



The **Arlington**
Connection

Gifts That Fit In Christmas Stockings

HOLIDAY GUIDE, PAGE 8

Twelve-year-old Dani Meiners explores peppermint hot chocolate on a stick in *Two the Moon* at 29th Street N. She reads, "Just stick in an 8-ounce cup of hot milk and stir. It makes hot chocolate."

HOLIDAY ENTERTAINMENT & GIFT GUIDE

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WELLBEING

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Planners Seek Public Comment on Lee Highway Plan

Survey deadline is Dec. 9.

By EDEN BROWN
THE CONNECTION

“So what does economic revitalization mean? Economic vitality? There are already very many longstanding and successful businesses on Lee Highway; what are their needs what are their problems? Are underground facilities being considered? Why Lee Highway now?”

These were some of the questions asked at the Lee Highway Corridor Planning meeting held on Nov. 29. The meeting was a chance to engage with planners and local civic groups on the Lee Highway plan, which covers a five-mile long corridor owned by the Virginia Department of Transportation (VDOT). The Lee Highway Alliance, made up of 20 associations — mostly civic — began to look at Lee Highway planning when they realized change is occurring and development pressure will increase.

The alliance started working with the county as a strategic partner. It has submitted papers to become an official non-profit organization, and

will have a board of directors and office space to give people a place to talk as the process goes forward.

Arlington County planning staff noted to the group of roughly 85 local citizens that night — and more than 100 during the noon session — that they needed to be aware of the possibility that residential edges (purple on the map) might be affected by the plan. In addition, the planners asked for approval for commercial and multi-family areas to have the most focus in the plan. They indicated to attendees that the end product of this process would be transportation improvements, open spaces improvements, and an overall vision of what Lee Highway would look like down the road. They told the group they would like the process to take less than five years so that planning fatigue would not become a factor.

The question and answer period indicated intense interest on the part of those residents who came to the meeting. They asked, “Is the East Falls Church Metro plan separate from this plan?” They heard: “No, it’s within the planning area. We would be coordinating with them. We would not revisit those plans but would look at areas that don’t already have those plans in place.”

They asked: “Have you thought about changes to I-66 which could have an effect on this plan?” They heard: “Yes, we have VDOT on our team. But we haven’t started

on this discussion yet. It is true that VDOT could affect the right of way constraints, and how much space we have to work with.”

They asked: “How will this affect the schools? None of us want to see the number of trailers on our school campuses increase.” County officials said “We have an APS person on our team as well.”

Other questions ranged from “What’s the impact on our public facilities?” to “Your list of stakeholders doesn’t seem to include people who live outside the purple boundaries; there doesn’t seem to be consideration given to those people, especially those who don’t live close enough to walk to Lee Highway.” The county responded that those people are considered stakeholders too. Attendees asked whether putting some things underground was being considered. County responded that “undergrounding is a very expensive option for development but will be considered.” As for the range of height for buildings along the corridor, the county said they were nowhere near ready to say. Nowhere near ready to say. Right now it’s two to four stories for commercial facilities but many apartments are higher.”

“After going through the East Falls Church process, I realized they were just letting people talk but county planners already knew what they wanted,” said Sarah Rubida. “It seems like the county wants development, but is bigger and better the



PHOTO BY EDEN BROWN/THE CONNECTION

Sara Rubida (left) and Willie Jackson (right) look over the maps at Lee Highway planning meeting.

Arlington Way?” Rubida said she was venturing out again to try to have input into this new plan, but “I’m cautious about this process based on what I saw in the EFC [East Falls Church] process. I will remember forever that people were pushing to take away the parking at the Metro. Where

SEE LEE HIGHWAY, PAGE 4

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FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I
2/1/2017.....Wellbeing - National Children's Dental
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2/8/2017.....HomeLifeStyle
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Holiday Cleanup

Northern Virginia Regional Park Authority employees Casey Pittrizzi (left) and Ian Susens participate in the holiday cleanup at Potomac Overlook Regional Park on Saturday, Dec. 3.



Park Authority employee Kathleen Lett



Park Manager Doranne Pritz



Volunteers Connor and Traci Yates search for tadpoles.

Looming Expenditures

Transportation and schools dominate county's early FY2018 budget projections.

By VERNON MILES
THE CONNECTION

Arlington Schools are overcrowded, Metro is crumbling, and with a tight budget season Arlington County will have difficulties in saving them both. As 2016 draws to a close, Arlington County officials are starting to craft the framework for the FY2018 budget, and early indicators are showing budget gaps for services that rely heavily on Arlington County subsidies.

For Arlington County, the single largest increase in funding expenditures will be the Metro. According to County Manager Mark Schwartz, 2016 had not been a good year for the Washington Area Metropolitan Transit Authority (WMATA) and the next few years are looking even worse. Schwartz noted that the Metro has faced continually declining ridership and lower fare revenues, all while seeing contractual increases in wages and benefits. The result is a \$290 million operating budget gap.

Jason Friess with Arlington's Department of Management and Finance said there are

two ways WMATA can close this gap and it will need to explore both of them: increasing revenue and increasing local subsidies.

The Metro's FY2018 Proposed Operating Budget includes extensive service cuts and fare increases. All bus and off-peak rail prices will increase to at least \$2. All peak rail fares will increase by 10 cents, with maximum fares going up from \$5.90 to \$6. Metro is pairing this with a service reduction, "right sizing" service to match lower ridership numbers. Average ridership has gone down to 660,000 in FY2016 from the 750,000 peak in FY2009, but the opening of the Silver Line has resulted in higher levels of rail service. Metro is estimating a savings of \$12 million in reduced services, with \$20 million in reduced expenses offset by \$8 million in lower fares from reduced ridership.

But Schwartz expressed misgivings about Metro's cost savings plans.

"As you increase fares, reduce service, and that service isn't as reliable, fewer people are going to ride," said Schwartz. "I hope it doesn't end up as a death spiral. It's a very

SEE LOOMING, PAGE 5

"As you increase fares, reduce service, and that service isn't as reliable, fewer people are going to ride. I hope it doesn't end up as a death spiral. It's a very difficult situation."

— County Manager Mark Schwartz.

FY 2018 Updated Fiscal Outlook

Revenue	Current Estimate
Prior Year Budget	\$ 581.9
Increased County Transfer	10.2
State, Federal & Other Revenue Adjustments	3.7
Adjustments to Reserves	(7.3)
TOTAL - Revenue	\$ 588.5
Expenditures	
Prior Year Budget	\$ 581.9
Enrollment Growth	11.9
Additional Debt Service	2.7
Continued Implementation of Growth Initiatives	6.1
Compensation - Step Increase	8.0
VRS and Health Insurance Increases	5.5 - 9.5
Other Adjustments	(5.0) - (3.0)
TOTAL -- Expenditures	\$ 611.1 - 617.1
Surplus/(Shortfall)	\$ (22.6 - 28.6)

CHART FROM ARLINGTON PUBLIC SCHOOLS

Enrollment growth is the largest contribution to Arlington Public Schools' \$22 to \$28 million budget shortfall, followed by compensation increases, insurance and retirement increases, and continuation of growth initiatives from the FY2017 budget.

Lee Highway

FROM PAGE 2

would people like my daughter park?”

East Falls Church was, for more than 60 years, part of the town (now city) of Falls Church. East Falls Church petitioned to re-join Arlington County and made the move in 1936, according to Arlington County’s website. The development plan, which was available at the meeting on Lee Highway’s future, calls for a “transit town” of small retail businesses and restaurants, pedestrian and bicycle friendly streets, and higher rise mixed-use buildings.

The theme of East Falls Church not being what the local residents wanted came up several times during the evening meeting. Several people asked why the county drew a hard boundary on Sycamore Street.

Rubida and others said they were distrustful of the staff which seemed to place focus on things like bike lanes, and not enough on parking and drivability.

“All I can say is I hope it’s the community they listen to not the planners,” said Willie Jackson, of the Lee Highway Alliance, and a longtime resident of Hall’s Hill. She seconded comments made at the meeting that “we don’t understand what they are doing with I-66 yet. We need input on that so all those people don’t drive down Lee highway. “They need to keep the history of Lee Highway in mind. Those small businesses have been there for years and they are the heart

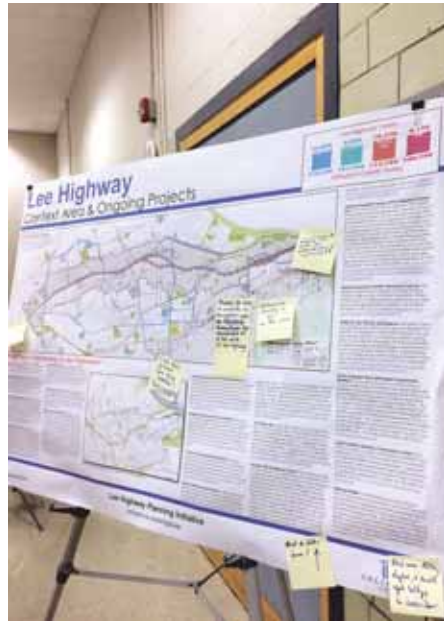


PHOTO BY EDEN BROWN/THE CONNECTION

Attendees at the meeting made comments on stickies.

and soul of the community. Take Moore’s Barber Shop, and the tattoo shop. We can’t lose those businesses, and some of them are already having trouble with higher rents. To what end is all this development?”

