



Stephanie truly has an Express Lanes love story. She is a young 71 years old and lives in Fairfax Station. Her sweetheart is 77 and lives in Montgomery County, Maryland. Before the Express Lanes, they had to fight traffic on 495 to see each other. Now, however, she says meeting up is a breeze with the Express Lanes and they no longer let traffic keep them apart. The Express Lanes have opened up all kinds of pathways for Stephanie — including one to her heart.

See more real stories from the Lanes at ExpressLanes.com



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

# Love One Another

# Interfaith community hosts rally against Islamophobia.

By Vernon Miles
The Connection

he last month hasn't been easy for the Dar al-Hijrah Islamic Center in Falls Church. Following the Paris attacks, a man showed up at the gates, rattling them, screaming epithets at those attending services and screaming "You're all going to die." He was escorted away, but a week later, another man threw smoke bombs and a molotov cocktail into the parking lot.

The march to Dar Al-Hijrah on Dec. 5 was originally just to raise support for Syrian refugees, but after these events and the national discussion of banning refugees, the tone was changed to be more directly supportive of refugees and Islamic communities in the United States. Organized by Virginians Organized for Interfaith Community Engagement, V.O.I.C.E., the blanket drive for Syrian refugees and peaceful march down Route 7 sought to show solidarity between Dar al-Hijrah and other religious communities in the area. More than 3,000 blankets were collected and nearly as many coats. The blankets were loaded into moving trucks to be delivered to a local relief

"The theology of fear seems to be gaining traction," said Alisa Glassman. "This is a reminder to ourselves and our neighbors about who we are. Any time there is an event like this, there is an increase in discrimination. We want our brothers and sisters at Dar al-Hijrah to understand that we're there for them."

Various Christian and interfaith groups gathered on the front lawn of the First Christian Church. A few moments later, a large gathering from Dar al-Hijrah joined them,



Imam Johari Abdul-Malik thanks and welcomes the interfaith V.O.I.C.E. community.

led by Imam Johari Abdul-Malik. In the past, the Dar Al-Hijrah Islamic Center has come under scrutiny for its associations with Nidal Malik Hasan and two of the 9/11 hijackers, but Dar Al-Hijrah and Abdul-Malik have been vocal opponents to terrorism and its association with Islam.

"We're here to share the love with people thousands of miles from us and right next door," said Abdul-Malik.

Among the attendees was the Unitarian Universalist Church of Arlington. The Rev. Dr. Linda Olson Peebles represented the church and encouraged her congregation to build stronger ties with Dar al-Hijrah and similar institutions.

"We need friendship and partnership," said Peebles. "We need to reach out across our boundaries."

Lavona Grow, an Arlington resident and a member of the church, said she was there because she believed the march and the blanket drive was part of a moral imperative.

David Gortner from the Virginia Theologi-



Universalist Church of Arlington marched with other local churches.

The

Unitarian

cal Seminary in Alexandria said that he attended the ceremony to show his support for other religious communities. Gortner said he was deeply moved by images from Egypt of Muslims forming circles around Christians to protect them while the latter prayed, and vice versa.

Abdul-Malik said that the police investigations showed that the men who'd ha-

rassed the center both had histories of instability.

"They're just caught up in a climate of Islamophobia," said Abdul-Malik. "They weren't part of a hate group. In a way, they're victims too. Our prayers are with them, and hopefully, changing the climate of the community can give help give stability to their lives."

# On the Air in Arlington Arlington Independent Media launches 96.7 WERA.

By Vernon Miles
The Connection

eff Munson can create fire with just a plastic bag. He can make creaky stairs from rubber bands and a winch. Using a bag of rice, he can make it rain. Munson replicates the sounds as best he can, but when his program plays on Arlington's new 96.7 WERA, it sounds real.

At a party on Dec. 6 that filled their Clarendon headquarters to capacity, Arlington Independent Media launched its new radio station.

Paul LeValley, director of Arlington Independent Media, said the concept for WERA was born three ago when a small group of radio enthusiasts visited Arlington Independent Media. The Federal Communications Commission (FCC) was opening up low power frequencies to the public. The enthusiasts asked if Arlington Independent Me-



Gigi Sohn, center, counselor to Federal Communications Chairman Tom Wheeler, stopped by Arlington Independent Media Sunday night for the launch of WERA. A few years ago, the FCC created an opportunity for non-profit and community-focused organizations to apply for a handful of low-power FM stations across the country. There will be two LPFM stations in the greater Washington, D.C. area, as 96.7 FM will be joined by Takoma Radio in 2016.

dia would hold onto the license. The board expressed interest, but the group dwindled with time. Interest by the board, however,

"If it was going to happen, we would have to do it," said LeValley. "So I did the research and reported to the board that it was doable."

LeValley said they filed an application with the FCC to start up a radio station and was immediately approved.

"Our 30-year track record made that part easy," said LeValley, referencing the group's 2014 Overall Excellence in Public Access in the Hometown Media competition. But the approval came with a deadline: 18 months. Meaning that by Dec. 9, 2015, WERA had to be live and on the air. Just three days before that deadline, the station went live.

"This radio station has been under consideration, under development, and under construction for three years," said LeValley. "Today, it gets under way."

#### Get Involved

Arlington residents have a new source for news, weather and music, as Arlington Independent Media's low-power FM station, WERA 96.7 FM, launched Sunday night. The radio station was years in the making and followed the media organization's installation of an audio production suite and a new glass-fronted broadcast booth in their facilities in Clarendon. The station went live at 6 p.m. Sunday, Dec. 6, with a recording of Woody Guthrie's "This Land Is Your Land," which faded into a prerecorded singalong of the same song by some of the hundreds of Arlingtonians who came to celebrate the launch. Anyone interested in hosting or creating a radio show, or who wants to learn more about the station or Arlington Independent Media, can find more information at www.arlingtonmedia.org.

— Amber Healy

LeValley acknowledged that the station cut it close to the deadline, but that there was a lot of work to be done in these 18

See Arlington, Page 7

# Thrive's 40th Anniversary Gala Raises Over \$140,000

### Thrive Arlington community depends on its volunteers and neighbors.

By Eden Brown
The Connection

t that point in the George Washington Parkway Ten Miler where you aren't sure you are going to make it to the end, Kim Kenney and Mary Bohan were amazed to see Thrive Executive Director Gerry Shannon cheering them on from the sidelines, shouting out their names with encouragement. They believe that gesture tells the story of how Thrive supports the people they help. Thrive Arlington is there to help people succeed, to encourage them, and get them over that bump in the road

There was a "club atmosphere" at the Thrive benefit gala on Nov. 18, and it wasn't just because it took place at the Army Navy Country Club. One hundred and forty guests were greeting each other as old friends. There was a sense of belonging to the Thrive community, of knowing each other through an association with Thrive, and of mutual appreciation for what everyone in the room was there to do: raise money to help people in need and ... have fun doing it.

