 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.

MONDAY/DEC. 14

Meet the Speaker: Honorable Mary Margaret Whipple. 3-4:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Former Virginia Senator Mary Margaret Whipple, Vice Chair of the Virginia Women's Monument Commission, will describe the realities involved in creating the Virginia Women's Monument which will include an oval-shaped garden and statues of significant women representing four centuries of Virginia history. Free. Call 703-228-2144 for more.



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Transform 66

Inside and Outside the Beltway Projects

Public Meeting

Tuesday, December 8, 2015
6:00 – 8:00 p.m.
George Mason High School Cafetorium
7124 Leesburg Pike, Falls Church, VA 22043

You are invited to share your input on the Transform 66 Inside and Outside the Beltway projects during a public meeting held by the Commonwealth Transportation Board (CTB). The public will have the opportunity to provide formal comments to CTB members or to the court reporter.

Individuals offering public comment will be asked to limit their remarks to not more than three minutes. Organizations or associations may be asked to select one individual to speak for the group. All attendees will have the opportunity to provide their comments to the court reporter.

If you cannot attend the meeting, you may provide your comments at any time online at Transform66.org, by email to Transform66@VDOT.Virginia.gov, or by mail to the VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030 (Attention: Amanda Baxter for Transform 66 Inside the Beltway or Susan Shaw, P.E., for Transform 66 Outside the Beltway).

About the Transform 66 Projects:

I-66 Inside the Beltway involves converting I-66 to dynamically-priced toll lanes in the peak direction during morning (eastbound) and afternoon (westbound) rush hours between I-495 and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that benefit the toll users of I-66.

I-66 Outside the Beltway involves building two express lanes and three regular lanes in each direction, new bus service and other multimodal improvements such as new and expanded park and ride lots along I-66 between U.S. Route 15 in Haymarket and I-495.

The Commonwealth of Virginia ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

Transform 66 Inside the Beltway
State Project Number: 0066-96A-358, P101 UPC: 107371

Transform 66 Outside the Beltway
State Project Number: 0066-96A-297, P101
Federal Project: NH-066-1(300) UPC: 105500
UPC: 105500

PEOPLE

Handcrafting Themed Jewelry

Suzanne Stein uses beads and charms.

BY KAREN L. BUNE

Originally from Westchester County, N.Y., Suzanne Stein, 52, relocated to Virginia in 1991 with her husband, Dr. Lawrence Stein, when he had a job opportunity to work as a physician in Northern Virginia. He currently serves as the chief of the Department of Medicine and the director of the Sleep Lab at Virginia Hospital Center in Arlington. He also works in the intensive care unit of the hospital and, additionally, he is a pulmonologist with a practice in Arlington.

Having served as a school teacher in New York, Suzanne Stein continued teaching for five years when she relocated to Virginia. After she stopped teaching, she looked for an outlet and something to do. Thus, in 2005, she used her creative skills and began making jewelry. "I love jewelry. I love wearing jewelry," she said. When she taught all girls in a private school, she would make jewelry with her students. Perhaps her love of jewelry was influenced by her grandfather who was a jeweler.

Suzanne Stein works from at a studio in her home where her beads and supplies are readily available. She collects vintage charms. "That gave me the idea to create them into bracelets. I enjoy shopping. I went to different bead stores.

It gave me inspiration," she said. She has travelled to different countries where she purchased beads and charms.

She invests a lot in her supplies and buys many of them online where she is able to find some different charms. She spends approximately 10 hours per week working on her jewelry, and she creates a variety of bracelets, necklaces, earrings, key chains, eyeglass holders, Christmas ornaments and wine glass charms in a variety of themes.

Her first creative idea focused on the issue of breast cancer, and she began her work with a bracelet and a key chain. "I like the pink ribbon, and I thought it was a nice idea to do something for a cause," she said. She has also donated her work to ARC of Northern Virginia, an organization that helps people with disabilities. She has created bracelets for different causes and is contemplating developing jewelry for those in the public safety sector.

