

Tom Hayes, owner of We Recycle Trees and Edible Landscapes, demonstrates how to grow your own shiitake and oyster mushrooms from logs he has harvested in his tree service. His presentation was part of the "Plot Against Hunger" summer season kick-off held by Arlington Food Assistance Center (AFAC) on March 19 at St. Andrew's Episcopal church. Hayes has pretreated the logs by drilling holes and inserting sawdust with mushroom starter seed. He will seal the holes with melted wax to keep out unwanted fungi.

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Going All In For Teen Well-being

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Arlington All In Conference Addresses the Dangerous Years

“It’s your job to explain to me the consequences of my actions,” teen tells mom.

BY EDEN BROWN
THE CONNECTION

Mother and son sat on the stage of the George Mason Founder’s Hall auditorium last Saturday, and talked as though they were in their kitchen at home. Kate McCauley and David Balick were discussing those dangerous years between 6th and 12th grade, when teens may exercise poor judgement and parents may overreact, or not react enough.

Balick got through those years and is now at Fordham University in New York, but he gave credit to a “very mean mother,” as he smiled at her across the stage.

The two were part of a session on the teen brain, held for parents at the Arlington All In! Conference March 12. The event was sponsored by the Arlington Partnership for Children, Youth, and Families, whose Chair is Devanshi Patel. Arlington County, Arlington Public Schools, George Mason University, Second Chance, Connected 4 Safety, Core for a Change, Pave, the Ready Coalition, and the Teen Network Board were just some of the local organizations who helped support the event.

McCauley, who founded the Center for Parents and Teens, talked about several key aspects of a teen’s development: social engagement, where children are learning to be independent and build lifetime friendships.

“If they pick bad friends, let them do it now, while the parents are there to guide them,” she said. “Strike a balance between interfering and not interfering.”

Since kids start getting their advice from friends who are considerably less experienced than adults, the parent has to stay relevant. Parents shouldn’t close things off by being too hard on their kids. But checking up on them? You bet.

She was the mom who always called, always checked to see if parents were in the house during a party. Eventually, her son David called her on it: if you keep calling, he said, “there will be things I can’t do.”

She relented, but only because he had demonstrated up until that time that he was trustworthy. She also threw in a consequence if he used poor judgement: “I’ve taught you to stay away from situations where people are breaking the law. If you ever get arrested, I will hire the best lawyer in town to get you out of jail, the most expensive attorney money can buy: and you will spend the next few years paying the bill.”

McCauley also gave her kids tools. They had a code, so that if they got into a situation where they thought things might go in a bad direction but weren’t sure how to extricate themselves, they could call her and ask, “Hey, how is grandma?” That would be her cue to tell her son to come home right away. He wouldn’t lose face that way. She also specialized in being the meanest mom: that made it possible for him to tell people who were pressuring him: “sorry, can’t do it, my mom won’t let me.” McCauley stresses that parents can’t be friends with their kids at this stage: they have to parent. “You only get one mom; you get plenty of friends.”

Novelty seeking is a normal part of teen brain development, McCauley said. But when a kid does mess up, she said, “How you say things, as a parent, is important. See what your teen thinks about what happened. Ask: ‘What would you do differently next time?’”

Keeping the channels open is important: McCauley urged parents to take advantage of times when you aren’t face to face, but side by side. Drives in the car and walking the dog can be good times to raise topics. Or just say, “Hey, come fold the laundry with me.”

MCCAULEY CAUTIONS that not all those times should be for serious talk. Sometimes you should keep it light. Talk March Madness, or theatre, something neutral. That way your teen will expect an easy conversation and not dread being asked to take

SEE TRANSLATING ‘TEEN’, PAGE 3



PHOTO BY EDEN BROWN/THE CONNECTION

David Balick and Kate McCauley (l-r) talk about the teen brain and how to deal with the “dangerous years” between 12 and 18.

Tips

Kate McCauley and David Balick had advice for parents of teens:

- ❖ Need to talk about consequences in sixth, seventh, and eighth grade; don’t wait for high school.
- ❖ Learn to empathize ... tell your child: “yeah, that sucks, so now what can we do about it?”
- ❖ Teach your kid to make decisions responsibly by giving them the tools to analyze the pros and cons.
- ❖ Make time.
- ❖ Listen without judgement.
- ❖ Acknowledge feelings.
- ❖ Praise with positive judgement.
- ❖ Support with boundaries and expectations.
- ❖ Ask a lot of questions: “So what were you thinking when that happened?” — rather than judging.
- ❖ Praise teens for what they are doing, not who they are. “I really like how you did that, or how you said that.”

Translating TEEN

If your teen says:

- ❖ “You don’t trust me.” He is saying: “I want freedom to do things I’m not ready to do yet; you are setting limits I don’t want to set myself.”
- ❖ “You’re embarrassing me.” You are: so try not to.
- ❖ “None of the other parents do that.” Chances are they do. Unless you know they don’t, because you’ve checked, keeping doing it. And if that doesn’t work, just say “I don’t care what other parents do.”
- ❖ “Whatever” means the conversation is over.
- ❖ “I don’t care.” He means: “I am angry, but I do care.”
- ❖ “My teacher hates me.” Teens are not good at reading social cues; the narcissism in the teen brain often leads them to think a teacher is taking it out on them. To respond, remind them there will be bosses like that.

❖ “I hate you.” It’s just like the terrible 2s. Response? “That’s fine, I have enough love for both of us.”

What causes stress in teens?

- ❖ Over scheduling
- ❖ Belief in effortless perfection
- ❖ Money
- ❖ Career
- ❖ Peer pressure
- ❖ Low self esteem
- ❖ Body image
- ❖ Racial identity
- ❖ Violence
- ❖ Death of a loved one

More Resources

Conference materials are all available at www.ACPYF.org

- The following additional resources were cited:
- ❖ www.CenterforParentsandTeens.com
 - ❖ www.adaa.org
 - ❖ www.wildmind.org/tag/beastie-boys
 - ❖ Phone APPs for meditation: Calm.com, mindfulness for teens.com
 - ❖ Follow the mindful Teen (Twitter), and Stop, Breathe, and Think.
 - ❖ Teenbrain.drugfree.org
 - ❖ Theparenttoolkit.org
 - ❖ Arlington NAMI Parent Support Groups: for K-12 at Cherrydale Baptist Church, on 2nd and 4th Sundays from 7-8:30 p.m.; or for older teens and young adults, Trinity Presbyterian Church, on 3rd Sundays from 1-2:30 p.m.
 - ❖ TED talk by Frances Jensen
 - ❖ Arlington’s Ready Coalition: www.readycoalition.org
 - ❖ Book to read: Parenting by Heart: How to Stay Connected to Your Child in a Disconnected World, by Ron Taffel with Melissa Blau

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Better Buses

Arlington County applies for funding to improve its public transit.