Ann Rudd was there: she has been on the Thrive board of directors many years, and started the Furniture Fund. She was astounded at the turnout and generosity. "It wasn't always like this," she said. "It was hard to raise money for Thrive when it first got started: people weren't as generous." Del. Rip Sullivan and J. Walter Tejada were



Doug Smarte returned to Thrive, this time as a volunteer, because he "never forgot Thrive" and their assistance to people referred by social workers.

at the event. State Sen. Barbara Favola came. Mary Hynes was there. Volunteers, many of them young professionals, were there to carry on the Thrive tradition of community and ... fun.

John Smucker, who has been involved in Thrive since the early days, was there.

Smucker is as enthusiastic about Arlington Thrive as he was 40 years ago. He worked for the county then, and it was in his office where key discussions were held to find a way to raise money to help social workers better assist residents who needed emergency financial help. Smucker says Thrive (then AMEN) succeeded largely because of the generosity of Arlingtonians, but Gerry Shannon gets the credit for taking Thrive to a new level. In the beginning, the average grant was small — about \$54 in 1976. Now, the assistance grants range from \$10 to \$1,800 depending on the need.

This year, as Arlington Thrive celebrates its 40th anniversary, instead of having to tell callers that money is short this week, and working out of Charlie Klein's coin shop, Thrive has an assured place among



PHOTOS BY EDEN BROWN/THE CONNECTION Elizabeth Jones of OAR, with Susan McFadden, a Thrive volunteer.

the aid organizations in Arlington. But what is equally important is the way this organization feels like a next-door neighbor, and how it has brought people together.

Kim Kenney and Mary Bohan met while doing the Thrive ten miler: the trainer for the Army Navy Country Club talked them into doing the "Resolve to Run" fundraiser race. Running was not something they were "into," but after the first run, they now run as a group every Saturday morning at 9 a.m. and "feel their group of runners has meant so much more to them than just exercise: it's a community."

Arlingtonian Doug Smarte was one of the Arlington County Social Services case workers who regularly relied on AMEN, later Thrive, to prevent eviction, to avoid heat and water cutoffs, or to pay for medication, dentures, and surgical appliances. These remain Thrive's key assistance categories today. Thrive's official history notes that In its first year, AMEN provided approximately \$10,000 in assistance; by1981, AMEN was disbursing about \$41,000. AMEN's assistance grew dramatically over the years, reaching \$77,000 after 10 years, \$279,000 after 20, and \$403,000 at the 30-year mark.

Last year Thrive provided \$732,000 for 1,472 Arlington households; \$60,623 total security deposit loans, transportation and miscellaneous assistance were provided, 326 total Arlington households were spared from eviction and remained secure in their homes; \$98,146 total utility assistance was provided. These were same day, single event items which kept families in their apartments, or allowed older people to turn on the heat.

Thrive's reliance on a core of dedicated volunteers has made the organization costeffective, so that the vast majority of funds raised go directly to financial assistance. Almost 3.000 total volunteer hours were donated. Because of his experience with Thrive when he was an Arlington County case manager and supervisor, Smarte started volunteering with Thrive six months ago. He says it's a great way to volunteer because you have a 24-hour shift, you can carry your phone around with you when you are on duty, and when you connect the social worker with Thrive, you've essentially solved someone's problem just by doing that, because Thrive always delivers in the same day. "I never forgot Thrive," Smarte said. "It's the only organization of its kind, and that is why my wife and I are giving money to Thrive, in addition to volunteer-

For the Thrive benefit, a number of local businesses and "good neighbors" donated to the effort: dentists, banks, law firms, car dealers, and many, many Arlington residents.

For the reverse auction, Dr. Mitchell Davis, offered a \$25,000 match if Thrive could raise \$12,500 during the reverse auction. As the reverse auction picked up speed, and

See Thrive, Page 15

Photos by Shirley Ruhe The Connection

# Arlington Offers Holiday Sweets from Many Cultures

Bakeries around Arlington offer the traditional American holiday fare as well as sweet treats representing the cultural diversity in the community.

— SHIRLEY RUHE



Enter Dama Pastry and Cafe, an Ethiopian Bakery tucked away in a small row of stores on Columbia Pike. The large green board behind the counter lists the pound cakes, tortes, baklava and other specialities offered. Almaz Dama says they make 15 kinds of cakes with a lot of vegan specialities, and this year's cakes will have holiday frostings. If shopping for holiday cakes, try a bombolino (large dense donut), a fried pastry laced with cumin or a whole wheat bread wrapped in banana leaf for breakfast.



LeoNora Bakery on N. Randolph Street specializes in French pastries, breads and cakes. The manager Asta D'Errico said, "We go back to our French roots, perfecting the croissant and the baguette. For the holidays D'Errico says specialities will include a traditional vanilla sweet bread panettone, two versions of Buche de Noel (one a chocolate sponge cake with hazelnut filling and the other a vanilla cake with raspberry preserves.) The bakery will also offer a large format tartlet with the house-made almond cream, apple slices and blanched almonds as well as a peppermint cheese cake and "I'm really excited about the eggnog cream eclair."



Randolph Bakery at the corner of Lee Heights Shopping Center offers platters of blue-edged angels, chocolate foot reindeer and green sprinkled Christmas trees, bought separately or on platters, Geoff Wilder says. Packages of cinnamon stars, lace cookies and ginger snaps line the counter ready to go. The stollen, a sweet and savory bread with dried fruit and raisins, is a popular choice for the holidays as well as the pumpkin-themed mousse, pound cakes, cheese cakes and pies. In addition, holiday cupcakes with Santa Claus, snowmen and Christmas trees can be preordered.



A large green illuminated sign in the window of Pan American Bakery at the corner of Columbia Pike and S. George Mason advertises Saltenos. Elbira Gonzalez, an employee, says they make these "just for the holidays." She adds it is the most popular item, a big ring of yeast dough with cream and raisins, icing on top and apple-raisin almond paste in the middle. In addition, the chicken and beef empanadas are special for the season as well as mango mousse and tiramisu cake. While deciding, you can munch on cornbread wrapped in corn husks, twisted flaky pastries, or large cheese chili empanadas "if you like spicy."



Kenney Thomas's 1967 VW racecar. He did 80 percent of the restorative work on this car and has been racing it for 21 years. He comes back every three years to the Hall's Hill Turkey Bowl, but lives and races in North Carolina.

# Turkey Bowl in Hall's Hill

### The over-30 crowd beats the under-30 crowd in football.

By Eden Brown THE CONNECTION

rlington has a way of unfolding its secrets slowly, a magician with successive rabbits coming out of its hat. A great many residents of Arlington had no idea there was a Thanksgiving morning tradition taking place in Hall's Hill for the past 40plus years, a football game with tackling and no padding, played by men and women (in two separate games), and pitting the old guys (over 30) versus the young guys (under 30). In an era where people seem afraid to take risks, this is all about clean, competitive, community football where occasionally players do get carried off the field. This year, the old guys beat the young guys. Just barely.

