

Wreaths Across America

NEWS, PAGE 3

Navy SEAL and Medal of Honor recipient Ed Byers kneels next to the headstone of Nicolas Checque, a friend who was killed in 2012 in the same fight where Byers earned his Medal of Honor. Byers joined volunteers from Wreaths Across America Dec. 17 in placing more than 245,000 wreaths to honor the veterans buried at Arlington National Cemetery.

Preparing Annual Tribute To Martin Luther King, Jr.

NEWS, PAGE 2

Loveorde Reflects On 17-Year Ministry

OPINION, PAGE 6

ACC Builds Success, Sensitivity

NEWS, PAGE 10

MLK Tribute Embraces Community Involvement

Audition attracts potential participants.

BY MARY DEMPSEY
THE CONNECTION

The Arlington County Department of Parks and Recreation is preparing for its 48th annual Martin Luther King, Jr. Day Tribute. This year, the tribute is returning to its roots by welcoming Arlington community members to perform in the event.

In its initial years, the event was based entirely on Arlington resident participation. Saundra Green, who worked for Arlington Parks and Recreation from the late 1960s up until recently, helped found the event. After the assassination of King, she and her colleagues realized that there was a need for the community to come together in commemoration.

"We wanted the program to address those things that were important to Dr. King," said Green. "Peace and understanding, people working together. We wanted song and dance and spoken word. When we first started off we had community choirs and participation. Then we decided we wanted the community to be in the audience. We started to bring in renowned artists to be the entertainment."

This year, Parks and Recreation, in collaboration with Lashley Consulting & Management Services, welcomed the community to participate once again via an open casting call. The casting call occurred Saturday, Dec. 3 at the Langston-Brown Community Center in High View Park. The area, also known as Hall's Hill, is a historically black neighborhood and is the oldest community in Arlington formed by freed slaves.

That morning, Tyrell Lashley of Lashley Consulting opened the doors of the community center in hopes of finding some local talent for the program. He said he wanted to help "develop some community pride."

Lashley, who hails from Washington, D.C. and is a graduate of the Duke Ellington School of the Arts, has experience working with D.C. Parks and Recreation as well as Disney. He and his team will assemble the lineup of performers for the event and hope to mix professional talent with local and youth performers.

The turnout for the casting call was moderate, but organizers are hoping to eventually instill a tradition of community involvement in years to come.

"We know that we have talent in the community but they might not know that they could participate in the program," said Laura Barragan, who is the special events and communications manager for Arlington County Parks and Recreation.

Those who did turn out for the audition included students Rhea Turner and Amiya Williams who created an original dance to the song "A Better Land" by Heavy D & The Boyz.



Rhea Turner (left) and Amiya Williams (right) perform their original choreography at the casting call.

"We created this ourselves. We choreographed this ourselves," said Williams. Both girls spend six to 10 hours a week practicing tap, ballet, lyrical dance, and jazz. They said they chose to dance to the song because its positive message reflects King's ideals.

In addition to student interest, a local teacher also turned up for the casting call. Anne Smith, who teaches arts education at Jefferson-Houston in Alexandria, presented an original spoken-word poem. In her poem she speaks from the perspective of Mahalia Jackson, a gospel singer who encouraged King to talk about his dream during the 1963 March on Washington.

"[The audience] was tired and hot," said Smith. "He was losing them. Then Mahalia shouted out 'Tell em' about the Dream, Martin.'"

A church group, which was practicing for a Christmas show in the community center, decided to audition, even though they had not known about the casting call ahead of time.



Tyrell Lashley looks on as members of the Worship Without Words mime ministry rehearse.

Details

The Martin Luther King, Jr. Day Tribute is an extension of Arlington's celebration of diversity. All residents are encouraged to attend. The event will take place at Wakefield High School on Sunday, Jan. 15 from 5-6:30 p.m. The event is free but attendees can reserve a spot ahead of time. Find out more at MLKTribute.org.

The group members, who perform mime and call themselves Worship Without Words, is part of the Kingdom Fellow Church in Alexandria. They were led by 23-year-old Lyndsey Simms who has been practicing liturgical dance since the age of seven.

"While there was never a plan to audition, we take this opportunity to be able to give back to our community, to be able to minister in honor of one of the greatest African-American civil rights activists," said Simms.

According to Lashley, the program really is all about service. "The show has a call to action," he said. "[Audience members will] pledge to commit themselves to service."

Barragan echoed that sentiment. "Our program is meant to be an uplifting evening which is also a call to action," said Barragan. "The MLK holiday is really a day of service rather than a day of rest."

When residents attend the program on Sunday, Jan. 15, they will be given a list of ways to serve the community on the fol-



Anne Smith recites her original poem from the perspective of Mahalia Jackson.

lowing day, the Martin Luther King, Jr. Day holiday, and throughout the year.

In addition to welcoming performers, the event planners have been working with Arlington schools to highlight student art and writing. Students created written and artistic products in response to a prompt and submitted them. Outstanding submissions will be selected and included in a video that is presented during the show.

This tradition has been going on for a number of years and each year has a different theme. This year, students were asked to respond to King's quote that "our lives begin to end the day we become silent about things that matter."

While performers and themes may vary slightly throughout the years, Green said that the message is eternally the same and as meaningful today as it was 50 years ago, if not moreso. "What the tribute highlights is very relevant," said Green. "We really do need to promote peace. We really do need to be sensitive to diversity. We need to be sensitive to promoting non-violence."

Green added that this message is vital to preserving the attitude of tolerance and acceptance that Arlington County works so hard to foster as it grows and becomes increasingly diverse.

What many newer and younger residents of the county don't know about Arlington is that it has a deep and sometimes troubling past in terms of race relations.

Susan Kalish, public relations director for Arlington Parks and Recreation, described how the county was once highly segregated. The African-American neighborhood of Hall's Hill was even separated from adjacent white communities by a wall.