BY VERNON MILES
THE CONNECTION

From better bus stops to shorter waiting times, if a series of grant applications from the regional and state authorities go through, Arlington's public transit could see some new improvements. As part of Arlington County's ongoing overhaul of its transportation system, the County Board approved up to \$3.5 million in funding requests to the state for a variety of transit improvements.

Sarah Crawford, the Regional Transportation Planning Program Coordinator for Arlington County, said the requests tie in with the state's plans to transform I-66 inside the beltway. Tolls collected on I-66 will be required to benefit regions affected by the tolling and will be dispensed by the Northern Virginia Transportation Commission (NVTC). For the first year of

"[We'll have] 50 screens at rail stations, bus stops, offices and residential buildings in Rosslyn-Ballston Corridor."

— Sarah Crawford, the Regional Transportation Planning Program Coordinator for Arlington County



Bus Station improvement on S. Abingdon Street to bring the stop up to ADA compliance.

projects, the Virginia Department of Transportation (VDOT) provided \$5 million in funding to meet the implementation goals of the "Transform I-66" project.

The biggest request, up to \$1 million, goes to improving bus stop accessibility. All bus stops along Lee Highway and Washington Boulevard will be brought to Americans With Disabilities Act (ADA) compliance, including construction of sidewalks, shelters, benches, and furnishings. Throughout

Arlington, Crawford said there are more than 100 bus stops in need of improvement, with 40 listed as deficient.

THE BUS ROUTES themselves are also targeted for major renovations. Arlington County is requesting \$960,000 to rehabilitate six ART buses to be used along Lee Highway. According to the staff report, rehabilitation adds four years to the service life of the buses and delays

replacement costs.

ART 55, which serves Lee Highway between East Falls Church and Rosslyn Metro stations would also receive an additional



Prototype for the real time information screens.

bus during peak hours at a \$377,447 cost. However, this funding is temporary, within five years the County would be forced to absorb the ongoing costs. Similarly, a \$200,000 improvement to Metrobus 2A, increasing frequency from 15 minutes to 10 minutes, would have to be absorbed by the County after five years.

One of the flashier projects, if approved for its \$250,000 cost, could be the real time information screens displaying available routes and times for buses, rail lines, bikeshare, zipcar, and eventually I-66 tolling.

"Screens provide dynamic traveller information to encourage people to make the best trip choice possible by providing all options in sort of a one stop shop," said Crawford. "[We'll have] 50 screens at rail stations, bus stops, offices and residential buildings in Rosslyn-Ballston Corridor."

Screens like those installed along the Rosslyn-Ballston Corridor are already in place in the Arlington County Government building, the Commuter stores, and the Columbia Pike enhanced bus stop.

The County Board approved the funding requests, the applications for which are due on March 24. On May 5, the NVTC selects projects to recommend to the Commonwealth Transportation Board, which has final approval on June 15. If approved, Crawford said the goal would be implementation of the various projects by Summer of 2017, before the tolls are put into effect.

"We are on a bit of a fast track to get these projects on the ground," said Crawford.

Some of the improvements were already slated for the FY 2017 Capital Improvement Plan (CIP). The staff report estimates that, fully funded, the grants could free up \$2.7 million in the CIP.

Translating 'Teen'

FROM PAGE 2

a walk.

McCauley touched on the science behind the teen brain: she cited a TED talk by neurologist Frances Jensen of Harvard, which explains the synaptic plasticity of the teen brain and the fact that stress has a greater impact on the teen brain than it does on the adult brain. Likewise, drugs and alcohol teach the brain to go in directions we don't want it to go, and teen brains are more likely to be addicted to drugs and alcohol faster and more durably.

In addition, the frontal lobes of teens, where judgement and empathy are developed, are the last parts of the brain to enjoy connectivity with other parts, hence the lack of impulse control in teens. It is even more difficult for teens

to engage in decision-making when they are under pressure or strong stimuli: that "hot cognition" of getting handed a marijuana joint and being asked to take a drag, is even harder to handle than it would be for a kid of say, 20.

AT LUNCH, parents and teens met together to hear three Arlingtonians talk about growing up in Arlington County and what lessons they learned.

Eric Green, who teaches at Abingdon Elementary School, talked about growing up in Arlington when it was still segregated. He learned to love music thanks to his music teacher, Dr. Baxter. He ended up going to Morehouse College because of their music program, where he was classmates with Spike Lee.

Tony Bentley, who coaches basketball at Wakefield, also grew up in a segregated

Arlington. Four of his friends asked him if he wanted to pool his money so they could buy some drugs and sell them, making some extra cash. He and his best friend did not go down that road, and later, they were happy they hadn't because their friends looked worn out by the time they were in their 40s, had all gone to jail, one was still in jail, one had died, and the other was addicted. He stressed the importance of choosing the right friends and taking responsibility for your choices. Bentley now runs a basketball camp at Wakefield every summer because he could never afford basketball camp when he was a kid. "Always make the right choices", he told the crowd, "but always do your best to learn from the wrong choices."

AFTER LUNCH, the crowd was divided into parents in one room, and teens in the other. Dr. Alfiere Breland-Noble, Assistant Professor of Psychiatry at Georgetown University Medical Center, provided tips on how

to recognize and handle stress on the part of teens.

There are several anxiety-based disorders teens can get help for, like generalized anxiety disorder and social phobias.

Noble stressed, "These are all treatable."

Noble recommended an app like "Headspace" or "Nature's Space," to calm down, and exercise as a way to alleviate stress. Whatever you do, she said, don't ignore a stressed out teen.