Other items she has made relate to animals, hearts, clocks, cities, careers, sea life, sports (i.e. baseball, football charms), religion, and cracker-jack charms. She has also made text message bracelets that have charms stating, "BBF" (Bestest Best Friend), "TTYS" (Talk To You Soon), LOL (Laughing Out Loud) and "OMG" (Oh, my God)." One of her bracelets, titled "Up in Smoke" is made with miniature cigarette and pipe charms. Another one is made with tiny plastic whistles and is titled, "Wrist Whistler." Additional creations are a metal clock charm bracelet titled, "Time Is Of The Essence," a vintage gumball record charm bracelet titled, "They're Playing My Song," a beaded glass blown star bracelet titled, "I'm Seeing Stars," a glass blown miniature fruit charm bracelet titled, "Freshly Picked," a metal camera charm bracelet titled, "In A Flash," and a vintage cracker jack



PHOTOS COURTESY OF SUZANNE STEIN

Suzanne Stein with her handcrafted jewelry.

fish charm bracelet titled, "Swimming Up My Wrist." "I created something pretty and unique that people will enjoy. My bracelets are unique. I'm not copying others. These are my own ideas. I get satisfaction out of people enjoying my things. My parents enjoy it. My mother has worn my things," she said.

She sells her work online through Etsy, and her business is known as Bead E Eye. (www.etsy.com/shop/BeadEeye). She also has a Facebook page for her business. In addition, she sells her work at various shows in the area.



"I care about how it is made and that everything looks good and people will be happy with what they get," she said.

Her husband helps transport her jewelry in large containers and carries displays to all the shows, and he assists in setting up. "He also helps customers and writes up sales. Considering his very busy schedule, he finds the time to always be there for me," she said.

"My wife makes colorful and creative themed jewelry. Her best customers tend to be teenage girls though she sells items for those of all ages," Dr. Stein said.

Arlene Connelly, one of Suzanne Stein's customers, purchased items from her on more than one occasion, and she is pleased with her work. "I've bought several charm bracelets for grandchildren and wine glass charms and an eyeglass holder," she said. Connelly has attended several shows. "I've gone each time. I really like her work, and her prices are reasonable. I've recommended her to friends. I wanted a charm bracelet of London. She also made me a necklace. Suzanne got the pieces — Big Ben, London Bridge, Queen Victoria," Connelly said. She has received many comments about them, and people asked Connelly if she had purchased them in England. Connelly plans to attend the upcoming 2015 Holiday Craft Show that will be held in Falls Church on Saturday, Dec. 5, and Sunday, Dec. 6, at the Falls Church Community Center where Suzanne Stein will have her work displayed and for sale.

When not busy making jewelry, Suzanne Stein enjoys spending time with her husband and two sons, her parents and her dog, Wellington — a King Charles Spaniel. She also derives pleasure from collecting vintage dolls and vintage gumball charms.

Karen L. Bune is a freelance writer. She also serves as an adjunct professor at Marymount University in Arlington and George Mason University in Fairfax.

WELLBEING

Merry and Fit

Support groups help members maintain fitness during the season of indulgence.

BY MARILYN CAMPBELL
THE CONNECTION

Just after 7:30 on a recent Sunday morning, the steady beat of Cold Play's "Viva la Vida" pulsed through the warm, sleepy air. In the back of the dim room, lit only by a lavender florescent strobe, were four women perched on stationary exercise bikes. At the command of the instructor, they stood up on the pedals, leaned in to the space in front of them and started to climb a virtual hill.

"If these classes and our workouts weren't fun it'd be hard to get motivated, especially this early in the morning," said Jennifer Henry, one of the women.

The women, all friends, are taking an early morning spin class in an effort to achieve a common goal: to stay in shape and fend off weight gain during the holidays. They've formed what they refer to as a holiday fitness team. During the days between Thanksgiving and New Years Day, the average American will pack on at least an extra pound that they won't shed, according to the New England Journal of Medicine.

So seeking out like-minded people and forming a support group with the goal of staying motivated, disciplined and accountable when it comes to health and fitness is an effective weapon in the war on holiday bulge. The group concept is a fitness trend that becomes more useful during the season of indulgence, say experts.

"Working out in groups offers camaraderie and accountability," said Paul Raker, YMCA Alexandria, Virginia, which offered a "Find Your 150" program aimed at encouraging healthy eating and at least 150 minutes of cardio exercise each week. "What you'll find is that people are more likely to show up [for exercise] when they have a friend or small community as opposed to the person who tries to do it on their own."