However, according to Green, who was born in Arlington and remembers when it was segregated, the county was the first in Northern Virginia to desegregate. "Arlington was one of those places where the change happened more smoothly than other places," said Green. "Doors opened up and opportunities opened up to African Americans."

Green added that "Arlington has made an effort to recognize all people. To be sensitive to needs. They listen."

Honoring America's Veterans

Wreaths Across America marks 25 years.

More than 44,000 volunteers from across the nation braved the ice and freezing rain to participate in Wreaths Across America Dec. 17 at Arlington National Cemetery, marking the 25th year for the annual ritual of placing wreaths at the headstones of America's veterans.

With more than 245,000 wreaths donated by the Worcester Wreath Company of Harrington, Maine and the Wreaths Across America nonprofit, each gravesite was honored with a wreath with ceremonies being held at the Tomb of the Unknowns and the gravesite of President John F. Kennedy.

Wreaths Across America Founder Morrill Worcester and the Worcester Wreath Company sent more than 700,000 wreaths to each state, where simultaneous wreath-laying ceremonies were held at more than 150 locations around the country.

— JEANNE THEISMANN



PHOTOS BY MARK MOGLE/THE CONNECTION

Under rainy skies, volunteers head out to place wreaths at Arlington National Cemetery Dec. 17 as part of Wreaths Across America.



Morrill Worcester, owner of Worcester Wreath Company of Harrington, Maine and the founder of Wreaths Across America, at the Tomb of the Unknowns wreath laying ceremony Dec. 17 at Arlington National Cemetery. Wreaths Across America donated more than 245,000 wreaths to Arlington and 700,000 wreaths nationwide to honor America's veterans.



Dan Robinson weeps at the grave of his son Heath Robinson, a Navy SEAL who was killed in Afghanistan in 2011, after placing a wreath as part of Wreaths Across America Dec. 17 at Arlington National Cemetery.



A wreath is placed at the gravesite of President John F. Kennedy as part of Wreaths Across America.



A volunteer sits at the gravesite of a family member Dec. 17 during Wreaths Across America at Arlington National Cemetery.



A wreath is placed at the Tomb of the Unknowns Dec. 17 as part of Wreath Across America at Arlington National Cemetery. Pictured are Bre Kingsbury, wife of a Navy SEAL and Arlington captain of Team Bear volunteers, Trey Nelson and Gold Star parents Michael and Tammy Stansbery, whose son, Michael Jr., was killed in Afghanistan in 2010.

Who Spots the Spotters?

County Board approves predatory towing reforms.

BY VERNON MILES
THE CONNECTION

The Arlington County Board voted unanimously at its Dec. 13 meeting to approve new measures aimed at curtailing predatory towing practices in Arlington. The most controversial measure was one requiring a second signature. The Second Signature requirement requires the written authorization of the property owner or an agent for each individual trespass tow conducted at a non-residential property during normal business hours.

"Predatory towing that happens on purpose is a problem," said Takis Karantonis from the Columbia Heights Civic Association. "Everybody is aware of that, everybody knows about it, and most people have a firm idea where the hotspots are. That's not a good thing. This is an arbitrary practice."

While local residents came out to express their support for the towing restrictions, the Chamber of Commerce and many local business institutions shared concerns that the second signature requirement would but an undue burden on businesses.

Chris Raines, a manager at the Holiday Inn Rosslyn-Key Bridge, opposed the second signature requirement.

"Keeping ample parking in our lots is supremely important," said Raines, adding that their proximity to the Rosslyn Metro station makes them a target for people parking illegally for Metro uses.

Kate Bates, president and CEO of Arlington Chamber of Commerce, said the chamber had voted unanimously against the second signature requirement.

On the County Board, John Vihstadt also expressed his opposition to the second signature. Vihstadt noted that confirmation to tow is likely to come from someone off-site. Vihstadt also said he was concerned by commentary from the business community who



Towing signs marked outside of Arlington Courthouse.



Towing signs marked outside of commercial property.

said requiring a member of the business to come out and confirm a second signature would take someone out of the store during business hours.

"We need progress," Vihstadt said, "but [it] won't be from county government mandating second signature."

For County Board chair Libby Garvey, the second signature requirement was an imperfect solution but one the county would continue to develop. Garvey said county staff would continue to look for alternatives to the second signature requirement before the policy goes into effect in July.

But the proposal, second signature requirements included, were described as positive steps forward for the county.

"[Contracts employing spotters] created an unfair financial incentive for towing firms to engage in overly aggressive and unnecessary towing practices," said County Board member Katie Cristol. "What does that look like? Despite a different picture painted by a number of members of our business community here, we know what that looks like; we've seen that in dozen if

not hundreds of letters. It looks like real impact on our retail environment."

County Board member Jay Fisette, who had been one of the leading voices calling for towing reform, said the large quantities of complaints and letters about predatory towing showed that, despite the protests from the business community, there was still need for extensive reform.

"If this is a legitimate tow, they're going to be towed and should be towed," said Fisette. "This will allow, with nominal impact, all of those legitimate tows to occur."

The second signature requirement was voted on separately from the main legislation. The board approved of the requirement with Vihstadt voting in opposition. For the main body of the towing reform legislation, Vihstadt said the reforms did more benefit than harm.

Other changes within the legislation aim at protecting vehicle owners. Tow truck drivers will be required to photograph the vehicle at all four corners, giving the vehicle owner a safeguard and towers protection against false damage claims. Towing

receipts will now also include a disclosure that photos and/or video evidence are available upon request as well as contact information for the county office that handles trespass towing. The reforms also include new requirements for signage and markings on the interior of parking lots and facilities to provide clear information about parking restrictions.

The County Board voted unanimously to approve the reforms. The implementation of the second signature amendment is delayed until July 1, 2017. The County Board further directed the county manager to work with stakeholders to identify alternative strategies to mitigate aggressive towing practices and provide an interim report.