The alliance noted during the meeting that they had surveyed 45 businesses along Lee Highway; their planning consultants had also talked to businesses, particularly since so many businesses could not attend the charrette session last year because they were working. The county also noted the

Arlington Chamber of Commerce has been involved with the planners.

Rubida said she was glad to hear the planners state they are aware that Lee Highway, aside from being a highway, is “our Main Street.” “But,” she said, “I fear it is going to be the county’s vision not the community’s vision; and the older population has to be taken into account. I only live a short distance from Lee Highway, but I still won’t walk there, no matter how ‘walkable’ they make it.” Others cited the fact they drive down Lee Highway every day to work or shop as a major reason they attended the meeting.

Both women decried the changes in the neighborhood that have taken place already. Rubida said in her office at Long and Foster, “we look at statistics: for every house bought that costs a million there are three that cost more than a million. That changes the prices, the people, the rents.”

Pamela Gullen had another take on the plan. Gullen lives in the community and is an activist in civic associations; she served on the Arlington Planning Commission. She stressed the need for community participation from the beginning. People shouldn’t wait until plans are made, they should be attending these meetings now. She also noted the Lee Highway Alliance started because there were buildings going up in the area, like the apartment complex near Thirsty Bernie’s at the intersection of Lee Highway and Glebe, which was a “by right” building, not a planned one. “Lee Highway

residents realized anything can happen,” she said. “The sheer price of land will force development. It’s much better to have a plan than not have one.”

Gullen also shed light on why several of the Cherrydale residents who visited the meeting had no idea that there had been a Cherrydale development plan approved in 1994.

They had looked in wonder at the plan displayed at the meeting which, now more than 20 years old, they had never known existed. Gullen said the Cherrydale development plan included special allowances for higher density buildings and defined character areas like the hardware store and fire house. Over \$30 million was spent to improve the sidewalks in the area, put in parking, put power lines underground, and make the area more business friendly. Gullen acknowledged development has been slower than expected, but the fact that longtime residents of the area did not see any major change could also be viewed as a good thing.

An online survey for residents is at www.arlingtonva.us/leehighway and must be finished by Dec. 9. All the slides used at the meeting are also on the website. Additionally, Lee Highway planning will be on the agenda at this Long Range Planning Committee meeting. The Five-Year Comprehensive Plan Review will also be discussed. Visit <https://commissions.arlingtonva.us/planning-commission/lrpc/> for more information.

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County Manager Mark Schwartz presents preliminary budget information at the FY 2018 County and Schools Joint Budget Forum on Nov. 30 at Wakefield High School.

Looming Expenditures

FROM PAGE 3
difficult situation.”

But even with fare increases and service adjustments, Schwartz said the county is still anticipating a \$6 to \$9 million estimated increase in Metro subsidies for Arlington.

Friess said the larger concern was the continuing costs beyond FY2018 in the operating budget and looming capital investment needs. Metro’s proposed FY2018 budget includes a three-year operating costs projection, which shows revenue slowly increasing by around \$20 million each year, but with Metro expenses increasing by \$100 million every year, requiring larger and larger subsidies to the Metro system.

“[Metro] is facing just as of big issues on the capital funding side,” said Friess. “They’re facing a lot of critical capital repairs and need funding above regional committed funding... In terms of budget, haven’t fully had a chance to digest it and make a decision on which way we’re going to fund it.”

Friess said much of how Arlington funds WMATA’s needs is still to be determined.

METRO IS NOT THE ONLY rising cost for the county. Arlington Public Schools (APS) funding comes from a shared local tax revenue agreement, where APS automatically receives 46.6 percent of the local tax revenue. For FY2018, that is \$474.8 million, an increase over \$464.5 million in FY2017. Arlington County also provides APS with \$7 to \$8 million in support through school resource officers, nurses, and other services. But APS still faces a \$22.6 to \$28.6 million budget shortfall.

According to APS Superintendent Dr. Patrick Murphy, the \$10.2 million increased county transfer is not enough to cover the continued cost of enrollment growth and other expenditure increases.

The largest new expenditure in the APS budget is \$11.9 million for enrollment growth. Over the last eight years, APS enrollment has increased by 6,500 students (35 percent of the school population). Over the next five years, enrollment is projected to increase by

another 4,155 students. By 2022, APS will pass the 30,000 student mark.

APS has budgeted \$8 million for an annual step increase for school employees and \$5.5 to \$9.5 million for Virginia Retirement System (VRS) and health insurance increases. Leslie Peterson, assistant superintendent of finance and management, said step increases were annual until 2010, when it was cut back to every other year during tight budget seasons. APS personnel received step increases in both FY2016 and FY2017. Peterson said the salary scales were built around step increases occurring every year.

“Teachers work hard and believe they should be compensated,” said Peterson, noting that teachers often do additional work outside of the regular classroom hours.

APS’ FY2018 expenditures also includes \$6.1 million in continued implementation of growth initiatives. Peterson said this funding is for the second year of implementation for various programs initiated in FY2017 like Arlington Tech, a program started at the career center for 800 students.

“It’s an initiative for students who thrive with hands-on learning,” said Peterson. “It gives them an alternative structure and a career education.”

Arlington Tech was budgeted for \$750,000 in the FY2017 budget with 4.3 full time employees. For FY2018, the budget is projected to increase to \$1.17 million with 10 full time employees.

The Arlington County School Board approved a “direction for action” at its Dec. 1 meeting. Community meetings will continue throughout December. The first Community Budget Forum will be held on Dec. 13 at 7 p.m. in the Education Center, room 101. A Spanish Community Budget Forum will be held Dec. 20 at 7 p.m. at the Jefferson Middle School Library. The superintendent’s budget presentation will be on Feb. 23. The county manager’s proposed budget will be presented on Feb. 25 with public budget and tax hearings throughout March and budget adoption in April.

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OPINION

Coming Together over Climate Change

BY CHARLES HERNICK

As the Republican candidate in Virginia's Eighth Congressional District, which leans hard left, I knew faced a steep challenge going into this November's election.

On election night, I lost. Despite my disappointment, I was gratified to discover that many Virginians supported my fiscally conservative policies. By putting forward a plan to address climate change with a pro-growth free-market framework, I am proud to have made climate change a central issue in at least one Congressional race.

I made no bones about it: climate change is real, it's here, and market-based approaches are the best solution we've got.

Voters in my district responded to honest talk from a conservative on climate change. The

Eighth District supported me over Donald Trump by more than 10 points. That's a good showing in one of the most heavily Democratic districts in the Commonwealth.

Independent voters and lifelong Republicans alike responded to an honest discussion of climate change. They were eager to hear a conservative candidate's plan to face this challenge because they want to protect their loved ones and see the U.S. lead global energy innovation.

Environmental issues aren't just for the left or the right. Across the political spectrum, Americans care about their children's health. They know that climate change increases the risk of asthma, allergies, and other respiratory diseases, especially among children. That's why the American Public Health Association has named 2017 the Year of Climate Change and

Health.

Many moderate and conservative voters are people of faith, and they are responding to faith leaders' call to protect working families from the effects of climate change. Finally, moderate and conservative voters have

great respect for our men and women in uniform, and they know that the U.S. military has called climate change a significant risk to national security. As I read the media coverage of this election, I saw that there was some confusion about conservative attitudes to climate change.

Conservative people do support real action on climate. We want to protect our kids. We want to serve our faiths. We want to support our troops. Solving climate change is a conservative goal.

Market-based solutions can get us there. The votes in my district are proof of that.

COMMENTARY



Amy Crumpton mans the Master Gardener booth at the annual Virginia Cooperative Extension Legislative Day on Dec. 2. The booth highlights the community demonstration gardens and the plant clinics held during the growing season. Crumpton says she took a 14-week program and then spent 50 hours on a project to get her Master Gardener title. "I got a strip near the Glencarlyn Library Community Garden parking lot, and my task was to make something grow in the dry, salty area. So I planted False Blue Wild Indigo, and New Jersey tea bush."