Henry says her group has cre-

ated a schedule that, in addition to their Sunday morning spin class, will include a once-weekly power walk at 8 o'clock in the evening, a weekly standing appointment with a trainer and an early morning bike ride. While they say that it is unlikely that each woman will make all of the sessions during the entire holiday season, they hope that having a road map will keep them on track. "If we didn't have any sort of plan, our group would totally fall by the wayside," she said. "We're making it as convenient for ourselves as possible to make sure we stick with it."

"Before developing a schedule, there needs to be an acceptance by group members that the season will likely have an impact on one's diet and ability to exercise," says Bethesda, Maryland-based Kate Heller, a certified personal trainer and CrossFit trainer.

"Even if you find yourself missing a Zumba class or with less time to spend at the gym, it's still important to make exercise a priority," she said. "If you are over scheduled and can't get in a full workout, set aside time to at least do something to break a sweat and get your heart rate up."

Heller suggests maintaining a schedule by setting a calendar or smartphone reminder as you would for a doctor's appointment. Planning early morning workouts, like those of Henry's group, can head off scheduling conflicts.

"No one will have an office holiday party or meeting scheduled for 5 a.m.," said Lauren Blumenthal, an Arlington-based wellness coach. "Even a short cardio routine that gets your heart rate up and boosts your metabolism can help you feel healthier during the rest of the day."

Meeting a group of friends to plow through a Crossfit workout DVD or having pool of buddies to source when looking for healthful recipes that will hold up against calorie-laden holiday fare is an-

SEE MERRY AND FIT, PAGE 13

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SPORTS

Wakefield Boys' Basketball Enters L.A.D.

Nhial, Treacle return for Warriors.

BY JON ROETMAN
THE CONNECTION

The Wakefield boys' basketball program has been a championship contender each of the last three seasons. This year's team, however, has entered unfamiliar territory.

L.A.D.

"Life After Domo' is going to be tough," head coach Tony Bentley said. "... That kid, he meant so much to Wakefield basketball. I'd be crazy if I was one of those coaches who said we'd be fine without him."

Bentley used "L.A.D.," or "Life After Domo," as a joke with his players to reference the state of Wakefield basketball following the 2015 graduation of Dominique Tham, the Warriors' 6-foot-4 difference-maker for each of the last three seasons.



Wakefield boys' basketball coach Tony Bentley is seen coaching at the 2014 Capital Classic.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

As a sophomore, he helped the Warriors win the 2013 National District championship, finish region runner-up and reach the state semifinals. His triple-double (15 points, 11 rebounds, 12 blocks) against Robinson in the region semifinals offered a glimpse into

how special he could be.

As a junior, Tham was named 5A North region Player of the Year. Wakefield won Conference 13 and 5A North region titles, along with making a second straight state tournament appearance.

As a senior, Tham earned first-

team all-state honors and the Warriors won their third straight conference/district crown before a disappointing exit in the region quarterfinals.

For his career, Tham finished with more than 1,300 points, 800 rebounds, 300 blocks and 100 steals.

Bentley, in his 14th season as head coach, didn't sugar coat how much the loss of Tham, who is now a freshman on the Wheeling Jesuit University basketball team, will affect the program.

"When you lose a Dominique Tham, you take years to recover when you lose somebody of that caliber," Bentley said. "It was close

to when I lost George Johnson in 2007 and we weren't successful

until [2013 graduate] Khory Moore came along. ... You've got to pick up the pieces. ... You just don't replace [Tham]."

Wakefield also graduated sharpshooter Marqua Walton and 6-foot-3 forward Xavier Cooper, meaning there will be a lot of new faces playing important minutes for the Warriors.

Wakefield's top two return-

ing players are captains Deng Nhial, a 6-4 senior forward, and Alan Treacle, a 5-10 junior guard.

Bentley praised Nhial's athleticism in the past and is hoping for big things from No. 10

"He's spent two years in Dom's shadow," Bentley said. "I'm hoping for a breakout year."

Treacle transferred from West Potomac to Wakefield last year and played point guard, though he could see some time at shooting guard this season. Bentley said Treacle has become a vocal leader.

The Warriors have several transfers on their roster this season.