And for those who have given up football or come later, there is still a version of the old vintage

car parade that is a part of the Turkey Bowl tradition, even if it was toned down a while back because the police said it was too rowdy for the neighborhood street. Barbecues were lit up, a DJ played music, and friends who hadn't seen each other since high

in the holiday of Thanksgiving.

Andrew Dandridge said he had been one of the original Turkey Bowl founders: he is one of the few

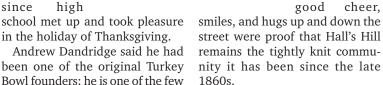


**Kenney Thomas with his** 

Hall's Hill residents who still lives in the neighborhood. Many of his friends have been priced out of Arlington. This is a big event for him, and others, because as he said, "It is like a family reunion. People come back every year or so, from near and far, to watch the game, to watch the cars, and to

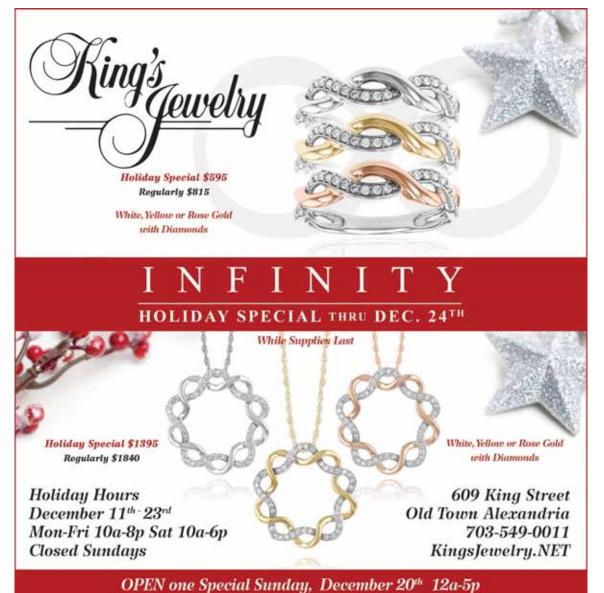
> talk to each other."

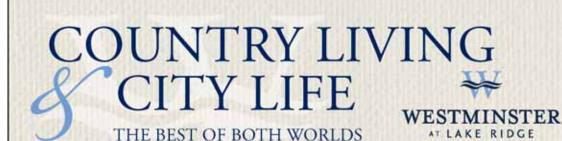
Hundreds of spectators line the fence on Cameron Street at High View Park to watch the game, but they are just as interested in who shows up for the event. As many attendees confirmed, "Everybody just comes back home. The





A 1955 Chevy rules **Cameron Street following** 









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# **OPINION**

# Safety Net for Holiday Celebrations

### It's an opportunity to talk about responsibility, alcohol and planning ahead.

he holiday party season is here, and we will almost all be celebrating in some way. Some ways will involve celebrations that include alcohol.

It's up to you to make a plan to get home

Plan to bring a designated driver. Plan to party (and live) where you can take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain.

EDITORIAL

And if all of that fails, the Washington Regional Alcohol Project has a safety net for you.

WRAP, a local nonprofit organization, will offer free cab rides to would-be impaired drivers throughout Northern Virginia during the winter holidays.

The annual Holiday SoberRide program will operate nightly from 10 p.m. to 6 a.m. starting Friday, Dec. 11, 2015, and continuing until Thursday, Jan. 1, 2016 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During these times, area residents 21-andover, celebrating with alcohol can call the tollfree SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$30 fare), safe way home. Callers will be responsible for fare amounts

WRAP also offers free cab rides for other holidays, including Halloween, Independence Day, Cinco de Mayo, and more.

Concerns about consequences of driving under the influence are well founded.

In Fairfax County in 2014 there were 740 alcohol-related crashes, which included 12 alcohol related fatalities and 476 alcohol related injuries. (Overall in Fairfax County in 2014, there were 13,680 total crashes including 32 fatalities and 7,649 injuries.)

In 2014, there were no fatal vehicular accidents in the City of Alexandria. But of the 1,777 total crashes, 99 were alcohol-related; and of the 757 injuries in crashes, 60 were alcohol-

In Arlington in 2014, there were 235 alcohol related crashes, with two alcohol-related fatalities and 78 alcohol related injuries. (Overall in Arlington in 2014, there were 2,469 with five fatalities and 1,094 injuries.)

In 2013, 10,076 people were killed in alcohol-impaired driving crashes, accounting for nearly one-third of all traffic-related deaths in the United States, according to the CDC. Tens of thousands more were injured. Holidays lead to an increase in impaired driving, the Christmas through New Year season in particular.

#### Safe Ride Home

WRAP's 2015 Holiday SoberRide program will be offered from 10 p.m. to 6 a.m. nightly from Dec. 11, 2015 to Jan. 1, 2016. To receive a free cab ride home (up to a \$30 fare), call 800-200-8294 (TAXI). You must be 21 or older to use the SoberRide service. See www.SoberRide.com.

Since 1993, WRAP's SoberRide program has provided more than 63,000 free cab rides home to would-be drunk drivers in the Greater Washington area.

We know that many young people over 21 are living at home with parents, or will be visiting for the holidays. Parents, be brave. Have a conversation with your children, whether they are under or over 21. Be sure those over 21 have a plan, and are equipped with the SoberRide number.

SoberRide is not available for underage drinkers, but parents still should talk to their children about their plans, and tell them out loud that you expect them not to drive impaired and not to get into a car with an impaired driver. Tell them to call you, and you'll come get them if necessary.

The consequences and vulnerabilities of drinking to excess are significant, more so for underage drinkers and young adults, even beyond drinking and driving. Don't let the opportunity to talk about it pass you by.

> MARY KIMM MKIMM@CONNECTIONNEWSPAPERS.COM

> > Corinne

would

Brevault:

Minecraft

video

game. It is

a game you

can play on

phone like

like

# What Do Youngsters Want for Christmas?

Guttorm-

sen: "If I

computer I

could give

whole list.

My top fa-

Star Wars

Play Build-

my

the

had

you

First and second graders at Oakridge Elementary School on 24th Street S. respond to the question: "What do you want for Christmas?'

- SHIRLEY RUHE

Jett Garcia: "I want a Wheels set and the machine that changes the Hot Wheel cars dif-

ferent colors. You add cold water and it changes the color of the car. If you add warm water, it changes back to the

> Рнотоѕ ву SHIRLEY RUHE THE CONNECTION



Javden all 1n

Jones: "My list is six pages long. At the top of my list is some. thing like

there is so much stuff I can't help it. The best thing is to have the couch.

Hamid: "I don't celebrate Christmas. We have a Muslim holiday in June

called Eid. We fast for 30 days

before the holiday and eat at sunset. It is traditional to take a lamb and kill it but we don't do that. Eid isn't about pre-

Navaeh Parra: "I wants lots toys. Probably the new Barbie is number one on my list. And a puppy, not

ers. They have sold a trillion

items from Star Wars and the

movie isn't even out until Dec.

stuffed animal, a real live puppy, white



sides and it is not built the same. It has a camera on the bottom and a motor. It has two controls that I would use to make it fly.'