Grace Richardson, an Energy Master volunteer with Virginia Cooperative Extension, explains what a thermal camera can detect. "It helps find where air is leaking, when warm air is escaping. The blue light means it is colder and when it turns red, it is warm."



Ingrid Werber, an Arlington Regional Master Naturalist, explains the deer problem in the area. "They eat selectively, the best plants, and eat a lot in order to breed and this destroys the balance of the forest."



Jay Fisette, vice-chair of the Arlington County Board, visits the Master Gardener booth at the annual Virginia Cooperative Extension Legislative Day on Dec. 2 at the Fairlington Community Center.



Day of Learning And Sharing

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Tannia Talento, new Arlington County School Board member and Cheryl Ramp, director of community relations for Arlington Partnership for Affordable Housing, discuss extension activities. In 2016, 887 volunteers spent 32,746 hours on extension activities in Arlington County and the City of Alexandria. This included 1,441 public education programs. Virginia Cooperative Extension works with Virginia Tech and Virginia State University, the commonwealth's land-grant universities, to help people put scientific knowledge to work.

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"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for Dec. 11-17.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Culpepper Gar-

den, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior trips: Joy of Christmas concert, National Cathedral, D.C., Sunday, Dec. 11, \$72; Bull Run Festival of Lights,

Monday, Dec. 12, \$6; Longwood Gardens Holiday Tour, Kennett Square, Pa., Wednesday, Dec. 12, \$33; National Building Museum, Dollhouse exhibit, Friday, Dec. 16, \$15; Sully Plantation Candlelight Tour, Chantilly, Saturday, Dec. 17, \$22. Call Arlington County 55+

Travel, 703-228-4748. Registration required.

NEW PROGRAMS:
Making healthy holiday sweets, Monday, Dec. 12, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

BULLETIN BOARD

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

BORROW A SNOWBLOWER

The Department of Parks and Recreation lends a limited number of snow blowers to civic associations and community groups, increasing the number of passable sidewalks during snow events. Their goal is to ensure snow blowers are geographically distributed throughout the county. Snow blowers are loaned to groups who agree to plow for the public good and who meet specific criteria. Learn more at emergency.arlingtonva.us/weather/snow-ice/snow%20blower/

NEW DMV CUSTOMER SERVICE CENTER

In an effort to provide more convenient service options to residents who live, work or attend school in Arlington, the Virginia Department of Motor Vehicles opened its first commuter-friendly office recently at 3434 Washington Blvd. in the Ballston area. 804-367-6834 brandy.brubaker@dmv.virginia.gov

THURSDAY/DEC. 8

Public Hearing for I-66 Inside the Beltway Eastbound Widening Project. 6:30-8:30 p.m. at Mary Ellen Henderson Middle School Cafetorium, 7130 Leesburg Pike, Falls Church. The Virginia Department of Transportation



PHOTO BY EDEN BROWN/THE CONNECTION

Open Studios

Arlington painter Sue Grace showed several of her works at the Annual Holiday Open Studios on Sunday, Dec. 4. The DC Arts Studio in downtown Takoma Park, Md., is in a building acquired in 1985 and has served artists of all disciplines ever since.

(VDOT) will host design public hearings for the public to review and provide comments on the preliminary design plans and the findings of the Environmental Assessment (EA) for the Transform 66 Inside the Beltway Eastbound Widening Project. michelle.holland@vdot.virginia.gov

SATURDAY/DEC. 10

County Board Meeting. 8:30 a.m., 2100 Clarendon Blvd. Suite 300 The Arlington County Board will act on dozens of items including: authorization for permanent car-share program/Final evaluation of point-to-point car-sharing study; contracts for Lubber Run and Barcroft community centers; public arts project; school height, setbacks and parking modifications; regulating short-term residential rentals; and five-year renewal of Comcast franchise agreement. Visit www.arlingtonva.us for more.

THROUGH DEC. 12

Rosslyn Holiday Clothing Drive.

Donate gently used winter coats, sweaters, sweatshirts, hats, gloves and jeans for clients of A-SPAN (Arlington Street People's Assistance Network). Drop-off locations are as follows: 1111 19th St.; 1881 N Nash St.; 1900 N Fort Myer Drive; 1611 North Kent St.; 1611 Clarendon Blvd.; River Place (1011, 1021 and 1121 Arlington Blvd.); 1555 Wilson Blvd.; 1550 Clarendon Blvd.; 1919 Lynn St.; and 1616 N. Fort Myer.

Hearing Aids: Beware and Be Wise. 11 a.m.-noon at Gunston Middle School, 2700 S. Lang St. Join Bonnie O'Leary as she discusses the types and causes of hearing loss, tinnitus, the differences between an audiologist and a hearing instrument specialist, what happens in a hearing evaluation, how to interpret an audiogram, the types and costs of hearing aids, and personal amplifiers as an alternative to hearing aids. 703-228-6980

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NIGHTLY MARTIAL ARTS DEMONSTRATIONS

HOLIDAY ENTERTAINMENT & GIFTS

Dilemma: What to Put in That Christmas Stocking

Christmas stockings can pose a number of challenges. First of all the gift must fit in the stocking, hopefully without being folded, coaxed or crammed. The gifts can't be refrigerated, shouldn't be breakable and

ought to be a fun surprise. They could center around a theme or be a mixture of things that reflect the personality of the owner of the stocking. So think outside the box — or the stocking.

— SHIRLEY RUHE



Fill a stocking of your favorite poet with love poems by Nikki Giovanni. “She came to JMU when I was in school there,” Avery Minor explains at Busboys And Poets in Shirlington. Her poem “Black Love is Black Wealth” is about growing up through hard times but still being happy because there was love. “You know they usually focus on the hard times. But we should include Langston-Hughes because Busboys and Poets was named after him. He was discovered as a poet while working as a busboy at the Wardman Park Hotel downtown in the 1920s. Maybe ‘Dream Deferred’ is his best known poem. ‘What happens to a dream deferred? Does it dry up like a raisin in the sun?’ Another good one is ‘The Negro Speaks of Rivers.’ ‘My soul has grown deep like the rivers.’”



Kevin Thomas at Child's Play in Lee Heights Shops says that the blind box concept is very popular this year. You get a package with Thomas and Friends collector minis or Lego mini figures or Star Wars action figures, but it is random and each package is a surprise. “See these Emojis which kids like to put on their backpacks or just play with as well. The most popular is the poop one, but we've started getting Christmas themes and those will go really fast.” In a corner on the floor is a container of small Crazy Aaron's Thinking Putty. It never dries out and “they all do special things like the one that is dark purple when it is cold but turns pink when it is warm, like a mood ring.”



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Two the Moon at 29th Street N offers a variety of holiday decorations and plenty of smaller gifts that will easily slip into a stocking. For the baby who won't keep on a bib, you might as well entice her with a rotund version of Santa or a reindeer with floppy antlers. A tower of towels offers a series of quotes such as “one glass of wine away from telling everyone what I really think,” or “Life without dogs; I don't think so.” The gift store also features handmade cards by Liz Hutchinson, an Arlington artist, as well as 12 other local artists including four jewelry designers, as well as hair bows, children's barrettes and bloody mary mix.



In addition to a varied selection of wine, beer and cheeses, Arrowwine & Cheese in Lee Heights Shops offers a large selection of gourmet munchables. This will make your foodie happy with a stocking full of raspberry nuts, cheese straws, vegetable pate, caramel sea salt beans, Effie's homemade malted cocoa-cakes or chipotle candy bars. A good choice is the Cristoforo biscotti perfect for Christmas morning. Also consider skinny pork salamis with truffles or smoked chorizo for a snack before the turkey is ready, several specialty salts such as black truffle, Sriracha and sea salt for the cooks on your list to bring out those holiday flavors, and a wine opener kit to be prepared for the tasting.



HOLIDAY EVENTS

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website.

NOVEMBER-DECEMBER

Fall Food Drive. Always Best Care of Arlington at 2708 S. Nelson St. is partnering with Arlington Food Assistance Center to collect food for the holiday season. 703-845-8486

THROUGH DEC. 9

Adopt-a-Child Gift Drive for Child and Family Network Centers. Ends Dec. 9 at St. Mary's Church,

2609 N. Glebe Road. A holiday gift program for preschool children. There is a sign-up and gift list in Paca Hall. 703-785-6242

Holiday Gift Drive Arlington Partnership for Affordable Housing. Weekdays from 8:30 a.m.-5:30 p.m. at 4318 N. Carlin Springs Road. Donate an unwrapped gift for a boy or girl aged 6 months to 13 years (approximate value of \$25 or less), shop APAH's Amazon Wish List, or donate a gift card with a \$25 value for teenagers. apah.org

NOW THROUGH DEC. 12

Rosslyn Holiday Clothing Drive.