Jonathan Adams, a 6-2 senior forward, started for Woodbridge last season. Halil Parks, a 6-2 junior guard, started at Washington-Lee. Eric Martin a 5-7 senior, played point guard at Edison and could allow Treacle to move to shooting guard at times.

Mahmoud ElTaher is a 6-5 sophomore from Yorktown, and Amari Cooper is a 6-4 sophomore from South Carolina.

Bentley said his projected starting lineup is Martin, Treacle, Parks, Nhial and Adams.

Offensively, Bentley said Wakefield will continue to play an up-tempo style. At the other end, Bentley said the loss of Tham as a shot blocker means the Warriors will have to play better perimeter defense.

Wakefield opened its season against Yorktown on Tuesday, after The Connection's deadline. The Warriors will travel to face Tuscarora at 7:15 p.m. on Wednesday, Dec. 2 and will host T.C. Williams at 7 p.m. on Saturday, Dec. 5.

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Merry and Fit

FROM PAGE 11

other benefit of group fitness. “We found that when we offered nutrition seminars and then had a potluck dinner where all of the group members prepared and brought a healthy dish, it was a great way to benefit from shared knowledge,” said Raker.

When an evening holiday party is on your calendar and the temptation of heavy chocolate Yule logs and rum-spiked eggnog lurk in the subconscious, meal skipping to conserve calories should not be part of the health plan, says Sarah Leonard, an Oakton-based dietitian.

“You’ll be ravenous by the evening and ready to eat everything in sight,” she said. “If you know you’ll be in a situation where

you’re tempted to eat rich and unhealthy food, eat small, vitamin-packed bites throughout the day. Try half of an avocado with a tomato or celery with a teaspoon of peanut butter. These are vitamin-packed and have good fat, so they’re filling.”

The group should acknowledge that the holiday season will be filled with merriment and temptations to indulge, and it’s ok to yield to those desires with caution, says Blumenthal. “The goal of a fitness group shouldn’t be to lose 10 pounds before the New Year. That’s too restrictive and unrealistic and could backfire,” she said. “Focus on not gaining any weight and on maintaining any fitness achievements you’ve acquired this year, like increased endurance.”

BULLETIN BOARD

FROM PAGE 6

gently used coats, sweaters, hats, sweatshirts and jeans for clients of A-SPAN (Arlington Street People’s Assistance Network). Visit www.rosslynva.org for more.


DEC. 11-JAN. 1

Holiday SoberRide. 10 p.m.-6 a.m. Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the annual Holiday SoberRide

program will provide free cab rides up to \$30. Call 1-800-200-TAXI.


SATURDAY/DEC. 12

Bikes for the World Donation Event. 12-4 p.m. at 1430 South Eads St. Donations of repairable or better condition bikes, bike parts, accessories, tools, and portable sewing machines, will be accepted. Monetary donations also accepted. Call 703-740-7856 or visit www.bikesfortheworld.org for more.



Food Services Management Contract

Provide meals for children ages 0 - 5



Northern Virginia Family Service seeks a Food Service Management Company who will be responsible for delivering meals with the following requirements:

- Fresh fruit daily
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- Food will contain no pork or nuts
- Where required, paper products such as napkins, utensils, plates, cups, etc. will be included
- Meals must reflect the ethnic diversity of the student population
- Meal records are to be kept through the use of delivery tickets that provide the number of each type delivered to the center
- The duration of this FSMC contract is for one year beginning September 1, 2015 and continuing through August 31, 2016

Locations where food is to be delivered daily:

- George Mason Head Start and Child Development Center (Arlington)
- Vermont Street Early Head Start Child Development Center (Arlington)
- Arlington Mill Early Head Start and Child Development Center (Arlington)
- Loudoun Early Head Start and Child Development Center (Sterling)
- Georgetown South Early Head Start and Child Development Center (Manassas)
- SERVE Early Head Start and Child Development Center (Manassas)

The contract will be based on the potential ability to perform successfully under the terms and conditions of the invitation of the bid, price, contractor integrity, compliance with public policy, and documented record of past performance.