"I respect tremendously the rights of property owners to protect their property from trespassers," said Cristol, "but when the exercise of that right takes a form, with the practice of spotting, it runs so counter to other investments in the form of time and money and policy and the kind of community and retail environment that I think we have an obligation as government to act."

Holidays in the Homeless Services Center

Good cheer,
warm and supportive
environment.

BY SHIRLEY RUHE
THE CONNECTION

Walk into the Homeless Services Center at 2020-A 14th Street N. and one immediately feels the good cheer. A large Christmas tree stands to the left of the lobby next to the eating area. A wreath sits in the middle of the reception desk. Ina Gonzalez, administrative assistant to Kathy Sibert, president/CEO of A-SPAN said, "Kathy is big about making it feel like home here for the holidays."

Sibert said, "We have a lot of community

partners and try to have activities with community groups during the holidays. People can feel vulnerable during this time. We have a full production kitchen with a chef and assistant so there are a lot of special meals for Christmas Eve and Christmas Day. Chef Glenn Jahnsen says on Christmas Day he is planning honey ham, turkey breasts and pork loin as well as sweet potato puree with nearly burnt marshmallows for extra flavor. And his green beans with curry béchamel as well as bread pudding with mangos and hot apple cider.

"We're hoping to get a choral or instrumental group to add to the festivities. But also some people are not Christian so we really celebrate the holidays in general," Siebert said.

One of the conference rooms is stacked with brightly-wrapped shoeboxes of toiletries prepared by the eighth grade religion

class at St. Louis Catholic Church. Gonzalez opens a box and pulls out shampoo, a toothbrush and toothpaste, razor plus a couple of snacks. "Oh, here is a good one. It has a hat and gloves, too."

Emily Scott, one of the caseworkers, adds that yesterday some churches had also provided a big lunch. "And tomorrow will be the client holiday party for 80-100 people who will receive a nice lunch as well as gifts provided by their Secret Santas from the client's wish list. Of course a lot of clients would like to be in their own place for the holidays, but it is the same process."

Christopher Rucker, currently occupying one of the 25 hypothermia spots, said, "I feel like the staff are doing everything they can to be compassionate at Christmas. You know, they are respectful. You're not just

SEE SHELTER, PAGE 5



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Emily Scott, a case worker for A-SPAN, says that a lot of clients would like to be in their own home for the holidays, but it is the same process. The end goal is to get the homeless clients into their own home and creating their own lives.

Shelter

FROM PAGE 4

anybody.” He added, “The shelter is giving me the chance to be successful. Everyone of us has an individual plan, and they monitor you.” He hopes to move upstairs soon to one of the 35 men’s beds.

Danzell, a woman here alone from China, said, “I love it here. My case manager drives me to a church. I can play the piano well.” In halting English she explains she has taken classes in making jewelry and drawing and pulls out her phone to show a picture of a person she has drawn. “I stay warm; I go to the doctor. They give love from the heart. This is the

best country.”

An unidentified homeless client said he tries not to dwell too much on being homeless at Christmas. “They give me an opportunity to regroup. I’m not just a misfit in society.” He says, “It gives you hope you can achieve your goals and there is a tomorrow if you want to do it. But you have to do it.” He just got his first job on Monday and is working his way toward housing. “Everybody has a different mentality. I’m a hustler and you finally get that one gig.”

Sibert reminds that the Homeless Services Center is a temporary thing. “We want it to be as warm and inviting as possible but it is not the end. Moving the clients to housing is the goal where they create their own lives.”



PHOTO BY SHIRLEY RUHE

Ina Gonzalez, administrative assistant to Kathy Sibert, illustrates the contents of individual brightly-decorated shoeboxes of toiletries prepared by the eighth grade religion class at Saint Louis Catholic Church. She pulls out a toothbrush, toothpaste, razor and snacks and, “this is an especially good one with a hat and gloves.”

ACT NOW FOR PRE-OPENING BENEFITS
Exclusive Charter Club membership & special pricing until Jan 31, 2017 — Save up to \$10,000



The Kensington promises to love and care for your family as we do our own

Opening in Falls Church Early 2017

Our beautiful assisted living and memory care residence is well on its way toward completion! We can’t wait to officially open our doors to welcome residents, their families and friends. To those who have already chosen to entrust us with the care of loved ones, thank you. To those we haven’t met yet, we look forward to the time when we do. Our own families make our hearts full, but we have plenty of room for yours. Stop in for a visit, and tell us what you need to help keep the seniors you love safe, secure, well, and most of all, happy. We’re eager to deliver on our promise to love and care for them as we do our own.



THE KENSINGTON
An Assisted Living Community

FALLS CHURCH

Information Center: 1212 W Broad St, Falls Church, VA | 703.992.9868 | www.TheKensingtonFallsChurch.com



The “Suite-Life”: In-law Spaces Are Growing In Popularity



As the number of multi-generational households continues to rise, in-law suites provide the perfect living space for an aging parent or other relative. They offer all of the independence of living alone but with the luxury of having loved ones nearby. In-law suites typically include: a bedroom, bathroom, living area, and kitchenette and usually have a separate entrance.

There are many options for finding space to incorporate an in-law suite into a single-family home. Some of the most popular are redoing the basement or lower level, building an addition or bump out or adding a separate structure. In addition to the convenience they can provide for your family, in-law suites can also be great in terms of resale value.

Keeping accessibility in mind is key to building a functional space. Including features such as roll out drawers and task lighting in the kitchen, and curb-less showers and grab bars in the bathroom are important considerations. With the variety of options available today, accessible features not only provide functionality but beauty as well.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications. Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

Loverde Reflects on 17-Year Ministry

The Most Rev. Paul Loverde, 76, retired this month as the bishop of the Catholic Diocese of Arlington. The diocese covers northern and part of central Virginia, and contains half a million Catholics. In an exclusive written interview, Loverde reflects on his nearly two-decade tenure. The interview below is redacted for space. For the full transcript, including four additional questions, visit www.connectionnewspapers.com.