Donate gently used winter coats, sweaters, sweatshirts, hats, gloves and jeans for clients of A-SPAN (Arlington Street People's Assistance Network). Drop-off locations are as follows: 1111 19th St.; 1881 N. Nash St.; 1900 N. Fort Myer Drive; 1611 North Kent St.; 1611 Clarendon Blvd.; River Place (1011, 1021 and 1121 Arlington Blvd.); 1555 Wilson Blvd.; 1550 Clarendon Blvd.; 1919 Lynn St.; and 1616 N. Fort Myer.

BEFORE DEC. 15

U.S. Postal Service Letters from Santa Program. The U.S. Postal Service can help with Santa replies to

a child's letter — complete with a North Pole postmark. Visit about.usps.com/holidaynews/letters-from-santa.htm to learn how a child can get a letter back from Santa. “Letters from Santa” must be received no later than Dec. 15. Santa's helpers at the Postal Service will take care of the rest.

THROUGH DEC. 16

Secret Santas Sought for Neighbors in Need. Mail or hand-deliver gift cards/checks by Dec. 16 to: Secret Santa Program c/o Kurt Larrick, Department of Human Services, 2100 Washington Blvd., 4th

Floor, Arlington, VA 22204. Brighten the holiday season for some of Arlington's most vulnerable residents by taking part in the County's annual Secret Santa program. 703-228-1775.

FRIDAY/DEC. 9

Decorate a Holiday Ball. 11:30 a.m.-1 p.m. at Gunston Middle School, 2700 S. Lang St. Create a wonderful Christmas ball for 2016 to decorate the tree or give as a gift. Materials provided; bring inspiration and artistry. 703-228-6980

SATURDAY/DEC. 10

HOLIDAY ENTERTAINMENT

An Astronomer Looks for the Christmas Star. 6 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. Friends of Arlington's Planetarium will explore the natural phenomena that could have been the basis for the Biblical account of the Christmas Star.

contact@friendsoftheplanetarium.org
Arlington Holiday Market. 11 a.m.-3 p.m. at the Arlington Mill Community Center, 909 S. Dinwiddie St. Pop-up retail shop dedicated to all things beautiful, wearable and edible from innovators and artisans in Arlington. Custom chocolates, textiles, coffee, pies, jewelry and more. Retail space turned gallery is the backdrop for this pop-up shop. 703-228-7790

Winter Wonderland Festival. 2-6 p.m. at 2501 9th Road South. Family Holiday Social for a Holiday Sing-Along, a photo-op with the costumed holiday "Yeti," refreshments, and more. The afternoon includes on-site Lantern-Making Workshops before the live-band led Lantern Parade at 5 p.m. 703-228-1850

MONDAY/DEC. 12

Happy Holidays Sweets and Treats. 11 a.m.-noon at the Langston Brown Community Center, 2121 N. Culpeper St. Share ideas for healthful desserts and beverages. Taste samples at this demonstration by Virginia Cooperative Extension. 703-228-5210

WEDNESDAY/DEC. 14

Sing the Holiday Classics with The Evergreens. 11 a.m.-noon at the Walter Reed Community Center, 2909 S. 16th St. Art Levine will play piano, accompanied by Dan on violin,

lyric sheets are provided. Hot apple cider and light refreshments will be served. 703-228-0935

FRIDAY/DEC. 16

Sing the Holiday Classics with The Evergreens. 11 a.m.-noon at the Langston Brown Community Center, 2121 N. Culpeper St. Art Levine will play piano, accompanied by Dan on violin, lyric sheets are provided. Hot apple cider and light refreshments will be served, RSVP by Dec.12. 703-228-5210

SATURDAY/DEC. 17

Santa at Kinder Haus Toys. noon-1 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Photo opportunity with gentle Santa who is ready to hear children's hopes and dreams. 703-527-5929 or kinderhaus@comcast.net

Columbia Flute Choir. 3-5 p.m. at Thomas Jefferson Community Theatre, 125 South Old Glebe Road. Women's a cappella barbershop Potomac Harmony Chorus welcomes the Columbia Flute Choir for a musical afternoon of holiday favorites. Free; accepting donations for GoPink!DC. 703-764-3896. www.potomacharmony.org

SUNDAY/DEC. 18

Coat & Toy Drive for Arlington Pediatric Center. At St. Mary's Church, 2609 N. Glebe Road. Bring gently used (and clean) coats for men, women, and children as well as new, unwrapped toys for children up to age 18. Drop off in the Glebe Road lobby area. Donate to the coat and toy drive by writing a check to St. Mary's with "Coats & Toys" in the

memo or making an online donation via St. Mary's online application. Alternatively, purchase items on AmazonSmile and have it sent directly to Aaron Hale at 6190 Adeline Ct., McLean, VA 22101. aaronhale63@gmail.com

SUNDAY/DEC. 20

An Astronomer Looks for the Christmas Star. 1 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. Friends of Arlington's Planetarium explore the natural phenomena that could have been the basis for the Biblical account of the Christmas Star. contact@friendsoftheplanetarium.org

WEDNESDAY/DEC. 21

Eating Smart Over the Holidays.

noon-1 p.m. at Gunston Middle School, 2700 S. Lang St. Avoid common holiday pitfalls and approach your holiday gatherings in a healthier way, join Michelle Atkin to gain tips to manage temptations. 703-228-5722

NOW THROUGH DEC. 24

Photos with Santa Claus. Various times at Fashion Centre at Pentagon City, 1100 S. Hayes St. Santa's photo chair will be on the ground level near Nordstrom. Visit www.simon.com/fashioncentreatpentagoncity for Santa's daily schedules and photo package pricing.

Secret Santa. make the holidays a little happier for some of Arlington's most vulnerable residents by taking part in the Department of Human Services' Secret Santa Program. Benefitting the nearly 100 children Arlington has in foster care, people

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HOLIDAY ENTERTAINMENT

with disabilities and families and seniors with low incomes, cards/ checks can be mailed or hand delivered to: Secret Santa Program c/o Kurt Larrick Department of Human Services, 2100 Washington Blvd., 4th floor, Arlington, VA 22043. 703-228-1775

NOW THROUGH DEC. 31

Silver Belles Holiday Play. at Signature Theatre, 4200 Campbell Ave. When Oralene, the longtime director of small town Sylva Ridge's Christmas Pageant, suddenly passes away, the Silver Belles must come to the rescue. With the spirit of Oralene looking on, the sterling-hued vixens band together, discover their talents and pull out all the stops to keep the beloved pageant alive. Call 703-820-9771 or go to sigtheatre.org.

THROUGH JAN. 6

Food Drive. Columbia Pike Revitalization Organization, 2611 Columbia Pike. Arlington Food Assistance Center food drive provides 2,200 Arlington families and individuals with dignified access to nutritious, supplemental groceries every week – free of charge. This holiday season, help provide neighbors in need with a full plate and peace of mind. 703-892-2776 or cpro@columbia-pike.org www.columbia-pike.org

NOV. 25-DEC. 15

The Salvation Army Angel Tree Program. Pentagon City shoppers can select an Angel Card from the Angel Tree, located at the Santa Set on the First Level near Nordstrom, and return their unwrapped gift with the Angel Card to the Mall Office, located on Metro Level. The Mall Office will receive gifts Monday-Friday, 9 a.m.-5 p.m. Visit simon.com/fashioncentreatpentagoncity.

NOV. 27-DEC. 10

Christmas Tree Sale Benefit. At Clarendon United Methodist Church parking lot 607 North Irving St. Christmas Tree Sales, with 100 percent of proceeds to benefit nonprofits fighting hunger among residents of Arlington and overseas. Hours of operation: Sunday 12-4 p.m., Monday-Friday 5-9 pm, Saturday 11 a.m.-5 p.m. Erin White, erin.s.white@gmail.com. 703-851-1607

THROUGH DEC. 16

Fill the Cruiser Holiday Toy Drive. The Arlington County Police Department is asking community members to donate new, unwrapped

toys to bring holiday cheer to children ages 1-17. Those wishing to donate toys but unable to attend the Fill the Cruiser events can drop off donations at police headquarters located at 1425 N. Courthouse Road.

DEC. 3-11

Holiday House Craft Show. 10 a.m.-5 p.m. on Saturdays, noon-5 p.m. on Sundays. Wednesday, Dec. 7, noon-8 p.m. at the Hendry House, Fort CF Smith Park at 2411 N. 24th St. All items are created by local artisans. Call 703-243-7329.