THE FINAL SESSION of the day brought teens and parents together and was designed to give attendees useful tools: even people like Russell Simmons, the Beastie Boys, and Hugh Jackman meditate, the presenters said, as they offered tools to engage more mindfully.

Parents and teens sat in the auditorium and closed their eyes, listened to one of the daily meditations, and breathed: you could almost hear the tension disappear.

OPINION

Purple State

Nonpartisan redistricting could support the best interests of the population, not the politicians.

While the case of Virginia gerrymandering argued before the Supreme Court on March 21 does not impact Congressional Districts in Northern Virginia, it shows again that partisan efforts have diminished voter power in the Commonwealth.

This is one of multiple challenges in the courts about how political boundaries are drawn in Virginia. Consider that in statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General, as we have said in previous editorials.

Here are the actual numbers:

In 2013:

McAuliffe (D) 1,069,789; Cuccinelli (R) 1,013,389

Northam (D) 1,213,155; Jackson (R) 980,257

Herring (D) 1,103,777; Obenshain (R) 1,103,612

In 2012:

Obama (D) 1,971,820; Romney (R) 1,822,522

Kaine (D) 2,010,067; Allen (R) 1,785,542

It's reasonable to assume that a state so evenly divided would be about evenly divided in political representation.

How is possible then that Virginia House of Delegates consists of 67 Republicans and 33 Democrats?

Why is it that Virginia's delegation to the U.S. House of Representatives consists of 11 Republicans and three Democrats?

Virginia's 11 Congressional districts should be split about evenly. You could understand a split of five Dems and six Republicans; or five

Republicans and six Democrats. A four and seven split would smack of some unusual circumstance. But three and eight?

The answer is gerrymandering. Political parties should not control the drawing of political districts. Gerrymandering thwarts the will of the voters.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

The courts will have a hand in redrawing boundaries in some Virginia districts. It's past time for courts to challenge political gerrymandering in general. Virginia's current system is an incumbent protection plan. Every incumbent who sought reelection to the General Assembly last November won. Why? Their districts were drawn for them, not for the voters who live there.

Virginia should embrace nonpartisan redistricting that supports the best interests of the population, not the politicians.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER TO THE EDITOR

Continue Fighting World Poverty

To the Editor:

Last week, I joined 200 volunteers from all 50 states on Capitol Hill to advocate for global health funding on behalf of the ONE Campaign, a nonpartisan advocacy group that pushes for effective government programs to fight extreme poverty and preventable disease in the developing world, particularly in sub-Saharan Africa.

Members of Congress are crafting the federal budget for Fiscal Year 2017 right now. When attempting to balance the budget, many look to foreign assistance programs as an easy target to slash funding. However, these cost-effective, life-saving initiatives fight diseases like HIV/AIDS, tackle hunger, and help the world's poor pull themselves out of poverty, all for less than one percent of the federal budget. Global health initiatives go a long way in strengthening diplomatic ties, bolstering the global economy, and providing people with opportunities that keep them from falling into desperate acts of violent extremism.

As a member of the Senate Foreign Relations Committee, Sen. Tim Kaine has a special leadership role in setting priorities for America's foreign policy priorities. The Senator has long been a champion for global development issues, ever since he took a year off of law school at Harvard to work at a Jesuit mission in Honduras. But as a representative of the people of Virginia, he needs us to support these issues, too. This is why I am writing in support of programs like the Global Fund, Gavi – the vaccine alliance, and USAID nutrition initiatives.

Extreme poverty has been cut in half since 1990 and can be virtually eliminated by 2030. We've come too far in the fight against extreme poverty to turn back now. Helping our neighbors in less fortunate circumstances isn't just the right thing to do, it's also the smart thing to do for the future of our nation and the world.

Morgan Moran
Arlington



PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

First Day of Spring?

Despite threatened rain, an Arlington woman and her dog celebrate the first day of spring with a walk in Gulf Branch Park. The dog was unwinding after 23 houseguests had just left and he finally got to sniff some leaves and chase a few squirrels.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers.

Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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The
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Connection

www.ConnectionNewspapers.com

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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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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 THURSDAY/APRIL 14

Free Tax Preparation Assistance.

Be prepared by bringing the necessary documents with you. Spanish speaking volunteers are available at both locations. Note: the IRS no longer supplies the library with tax forms.

- ❖ Central Library walk-in tax assistance times: Tuesdays, 10 a.m.-7 p.m.; Thursdays, 10 a.m.-4 p.m.; appointments available by calling 703-829-6192.
- ❖ Columbia Pike Branch Library walk-in only tax assistance times: Tuesdays, 1:15-7:45 p.m.; Fridays and Saturdays, 10 a.m.-2 p.m.

To download and print the AARP Volunteer Tax Assistance Schedule for Arlington, visit <http://arlingtonvalibrary.s3.amazonaws.com/files/2016/01/Tax-Prep-Clinics-2016.pdf>.

WEDNESDAY/MARCH 23

Job Fair. 9 a.m.-12:30 p.m. at the Army Navy Country Club, 1700 Army Navy Drive. This event is free to all job seekers, and it is especially geared to members of the military community, veterans, and spouses. Dozens of employers, schools, and government agencies will be in attendance. This event is sponsored by Corporate Gray, a veteran-owned small business. A free presentation on "How to Work a Job Fair" will start at 8 a.m. Pre-registration at

www.CorporateGray.com is encouraged.

Information Session. 6-7:30 p.m. at Washington Workplace, 2300 S. 9th Street, Suite 505. Information sessions for the Signature Program Class of 2017 are free to attend. The sessions include an informational presentation, networking and conversation with Leadership Arlington members. RSVP online at leadershiparlington.ejoinme.org/SigProInfo. Visit leadercenter.org/programs/signature-program for more.

TUESDAY/MARCH 29

An Evening with Ric Edelman. 7 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. An evening with Ric Edelman, the CEO and Chairman of one of the largest independent financial planning firms in the nation. Visit arlingtonva.libcal.com/event/2276142 for more.