Please submit bid by mail by December 16, 2015 to:
 Northern Virginia Family Service
 C/O Malinda Langford
 10455 White Granite Drive, Suite 100
 Oakton, VA, 22124

Please include the name and phone number of at least two references and a list of contracts your FSMC has had for the past two years.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

DECEMBER

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

JANUARY

1/6/2016.....Wellbeing, Renewal, Resolutions

1/13/2016.....HomeLifeStyle

Martin Luther King Jr. Day is Jan. 18

1/20/2016.....A+ Camps & Schools

1/27/2016.....Community Guide

1/27/2016.....Winter Fun, Food, Arts & Entertainment; Valentine’s Preview

FEBRUARY

2/3/2016.....Valentine’s Dining & Gifts I

2/3/2016.....Wellbeing – National Children’s Dental Health Month

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Slippery Hope

By KENNETH B. LOURIE



As much as I want to believe that there will be no adverse cancer/health consequences to my recent decision to extend my chemotherapy infusion from three weeks to four, the truth is: no one knows, really, and it's that unknown more than the known that really scares me. And by "known," I suppose I mean experience, as in the last nearly seven years of chemotherapy every three weeks (save for a year or so when I was not infusing but instead taking two Tarceva pills per day). There's something to be said for routine – at least in my mind, anyway. But routine might not be the best methodology for treating cancer. In fact, in my experience, it's the cancer that dictates the terms and conditions, not the patient or the patient's preference for routine.

It's not as if the cancer is in control, but it's certainly calling the shots. And as much as being proactive is an intelligent strategy to fend off the evil spirits, the fact of the what's-the-matter in the cancer-prevention/cancer-treatment world is that we're mostly reacting. As soon as my scans indicate tumor growth or movement – or fluid increase – changes, or not, in protocols are suggested; and with my/the patient's approval, off we go into the wild blue yonder of doing something different than we had most recently been accustomed to, and not being at all sure what will happen because of it. And again, the presumptive solution is not continuing treatment just because you've become "accustomed" to its side effects; the reality is, one's prospects hang in the balance, and since change is not simply for the heck of it, but rather for the necessity of it, the guarantee/expectation that continued success lies ahead is likely the exception.

As much as I'd like to continue to be the exception that disproves the rule, last week's relief and anticipation about extending my infusion interval has morphed into a fear of the unknown and of living with the associated anxiety, as well as of the consequences of not maintaining my previous three-week interval and in turn not leaving well enough alone. Even my oncologist had doubts. A few months ago, I asked for a similar extension and he thought we should not change anything as we had "the cancer on the run." But the dialogue has continued and with a recent "stable" PET scan, I asked once again. This time, he agreed (I didn't say acquiesced). Hopefully, this a decision/change with which I can live.

Aside from the fear and anxiety I mentioned, there's another emotion to consider: quality of life. Whenever change has occurred, this has been part of Team Lourie's conversation. Moreover, my quality of life has been important to my oncologist/his recommendation of my treatment as well. I've written previously about how disappointing a cancer diagnosis/terminal prognosis is and how it creates all sorts of problems: emotional, spiritual and physical. Finding a way to navigate through this "mindfield" is a 24/7 challenge. As such, any change in treatment which could possibly enhance and improve the quality of my life – or not, has been a major part of any treatment discussion/decision we've made. Who knows ultimately whether changing my infusion schedule will matter? What matters is if I feel I have a better quality of life because of it; and for "terminal" patients, quality is often more important than quantity.

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

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21 Announcements

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AVI Career Training is applying for reaffirmation of accreditation with the Commission of the Council on Occupational Education any persons wishing to make comments should write to: Executive Director, Commission of the Council on Occupational Education, 7840 Roswell Road, Bldg. 300, Suite 325, Atlanta, GA 30350, or submit their comments via the Council website (www.council.org).

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DC RICHMOND
Passenger Rail Improvement Alternatives Presented
Join the Virginia Department of Rail and Public Transportation (DRPT) Dec. 8, 9, or 10, from 5:00 to 7:30 p.m. for public meetings where you can offer your input on reasonable alternatives to improve intercity passenger rail between Washington, D.C. and Richmond, VA. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI compliance officer at 804-786-4440 or TDD 711. All comments received by Friday, Jan. 8, 2016 will be considered in the alternatives review process. For more information, meeting locations, and comment forms, visit: www.DC2RVARail.com. **DRPT**



Moira Gannon Denson, center, front row, is shown holding the Wm. L. Wilkoff, FASID Design for Humanity Award, which she received from the DC Chapter of the American Society of Interior Designers.