Zack Latona: "Hmmmm a WiiU. maybe like hmmm a Nintendo



my 11-year-old sister has. It is

like a building game where you

move around blocks to build

anything you want."



kah. I would like to for more people to have a home."



Seva Cherevko: "I want a big Lego airplane (arms open wide), blue and red." Seva just arrived from the Ukraine in September and is reading his carefully prepared list. He says, "We have Legos in the Ukraine."



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me.'

original color.



Snipes: "It's mv mind" (as he points to his head). "A WiiU and also a LEGO set of Super Heroes.



"I celebrate Hanukhave Heelys, skate shoes with wheels on the bottom. I think turquoise. And on the 8th day of Hanukkah I wish

# Arlington Independent Media Launches 96.7 WERA

From Page 3

months. For WERA to work, LeValley said they had to find a local tower and other facilities to accommodate the broadcast. They had to collect programming, content made by and for the community.

"We're a public access channel," said LeValley, "it's all produced by local people. We have to vet the programming though, because it's broadcast, so we created a Programming Advisory Review Council that met and reviewed proposals.

Of the 75 initial proposals, around 30 or 40 were approved. The shows will undergo a three-month review and a yearly review to make sure they're fulfilling what they proposed. LeValley said he's most excited for the shows that highlight local musicians and local news and community issues.

At WERA's grand opening, local music and community issues were one of the primary focuses. Student musicians from H-B Woodlawn performed live while, at 6 p.m., County Board Chair Mary Hynes and Board member Jay Fisette were the station's first guests.

"I'm really happy that young people are getting involved and excited," said Hynes. "This is a great opportunity for telling stories and sharing ideas. This is what Arlington is all about."

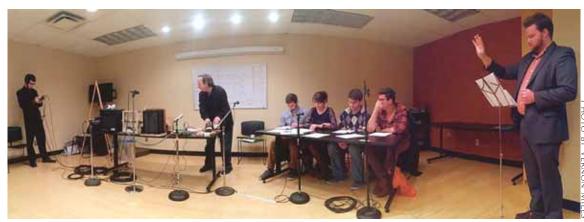
Nearby, Nathan Bynum had a room cordoned off from the rest of the facility where attendees to the premiere could come in and tell a three-minute story from their lives. The best one Bynum said he heard was a woman who described her father's multiple neardeath encounters on D-Day.

Down the hall, Meff Munson, AIM membership coordinator Elaine

Coates, and a group of students from George Mason University's WGMU radio station performed a short comedy. "Real Estate House of Horrors," a short comedic piece written by Munson, showcased the various types of sound effects.

"I nearly got arrested going around a department store collecting these sounds," said Munson. He had been exploring the springs section of a store, holding up each one he came across and flicking it to see what sound it produced. "I was trying to find a screen door sound. I wound up using a whisk."

One of the surprises at the station's pre-



Heff Munson (left) creates sound effects while (from left) Garret Hill, Janey Robideau, Bryan Thren, Erik Beringer, and Jesse Robinson perform "Real Estate House of Horrors."

miere was how young many of the station's contributors and supporters were. For many in younger generations, radio is making a big comeback.

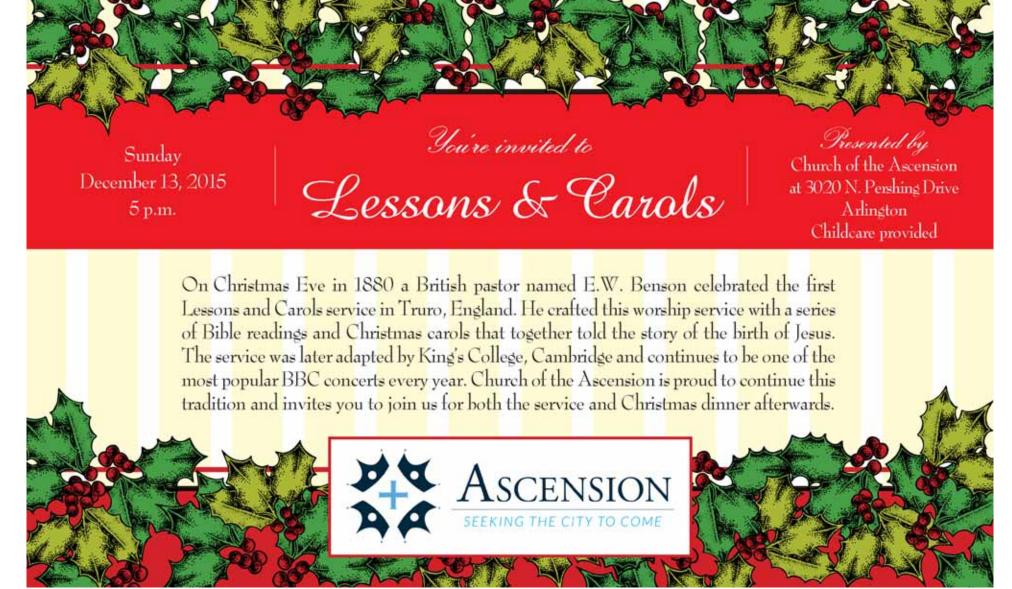
"You see a lot of interest in radio at college," said Jesse Robinson, general manager for WGMU. Robinson said the power of having a radio host talking and picking songs is part of that. "A lot of people are moving away from mainstream audio. People feel more of a connection with what they're hearing on radio."

"I think it's a mixture of curiosity and people really looking for a human connection," said Jordan Grobe, radio editor at George Washington University.

Ken Kukovich, one of the station's supporters, said the rise of podcasting and live streaming of stations like WERA got his daughters interested in radio. Kukovich noted that sometimes his daughters, who don't live in the area, will listen to the Washington D.C. radio stations and send local stories to him.

"Like local newspapers, it provides information that you can't get from other sources," said Kukovich. "There's a lot of good stories out there that don't have a venue"

Or didn't, Kokovich noted, until now.



# Personalize Hostess Gifts for the Season

Want to branch out from the traditional flowers and wine to present a personalized hostess gift this year? Local Arlington businesses offer a variety of gifts for that holiday party or dinner.

— Shirley Ruhe/The Connection



Wild Birds Unlimited in Lee Harrison Shopping Center offers bird seed ornaments for the bird lover hostess to hang in her backyard trees. Their Snowman ornament is made with safflower seeds and peanuts to attract nuthatches, chickadees, wrens and cardinals with Rascal the Raccoon made out of the "no mess mix" with sunflower chips and peanuts for wrens, chickadees and the tufted titmouse. Blossom the Skunk is new this year made with black oil seeds for cardinals and woodpeckers and is a favorite with all the birds. Michelle Brown, an employee, says these ornaments are cute wrapped in a little bag for hostess gifts. "We sell a lot of these."