DEC. 7-14

Lion's Club Citrus Charity Fundraiser. Wednesday, 12:30-8:30 p.m.; Thursday, 7 a.m.-2 p.m.; Friday, 10:30a.m.-3:30p.m.; Saturday 9:30 a.m.-2:30 p.m.; Sunday, 11:30 a.m.-3:30 p.m.; Monday, 10:30 a.m.-3:30 p.m.; Tuesday, 7 a.m.-2 p.m.; Wednesday, 1-8 p.m. at 6030 Lee Highway. Lower entrance off John Marshall Drive. Fresh citrus, pecans, and maple syrup for sale at the Overlee Bath House (Lower Level). 703-528-1130

FRIDAY-SATURDAY/DEC. 9-10

Holiday Market Festival and Bonfire. 3-11 p.m. Friday and 8:30 a.m.-3 p.m. at Gateway Park, 1300 Lee Highway. A shopping experience featuring unique, high-quality products from area small businesses. There will also be live entertainment and activities on both days of the market, including musical performances by local choirs, a bonfire and a rock band on Friday night. Free. Visit www.rosslynva.org for more.

BalletNova presents the Nutcracker Petites Pre-school Performances. At Fredgren Studio Theatre, 3443 Carlin Springs Road, Falls Church. Friday, 5 p.m., Saturday, 11:30 a.m. and 2 p.m. Advanced Sale: \$16-\$26 (additional \$3 at the door). Email Caroline Frankil Warren at cwarren@balletnova.org.

DEC. 9-24

Holiday Gift Wrap. at the Fashion Centre at Pentagon City. All proceeds benefit Simon Youth Foundation and Arms Outstretched Ministry. Visit simon.com/fashioncentreatpentagoncity.

SATURDAY/DEC. 10

Free Santa Photos. 9 a.m.-noon at Rosslyn Holiday Market, Gateway Park, 1300 Lee Highway. After the picture, enjoy a gingerbread house-



PHOTO
CONTRIBUTED

making workshop, free live performances by area choral groups, and local food and shopping. The market is open until 3 p.m.

Gifts That Give Hope. 10 a.m.-2 p.m. at Discovery Elementary School, 5241 N. 36th St. Sixth annual alternative gift fair. 703-850-5603 or www.giftsthatgivehope.org/arlington

The Made in Arlington Pop-up Retail Shop. 11a.m.-3 p.m. Arlington Mill Community Center, Street Level Gallery, 909 S. Dinwiddie St. Set in the gallery featuring the ongoing photo exhibit Living Diversity at the Arlington Mill Community Center, this one-day event features items by Arlington artists, makers and creatives. Free. 703-228-1837 ssoroko@arlingtonva.us

Santa at Kinder Haus Toys. noon-1 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Photo opportunity with gentle Santa that is ready to hear children's hopes and dreams. 703-527-5929 or kinderhaus@comcast.net

Penrose Square Winter Wonderland Festival. 2-6 p.m. at 2501 9th Road S. Event features a Holiday Sing-Along, a photo-op with the costumed Holiday "Yeti," refreshments and more. Participants encouraged to bring donations for Toys for Tots drive. Lantern Parade at 5 p.m.

Holiday Choral Concert. 3 p.m. at Washington Lee High School, 1301 N. Stafford St. The Encore Chorales of Langston Brown, Alexandria, Potomac Arts Academy & Goodwin House Bailey's Crossroads invite the community to a free Holiday Choral Concert. Visit encorecreativity.org,

call 301-261-5747 or email info@encorecreativity.org.

Holiday Photo Booth. Noon.-5 p.m. at the Fashion Centre at Pentagon City. Visit simon.com/fashioncentreatpentagoncity.

Sounds of the Season. at the Fashion Centre at Pentagon City. Musical performances by Salvation Army Band, St. Stephens Performance Band and Hammonds Middle School. Visit simon.com/fashioncentreatpentagoncity.

"Happy Holidays." 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Soprano Rebecca Littig, who made her European debut at age 24, has graced many of the world's stages including Milan's Teatro alla Scala, the Vienna State Opera, and London's Royal Opera Covent Garden. She will perform Mozart's joyful "Exsultate, Jubilate K165," written by the composer – while still in his teens – specifically for Italian castrato Venanzio Rauzzini. Littig will also lead the audience in a carols sing-along at the conclusion of the concert. Joining Littig will be Natasha Dukan (piano), Jorge Orozco (violin), Vasily Popov (cello), Leo Sushansky (violin), and Uri Wassertzug (viola). In addition, the winner of the Outstanding Young Artist Achievement Award will make his or her Ensemble debut. Tickets are \$33, \$17 for students. Visit www.nationalchamberensemble.org.

Leo Sushansky and the National Chamber Ensemble Holiday Concert. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. 703-276-6701

Holiday Market

Holiday Market Festival and Bonfire on Friday and Saturday, Dec. 9-10 at Gateway Park, 1300 Lee Highway. The market offers a shopping experience featuring products from area small businesses. There will also be live entertainment and activities on both days of the market, including musical performances by local choirs, a bonfire and a rock band on Friday night, admission is free. Visit www.rosslynva.org.

SUNDAY/DEC. 11

Nutcracker Tea at the Ritz. 10:30 a.m. and 2 p.m. at Ritz-Carlton, Pentagon City, 1250 S. Hayes St. Guests enjoy high tea Ritz-Carlton style, pictures with the Sugar Plum Fairy, crafts, raffle prizes and a mini-performance of excerpts from The Nutcracker. Adults, \$75; children under 12, \$44. Email Caroline Frankil Warren at cwarren@balletnova.org.

Facets of the Season. 4 p.m. at Unitarian Universalist Church of Arlington, 420 South Highland St. Seasonal concert by The Arlington Chorale. info@arlingtonchorale.org 703-933-2500

Marymount University Candlelight Mass. 7 p.m. Marymount's Sacred Heart of Mary Chapel, 2807 N. Glebe Road. The Mass is a celebration of "Gaudete Sunday," the Sunday of Joy in the midst of Advent. Mass will be followed by a small reception with cookies, hot chocolate and carols in the Main House.

MONDAY/DEC. 12

Encore Learning's Meet the Speaker. 3-4:30 p.m. at the Arlington Central Library, 1015 Quincy St. Dan DeVany, WETA, will give a presentation on What Makes Some Classical Holiday Music Classics? 703-228-2144

THURSDAY/DEC. 15

Sing the Holiday Classics with The Evergreens. 11:15 a.m.-noon at the Arlington Mill Community Center, 909 S. Dinwiddie St. Art Levine will



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HOLIDAY ENTERTAINMENT

play piano, accompanied by Dan on violin. 703-228-7790

SATURDAY/DEC. 17

Holiday Photo Booth. Noon-5 p.m. at the Fashion Centre at Pentagon City. Visit simon.com/fashioncentrepentagoncity.

Sounds of the Season. at the Fashion Centre at Pentagon City. Musical performances by Salvation Army Band, St. Stephens Performance Band and Hammonds Middle School. Visit simon.com/fashioncentrepentagon.com.

Santa at Kinder Haus Toys. noon-1 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Photo opportunity with gentle Santa who is ready to hear children's hopes and dreams. 703-527-5929 or kinderhaus@comcast.net

Columbia Flute Choir. 3-5 p.m. at Thomas Jefferson Community Theatre, 125 South Old Glebe Road. Women's a cappella barbershop Potomac Harmony Chorus welcomes the Columbia Flute Choir for a musical afternoon of holiday favorites. Free; accepting donations for GoPink!DC. 703-764-3896. www.potomacharmony.org

GRUMP Holiday Arts & Crafts Show. 11 a.m.-5 p.m. at 1750 Crystal Drive. Featuring 55 local artists and makers selling everything from handmade soap to letterpress cards to locally designed and printed t-shirts to graphic novels.

CALENDAR

ONGOING

Christmas Tree Sale Benefit. Through Dec. 10 at Clarendon United Methodist Church parking lot, 607 North Irving St. Christmas Tree Sales, with 100 percent of proceeds to benefit nonprofits fighting hunger among residents of Arlington and overseas. Hours of operation: Sunday 12-4 p.m., Monday-Friday 5-9 pm, Saturday 11 a.m.-5 p.m. Erin White, erin.s.white@gmail.com. 703-851-1607

Tame Avant Bard Shows. Through Dec. 11 at Gunston Arts Theater, 2700 South Lang St. \$30 on Fridays; \$35 on Saturday evenings and Sundays. 703-418-4808.

The Salvation Army Angel Tree Program. Through Dec. 15, Pentagon City shoppers can select an Angel Card from the Angel Tree, located at the Santa Set on the First Level near Nordstrom, and return their unwrapped gift with the Angel Card to the Mall Office, located on Metro Level. The Mall Office will receive gifts Monday-Friday, 9 a.m.-5 p.m. Visit simon.com/fashioncentrepentagoncity.