PHOTO CONTRIBUTED

Interior Design Professor Honored

Moira Gannon Denson was recently honored by the DC Chapter of the American Society of Interior Designers for her “significant contributions toward improving the quality of the human environment through interior design activities.”

Denson, an assistant professor at Marymount University, received the Wm. L. Wilkoff, FASID Design for Humanity Award at a Sept. 24 awards ceremony. It recognized her work putting together an Aging By Design-a-thon, which sought practical

solutions for the challenges of getting older, along with Marymount’s partnership with United Cerebral Palsy and the promotion of design for disabilities.

Two adjunct professors in Marymount’s design department also received awards. Kia Weatherspoon won The Sheri Lake, FASID Community Service Award, and Susan Tully earned a Presidential Citation. Marymount alumna and former adjunct Lisa Fitzpatrick also earned a Presidential Citation.

NEWS BRIEFS

Schools Seek Input On Next Budget

Arlington Public Schools are hosting community meetings to solicit community feedback for the development of the FY 2017 Budget.

The next two forums are:

❖ Tuesday, Dec. 15 – APS Budget Forum for Hispanic community from 7-9 p.m. in the cafeteria at Carlin Springs Elementary School, 5995 S. 5th Road. This forum will be presented in Spanish only with additional language support provided.

❖ Wednesday, Dec. 16 – APS Budget Forum, 7 p.m. in the cafeteria at Williamsburg Middle School, 3600 N. Harrison St.

On Monday, Dec. 7, APS will jointly host a Community Budget Forum with Arlington County. It will be held from 6 - 8 p.m. in the cafeteria at Washington-Lee High School, 1301 N. Stafford St. APS will livestream and air the jointly-held community budget forum for community members who cannot attend the event. The meeting will be streamed online at www.apsva.us and tv.arlingtonva.us or it can be viewed on AETV (Verizon FiOS 41 and Comcast Cable Channel 70) and on Arlington TV (Verizon 39 and Comcast 74).

County Warns of False Tax Letters

Some Arlington County homeowners have received correspondence, from Express Homebuyers, falsely claiming that these owners owe real estate taxes and that the county may take their homes away from

them due to delinquent taxes, Arlington County Treasurer Carla de la Pava said.

“I want to assure county homeowners that, unless you have heard directly from the Arlington County Treasurer, you do not owe delinquent real estate taxes and there is no risk of the county taking or selling your home,” de la Pava said.

The Treasurer’s office has received a number of complaints from homeowners who have received the letters.

Anyone who has questions about this letter, or who would like to report having received it, call the Treasurer’s Office, at 703-228-3090.

New Name for Learning Center

Greenbrier Learning Center has officially changed its name to Aspire! Afterschool Learning.

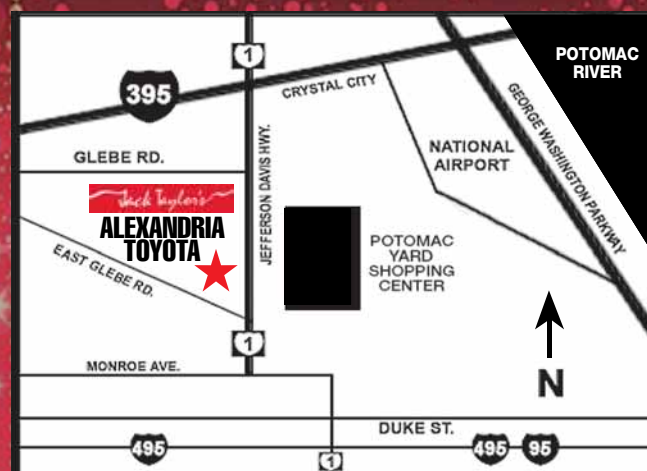
Aspire! will continue the work that GLC began more than 20 years ago, providing afterschool and summer programs for the students and families of South Arlington. This name change celebrates the theme of the organization’s mission: through education, students can aspire to be whatever they wish to be.

Aspire! moved from its former location at Greenbrier Baptist Church to new a new program site in the Arlington Mill Community Center in September.

“With our recent move to Arlington Mill, we begin a new era for our organization,” said Aspire! Executive Director Courtney Reeve. “We look forward to another 20 years of helping students and families in South Arlington achieve their dreams.”

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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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