Arrowine offers a variety of cheeses in addition to its wide wine selection. Perry Soulos, cheese manager, suggests taking Jasper Hill Harbison cheese as a special hostess gift. He says the cheese just won best American cheese out of 3,000 submissions in the World Cheese Competition in London. It is a brie wrapped with spruce bark by "Larry the local stripper" who takes the bark off the trees and local women wrap the bark around the rounds of brie. It is made in Greensboro, Vt. Soulos says it is a nice centerpiece cheese for your platter, a good group gatherer, and something for guests that they may not have tried themselves.

**Trade Roots Fair Trade Gifts and Coffee located** on Washington **Boulevard** in Westover advertises 936 hostess gift ideas on the internet. The store is crowded with dangling sterling earring from Ecuador, cloth purses hanging from racks, candles from South Africa with native designs, a container of resin over bamboo spoons, baskets, bowls and toys from rural Bangladesh. The

store is commit-



ted to fair trade and the products are handmade with sustainable products from around the world. Lisa Ostroff, the owner, shows some scented trivets.



A large table inside the door of Company Flowers on N. **Pollard Street** has a display of **Michel Design** with napkins, soap that according to the owner Marnie Nicholson, 'smells wonderful and is in a pretty seasonal box, as well as flower set towels, the more you launder, the softer they get." A three-foot high white wire tree in the aisle

holds a number of other potential gifts including the cardinal ornament, the most popular because it is the state bird of Virginia. And if still wanting to choose flowers, the store has the "little wink" which is a small bouquet with a holiday theme. "People love to take them."



Photos by Shirley Ruhe/The Connection

Step back in time at Ayres Variety and Hardware on Washington Boulevard in Westover for that special "hard to locate" gift that matches the personality of your hostess. Ceramic turtles, dogs, owls and dogs crowd the shelves along side decorative-themed glasses and "crazy high heel salt and pepper shakers." A clerk points out that it is wise to know your host or hostess in order to buy one of these specialty hostess gifts. "They are fun but not extravagant."

#### HOLIDAY ENTERTAINMENT

### **Family Events**

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.

#### 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/event/miracle-on-23rd-street 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.wreathsacrossamerica.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

#### 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.

www.balletnova.org.

"Winter Wonders." 4-5 p.m. at St.
Paul's Episcopal Church, 3439 Payne
St., Falls Church. 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.jigsv.com.

**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/oarl.html.

Candlelight Mass. 7 p.m. at
Marymount University Main Campus,
2807 N. Glebe Road. Mass will be
followed by hot chocolate and
carolling. Free. Visit
www.marymount.edu for more.

#### 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.

#### SATURDAY/DEC. 19

Breakfast With Santa & Holiday

**Food Drive.** 8-11 a.m. at The Village at Shirlington, 2700 S. Quincy St. Make a donation of nonperishable food items and enjoy Breakfast with Santa. Free. Call 703-820-0440.

### Live Music

**DEC. 8-JAN. 24** 

Christmas With Nova Y. Payton and Friends. Various times at Signature Theatre, 4200 Campbell Ave. Star of "Dreamgirls" and "Hairspray" sings some of her favorite holiday tunes including "This Christmas," "Jingle Bell Rock," and "I Saw Mommy Kissing Santa Claus."



Singer, and Broadway performer, Nova Y. Payton has starred in several features at Signature Theatre, including "Dreamgirls" and "Hairspray." Through Jan. 24, Payton will be giving Holiday performances featuring classics like "This Christmas," "Jingle Bell Rock," and "I Saw Mommy Kissing Santa Claus." See www.sigtheatre.org.

Tickets are \$35. Visit www.sigtheatre.org for more.

#### FRIDAY-SATURDAY/DEC. 11-12

**Holiday Chorale Concerts.** 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 holiday programs featuring holiday and seasonal pieces. Guest artist will be violinist Heather Haughn of the West Shore Trio. Free. Visit www.encorecreativity.org for more.

#### SATURDAY/DEC. 12

**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

Visit From Santa. 1-4 p.m. at Potomac Overlook Park, 2845 Marcey Road. Take photos with Santa. Reservations required. Tickets are \$5

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

accepted. Visit www.metchorus.org.

"Songs of Light and Peace: A
Celebration of Hanukkah." 4
p.m at Calvary United Methodist
Church, 2315 S. Grant St. The choir
Mizmor will celebrate the end of the
festival of Hanukkah. Free. Email
farnick@hotmail.com.

#### WEDNESDAY/DEC. 16

Holiday Sing-Along. 11 a.m.-12 p.m. at Culpepper Garden Senior Center, 4435 N. Pershing Drive. Adults 55+ are invited to sing along to holiday favorites. Free. Visit parks.arlingtonva.us for more.

#### FRIDAY/DEC. 18

Forum Christmas Concert. 7-10 p.m. at FORUM Arlington, 3304 Washington Blvd. The Suspicious Cheese Lords will perform sacred and secular Christmas songs. Tickets are \$10 in advance, \$15 at the door. Visit www.arlingtonforum.org.

SEE HOLIDAY GUIDE, PAGE 13





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

#### Wreaths Across America Day

The "Wreaths Across America" initiative set out 13 years ago to lay holiday wreaths at the graves of veterans at an annual ceremony. This year, the Arlington National Cemetery will host this event on Saturday Dec. 12. Last year more than 1,700 graves were decorated and more than 300 volunteers helped to place a wreath on every third grave, the graves of the past post commanders and all of the graves of unknown soldiers. Visit www.wreaths acrossamerica.org.



Dinwiddie St. This version of Dickens' Mrs. Cratchit is angry, stressed-out woman who wants to escape poverty and suffering. Tickets are \$10. Call 703-228-6700.

Second City: Holidazed &

Confused. 7:30 p.m. on Friday; 4 p.m., 7 p.m., and 10 p.m. on Saturday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Sketch and improv comedy ensemble the Second City will perform a Holiday Revue. Tickets are \$30. Visit www.arlingtondrafthouse.com.

#### FRIDAY-SATURDAY/DEC 18-19

Second City: Holidazed &

Confused. 7:30 p.m. and 10 p.m. on Friday; 4 p.m., 7 p.m., and 10 p.m. on Saturday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Sketch and improv comedy ensemble the Second City will perform a Holiday Revue. Tickets www.arlingtondrafthouse.com.

#### SATURDAY-SUNDAY/DEC. 26-27

Second City: Holidazed &

Confused. 7 p.m. and 10 p.m. on Saturday; 4 p.m. and 7 p.m. on Sunday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Sketch and improv comedy ensemble the Second City will perform a Holiday Revue. Tickets are \$30. Visit www.arlingtondrafthouse.com.