Secret Santas Sought for Neighbors in Need. Through Dec. 16 mail or hand-deliver gift cards/checks by Dec. 16 to: Secret Santa Program c/o Kurt Larrick, Department of Human Services, 2100 Washington Blvd., 4th Floor, Arlington, VA 22204. Brighten the holiday season for some of Arlington's most vulnerable residents by taking part in the County's annual Secret Santa program. 703-228-1775.

Raise Funds for "Colby's Ride" Nonprofit. Through Dec. 18 at Smoothie King 1101 S. Joyce St., Suite B-9, Pentagon Row Shopping Center. Raising funds from now until Dec. 18, 2016 for local nonprofit, Colby's Ride. Colby's Ride, which provides bicycles and helmets to under-privileged children in the community, was formed to honor 11-year-old Colby Thomas Smith who died in a dirt bike accident in 2015. www.colbysride.com

DEC. 7-14

Lion's Club Citrus Charity Fundraiser. Wednesday, 12:30-

arlingtonarts.org

SUNDAY/DEC. 18

NoVA Lights Chorale's "A Wintry Mix". 4 p.m. at St. Paul's Episcopal Church (Bailey's Crossroads), 3439 Payne St, Falls Church. Free.

Santa at Kinder Haus Toys. noon-1 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Photo opportunity with gentle Santa that is ready to hear children's hopes and dreams. 703-527-5929 or kinderhaus@comcast.net

MONDAY/DEC. 19

Laughter Yoga and Holiday Party. 6:30-7:30 p.m. at Arlington Central Library auditorium, 1015 N. Quincy St. Bring a toy for the toys for tots collection. Laughter yoga is fun and helps reduce stress. No previous yoga experience is necessary. Free. Just show up. arlingtonlaughteryoga@yahoo.com or 703-841-0080

THURSDAY-FRIDAY/DEC. 22-23

Bah, Humbug! An Improvised Christmas Carol. 5-8 p.m. at The Arlington Drafthouse, 2903 Columbia Pike. An irreverent take on "A Christmas Carol" largely improvised with the performers using audience suggestions and interaction to inspire wild deviations from a standard retelling. arlingtondrafthouse.com

8:30 p.m.; Thursday, 7 a.m.-2 p.m.; Friday, 10:30 a.m.-3:30p.m.; Saturday 9:30 a.m.-2:30 p.m.; Sunday, 11:30 a.m.-3:30 p.m.; Monday, 10:30 a.m.-3:30 p.m.; Tuesday, 7 a.m.-2 p.m.; Wednesday, 1-8 p.m. at 6030 Lee Highway. Lower entrance off John Marshall Drive. Fresh citrus, pecans, and maple syrup for sale at the Overlee Bath House (Lower Level). 703-528-1130.

DEC. 7-JAN. 8

Wordless Production of "Sleeping Beauty." Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. at Syntetic Theater, 1800 S. Bell St. Tickets \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Recommended for ages 7 and older. Visit syntetictheater.org.

FRIDAY-SATURDAY/DEC. 9-10

Holiday Market Festival and Bonfire. 3-11 p.m. Friday and 8:30 a.m.-3 p.m. at Gateway Park, 1300 Lee Highway. A shopping experience featuring unique, high-quality products from area small businesses. There will also be live entertainment and activities on both days of the market, including musical performances by local choirs, a bonfire and a rock band on Friday night. Free. Visit www.rosslynva.org for more.

BalletNova presents the Nutcracker Petites Pre-school Performances. At Fredgren Studio Theatre, 3443 Carlin Springs Road, Falls Church. Friday, 5 p.m., Saturday, 11:30 a.m. and 2 p.m. Advanced Sale: \$16-\$26 (additional \$3 at the door). Email Caroline Frankil Warren at cwarren@balletnova.org.

SATURDAY/DEC. 10

Great Chocolate Race. 7:30 a.m. at N. Kent Street and Wilson Boulevard. Take a 5-mile trip around the capital, Arlington National Cemetery, and other monuments. Registration is \$5. Visit www.crucibleracing.com/chocolatearlington.

Gifts That Give Hope. 10 a.m.-2 p.m. at Discovery Elementary School, 5241 N. 36th St. Sixth annual alternative gift fair. 703-850-5603 or www.giftsthatgivehope.org/arlington



Oh the places you'll go...

December 11 – 16, 2016
6:00 - 9:00 PM

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Franchise Encourages Like-Minded Entrepreneurs

New salon in Ballston to open in January.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Any Arlington resident that either drives or strolls through Ballston knows the neighborhood is booming. It's an area of Arlington that rarely — if ever — sleeps.

Starting in January 2017, the Ballston neighborhood will also be a hot spot for people looking for a beauty or wellness treatment — from haircuts to massages. The soon-to-open Ballston location of Salons by JC, a national franchise, will offer local hairstylists, cosmetologists, estheticians and other wellness service providers a way to perform their specialties to their own customers. Salons by JC leases suite space to specialists who want to pursue their craft on their own terms, but are not able or interested in running their own full-fledged spa or salon.

"After a lot of perseverance and hard work by its founders, Salons by JC opened its doors in 1998 in Dallas, Texas, welcoming beauty and wellness specialists ready to break free from the traditional salon model," said Drew Johnston, Salons by JC vice president of operations.

Salons by JC franchise owners offer opportunities all over the country for professionals to take a space, make it their own, and conduct business based on what they do best.

"Salons by JC empowers beauty and wellness professionals with salon suite rental opportunities, and provides them with all the tools they need to operate a business tailored to their strengths and areas of interest," Ballston franchise owner Dean Coulopoulos said.

Today, there are more than 50 Salons by JC locations across the United States and Canada. According to Coulopoulos, his will be the first salon suite inside the Virginia beltway. He is looking forward to helping a multitude of local stylists achieve their dream of owning their own business.

"My primary goal is to help as many salon professionals as possible to take control of their professional life and gain their independence from their current employer in order to improve their professional and personal lives," he said. "I also hope to earn a reputation as a vibrant retail business within the Ballston market that provides convenient 'one stop shopping' for local residents and workers in the Rosslyn-to-Ballston corridor and beyond. If I am successful in doing this, then I will have a successful business which I plan to extend to

other locations."

While Coulopoulos himself has never worked for a spa or salon in any capacity, he recognized the potential of the salon suite concept immediately when a franchise broker introduced him to Salons by JC.

"I had decided to go into business for myself and began looking for the right opportunity," Coulopoulos said. "I was attracted to a franchise business based on its proven business model and superior corporate support. I felt that this combination would give me the best opportunity to own a successful small business."

Coulopoulos has more than 30 years of experience managing financial functions in a diverse range of domestic and international organizations, including hospitality and technology companies. His lack of a beauty and wellness background, however, has not prevented the new franchise owner from generating interest in his new salon suite business.

"We are scheduled to open in January 2017," he said. "Tenant response has been very positive, and I have signed a number of leases already, including one before I even started construction. I expect many more leases to follow from our pipeline once construction nears completion toward the end of December."

Coulopoulos and many of his clients share a goal — to be able to finally run their own business, with the potential for more flexible hours and higher incomes.

"Today, the salon professional works in a traditional salon or spa as an employee, they are told when to work, they are given a small work station in a large common area, and they earn only about 50 percent of the revenue they generate for the employer,"

he said. "In a salon suite, they work for themselves, they set their own schedule, they have their own private space which they can decorate to their own taste and style, and they keep 100 percent of the revenue they generate. Typically, they will earn significantly

more income in a salon suite or work significantly fewer hours and earn the same income."

Arlington resident Kiki Nakajima, a wellness professional, has already signed on to work with Coulopoulos. An esthetician, she has spent years sticking to the rules of traditional spas and is ready for the opportunity to offer customized services to the people of Arlington.

"I have been fascinated with this industry since I was a little girl," Nakajima said. "I hosted imaginary spa days for my friends and I always dreamt of having my own spa. But, the cost of living in this city is just so high that you have to choose between a dream home for your family and opening a spa. It's very financially challenging to have both. With this model, I can have my own



PHOTO CONTRIBUTED

Interior view of the soon-to-open Ballston location of Salons by JC.

space, and I can create my own unique spa treatments without bearing the costs of opening an entire spa. Before this model, stylists and professionals like me would have to commit to leasing an entire building. That would be too much, but this is something I can commit to."

Operating her own suite out of the Ballston Salons by JC is a major step toward one day owning her own full-services day spa, and she is excited for the 2017 grand opening. Also, Nakajima will be able to use her knowledge of organic products and holistic treatments to benefit clients.