Ordained a priest in 1965, Loverde has served 52 years as a clergyman. He served 23 of those years as a bishop — six years in the Diocese of Ogdensburg, N.Y. and 17 years in the Diocese of Arlington. The Most Rev. Michael Burbidge succeeds him. During his retirement, Loverde plans to continue assisting in parochial and diocesan pastoral functions.

— DAN BRENDEN

What have been your chief pastoral interests or themes in Northern Virginia?

When I came to the Diocese in 1999, I pledged to advance four marks of the church, namely evangelization, unity, service and reconciliation. I think these four themes have really set the tone for me, along with my episcopal motto: “encourage and teach with patience.” The reality of evangelizing and proclaiming the good news [gospel] has been central, and as I’ve shared on a number of occasions, “All I’ve ever wanted to do is lead people to Jesus,” and that remains true to this day.

Regarding societal institutions and patterns, Catholic social doctrine speaks both of “structures of solidarity” and “structures of sin.” What are a few of the most notable of these in Northern Virginia?

As I reflect on the theme of solidarity, I would highlight the work of the Diocesan Council of Catholic Women, and Catholic Charities in a wide range of areas, including help to the homeless, refugees, and immigrants. Similarly, the parishes of this diocese accomplish so much in service to those in need, to say nothing of the hundreds of teens who annually participate in WorkCamp, a weeklong service project we facilitate in the diocese. Each of these efforts brings members of the human family together in a tangible, lived solidarity.

As for structures of sin, I cannot help but highlight the plague of pornography, which threatens so many individuals, marriages and families. My 2006 pastoral letter, “Bought with a Price,” spoke of the real and present danger which pornography presents in our public square. “The continued toleration of this insidious toxic poison that hides itself under the guise of freedom of speech and freedom of conscience,” I wrote, “is contributing to the debasement of our culture and the victimization of our own children.”

What are some of the best ways you have seen local churches serve their communities?

As I reflect on these 17 years in the Diocese of Arlington, I have seen local churches en-



PHOTO COURTESY OF NATALIE PLUMB

The Most Rev. Paul Loverde

hance the common good and serve their communities in four ways: supporting families, individuals, organizations, and the needy. Parishes support families at a time when many families are struggling financially, socially, and spiritually. Parishes are centers for families to receive support so they can flourish. Obviously it’s where families go for the sacraments and formation; but also to get support on parenting, friendships, familial support through talks and forums. I see parishes that have forums for men, women, young and elderly parents, children of all ages. The parish is where the family goes to get support, guidance and counsel from baptisms at birth to funerals at death. Parishes support and strengthen families. Pope Francis calls the parish “the family of families” (“The Joy of Love,” paragraph 202).

Secondly, parishes support individuals. There are youth ministries, young adult ministries, senior support services for single, unmarried or widows. There are also activities to introduce parishioners to others such as festivals and picnics, and sporting events. We are seeing a growth in men’s groups and women’s groups as well, to introduce people to others while increasing their faith.

Thirdly, parishes have organizations that work in concert with the pastor to assist the parish, families and communities. These include the Knights of Columbus, Legion of Mary, Walking with Purpose, That Man is You, Scouts, and other clubs and organizations.

Finally, the parish helps to support and strengthen the poor in the community. Twenty-six of the parishes in our diocese have food pantries on the parish campus with free food for those in the community in need; fourteen have mental health clinicians right on site —

some speaking Spanish — for the poorest of the poor who can’t otherwise afford or get to counseling sessions. One of our parishes has an immigration attorney on site. And a dozen parishes have English as a Second Language (ESL) classes for community members. Many have bereavement groups, support for widows and widowers, senior services support and emergency assistance helping with rent, utilities, prescriptions, funerals. Parishioners go out to help those in nursing homes, hospitals, and other facilities where disabled or seniors who cannot travel receive fellowship and prayer. I am so proud of these efforts to serve those on the margins of our society, even as I pray that the work of charity will deepen and expand throughout our diocese.

Jesus said, “Blessed are the peacemakers.” What important bridges have you seen built in the communities of Northern Virginia? How would you describe the regional and local ecumenical and interreligious climate, and how does it bear on the Diocese’s mission?

Building bridges and encouraging dialogue has led to a number of remarkable relationships here at the Diocese. Our State LARCUM (Lutheran, Anglican, Roman Catholic and United Methodist) Conference has continued a dialogue unparalleled in most states in the US. Bishops of the Lutheran, Episcopalian, Catholic and Methodist churches have met at least annually for the past 20 years to reinvigorate friendships and discuss areas of common belief, worship and service. The Catholic Church has been a leader in this ongoing dialogue.

Around 10 years ago, we signed a covenant with the Muslim community in northern Virginia to grow together in mutual understanding and, most importantly, work toward resolving misunderstandings we have of each other. Some lasting and deep friendships have resulted, and where discord flashed in some places following national and international misunderstanding or persecution, our groups have met to understand, rather, the truth of events and seek reconciliation.

I have supported and encouraged representatives of every parish in the diocese to gather quarterly with the diocesan commission to seek ways to reach out in the local communities and neighborhoods to build bridges and opportunities for fellowship and service among local churches and religious communities. Through this commission we have gathered annually

SEE BISHOP, PAGE 7

The
Arlington
Connection

www.ConnectionNewspapers.com

@ArlConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT: arlington@connectionnewspapers.com

Steven Mauren
Editor

703-778-9415
smauren@connectionnewspapers.com

Mike Salmon
Assistant Editor

msalmon@connectionnewspapers.com

Vernon Miles
Reporter

757-472-3435
vmiles@connectionnewspapers.com

Eden Brown, Shirley Ruhe
Contributing Writers
arlington@connectionnewspapers.com

ADVERTISING: For advertising information sales@connectionnewspapers.com 703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified & Employment Advertising
703-778-9411
asmith@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com



OPINION

Bishop's Perspective

FROM PAGE 6

with representatives of other faith groups in northern Virginia for prayer for unity and religious liberty, for the Week of Prayer for Christian Unity each January, and in meetings connected with the annual State LARCUM Conference, a weekend seminar for anyone in Virginia who would like to attend a series of scholarly and pastoral presentations on the current ecumenical climate.