#### SUNDAY-TUESDAY/DEC, 27-29

Virginia Ballet Company: "The

Nutcracker." 2 p.m. and 7 p.m. at Northern Virginia Community College Annandale Campus in the Ernst Community Cultural Center Theater, 8333 Little River Turnpike,

### Performing Arts

DEC. 10-20

Truman Capote: "Holiday

Memories." 7:30 p.m. or 2 p.m. at Theatre on the Run, 3700 S. Four

Mile Run Drive. Based on short stories by Truman Capote this show features Capote as a boy abandoned by his family in Depression-era Alabama. Tickets are \$10-35. Visit www.wscavantbard.org for more.

#### 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 evervone else. Visit www.balletnova.org

"Mrs. Bob Cratchit's Wild **Christmas Binge."** 7-9 p.m. at Wakefield High School, 1325 S.



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#### DECEMBER

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 &

#### FEBRUARY

2/3/2016.....Valentine's Dining & Gifts I 2/3/2016.....Wellbeing – National Children's **Dental Health Month** 

2/10/2016......HomeLifeStyle 2/10/2016.....Valentine's Dining & Gifts II

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# The lights." — Gretchen Fuss, Tchoupitoulas Furnishings

— Gretchen Fuss, Tchoupitoulas Furnishings

# Ideas for Decking the Halls

### Local designers create opulent holiday designs.

BY MARILYN CAMPBELL The Connection

rom traditional to glamorous, fresh to faux and high-end to old school, local tastemakers tell how they create holiday dazzling holiday design extravaganzas.

Karen Velehoski and the rest of the design team at Merrifield Garden Center in Fair Oaks spend nearly a year planning and building the holiday displays that overtake each store during the Yuletide season.

In creating the holiday wonderlands, the designers assemble each space around a theme, maintaining consistency in style, color and texture. Their goal is to dream up design concepts that will inspire.

"We hope that people will get ideas for their own homes, but the first step is to focus on color," said Velehoski. "You can incorporate family heirlooms or decorations that you've had for years if you coordinate the colors. You can really use ribbons to tie the colors together easily."

For example, they designed a rustic space that draws inspiration from a snow-covered forest. "It's decorated with things like branches, berries, birds and other outdoor animals," said Velehoski. "And we used red, plaid ribbon to keep the outdoorsy feel."

There's another winter scene that sparkles with décor in hues of gold, copper and platinum, and a classic display that pays homage to time-honored traditions. "It appeals to people who like greens, reds and poinsettias," said Velehoski. "This year we incorporated a little bit of black with that red, white and green which is pretty."

There's even inspiration for those with a penchant for pastels. "It has an icy look," said Velehoski. "It has an icy, frozen winter wonderland feel with snowflakes and icicles. We used a lot of pale blue, pink and a touch of

Simple, clean and fresh are words that Gretchen Fuss, an interior designer with Tchoupitoulas Furnishings in Alexandria, uses



PHOTO COURTESY OF GRETCHEN FUSS

Gretchen Fuss, an interior designer with Tchoupitoulas Furnishings, created this holiday tree.

to characterize her holiday design aesthetic.

"I don't like to over do it when it comes to holiday design," she said. "I love the mood and ambiance of white lights. It changes the feel of a room. I like candlelit rooms."

Fuss says she uses a minimalist approach to incorporating family heirlooms with new acquisitions. "I do little vignettes where I'll have a piece, for example, that my mother once used to store ornaments in, and I'll use that to display fresh greenery."

The designer has even created holiday adornments of her own. "I've made holiday sculptures," said Fuss. "I even made little flowershaped sculptures that I put together to make a six-foot tall Christmas tree."

Fuss adds white back-lighting, which shines through each flower petal, illuminating the

Candles, ribbons and bows hanging on a mantle, swags of greenery and garlands draped over wall art and mirrors are what visitors who enter the spaces created by the designers of Patina Polished Living in Alexandria will see.

"... A string of lights combined with ornaments might flow down the center of a table, or shine inside a cloche combined with a win-



Photo courtesy of Patina Polished Living

**Amanda Mertins of Patina Polished** Living advises using an urn to greet guests at the front door.

ter wonderland theme," said designer Amanda

For an exterior space, Mertins advises using a twinkling wreath or a lit arrangement in an urn to greet guests at the front door.

Maintaining thematic consistency is a precept that designer Jenne Whitlaw, of GTM Architects in Bethesda, Md., recommends when conceiving ideas for holiday spaces. "Pick a central focal point, and echo the sentiment around the space, for both indoor and outdoor," she said. "This allows the eye to bounce around your holiday canvas, experiencing asymmetrical visual harmony and balance.'

For those who prefer holiday decor in muted hues, Whitlaw suggests, "neutrals [like] winter white and pale greys, when paired with light, reflective metallics and sparkle add elegance and a sense of timeless wonder to every room."

For a touch of whimsy, Whitlaw recommends adding decorations to unexpected places. "For a surprising embellishment, how about placing ornaments around the vanity in your powder room?" asks Whitlaw. "Chandeliers are also a perfect theatre in the round for cascading trinkets and greenery."

### Adding a Home **Elevator: Luxury** or Necessity?



Adding an elevator to your home may sound extremely luxurious, but as a large amount of satisfied homeowners can testify, it may simply be a bare necessity for the elderly or disabled. The old advice of 'just' relocating to a home without stairs once they become troublesome, simply no longer holds value. This advice also underestimates the emotional effects that come with having to move out of your home.

Installing an elevator isn't necessarily as expensive or difficult as you might think. And home elevators can often fit in something the size of a closet, so they don't need a lot of room. In addition to the mobility advantages it may provide for you, having an elevator can also positively increase your home's value. A properly maintained elevator will retain its value almost for a lifetime.

It is important that your home is checked for the suitability of installing an elevator. At that point the various options for your particular situation can be explored.



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# Sports



Senior guard Jonathan Adams led Wakefield with 19 points during the Warriors' victory over T.C. Williams on Saturday.



Wakefield improved to 3-0 with a win over T.C. Williams on Saturday.



PHOTOS BY JEFF McQuilkin

Wakefield head coach Tony Bentley talks to the Warriors during Saturday's 74-56 win over T.C.

# Wakefield Improves to 3-0 with Win Over TC

### Warrior transfers trying to jell with captains Nhial, Treakle.

By Jon Roetman The Connection

fter the Wakefield boys' basketball team defeated T.C. Williams, 74-56, on Saturday night in Ar lington, improving the Warriors' record to 3-0, Wakefield senior Deng Nhial shared his thoughts about the team's earlyseason performance.

"We had a slow start to the season, but we've started to pick it back up now," said Nhial, who is in his third varsity season. "We've started listening to our coach, we've started getting into a better flow ... we've started picking it up on defense."

Since when does being undefeated constitute a slow start?

"Deng can really say that. He's the one, if anybody can say it, because he's been here the longest," head coach Tony Bentley said. "He knows what Wakefield basketball is all about — and no we have not played well. ... Tonight, we saw it starting to come together."