THURSDAY/MARCH 31

Students Make Business Pitches. 6-8 p.m. in the Reinsch Library Auditorium at Marymount University. Local students, ages 12-18, representing nine businesses and social movements from the Young Entrepreneurs Academy, Arlington Chamber will have five minutes to pitch their business plans to local members of the business community, during the program's annual Investor Panel Event (think "Shark Tank" meets "The Apprentice"). Open to the public, and registration is \$10. Visit www.arlingtonchamber.org/about_the_chamber/yea!.aspx for more.

Grant Application Deadline. Transurban, the Virginia Department of Transportation's partner on the

395 Express Lanes project, has launched the "395 Express Lanes Community Grant Program." The quarterly grant program seeks to respond to the needs of direct-impact communities within the I-395 corridor during the project's development and construction phase. It will provide organizations with grant awards ranging from \$1,000 to \$5,000 to implement projects that sustain, enhance or protect residents along the project corridor. The program accepts applications and distributes grant awards each quarter. Visit 395ExpressLanes.com/grant-application.

THROUGH APRIL 1

Application Deadline. StormwaterWise Landscapes provides a financial incentive for Arlington property owners to remove pavement, or install pervious driveways, rain gardens, or conservation landscaping. Single family homeowners, businesses, and HOAs are eligible to apply. Applicants should visit <http://environment.arlingtonva.us/stormwaterwise>.

MONDAY/APRIL 4

CPR Community Class. 10-11:30 a.m. at Arlington Public Library, 1015 N. Quincy St. The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. Free. Contact Jonathan A. Rodriguez at tc@prioritymedicaleducation.com or 202-315-8022. Visit www.prioritymedicaleducation.com for more.



PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

Spring Planting

James Corbett stops by the Arlington Food Assistance Center (AFAC) table where Rosemary Jann, a volunteer, gives away bean seeds as well as a variety of herb seeds including thyme, tarragon, basil and cumin. Other seeds are offered to grow a plot for AFAC to feed the families served by the organization. Corbett has a table at the AFAC "Plot Against Hunger" summer season kickoff that demonstrates beekeeping. In two more weeks he will have his colonies in. He sells honey and raises bees as a pollination service for orchards.

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Quincy St. Laughter Yoga, for all ages, is a practice that reduces stress and strengthens the immune system. Free. Email arlingtonlaughteryoga@yahoo.com.

MARCH 28-APRIL 29

Gallery Underground: "facevalue." Gallery hours at Gallery Underground, 2100 Crystal Drive. During April, Gallery Underground features "facevalue," a solo show by Brandie Adams-Piphus featuring digital portraits. Free. Visit www.galleryunderground.org for more.

TUESDAY/MARCH 29

Open Build with Legos. 4-6 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Children 5-12 are invited to check-out the books on construction, buildings and Legos. Free. Call 703-228-7790 for more.

Charity Date Auction. 7-9:30 p.m. at Clarendon Grill, 1101 N Highland St. The charity fundraiser is in partnership with the Arlington Food Assistance Center. Arlington Young Democrats guest auctioneers Matt Brown and Kate Petersen, auction Arlington's, Alexandria's and D.C.'s rising bachelors and bachelorettes. Tickets are \$25. Visit www.afac.org for more.

WEDNESDAY/MARCH 30

Lawn Chair Talk. 6-8 p.m. at the Tiffany Gallery at Arlington Arts Center, 3550 Wilson Blvd. Pairing one artist and one entrepreneur to discuss their personal journey and best practices, each will speak for a half hour followed by a Q&A with both speakers. Free, but registration required. Visit www.arlingtonarts.org

THURSDAY/MARCH 31

Celebrate Women's History Month with Dolley Madison. 7-8 p.m. at Aurora Hills Branch Library, 735 S. 18th St. Historical interpreter Katherine Spivey will offer insight into first lady Dolley Madison, most famous for saving a portrait of President George Washington when the British burned the White House during the War of 1812. Free. Call 703-228-5715 for more.

MARCH 31-APRIL 9

"Idle Playthings" and "Crimes of Fashion." Various times at Gunston Theatre One, 2700 S. Lang St. First, in "Crimes of Fashion," superheroes fight fashion designers bent on world domination. Then, a group of toys come to life and team up to save a family-owned toy store in "Idle Playthings." Silver Spring-based Inclusive Theatre Companies are directed by trained theatre professionals and feature actors who have intellectual disabilities or learning disabilities, or are on the autism spectrum. Tickets are \$12.50 in advance, \$15 at the door, and \$5 for ArtStream students. Visit www.art-stream.org for more.

FRIDAY/APRIL 1

Meet Cinderella and Snow White. 3:30 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Children are invited to listen to stories, engage in other princess activities, and have photo ops for parents to snap their kids with the princesses. Free. Call 703-527-5929 to reserve your spot.

SATURDAY/APRIL 2



PHOTOS CONTRIBUTED

Encore Stage & Studio's Annual Sunny Side Up Benefit

Learn about Encore Stage & Studio's 49 years of serving and inspiring children, and watch performances by Encore students at 8:30 a.m. on Wednesday, April 13 at Washington Golf and Country Club, 3017 N. Glebe Road. Encore Stage & Studio will also honor Pat Kobor and Betsy Lohmann as the 2016 Celeste Groves Award recipients for outstanding volunteer. Free. Visit www.encestageva.org/benefit-breakfast/ to RSVP.

Handmade Arlington. 10 a.m.-4 p.m. at Swanson Middle School, 5800 North Washington Blvd. The annual event will feature a record number of artisans debuting a range of arts and crafts including photography; pottery; jewelry; stationery; home accessories and cleaning products; bags, purses, scarves and other works made from fabrics. Free admission. Visit www.facebook.com/handmadearlington.

Build-Your-Own Rain Barrel Workshop. 10:30 a.m. at Walter Reed Community Center, 2909 16th St S. Rain barrels collect runoff from a downspout that can be used to water the lawn or garden. Tickets are \$55. Visit <http://nvwcd-velocitypayment-com.3dcartstores.com>.