Nationally, the Diocese of Arlington has a strong reputation of being a leader in ecumenical and interreligious activities.

You and other religious leaders have expressed concern about "religious liberty" in the public square. What are a few local or regional examples of how religion has been either duly included or unduly excluded from public life?

The government's unprecedented HHS mandate remains a clear and unacceptable violation of religious liberty. Under the Obama Administration's so-called accommodation for religious institutions, the funds used in the procurement of coverage for sterilizations, abortion-inducing drugs, and contraceptives still come from religious employers and their employees. Further, the administration's mandate penalizes the Church for its long history of charitable works, targeting our colleges, hospitals, and other facilities that serve others regardless of their faith. The

Church and its related institutions must be free to provide healthcare coverage for their employees consistent with our religious and moral principles, and without the threat of government coercion. Church institutions have provided healthcare and education to our fellow citizens since our nation's founding. We have always supported healthcare services for all people, but pregnancy is not a disease, and the Church cannot abandon the dignity of the human person and submit to complicity in the destruction of innocent life.

The Second Vatican Council called for "dialogue," "cooperation," and "mutual exchange and assistance" between the Church and the secular world. What opportunities and challenges, responsibilities and limitations have faced the Diocese in this regard?

Last year's visit to our area by Pope Francis is a prime example of dialogue and mutual exchange between the Church and the broader society such as the President, Congress, the media, and so many people of different faiths and of no particular faith who heard his message in person, or through other mediums. I would also cite the work of the Virginia Catholic Conference on behalf of this Diocese and the Diocese of Richmond, whereby we seek to engage with our state's public policy leaders to protect life at all stages, improve the lives of the poorest and most vulnerable, and seek the common good.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for Dec. 27-30,

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 centers will be closed Monday, Dec. 26.

NEW PROGRAMS:

Ancient art (belly dancing) class, Tuesday, Dec. 27, 12:15 p.m., Lee Senior Center. Free. Register, 703-228-0555.

Drop-in badminton, Tuesday, Dec. 27, 10 a.m., Walter Reed. Free. Details, 703-228-0955.

Nine ball billiards, Tuesday, Dec. 27, 10 a.m., Walter Reed. Free. Details, 703-228-0955.

Genealogy 101, ancestry enthusiasts, Tuesday, Dec. 27, 11:30 a.m., Lee. Free. Details, 703-228-0555.

Seated exercise class, Tuesday, Dec. 27, 10 a.m., Lee \$60/15 session pass. Register, 703-228-0555.

Duplicate bridge, ABCL sanctioned, Wednesday, Dec. 28, 10 a.m.-1:30 p.m., Aurora Hills. \$5. Register, 703-228-5722.

Partner dance lessons, Wednesday, Dec. 28, 2 p.m., Lee. Free. Register, 703-228-0555.

Breast cancer awareness, Thursday, Dec. 29, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

New Year's Bash, Friday, Dec. 30, 11:30 a.m.-2:30 p.m., Champs, 1201 S. Joyce St., \$30. Register early, 703-228-4771.

Walkers, Lee Senior Center, Fridays, 9:30 a.m., \$4. Register, 703-228-0555.

Fast-paced walking group, Fridays, 8 a.m., Aurora Hills. Free. Register, 703-228-5722.

Mah Jongg, Saturdays, 12 p.m. - 3:45 p.m., Walter Reed. Free. Register, 703-228-0955.

Weight room, seniors only, Saturdays, 7 a.m. - 10 a.m., Madison Comm. Center, 3829 N. Stafford St., \$60/15 sessions, register, 703-228-4771.

NEW FALLS CHURCH LOCATION CALL NOW FOR APPOINTMENTS



CAPITAL
WOMEN'S
CARE

SPECIALIZING IN OBSTETRICS, GYNECOLOGY AND INFERTILITY

6355 WALKER LANE • SUITE 508 • ALEXANDRIA, VA 22310 • (703) 971-7633
3554 CHAIN BRIDGE ROAD • SUITE 302 • FAIRFAX, VA 22030 • (703) 273-6635
101 W. BROAD STREET • SUITE 500 • FALLS CHURCH, VA 22046 • (703) 971-8011
209 ELDEN STREET • SUITE 105 • HERNDON, VA 20170 • (703) 435-2574

H. ERIC STERN, M.D.
PETER G. ROTHSCHILD, M.D.
MICHELLE P. STAS, M.D.
DAMON HOU, M.D.
CHRISTINE L. TRAN, M.D.
MICHAEL B. KUSIC, M.D.
GINA C. HIBSHMAN, M.D.
NATALIE S. H. MOORE, M.D.
CARLELYNA M. NUNES, M.D.
JAN L. MASTER, C.R.N.P.

Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

TWO POOR TEACHERS Kitchen and Bathroom Remodeling

10% down
nothing until the job
is complete for the
past 17 years



Free Estimates
703-999-2928



Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



Visit our website: www.twopoorteachers.com

Life

Your journey to happily ever after starts right now...

With peerless service up to, during & beyond your purchase.

With meticulous floor planning, refined architecture & choice features.

With a convenient location near Clarendon, Pentagon City & Washington, D.C. so you can enjoy life — upgraded.

Upgraded.

OVER 50% SOLD OUT!

Carver Place • Arlington, VA
Townhomes & Townhome-Style Condominiums from the mid \$600s

- Walk to shopping & restaurants
- 2 neighborhood ART Bus Stops, Routes 74 & 77; Stops for Metrobus Routes 16 A, B, E, J & P, and Capital Bike Share within walking distance
- Close to Washington, D.C., I-395, the Pentagon, and the Pentagon City & Clarendon Metro Stations

S. Rolfe Street & 13th Road S, Arlington, VA 22204
Selling off-site from: 1800 Wilson Boulevard, Suite 132, Arlington, VA 22201
(703) 596-3353 • livecarverplace.com • Open: By appointment only. Brokers Welcome.*

ONE JANUARY DELIVERY AVAILABLE

*Must register at site and comply with policy terms.