After losing several key players to graduation, including first-team all-state forward Dominique Tham, Nhial and junior guard Alan Treakle, who transferred from West Potomac as a sophomore, are the only returning Warriors with significant experience. The rest of Wakefield's primary contributors this season will be some combination of transfers and athletes who lack varsity experience as the Warriors attempt

to continue the program's streak of three consecutive district/conference championships.

Wakefield started 3-0, including a 55-46 victory over Yorktown and a 96-88 triple-overtime win against Tuscarora, but the Warriors have work to do in terms of jelling on the court.

Wakefield had multiple players transfer in this season, including senior guard Jonathan Adams (Woodbridge), junior guard Halil Parks (W-L), senior guard Eric Martin (Edison), sophomore forward Mahmoud El Taher (Yorktown) and sophomore forward A'mari Cooper (South Carolina).

"When you get one [transfer]
— we had Alan last year —
that's OK, you can manage
that," Bentley said. "But when
you start getting a few of them
... each kid is coming from a different program that teaches dif-

ferent things. Not that it was wrong, it's just now it has to be the way we want it to be done. It's been tough and I guess that's why Deng has felt like it hasn't just clicked right away, because we're starting to get to know each other, not just on the court, but off the court as well."

Adams, who led Wakefield with 19 points

on Saturday, said the Warriors are bonding. "We've jelled very well," he said. "We hang out almost every day. Weekends, we spend

"When you get one [transfer] — we had Alan last year — that's OK, you can manage that. But when you start getting a few of them ... each kid is coming from a different program that teaches different things. Not that it was wrong, it's just now it has to be the way we want it to be done. It's been tough and I guess that's why Deng has felt like it hasn't just clicked right away..."

— Tony Bentley, Wakefield boys' basketball coach

time together — hours. We just try to build that chemistry so we can get to the state championship. ... If you have chemistry off the court, it will be so much easier on the court."

Adams, who started for Woodbridge last season, said it has been a challenge adjusting to his new role.

"It was a little challenging, me being a starter on the Woodbridge team, me having to be vocal," Adams said, "and then coming here and having to lower my ... status."

Nhial and Treakle are team captains and looked to for leadership.

"It's been a challenge, especially becoming a vocal leader on the court and getting our players going when we're starting sluggish," Treakle said. "Also, being that main man on the court, and telling everybody what to do, where to go, being an energizer-man."

On Saturday, Wakefield never trailed against T.C. Williams, taking the lead for good when an Adams bucket gave the Warriors a 6-4 advantage with 3:30 remaining in the first quarter. Wakefield led 19-13 at the end of the opening quarter and 36-27 at halftime.

The Warriors built their largest lead of the night when a bucket by Treakle gave Wakefield a 63-39 advantage early in the fourth quarter.

Treakle finished with 18 points and Parks added 11.

... each kid is coming from a different program that teaches different things. Not that it was wrong, it's just time together — hours. We just try to build now it has to be the way we want it to be that chemistry so we can get to the state p.m. on Friday, Dec. 11.

Wakefield faced Eastern on Tuesday, after The Connection's deadline. The Warriors will host Anacostia at 7

Bentley said this year's team motto is "get with the program."

"They have to get with the program because we've been successful," Bentley said. "All your accolades will come if you just play team ball."

#### From Page 9

Annandale. Virginia Ballet Company and School with present its 66th season of "The Nutcracker." Tickets are \$30 for adults, \$20 for children, plus \$3 service fee. Visit www.vaballet.org for more.

### Shopping

#### **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 for more.

#### 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.

#### SATURDAY/DEC. 12

#### 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.

"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.

#### SATURDAY-SUNDAY/DEC. 12-13

#### Hendry House Holiday Market. 10

a.m.-5 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Attend a crafts show throughout the manor house. Free. Visit www.arlingtonva.us for more.

#### SATURDAY/DEC. 19

Last Chance Holiday Bazaar. 9:30 a.m.-2:30 p.m. at Lyon Village Community House, 1920 N. Highland St. The "Last Chance Holiday Bazaar" will feature local artisans selling handmade gifts. Free. Email irenesdogs@comcast.net.

#### Arts & Crafts

#### 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.

#### SATURDAY/DEC. 12

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.

#### Food & Drink

#### SATURDAY/DEC. 19

Candy Cane Crawl. 1-9 p.m. at 3100 Wilson Blvd. Attend a holidaythemed bar crawl. Tickets are \$20 in advance, \$30 at the door. Visit www.candycanecrawl.com for more.

#### THURSDAY/DEC. 31

#### New Year's Eve at the Drafthouse.

7:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Watch New Year's Eve celebration from around the world on the Drafthouse theater screens. Tickets are \$15. Visit

www.arlingtondrafthouse.com.

New Years' Eve Bond Ball. 8 p.m.-2 a.m. at Westin Arlington Gateway, 801 N. Glebe Road. Find signature cocktails, champagne, and more. A VIP ticket buys a three-course meal Tickets are \$199-219 plus service fee. Visit www.newyearsevedmv.com.

New Years' Eve Casino Night. 8 p.m.-3 a.m. at Hyatt Regency Hotel, 2799 Jefferson Davis HIghway. Find casino games, show girls, karaoke, burlesque, and more. Tickets are \$60-\$150. Visit

www.eventbrite.com/o/socialarchitects-terry-frasier-1124509851

New Years' Eve MADsquerade Ball. 9 p.m.-2 a.m. at Mad Rose Tavern, 3100 Clarendon Blvd. Celebrate the New Year with food drinks, and a live showing of the Ball Drop in Times Square. Tickets start at

\$35. Visit www.madrosetavern.com.

#### CALENDAR

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.

#### 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 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 for

#### 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 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 vww.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 for

#### 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

seniors. Free. Visit

#### **Marymount Student Art Exhibit** Opening Reception. 5-7:30 p.m. at The Barry Gallery-Reinsch Library, 3807 N. Glebe Road. Celebrate the launch of an art exhibit featuring the work of six Marymount University

www.marymount.edu/barrygallery. "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/event/miracle-on23rd-street for more.

#### FRIDAY-THURSDAY/DEC. 11-17

#### Marymount Student Art Exhibit.

10 a.m.-8 p.m. Monday-Thursday, 10 a.m.-6 p.m. Friday-Saturday at The Barry Gallery–Reinsch Library, 3807 N. Glebe Road. Maggie Brewer, Briana Clorey, Elizabeth Gwin, Demetrius Jordan, Maura McCandlish and Kiki Neibuhr will present art they have worked on as part of their senior projects. Free. Visit www.marymount.edu/ barrygallery.

#### 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 preschool audience. Tickets are \$15 for children 12 and under, \$20 for everyone else. Visit www.balletnova.org.

"Mrs. Bob Cratchit's Wild Christmas Binge." 7-9 p.m. at Wakefield High School, 1325 S. Dinwiddie St. This version of Dickens' Mrs. Cratchit is angry, stressed-out woman who wants to escape poverty and suffering. Tickets are \$10. Call 703-228-6700.