Vegetable Gardening Workshop. 10:30 a.m.-12 p.m. at Fairlington Community Center, 3308 S. Stafford St. The program, intended for new gardeners, will emphasize best practices for managing and maintaining a healthy garden. It will cover the importance of pollinators and other beneficial insects and how to identify them; how crop rotation and intercropping can help control garden pests; how to identify diseases and weeds; and how to maximize harvests with space-saving techniques. Free. Visit www.mgnv.org for more.

SUNDAY/APRIL 3

Biodiversity Open House. 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Local resident David Howell has photographed the surprising diversity in Arlington around the Long Branch Nature Center and Glencarlyn, Bluemont, and Lubber Run Parks. View his photos and chat with him and other naturalists. Free. Call 703-228-6535.

Film Screening: "Al Helm: Martin Luther King in Palestine." 2:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Watch a film about an African-American gospel choir that tours Palestine with a play about MLK's dream of nonviolence. Free. Visit www.uucava.org for more.

The National Brass Quintet. 7-8 p.m. at The Lyceum, 201 S. Washington St. Brass Quintet performs in tribute to veterans and military. Free, but donations

accepted. Contact kfmail@verizon.net or chuckseipp@aol.com.

MONDAY/APRIL 4

Sondheim Award Gala. 6-10 p.m. at The Embassy of Italy, 3000 Whitehaven St. NW, Washington DC. Arlington's Signature Theatre honors Sondheim collaborator and writer John Weidman. Tickets are \$150. Visit www.sigtheatre.org for more.

TUESDAY/APRIL 5

Reading and Reception: E. Ethelbert Miller. 1-2 p.m. reading, 2-4 p.m. reception and signing at The Reinsch Library at Marymount University, 2807 N. Glebe Road. The life work of Washington, D.C. poet E. Ethelbert Miller will be celebrated with a reading, reception and book signing. The author of eleven collections of poetry, Miller has also written two memoirs and was director of the African American Resource Center at Howard University. He is the board chairman of the Institute for Policy Studies, a board member of The Writer's Center and editor of Poet Lore magazine. Free. Visit www.marymount.edu for more.

APRIL 5-MAY 8

"The Mystery of Love and Sex." Various times at Signature Theatre, 4200 Campbell Ave. Playwright Bathsbeba Doran returns to Signature with a play exploring intimacy and identity. Tickets start at \$40. Visit www.sigtheatre.org.

THURSDAY/APRIL 7

Arlington Reads: Anthony Doerr. 7-9 p.m. at Washington-Lee High School, 1301 N. Stafford St. as part of Arlington Reads 2016, author Anthony Doerr will speak on the human displacement of World War II. Free. Visit www.library.arlingtonva.us for more.

FRIDAY/APRIL 8

Legislative Breakfast. 7-9 a.m. at Army Navy Country Club, 1700 Army Navy Drive. Local legislators will give their insights on lessons learned from

working in the Virginia General Assembly. This marquee event includes a moderated discussion as well as question and answer period with plenty of interaction with local and regional leaders. Admission is \$45 for Leadership Arlington members and \$55 for the general public. Visit www.leadercenter.org/legislative-breakfast.

Lecture: "One Hundred Years After the Longest Battle." 3 p.m. at Arlington Central Library, 1015 N. Quincy St. The Arlington-Aachen and the Arlington-Reims Sister City Committees of the Arlington Sister City Association invite the public to a presentation and discussion titled "One Hundred Years After the Longest Battle: The Puzzle of Verdun, 1916." Free. Visit www.arlingtonsisitercity.com for more.

Of Wine & Words. 7-10 p.m. at W Washington DC Hotel, 515 15th St. NW, Washington, DC. Support Arlington-based, The Reading Connection through live and silent auctions. Also find food, drinks, and live music. Tickets are \$150. Visit www.thereadingconnection.org for more.

SATURDAY/APRIL 9

Arlington Home Show. 10 a.m.-5 p.m. at Thomas Jefferson Community Center, 3501 S. 2nd St. Find workshops, exhibits, and expert advice. Free. Visit www.arlingtonva.us for more.

SUNDAY/APRIL 10

Film Screening. 2:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Watch "Conflict in Israel/Palestine" a "crash course" on two conflicting historical narratives And "Life in Occupied Palestine", eyewitness stories and photos by a Jewish-American woman. Free. Visit www.uucava.org for more.

Moving Words Winners Poetry Reading. 4 p.m. at IOTA Club and Café, 2832 Wilson Blvd. The six winners of Arlington's 16th annual Moving Words Poetry Competition will soon have their words read by commuters aboard Arlington Transit ART buses. Listen to them perform their own winning work. Free. Visit www.arlingtonarts.org for more.

ONGOING

Solo Exhibit: "Urban Edge" and March Members Show. Through March 25, gallery hours at Gallery Underground, 2100 Crystal Drive. The Focus Gallery in March features "Urban Edge," Sandi Parker's solo show of abstract acrylic paintings depicting urban living. This exhibit will run alongside the monthly members exhibit. Free. Visit www.galleryunderground.org for more.

Spring Art Celebration. Through March 25, various times at Fort C.F. Smith Park, 2411 24th St. N. The community is invited to take part in this week-long celebration of Art in Arlington. Highlight events include an art show and sale featuring the works of more than 30 Arlington-based artists, in paintings of many genres, ceramics, sculpture, artists cards, unframed works and more. Free. Visit www.arlingtonartistsalliance.org for full schedule.

"Romeo & Juliet." Through March 27, 8 p.m. Wednesday-Saturday, 2 p.m. Sunday at Synetic Theater, 2611 Jefferson Davis Highway. Synetic returns with another "Wordless Shakespeare" production. General admission tickets start at \$35, \$15 for students, and senior citizens and military receive a \$5 discount. Visit www.synetictheater.org for more.

Photography by Jan Bender and Richard Weiblinger. Through March 30, 10 a.m.-8 p.m. Monday-Thursday, 10 a.m.-6 p.m. Friday-Saturday at The Barry Gallery-Reinsch Library at Marymount University, 2807 N. Glebe Road. Photographer Jan Bender focuses on film, using traditional techniques, Weiblinger's photographs and plant photographs are hand-printed. Free. Visit www.marymount.edu/barrygallery.