HOLIDAY ENTERTAINMENT

HOLIDAY CLOSINGS

- ❖ Arlington County Government offices, courts, libraries and facilities will be closed on Sunday, Dec. 25 and Monday, Dec. 26, 2016 for Christmas and Sunday, Jan. 1 and Monday, Jan. 2, 2017 for New Year's Day.
- ❖ Trash and Recycling Collections – normal
- ❖ Christmas Tree collection begins Jan. 2 – details at recycling.arlingtonva.us/residential/yard-waste/christmas-tree-collection/
- ❖ Metered Parking – not enforced

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. 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. 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

Last Chance Holiday Bazaar. 9:30 a.m.-4 p.m. Lyon Village Community House, 1920 N. Highland St. Local artisans and small businesses will be offering a variety of unique hostess gifts, stocking stuffers, fine art photography, hand-crafted jewelry, soaps, and more. 703-528-9403

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

Holiday Nature Crafts. 1-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Holiday craft workshop to make natural-themed



Silver Belles

PHOTO CONTRIBUTED

Now through Dec. 31, Signature Theatre presents Silver Belles Holiday Play at 4200 Campbell Ave. When the director 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.

gifts and decorations. 703-228-4747. Activity #622957-I

SUNDAY/DEC. 20

Holiday Music. 10:30-11 a.m. at Reagan National Airport, 2401 Smith Blvd. Lunsford Middle School String Ensemble. Ticketing level near east security checkpoint entrance.

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

TUESDAY-FRIDAY/DEC. 20-23

Holiday Happenings at the Airport. 1-5:30 p.m. at Reagan National Airport, 2401 Smith Blvd. Pose for a free souvenir photo, hang out with Santa or see the strolling carolers.

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

Holiday Music. 6:45-8:30 p.m. at Reagan National Airport, 2401 Smith Blvd. Floris United Methodist Church choir. Ticketing level near east security checkpoint entrance.

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

Arlington South Lions Club Christmas Tree Sale. noon-8 p.m. weekdays, 9 a.m.-7 p.m. Saturdays and 9 a.m.-6 p.m. Sundays at Food Star parking lot, at 950 S. George Mason Drive. 703-209-8825

SUNDAY/DEC. 25

AGLA Monthly Dinner. 6-7 p.m. at Freddie's Beach Bar & Restaurant, 555 23rd St S. No RSVP necessary; table already reserved. Enjoy the food, socialize, and look forward to a Gayborhood Night door prize raffle. info@agla.org

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.

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. 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.

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 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/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/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. 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

TUESDAY/DEC. 20

Homemade for the Holidays:

Snow Globes. 4-6 p.m. at Connection: Crystal City, 2100 Crystal Drive. Learn to make homemade gifts in this series of three holiday craft programs. Let it snow... use Mason jars to create original snow scenes. All supplies will be provided. arlingtonva.libcal.com/event/2963898 703-228-7520

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

ENTERTAINMENT

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

ONGOING

Photos with Santa Claus. Through Dec. 24. 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.

Holiday Gift Wrap. Through Dec. 24 at the Fashion Centre at Pentagon City. All proceeds benefit Simon Youth Foundation and Arms Outstretched Ministry. Visit [simon.com/fashioncentreatpentagoncity](http://www.simon.com/fashioncentreatpentagoncity).

Silver Belles Holiday Play. Through Dec. 24 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.

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

Moving Words Poetry Contest. Through Jan. 12. The annual poetry contest Moving Words is now open for submissions. The work of six winning poets will be printed on placards and displayed for three months between April and September inside Arlington Rapid Transit (ART) buses. This year's Moving Words competition is juried by Arlington County's Poet Laureate, Katherine E. Young. Submit entries to movingwords@arlingtonva.us. Visit www.arlingtonarts.org/ for rules.

Signature Theater's "Titanic." Through Jan. 29 at Signature Theatre 4200 Campbell Ave. A voyage through stories of love, ambition, hope and courage on board the fateful ship. www.sigtheatre.org

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third

Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

FRIDAY/DEC. 16-SUNDAY/JAN. 1

WRAP Sober Ride Program. 10

p.m.-6 a.m. each evening as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period. Washington-metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$ 30 fare), safe way home. (AT&T wireless users can dial #WRAP for the same service.)

SATURDAYS IN DECEMBER

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

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 holiday gatherings in a healthier way. Join Michelle Atkin to gain tips to manage temptations. 703-228-5722

Solstice Eve Campfire. 7 p.m. at Gulf Branch Nature Center at 3608 North Military Road. Celebrate the longest night of the year with candle making and S'mores and then under the glow of a halfmoon come out to hike. Activity #: 622857-L \$5 703-228-4747

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. Arlingtondrafhthouse.com

DEC. 27-30

Winter Break Camps for Kids. At Fairlington Community Center, 3308 S. Stafford St. For a variety of engaging holiday-themed activities including fitness, nutrition, dynamic play, creative arts and even a field trip for only \$153. Register online with Camp Code 710115-O or call 703-228-4747

Winter Break Camps for Teens. 9 a.m.-4 p.m. at Thomas Jefferson Community Center, at 3501 S. 2nd St. For games and trips with friends during winter break. Ages 10-14,



PHOTOS CONTRIBUTED

Red Laced Cuff is the work of artist Kat Jamieson



The Royal Cow with Butterfly is the work of artist Trinka Roeckelein

Figuratively Speaking

"Figuratively Speaking" is a national juried exhibit that runs Dec. 1-30 at the Gallery Underground, in the Crystal City Shops at 2100 Crystal Drive.