#### Second City: Holidazed &

Confused. 7:30 p.m. on Friday; 4 p.m., 7 p.m., and 10 p.m. on Saturday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Sketch and improv comedy ensemble the Second City will perform a Holiday Revue. Tickets are \$30. Visit www.arlingtondrafthouse.com for

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# I Beg Your Indulgence



By KENNETH B. LOURIE

Even after seven years as a patient in the cancer whirled, I still find it emotionally difficult to promptly return a well-meaning phone call or a likewise intended e-mail when the message/content is clearly having to do with my health and welfare. Not that I don't appreciate, and on many levels, most likely need these kinds of communications; nevertheless, the challenge of summoning up the intestinal fortitude to discuss, detail, outline, rehash, speculate, articulate, wonder, hope, fear, introspect, extrovert, try to make light of and not be made heavy by, in addition to all the other miscellaneous anxieties a cancer patient experiences 24/7, is often too much. And as regularly as we are left alone with our own thoughts, sometimes, the emotional road less traveled is the one fraught with fewer bumps and bruises.

Not that I want to get stupid and live in a "cone of silence," where I can't be heard and others can't hear me; that wouldn't be smart. Still, as often as not, the effort to respond in kind is not respectfully honored. It's an odd reaction to be sure. Receiving inquiries is one thing, a helpful thing, almost like "Thing" from "The Addams family," but not responding is quite another thing. It's not exactly akin to trudging through the snow uphill, in winter, as our parents all claimed they did, but the emotional weight of it is something that I'm probably having difficulty explaining - as much as I'm trying.

Maybe this is all just an excuse to obfuscate my ill-mannered and disrespectful negligence. How poorly was I raised that I don't know enough to provide a common courtesy? People ask, you answer. When one is sick or "diseased," and friends, family and co-workers reach out, one is not supposed to pull back, right? I should appreciate their support and absorb whatever positive energy/good vibrations they're sending. Let's face it, as I do most days; living with cancer is not exactly a solitary pursuit. Although it may seem like it, at home, alone, especially at night when tossing and turning and not sleeping becomes an Olympic sport, the cancer experience is not a meal best served cold, if you know what I mean.

Regular interaction with humans, and I don't mean radio, television or Internet, is the next best thing to being there/reaching out and actually touching someone or being touched (which is likely another benefit). Moreover, being made to feel alive and well and dare I say, normal (not diagnosed with cancer), is the goal, but the figurative elephant in our world is not just in one room, one time; it's in every room all the time; it's herd but not seen. But difficult to ignore nonetheless

Stage IV lung cancer is like that. It's typical that when symptoms manifest themselves, the patient is already inoperable and tumors which gave the patient no indication that they even existed, have now metastasized (moved/grown). Ergo, the staging. There is no stage V, by the way. This is not to imply that it's ever too late. It's just hard to assimilate when the diagnosis comes out of the blue and previously you were feeling in the pink. In this context, the silence of it (meaning the lack of symptoms) was not golden; any more than my silence now in not responding to well-wishers is golden. It's not. It's self-indulgent and most times I readily acknowledge it. lowever I feel nowerless to affect it Please don't take my lack of a timely response personally. I'm just trying to navigate as best I can. As George Costanza made famous on a long-ago "Seinfeld" episode: "It's not you. If it's anybody, it's me...."

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

# Extension Highlights Volunteer Activities



Katie Strong (right), Extension **Agent for Family and Consumer** Services, discusses with Susan Pollack, the healthy breakfast that she had helped prepare for the **Virginia Cooperative Extension** Legislative Breakfast Dec. 4. Pollack is a Master Food Volunteer who has been trained to educate the public about nutrition and eating healthy.

# Thrive

From Page 4

\$7,000 was pledged, an anonymous donor offered an additional \$7,500 dollar-for-dollar match in honor of Gerry Shannon's retirement. Several people shook their heads in acknowledgement of the generosity of Arlington residents. "That's Arlington," said Susan McFadden, a patent examiner and volunteer for Thrive, "This is a testament to the generosity of Arlington neighbors." Over \$140,000 was raised — \$56,000 raised from the floor during the reverse auction, including the donors who gave \$32,500 in matching gifts.

For more information about Thrive Arlington, or to give Thrive a donation before end of the year, www.arlingtonthrive.org.

#### "Flourishing After 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 13-19.

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

**Senior trips**: Sunday, Dec. 13, Strathmo holiday concert, Bethesda, \$70; Monday, Dec. 14, National Harbor, "ICE!," \$37; Tuesday, Dec. 15, GardenFest of Lights," Henrico, Va., buffet dinner, \$50; Thursday, Dec. 17, Maryland Live! Casino, \$9; Friday, Dec. 18, U.S. Botanic Garden, \$7; Saturday, Dec. 19, Sully Plantation, Candlelight Tour, \$16. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

The **Fairlington** Community Center is crowded with displays on nutrition education, financial education, **Energy** Masters, 4 H, and Master



A native from Eritrea, a VCE employee, demonstrates their coffee ceremony and traditional roasting method to three students from Wakefield High School who are members of the 4-H, a partner in the VCE program. This includes (from left) Aziza Hasen who led the 4-H pledge, Areli Ibarra who shared her experiences in 4-H and Rebecca Nance who led the group in the Pledge of Allegiance.



Email announcements to arlington@connection newspapers.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.

#### WEDNESDAY/DEC. 9

**Arlington Parks & Recreation Class** Registration Opens. Visit www.arlingtonparks.us/enjoyarlington for more.

#### THURSDAY/DEC. 10

703-228-7369

ter, 703-228-4745.

Rosslyn Highlands Park Community Open House. 12:30-1:30 p.m. and 5:30-6:30 p.m. at Wilson School, 1601 Wilson Blvd. See the final plan for The Rosslyn Highlands Park in its entirety at a gallery walk open house. Free. Call 703-228-3336 for more.

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

days, 11 a.m., Arlington Mill. Free. Register,

Kettler Capitals Iceplex, Ballston Mall, \$1. Regis-

Games and strategies. Free. Details, 703-534-6232.

Ice skating, Mondays, 8 a.m. - 9:10 a.m.,

Madison Chess Club. Mondays, 9:30 a.m.

Live acoustic music, Tuesday, Dec. 15, 7

Rubber Stamp workshop, Tuesday, Dec. 15,

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 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.

Register, 703-228-6300. Pickleball games and instruction, Mon-

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

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

a.m.-12:30 p.m., Lee. Register, 703-228-0555. Holiday sing-along, Wednesday, Dec. 16, 11

7 p.m., Walter Reed. Free. Register, 703-228-0955. Winter beans and greens recipes, Tuesday, Dec. 15, 11 a.m., Langston-Brown. Free.

p.m., Walter Reed. Free. Register, 703-228-0955.

Arlington Connection ❖ December 9-15, 2015 ❖ 15

Free. Register, 703-228-7369.

Poker games, Tuesdays and Thursdays, 10

a.m., Culpepper Garden Senior Center. Free. Register, 703-228-4403.



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