"Previously, when I worked at salons, the treatment menus were written by the salon owners," she said. The products I had to use were also chosen by salon owners. It doesn't give you much flexibility. In the past, for example, I had an owner who offered a cucumber extract for its relaxing properties, so there wasn't much I could do with clients who had a cucumber allergy. Soon, I'll be offering products that I've mixed myself. Allergy was always my biggest challenge in this industry, and the lines that the spas promoted really limited me from being able to help so many people."

For the past few months, Nakajima has been diligently preparing for the business she will be running out of Ballston, which will be called "Mon Rituel."

"Mon rituel" means "my ritual" in French," she said. "I've always thought that everything sounds so beautiful in the French language, and the phrase represents what I believe is so important for a spa to provide — custom wellness plans tailored to every single person that comes in. Skincare regimens are different for every person and they will change at different times for every individual. It's like aromatherapy — what you're drawn to every day is different. Or, it's like a wardrobe. You can't keep the same skincare regimen in the summer and in the winter. It's a ritual, but customized."

Another benefit of the Salons by JC model for Nakajima is that she will finally be able

to practice regimens that the spas she worked for did not give her the freedom to do.

"My professional license allows me to do body treatments in addition to facial offerings," she said. "That's actually what my passion is. But many spas don't offer that. I'd get clients that had issues with their back acne, for example, but there wasn't anything that I could do. Now that I'm on my own, I can offer a solution to those problems."

Both Nakajima and Coulopoulos are confident that Arlington is the perfect place for a Salons by JC franchise.

"People here are very educated," Nakajima said. "People in Arlington tend to be aware of what they are consuming, and what the ingredients are in the products they put on and in their bodies. I avoid chemicals and invasive treatments, and people appreciate that here. I want to educate people further on what's going on with the industry, too."

Coulopoulos added that his new business will be a benefit to everyone involved, including local residents and businesses.

"I am passionate about helping others. I have volunteered in a variety of places the past 30 years — including serving on the board of my homeowners association, on the executive board of my church, on the alumni board of my graduate university, and as mentor to undergraduate students and junior colleagues at work," he said. "Salons by JC is another twist to this passion, where I will help salon professionals take control of their professional lives and improve the personal lives of themselves and their families. I cannot think of anything else that I would rather do professionally, and I am excited each and every day to wake up and work on building this business."

Beauty and wellness professionals interested in opening their own business in Ballston can contact Coulopoulos by calling 703-282-2178 or emailing deanc@salonsbyjc.com.

Preventing Underage Drinking During the Holidays

Experts suggest holding honest conversations.

BY MARILYN CAMPBELL
THE CONNECTION

As Bridget O'Brien took inventory of her liquor supply recently, she checked off vanilla rum, white chocolate liqueur, peppermint schnapps, Champagne and Crème de cassis. These fanciful ingredients would be the key ingredients of the signature drinks — candy cane cocktails and kir royale — that guests had come to expect at her family's annual Christmas caroling party. This year, however, there was a new item on her checklist: keeping a close eye on her 13-year-old daughter, 16-year-old son and their friends, who would be among the guests at the family-friendly affair.

"The party begins at our house and we stroll to the end of the street singing carols," said O'Brien. "There are so many people that it would be easy for kids to wander off back to the house where they'd be alone with the alcohol. They're starting to want more independence now, so we naturally lose some of the control that we had when they were younger."

A recent study from the Substance Abuse and Mental Health Services Administration shows that increased access to alcoholic beverages for underage drinkers, combined with less oversight from distracted adults and mixed messages from parents may fuel surges in underage drinking during the holidays.

"A lot of parents would be surprised that their child would drink, but there are a lot of ways for children to get alcohol," said Allen Lomax, executive director of the Substance Abuse Prevention Coalition of Alexandria. "It's easy for them to get alcohol from their parents' home if it's not locked up. You have to constantly monitor parties in your home when teens are there because there's a good chance that someone, even if it's not your own child, could have alcohol."

According to the Centers for Disease Control and Prevention, underage drinkers are



PHOTO BY MARILYN CAMPBELL

The holidays and the resulting increase in celebrations and parties create opportunities for underage drinking.

responsible for between 10 and 20 percent of all alcohol consumed. They also make up the highest percentage of impaired drivers, and during the holiday season, two to three times more people die in alcohol-related crashes than they do during the rest of the year. In fact, 40 percent of traffic fatalities during this period involve a driver who is under the influence of alcohol.

As a result, child safety advocates encourage parents to have frequent conversations with their children about alcohol.

"It is best to start the conversation ... long before the child might be in a situation where they partake in underage drinking," said Linda R. Cote-Reilly, Ph.D., a developmental psychologist, certified family life educator and professor at Marymount University in Arlington. It's not that different from conversations about sexual activity. One big difference, though, is that the child will have observed his or her own parents' alcohol use, so parents should be prepared to ... answer pointed questions."

In fact, personal experiences, even those that are unpleasant, can be teachable moments and should not be avoided or sugar-coated, said Cote-Reilly. Inform older children of any family history of alcoholism or alcohol abuse. "Some children will have an alcoholic in the family, and parents should always address that situation honestly and

in child appropriate language. For example, a child might say, 'Why did Uncle Jim fall asleep during Thanksgiving dinner?' and the parent could respond, 'Because he drank too much alcohol.'"

Because alcohol is a legal substance that children often observe adults consuming, and that they themselves might legally consume themselves later in life, the issue can be confusing.

Cote-Reilly advises parents to start by mulling over their own views on alcohol. For example, at what age is alcohol consumption acceptable? Is there a fully stocked bar in your home? "Parents values will vary," she said. "If the child is an older adolescent, parents can explain why they made the choices they did, for example, to be a teetotaler, regular drinker or somewhere in between."

While parents want to curb underage drinking to keep their high school children safe and avoid legal penalties, rather than simply banning alcohol, parents "need to lay the groundwork for their children to consume alcohol responsibly in early adulthood," said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. This is especially important for students transitioning to college, where binge drinking is more common.

Engaging in a straightforward discussion

ing."

"Research suggests that when parents focus on rules and discipline, adolescents tend to be more likely to engage in surreptitious drinking and succumb to peer pressure," agreed Shannon N. Davis, Ph.D., associate professor of sociology at George Mason University.

"This is not to say that parents should encourage their adolescents to break the law. Instead, rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

While one in seven teens abuses alcohol or binge drinks, only one in 100 parents believe his or her child does so, according to a study by Center for Behavioral Health Statistics and Quality, so discovering that it is indeed your child can be quite shocking and disturbing.

Experts advise setting emotions aside in favor of an honest dialogue that includes a frank recount of the discovery. Ask the child why you found alcohol. Ask the child whether or not he's been drinking. Ask about her personal views on alcohol consumption.

"Children often harbor ideas about alcohol that are downright wrong," said Best. "Sometimes this means parents just listen and then can share their own observations, as well as the strategies they used to navigate the complex world of adolescent and adult drinking."

One overarching factor that affects not only underage drinking, but other adolescent temptations is the process of developing a healthy sense of self-worth. "Parents want to ensure that their adolescents have high levels of self-esteem that allow them to feel comfortable saying 'no' to any circumstance where they are uncomfortable or pressured by their friends," said Davis. "Reminding adolescents that it is OK to be different is a hard thing, and it is a hard thing for the adolescents to hear."

"Rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

— Shannon N. Davis, Ph.D., George Mason University

that is void of mandates and hard-lined rules is the most effective approach in getting children to be receptive, advised Best. "I think parents do well when they engage in honest and reasoned discussions with their children about alcohol, and that these conversations be ongoing, informal and structured so their children can feel comfortable talking about what they are observ-

ing a healthy sense of self-worth. "Parents want to ensure that their adolescents have high levels of self-esteem that allow them to feel comfortable saying 'no' to any circumstance where they are uncomfortable or pressured by their friends," said Davis. "Reminding adolescents that it is OK to be different is a hard thing, and it is a hard thing for the adolescents to hear."

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Rocking the Chair

By KENNETH B. LOURIE



Not that I was ever a CB person (Citizens Band radio), good buddy, but right now, I am in the middle of both my four-to-five week infusion interval and my quarterly-scan interval. Far enough past that I don't have any residual food or emotional issues and not close enough that I have any anxiety about the food and emotional issues that will inevitably occur. I am between a rock and a hard place, and I mean that in an atypical way: I am under no pressure, but no illusions either, oddly enough. I am sailing smooth and riding high, mindful of my reality, but appreciative of the relative — and comparative calm with which this interval affords.