\$125 ebravo@arlingtonva.us or 703-228-4747

WEDNESDAY/DEC. 28

Broken Not Wounded. 6:30-8:30

p.m. at The Village at Shirlington, 4200 Campbell Ave. To create a safe atmosphere for the wounded at heart. Where they are able to unload their burdens and release them before the start of the new year, heal the broken areas in one's life by realizing how they were not wounded. edenme@greenmary.net

THURSDAY/JAN. 5

Cuban Cruise Informational

Meeting. 5-6:30 p.m. at Carr Workplaces, 500 Montgomery St., Suite 400. The Alexandria Chamber of Commerce is partnering with the Arlington Chamber of Commerce for a four-day trip to Cuba. sbolouri@alexchamber.com

FRIDAY/JAN. 6

Family Fun Night. 6:30-8 p.m. at Langston Brown Community Center, 2121 N. Culpeper St. Arts and crafts, games, open gym, ages 4-17. \$1.50. parks.arlingtonva.us

JAN. 6-15

Encore Stage & Studio's "A Little Princess." Fridays, Jan. 6 and 13 at 7:30 p.m.; Saturdays, Jan. 7 and 14 at 11 a.m. and 3 p.m.; Sundays, Jan. 8 and 15 at 3 p.m. at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. \$15 Adults, \$10 Children, Students, Military, and Seniors. Tickets for the Princess Ball is \$20. Tickets to the 11 a.m.

performance are sold separately. Tickets are available online at www.encorestage.org or by calling the box office at 703-548-1154.

THROUGH JAN. 9

Call for Artists. Arlington Arts Center, 3550 Wilson Blvd. seeks applicants for the Artist Residency Program. The primary goal of the Artist Residency Program is to provide a space in which artists can work and grow, in a community environment that encourages interaction, dialogue, and exploration. Arlingtonartscenter.org

THROUGH JAN. 8

Sleeping Beauty. Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. at Synetic Theater, Crystal City, 1800 S. Bell St. Synetic Theater's award-winning ensemble takes on the classic tale of a princess, an evil sorceress, and a centuries-long sleeping curse in this adaptation of "Sleeping Beauty," one of the Grimm Brothers' beloved stories. \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Group discounts are available. www.synetictheater.org

TUESDAY/JAN. 10

Scam & ID Theft Prevention

Workshop. noon-1 p.m. at Connection: Crystal City, 2100 Crystal Drive. This interactive class from the Virginia Cooperative Extension will help participants recognize different types of scams and red flags, and reduce potential for identity theft. arlingtonva.libcal.com/event/2919964, 703-228-7520

Langston Brown Encore Choral.

1:45 p.m. at Langston Brown Community Center, 2121 N. Culpeper St. Encore Creativity for Older Adults. \$175 for 15 weekly rehearsals, sheet music, CD in your music part and performances. 301-261-5747 or info@encorecreativity.org

LEGO Club. 4:30-5:30 p.m. at Shirlington Branch Library, The Village at Shirlington, 4200 Campbell Ave. Future engineers get free build time with the library's supply of LEGO blocks. arlingtonva.libcal.com/event/2855613, 703-228-6545

NVCC Community Chorus

Invitation. Rehearsals start for all interested singers to join for its spring 2017 season. No audition is required. Join by registering for this one-credit class at Northern Virginia Community College, Alexandria campus. Rehearsals are 7 p.m. on Tuesdays at the NVCC Alexandria campus, 3001 N. Beauregard, with some optional extra Saturday morning rehearsals. The college waives tuition for seniors 60 and older. Dr. Mark Whitmire, 703-845-6097 mwhitmire@nvcc.edu

WEDNESDAY/JAN. 11

Shut Up and Write: YA Authors on Writing. 7-8:30 p.m. at Central Library, 1015 N. Quincy St. The path to a finished book is fraught with peril – here's a chance to learn from authors Jon Skovron and Jessica Spotswood who have successfully made the journey. The authors take questions from the audience, and their books are available for signing after each discussion. arlingtonva.libcal.com/event/2815019 703-228-5990



Learn as if you
were to live
forever; live as if
you were going to
die tomorrow.

—John Wooden



Café Tatti



A Real
French Bistro
in the Heart
of McLean
Since 1981

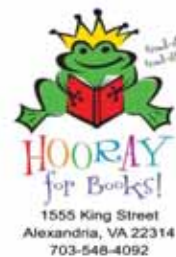


Open for Christmas Eve & New Year's Eve

Call for Reservations
703-790-5164
www.cafetatti.com

Cocktails
Major Credit Cards
6627 Old Dominion Drive
McLean, VA
McLean Square Mall

Yes, VIRGINIA,
there IS a...



...locally owned,
independent
bookstore in
Alexandria!

**BOOKS FOR ADULTS AND CHILDREN • FIND GIFTS AND EVENTS
FOR EVERYONE IN OUR RECENTLY EXPANDED STORE**

ACC's Arlington Tech Creates Love of Learning

Students report newfound self-confidence and purpose.

BY EDEN BROWN
THE CONNECTION

Arlington Tech feels more like a Maker's Studio than a high school. Everyone knows each other, the students are smiling, the classrooms are small, open and full of equipment: 3D printers, computer assisted design programs, video cameras, chemistry labs.

The Arlington Career Center (ACC) is home to Arlington Tech (Career Technical Education or CTE), a program focused on project-based learning. Arlington Tech integrates core subject content into projects. Students tie in electrical engineering concepts with math classes. According to ACC Principal Margaret Chung, it is the only school in Arlington that teaches cyber security, one of the fastest growing careers in the country.

Forty-three students started in its inaugural program. This is not about vocational training. As Chung said, "Jobs will go to those who know what they want, have a passion for what they do, and stay abreast of the current demand." In one classroom there are eight 3D printers. These kids are printing out car parts for use down the hall in the automotive design course. In the collision repair classroom, students are working on a BMW — installing wall-to-wall TV screens throughout the car to make it one of a kind. When the students need some math done on the car, they walk down the hall to the robotics students. "In essence," said Chung, "The whole building is the classroom. The symbiosis between students of differing talents and abilities makes each learn from the other, and also breaks down barriers of language, culture, and status."