FRIDAY/MARCH 25

The Play's The Thing. 1:30-2:30 p.m. at Aurora Hills Community and Senior Center, 735 18th St. S. Join Michael Heinlein, a Yale theatre graduate and theatre educator, in the reading of some of the canonical plays by Ibsen, Shaw and Chekhov. Free. Call 703-228-5722 for more.

SATURDAY/MARCH 26

Phil Ochs Song Night. 7 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Focus Music presents Phil Ochs Song Night featuring Greg Greenway, Joe Jencks, Pat Wictor, Magpie and SONIA. Tickets are \$20 in advance, \$25 at the door. Visit www.focusmusic.org for more.

MARCH 26-APRIL 23

Scripts in Play Festival. Various times at Theatre on the Run, 3700 South Four Mile Run Drive. Avant Bard presents four weeks of theatrical experimentation with an inaugural Scripts in Play Festival. Find more than a dozen readings of plays, classic and contemporary. Free. Visit www.avantbard.org for more.

MONDAY/MARCH 28

Laughter Yoga. 6-7:30 p.m. at Arlington Central Library, 1015 N.

SPRING FUN & ENTERTAINMENT

In Christy's Shoes Sole Celebration. 4-7 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. The 4th Annual Sole Celebration featuring a fashion show and silent auction benefits Doorways for Women and Families. Tickets are \$60. Visit www.inchristysshoes.org for more.

MONDAY/APRIL 11

Meet the Author: Anne Hisle. 3 p.m. at Arlington Central Library, 1015 Quincy St. Hisle, a practicing psychotherapist, will share poems, quotes and stories from her book "My House Burned Down and Now I Can See the Stars: Reflections on Losing and Finding." Free. Call 703-228-2144 for more.

APRIL 12-MAY 15

Exhibit: "Singing in the Rain." 10 a.m.-5 p.m. at the Potomac Fiber Arts Gallery, 105 N. Union St. Fiber art inspired by songs from movies. Whether for self or gifts, jewelry, sculpture, clothing, and wall pieces are some of the items that will be exhibited. Free. Visit www.potomacfiberartsgallery.com.

WEDNESDAY/APRIL 13

Encore Stage & Studio's Annual Sunny Side Up Benefit. 8:30 a.m. at Washington Golf and Country Club, 3017 N. Glebe Road. Learn about Encore Stage & Studio's 49 years of serving and inspiring children, and watch performances by Encore students. Encore Stage & Studio will also honor Pat Kobor and Betsy Lohmann as the 2016 Celeste Groves Award recipients for outstanding volunteer. Free. Visit www.encorestageva.org.

Easter

SATURDAY/MARCH 26

Eggstravaganza. 10:45 a.m. at Four Mile Run Park, 4109 Mount Vernon Ave. Co-sponsored by the City of Alexandria, National Community Church invites all Arlington and Alexandria area families to this year's event, featuring Easter Egg Hunts, games, bike raffle, food, live music, magic show, Easter Bunny and more. Free. Visit www.eggstravaganzadc.com.

SUNDAY/MARCH 27

Easter Services. 8:45 a.m., 9:45 a.m., and 11:15 a.m. at Grace Community Church, 125 S. Old Glebe Road. Children's programming for ages 0-4 years during the 8:45 a.m. service. Activity boxes will be available for any children age 5+ who sit in on the service. Free. Visit www.trygrace.org for more.

Easter Sunday. 9 a.m., 10:30 a.m., and 12 p.m. at Capital Life Church, 1800 N. Glebe Road. Three identical services. Childcare provided. Free. Visit www.capitallife.org for more.

THURSDAY-FRIDAY/APRIL 14-15

Jim Breuer. 7:30 p.m. and 10 p.m. at Arlington Drafthouse, 2903 Columbia Pike. After making his big break in 1995 when he joined the cast of NBC's "Saturday Night Live," Breuer became a fan-favorite for his original character "Goat Boy" and his impressions of actor Joe Pesci. Tickets are \$35. Visit www.arlingtondrafthouse.com.

FRIDAY/APRIL 15

Humming House. 7:30 p.m. at FORUM Arlington, 3304 N. Washington Blvd. Humming House is touring to promote their album "Revelries," which was released in 2015. Tickets are \$11.49-16.74. Visit www.forumarlington.org for more.

SATURDAY/APRIL 16

Spring SOLOS 2016 Opening Reception. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Celebrate selected artists Gabriela Bulisova, Maggie Gourlay, Adam Hager, Jesse Harrod, R. Mertens, Lauren Rice and Amy Ritter. Free. Visit www.arlingtonartscenter.org.

SATURDAY-SUNDAY/APRIL 16-17

4th Annual Arlington Festival of the Arts. 10 a.m.-5 p.m. at 3003 Washington Blvd. One hundred artists will converge on North Highland Street in Clarendon for a two-day juried outdoor gallery-style art exhibit. A variety of original artwork will be on display and for sale. Free. Visit www.arlingtonfestivalofthearts.org.



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APRIL 16-JUNE 12

Spring SOLOS 2016. Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center announces its Spring SOLOS 2016 artists. Following a call in early 2015, jurors Melissa Ho, Assistant Curator at the Hirshhorn Museum and Sculpture Garden in Washington, D.C., and Chicago-based artist, Jefferson Pinder, recommended 14 artists for inclusion in center's 2015-16 cohort of SOLOS artists. Free. Visit www.arlingtonartscenter.org.

Exhibit: "As You Spread, I am Erased." Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. In her work, Hedieh Javanshir Ilchi explores the notion of "duality," to comprehend her multifaceted cultural identity as an Iranian-American immigrant and the complexities that emanate from such polarized cultural experiences. Her paintings reflect an interest in the fusion of Western abstraction and Persian Art, with an emphasis on the ornamentations of "Tazhib," or the art of illumination. Free. Visit www.arlingtonartscenter.org.

Exhibit: "Emerging Artists of Vacation Lane." Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This exhibition features works by a group of six high school seniors: Agnes Cheng, Nathan Dobbins, Nana Gongadze, Salome Gongadze, Marie Johnson and Evan McLean, students in the AP art class at H-B Woodlawn Secondary Program. Free. Visit www.arlingtonartscenter.org.