Not that I can be normal (not a cancer "diagnosee"), but this is as close to 'normal' as it gets — for me. After all, I do have a "terminal" form of cancer (non-small cell lung cancer, stage IV), not a cold, so it's not as if it will go away with time. Nevertheless, I am grateful for the particularly good times — now, while trying to manage my expectations for the bad times — later, after this honeymoon-type period ends. But since there have been many more good times than bad since I was diagnosed in late February 2009, I am not bogged down, emotionally by my circumstances, although I am somewhat compromised, physically. Nothing I can't live with, however. Actually, I'm thrilled to live with any of it, 'live' being the operative word.

At this juncture, nearly eight years post initial symptoms (New Year's Day 2009), mostly I can handle what happens to me, so far any way. But when similar stuff happens to others: death, disease, disability, dementia; I feel their pain, sort of; and suffer emotionally. It's not as if I take in all their anxiety, but in a way, the weight of it does affect me. And sometimes, I get weepy over it. As I've written before, and heard many times as well in the cancer world, negative anything is extremely harmful to cancer patients — or most other "terminal" patients I would imagine as well. From my own experience though, I certainly understand the difficult circumstances under which all us patients/survivors endure; remaining positive and being surrounded by positivity is key as is humor, encouragement, compliments, congratulations, compassion and empathy. All are crucial to our core. Healthy bodies we may no longer have, but healthy minds we have to maintain. And the stronger and healthier that mind is, the more it will help us to mind our own business and do so in a manner that will prevent the cancer from taking over those minds.

Just as The United Negro College Fund "slogans" "A mind is a terrible thing to waste;" in the cancer world, it's terrible when patients are unable to use their minds to fight their disease. In many cases, cancer is a killer, there's no doubt about that, but allowing negative emotions to take over is really unhelpful. Accentuating the positive (like the subject of this column) and minimizing the negative has to be the order of the day — and the night, too. You have to find the good or the funny and embrace it, exaggerate it, extend it, elongate it, and reinforce it. Anything to make sure it matters more than the bad. Bad is bad enough on its own. It doesn't need any help from us. Focusing on what I can enjoy hopefully will enable me to keep on trekking, and to "Live long and prosper."

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

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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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC NOTICE
Maru, Inc trading as Maru Korean Cuisine & Sushi, 128 Maple Ave West, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Chun Ki Lee, President/Owner
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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ABC LICENSE
K. Rob Krupicka, Jr. trading as Sugar Shack Donuts, 1014 S. Glebe Rd. Arlington, VA 22204. 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. K. Rob Krupicka, Jr., Managing Member
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ABC LICENSE
Gong & Yuan, LLC trading as Hunan Gate, 4233 Fairfax Dr. Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage On Premises license to sell or manufacture alcoholic beverages. Zhao Feng Gong, owner
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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

OBITUARY



Joseph Gerald Teresa, age 75, died suddenly at home on November 22.

He leaves his wife of 36 years, Anne (Hancock) Teresa, their son Benjamin Teresa, daughter-in-law Erica Sims, and granddaughter Eleanor of Richmond, Virginia; a nephew Carl Williamson of Frederick, Maryland; and his mother-in-law, Eugenia Hancock of the home.

Born and raised in Monrovia, California, Joe was the son of Carl and Frances (Bonfiglio) Teresa.

From his early years on he loved and excelled at mathematics. He obtained a B.S. in Biology and a M.S. in Mathematics, and received a National Science Foundation Fellowship to the University of Michigan, where he obtained a Ph.D. in Education.

He taught at the University of Michigan in Ann Arbor for several years, co-authoring a number of studies and books published by the Rackham School of Graduate Studies. In 1976 he joined the U.S. Department of Education as a senior statistician. He spent 24 years at the Department designing, conducting and contributing to large-scale national education studies, including the National Assessment of Educational Progress (NAEP). He held teaching positions at the University of Arkansas at Monticello; Bluefield College in Bluefield, VA; The University of Maryland; and George Mason University. Joe was passionate about teaching and loved working with students of all ages.

In 1980 he married the former Anne Hancock of Bluefield, West Virginia. They moved to Vienna, Virginia in 1988 where they raised their son, Benjamin, born in 1982. Joe was a true family man, reflecting his Italian heritage, and spent many years as a Boy Scout leader with Troop 152 in Vienna.

In 2011 Joe and Anne moved to Shepherdstown where he made many close friends and truly enjoyed the beauty of the area. He volunteered with the Good Shepherd Caregivers and was a member of Shepherdstown Presbyterian Church. He was a friend to all animals, loved to travel, and never met a cookie he did not like.

A celebration of life will be held at the Shepherdstown Presbyterian Church in Shepherdstown, WV on December 17 at 2:00PM. In lieu of flowers memorial contributions may be made to the Shepherdstown Presbyterian Church; the Good Shepherd Caregivers of Shepherdstown, WV; or the Sons of Italy Foundation.

The biggest things are always
the easiest to do because there
is no competition.
-William Van Horne

21 Announcements

ABC LICENSE
Backstage Bistro Arlington, LLC trading as Stageplate Bistro-Arlington, 900 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 Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Mary Marchetti, President of the managing corporation
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.

Light tomorrow
with today!
-Elizabeth
Barret Browing

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ABC LICENSE
Fun Eats and Drinks, LLC trading as Champps #65226, 1201 S. Joyce Rd, Suite C-10, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises; Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Michael R. Kelly, Manager (LLC)
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From left are John Milliken, APAH board chair and master of ceremonies; Nina Janopaul, president and CEO of APAH; David C. Leibson, co-chair of the Arlington Ten-Year Plan to End Homelessness, and APAH 2016 honoree; Timothy J. Naughton, CEO of AvalonBay Communities and APAH 2016 honoree; and Jay Harris, APAH board of directors member.

APAH Honors Naughton, Leibson

The Arlington Partnership for Affordable Housing (APAH) paid tribute to 2016 APAH Affordable Housing Honorees, Timothy J. Naughton, CEO of AvalonBay Communities, and David C. Leibson and the Arlington Ten-Year Plan to End Homelessness, at its annual fundraiser celebration at the Clarendon Ballroom on Oct. 6. More than 350 guests attended this networking celebration of affordable housing and contributed a record-breaking \$525,000 to support APAH and its resident services program.

Naughton is CEO of AvalonBay Communities, the nation's second largest Multifamily REIT with 84,000 units in 11 states and headquartered in Arlington.

Leibson has been managing and supporting affordable housing programs in the United States and abroad for more than 45 years. He is the co-chair of the Ten-Year Plan to End Homelessness, and a member of the Affordable Housing Master Plan Working Group.

Along with Leibson, APAH honored the Ten Year Plan to End Homelessness. "While there is still much to do, this is a plan that is working. The number of chronically



2016 APAH Honoree David Leibson addresses the crowd.



2016 APAH Honoree Tim Naughton addresses the crowd.

homeless dropped 52 percent in the past year, in part thanks to Dave's commitment," stated John Milliken, APAH board chair and master of ceremonies.

APAH is a nonprofit that develops, preserves, owns, and advocates quality rental housing that is affordable to low and moderate-income families and promotes opportunity for residents through partnerships and programs. APAH works exclusively in Arlington County. Founded in 1989, APAH now helps 1,200 households live in stable, secure and affordable rental homes.

Yorktown Swim and Dive Teams Split Weekend Doubleheader

In Friday night action, Dec. 2, the Patriot boys' and girls' teams each won 12 of 12 events against Fairfax's Hayfield Hawks, with the boys scoring 235-87 and the girls earning 241-74.

The Patriots had four double winners: Kayle Park, Mary Kate Reicherter, Ryan Soh, and Chandler Sensibaugh. Single winners included Emily Brooks, Jonathan Day, Emma Hutchinson, Adi Kambhampaty, Hannah Karlin (dive), Jacob Kreider (dive), KJ Morris Larkin, and Zach Rosenthal,

On Saturday, Dec. 3, both the Patriot girls' and boys' teams lost to McLean's Langley Saxons, with the Patriot girls scoring 134-179 and the Patriot boys earning 135-177. The Patriot girls won 3 of 12 events, while the Patriot boys won 2 of 12.

Jonathan Day was a double winner, and individual winners included: Natalie English, Jacob Kreider (dive), Hannah Karlin (dive), and Nick Pasternak.

The Patriots are back in action on Dec. 9 against South Lakes High School.

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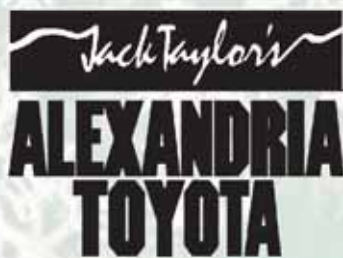
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