Exhibit: "Jeweled Traditions." Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. In Jeweled Traditions, paper-cut scenes depict rituals of local families as remembered and enacted by Melanie Kehoss' summer campers at Arlington Arts Center during the summer of 2015. Free. Visit www.arlingtonartscenter.org.

SUNDAY/APRIL 17

Film Screening: "Budrus." 2:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for March 27-April 1.

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: Hollywood Casino Charles Town, WV, Thursday, March 31, \$8; National Symphony Orchestra, morning performance, The Kennedy Center, Friday, Apr. 1, \$18. Call Arlington, County 55+ Travel, 703-228-4748. Registration required.

Lessons in photography, Sunday, March 27, 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

Preventing falls, Monday, March 28, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

Rhythm and Blues music, live, Monday, March 28, 10:30 a.m., Lee. Free. Register, 703-228-0555.

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

Ice skating, Mondays, 8:10 a.m. - 9:30 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4771.

Madison Chess Club, Mondays, 9:30 a.m. Games and strategies. Free. Details, 703-534-6232.

Table tennis, Monday through Fri-

day, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

THURSDAY/APRIL 21

Rock Spring Garden Club Flower Show. 2-4 p.m. at Little Falls Presbyterian Church Friendship Hall, 6025 Little Falls Road. Floral designs, horticultural exhibits, photography and more. Free. Visit www.rockspringgardenclub.com.

SATURDAY/APRIL 23

Borromeo Housing Fundraising Auction and Gala. 7 p.m. at St. Charles Borromeo Church, 3304 Washington Blvd. Find dinner and a silent auction to support the young mothers at Borromeo Housing. Tickets are \$125. Visit www.borromeohousing.org for more.

SUNDAY/APRIL 24

Film Screening. 2:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. This film is about Israeli public relations strategies and U.S. media. Free. Visit www.uucava.org for more.

MONDAY/APRIL 25

Laughter Yoga. 6-7:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Laughter Yoga, for all ages, is a practice that reduces stress and strengthens the immune system. Free. Email arlingtonlaughteryoga@yahoo.com.

WEDNESDAY/APRIL 27

Lawn Chair Talk. 6-8 p.m. at the Tiffany Gallery at Arlington Arts Center, 3550 Wilson Blvd. Pairing one artist and one entrepreneur to discuss their personal journey and best practices, each will speak for a half hour followed by a Q&A with both speakers. Free, but registration required. Visit www.arlingtonarts.org

SATURDAY/APRIL 30

Mid-Atlantic Spring Beer Festival.

12-7 p.m. at The Village at Shirlington, 4001 Campbell Ave. The springtime beer-tasting event will include a line-up of 35 regional breweries. Tickets are \$30 for beer-drinkers, free for non-drinkers. Visit www.capcitybrew.com for more.

Move Me Festival. 1-5 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Move Me is a celebration of arts and culture, promoting healthy lifestyles through movement and the arts and featuring performances and interactive activities provided by over 20 arts partners from the D.C. Metro area. Free. Visit www.bmdc.org for more.

Go Gaga For Green. 5-8 p.m. at George Mason University Founders Hall, Arlington Campus, 3351 Fairfax Drive. The Arlington Green Patriot Awards honors individuals and organizations that exemplify their commitment to environmental sustainability. Tickets are free for Arlington Public School family, staff, and student, \$10 for community members, \$100 for patrons. Contact Toni Andrews at 703-993-9817.

TUESDAY/MAY 3

Appreciation for Our Ladies Luncheon. 11:45 a.m. at Washington Golf and Country Club, 3017 N. Glebe Road. At the second annual luncheon hosted by the Arlington Host Lions Club find Mary Kay Cosmetics, Premier Jewelry and Pampered Chef will have items for sale with a portion of proceeds going to Doorways for Women and Families. Grazia Zalfa, world renowned jewelry designer, has donated a one-of-a-kind necklace for auction. Tickets are \$30. Call 703-598-8266 to make a reservation by April 22.

THURSDAY/MAY 5

Arlington Reads: Julie Otsuka. 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. As part of Arlington Reads 2016, author Julie Otsuka will speak on the human displacement of World War II. Free. Visit www.library.arlingtonva.us for more.



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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

4/6/2016.....Wellbeing – Senior Living Pullout
Easter Sunday is March 27

4/13/2016.....Real Estate Pullout – New Homes

4/20/2016.....A+ Camps & Schools

4/27/2016.....A+ Camps & Schools Pullout

4/27/2016.....Mother's Day Celebrations,
Dining & Gifts I

4/27/2016.....Spring Outlook 2016

MAY

5/4/2016.....McLean Day Pullout

5/4/2016.....Mother's Day Dining & Gifts II

5/4/2016.....Wellbeing

Mother's Day is May 8

5/11/2016.....HomeLifeStyle

5/18/2016.....A+ Camps & Schools, Proms,
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Yorktown Boys' Lax Beats Pair of Perennial Powers

Patriots open with wins over Chantilly, Langley.

BY JON ROETMAN
THE CONNECTION

The Yorktown boys' lacrosse team's desire to be a contender for the 6A North region title appears to be a reality. Two days after beating Chantilly for the first time since 2006, Yorktown earned its first-ever win over Langley, beating the Saxons 9-8 in double overtime on March 17 in Arlington.

Senior attackman C.J. Stowell (St. Joseph's) scored the game-winner with 3:06 remaining in the second overtime period.

Yorktown led 8-6 in the fourth quarter, but Langley senior midfielder Jon-Michael Duley's third and fourth goals of the second half tied the score at 8. Neither team scored for the final 6 minutes, 42 seconds of regulation or during the first 4-minute overtime period. Yorktown improved to 2-0 when Stowell scored in the second OT.

"We just have a really good, really mature group of kids this year," Yorktown head coach Greg Beer said. "Nothing has fazed them so far and that's probably the most pleasing thing."

Yorktown opened the season with a 10-9 come-from-behind win at Chantilly on March 15. The Chargers finished state runner-up in 6A last season and have played in six state championship games in the past eight years, winning in 2013 and 2008.

On Thursday, Yorktown defeated a Langley program that won four consecutive state championships from 2009 to 2012 and finished runner-up in 2014.

What do a pair of March victories over perennial powers mean for Yorktown?

"I think it means we're a contender," Beer



Yorktown midfielder Pearson Savarino scored a team-high three goals against Langley on March 17.

said. "Something we've tried to build on is we want to be in the race for the region title and I think we're one of six, seven teams that have a pretty good shot at hopefully playing for the regional title."

Senior midfielder Pearson Savarino led Yorktown with three goals during Thursday's win over Langley. Beer said the Patriots moved Savarino from attack to midfield to utilize his speed.

"I thought he played fantastic," Beer said.

Stowell scored two goals for Yorktown, and senior midfielder Matteus Jaramillo, senior midfielder Gordon Coates and senior defenseman Conor Shears each had one.

Yorktown returns a pair of first-team all-state performers on defense in Shears (Bucknell) and senior goalkeeper Mason Pollack (Tufts).

"Having arguably the best goalie [and] the best defenseman in the state," Beer said, "that's certainly a good way to start building for this year."

Pollack finished with 17 saves against the Saxons.

"I think he's the best goalie in the state — public or private," Beer said. "He's a four-year starter — basically since he stepped in at Yorktown he's been in the crease there. He's got more experience than anybody we've ever had. He's unflappable, nothing bothers him. He's just a great, great goalie."

Pollack said the Patriots have room to improve.

"[The wins over Chantilly and Langley are] a morale boost, but we still think we can play better," Pollack said. "We have high expectations for the season. First two wins

are good, but we think that we should be playing better."

Yorktown faced its third consecutive state power on March 19, when the Patriots took on two-time defending state champion Robinson. After trailing 3-0 at the half, Yorktown cut the Robinson lead to one with goals by Jaramillo and Savarino early in the third quarter. Savarino's second goal trimmed the Rams' advantage to 4-3 with 3:22 remaining in the third, but Robinson scored the final three goals and won 7-3.

Yorktown will return to action on April 5 with a road game against South Lakes.

"We're not really settling for anything," Savarino said after the Langley game. "We're happy, but in practice the next day after Chantilly, we're out there working hard."



Yorktown senior attackman C.J. Stowell scored two goals against Langley on March 17, including the game-winner in double overtime.



Yorktown goalkeeper Mason Pollack is a returning VHSL 6A first-team all-state selection.

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The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Please Check
Kenneth B. Column
Next Week!



21 Announcements

ABC LICENSE
Wow Enterprises, Inc trading as Whitlows On Wilson, 2854 Wilson Blvd, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises/ Keg Permit/Delivery Permit license to sell or manufacture alcoholic beverages, Gregory Cahill, President

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

21 Announcements

ABC LICENSE
Chipotle Mexican Grill of Colorado, LLC trading as Chipotle Mexican Grill, 3556B S. Jefferson St. Falls Church, VA 22041. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR A Beer On Premises license to sell or manufacture alcoholic beverages, M. Steven Ells, Manager

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

21 Announcements

ABC LICENSE
Cheesetique Ballston LLC trading as Cheesetique, 800 N. Glebe Rd. Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises, Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages, Phillippa Erber, member

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

21 Announcements

ABC LICENSE
Made in Thailand, LLC trading as Thai's Corner, 8607 Westwood Center Dr. Vienna, VA 22182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises, Mixed beverages Restaurant license to sell or manufacture alcoholic beverages, Pilasenee Worachaiprapa, vice President

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

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April 1-3, 2016
at The Meadow Event Park



804-994-2800 Caroline County, VA
VirginiaHorseFestival.com

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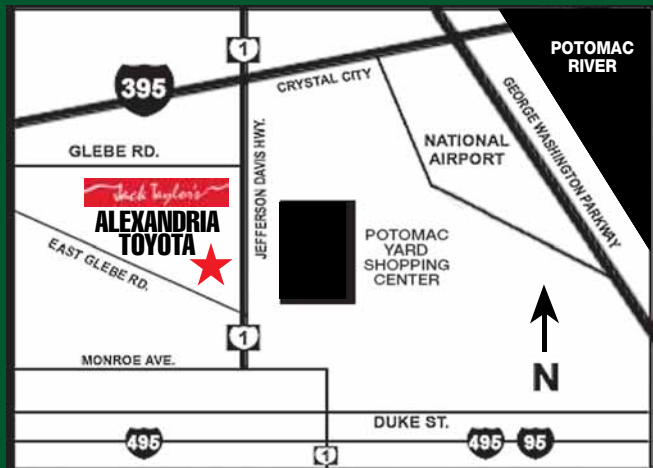
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DETAIL SPECIALS

STANDARD HAND-WASH & VACUUM Recommended Monthly \$39⁹⁵ Vacuum carpets, floor mats, upholstery & trunk, wipe down dash board, console & door panels, wash wheels, tires & fender wells, hand wash exterior door jams, and dress tires.	QUALITY HAND-WASH VACUUM & WAX Recommended Every 6 Months \$139⁹⁵ Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wax or glaze, vacuum carpets, upholstery & trunk, clean interior vinyl & leather, clean dash board, vents, console, door panels & windows, and dress tires.	PREMIUM FULL DETAIL Recommended Every 12 Months \$295⁹⁵ Full interior & exterior detailing, including trunk, shampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, fender wells & door jams, hand wax exterior, buff & polish, wax or glaze application, tar & sap removal, dress tires, rubber molding & trim, clean dashboard vents, console plus door panels, clean overhead liner, ashtrays & windows, and engine cleaning.
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Not to exceed \$100
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SPRING SAVINGS

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INCLUDES: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only.
MACHINE ROTORS AN ADDITIONAL \$199.95.
DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/16.

TOYOTA GENUINE SERVICE
LUBE, OIL & FILTER SERVICE SPECIAL
\$5 OFF \$10 OFF
NON-SYNTHETIC SYNTHETIC
INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.
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GENUINE TOYOTA
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INCLUDES BATTERY INSTALLATION
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SPRING MAINTENANCE SPECIAL \$59⁹⁵
INCLUDES: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air Alexandria Toyota's 27 pt. inspection & cabin air filters.
*SYNTHETIC OIL \$99.95 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/16.

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