Outside, the students have installed a solar panel project for which they won an



Students are learning aquaculture and the microgreens they grow organically (and sell locally) are fertilized by the Tilapia fish they farmed.

award. Career Center Electricity and Sustainable Tech students installed a Hybrid Photovoltaic/Thermal SunDrum Solar Harvest HP System on a house in Washington, D.C. Local solar energy expert, Albert Nunez of Capital Sun Group, hired and mentored six ACC students during the installation of this state-of-the-art hybrid solar powered system.

"The six students in the solar energy course hired by Capital Sun Group were able to move into the hot field of solar energy instead of going out onto the job market and ending up in one of the gangs that have transferred from South America to Virginia (and extract membership for construction jobs)," said Chung.

There are about 800 students who come to ACC from the comprehensive high schools and programs. They have a "home" high school, but take most courses at the ACC. Through dual enrolment they can also

take courses at Northern Virginia Community College. In addition to these students, ACC has four full-time programs: Academic Academy, HILT (High Intensity Language Training) Institute, PEP (Program for Employment Preparedness), and Arlington Tech. The program for teen mothers has about 200 students. All core classes are offered, including physical education courses. The application process for Arlington Tech has a deadline of Jan. 31, 2017. There will be an ACC Open House on Jan. 7, 2017, from 9-11 a.m. Interested students and parents can visit the classrooms and talk with the instructors in Arlington Tech and explore CTE course offerings. On Jan. 9, 2017, 2-3 p.m., an Arlington Tech Info Session and Classroom Tours will be held, where parents of current students and Arlington Tech students and staff will share their experience of Arlington Tech and be available to answer any questions.

PHOTOS BY EDEN BROWN/THE CONNECTION



Robert Lamoia is designing the BMW with wall-to-wall TVs mounted on the car — one of its kind — and renovating the entire machine, using 3 D parts he printed down the hall, with the help of his teacher, Willmer Castro.



In the greenhouse, ACC Principal Margaret Chung shows off the tank the students set up to grow Chesapeake Bay grass, which they will plant in the Chesapeake as a community project to save the bay. Giving back to the community is part of the education at ACC.

Arlington's Career Center Builds Success, Sensitivity

Many students find support and direction.

BY EDEN BROWN
THE CONNECTION

Carmen is from El Salvador. She is 21 years old. Five years ago, she arrived in the United States because her mother sponsored her to come. She arrived at Wakefield High School, didn't know much English, and at 18, she found herself pregnant. Why? She was too young, she says, and didn't understand English well enough to get birth control. She was horrified to be in that situation, and saw her plans to become college-educated disappearing. She was lucky to find a counselor she could talk to at the Arlington Career Center, who explained there were programs like Teen Parenting and the HILT Institute at the Arlington Career Center (ACC). So Carmen, with the encouragement of her boyfriend, went ahead and had her baby

John Vargas is an Arlington native who went to Wakefield High School before coming to the ACC. From the time he entered middle school, the larger classes made it difficult for him to get the individual attention he needed. He was about to drop out and become a statistic. "I was timid in high school; now I can talk. People in my family are amazed: they say, with pride, 'What happened to our son?'"



— and stayed in high school. She perfected her English and graduated from high school this year, keeping her baby in daycare at the career center where she could see him throughout the day. She met other young mothers.

"The school helped us a lot," she said. She wants to go to George Mason University where she will major in social work. Her child is bilingual and she is still with her boyfriend, who has supported her in her efforts. She knows without this program, she would have been another casualty of teen pregnancy, a high school drop out.

Principal Margaret Chung is excited to be running a school like ACC, located at 816 S. Walter Reed Drive in Arlington. "Teachers come here because they have a passion for what they do. They believe in kids.

SEE CAREER CENTER, PAGE 12

PHOTOS BY
EDEN BROWN
THE CONNECTION



Daniela Landano, from Colombia, said, "At the ACC, other people see your country through you. They often said to me at first: 'Oh, so you are from Colombia? That is a country that is all drugs and sex.' I was able to show them my country is so much more than that. My best friend is Bolivian, and before I met her I thought Bolivia was just an uncivilized jungle. So we learn from each other. "

Tables Overflow for Project Christmas Angel

Gift-wrapping for children of incarcerated individuals.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Susan Olson, chair of the Offenders Aid and Restoration Board (OAR), says this year they put the wish list for the children of incarcerated individuals on Amazon. "We stressed the need for children over 13 which is a difficult group to fill. Last year we got about two footballs. Look at this year — they are stacked up against the wall."



A piano player sits in the distance at the end of the row of tables heaped with 1,200 toys. He is providing atmosphere for Christmas Angel, the annual OAR gift-wrapping event. More than 200 volunteers have signed up to wrap presents for almost 400 children, each gift accompanied by a message for the child written by the incarcerated parent.



Five high school students from Falls Church with their teachers eat pizza waiting for the wrapping to begin. Each of them will receive a wish list for a child and will choose from the piles of presents available at the tables. One of the students says they have come in order to get community service points. But Andre Aguirre says he reflects back on his childhood when he was younger and he wouldn't get presents: "I decided if I ever had the chance I would help other kids like me to get presents." The annual Project Christmas Angel gift-wrapping event was held at St. Andrew's Episcopal Church on Lorcom Lane on Dec. 14.

Jerald J Littlefield, MD Ophthalmologist

Announces his return to full time practice in his Alexandria office
Located at 428 S. Washington St.
Alexandria, VA 22314

Office hours
Monday - Friday: 8:30 AM to 4 PM

For appointments call (703) 837-1800

Welcome back Dr. Littlefield!

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?
E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION
NEWSPAPERS

SELECT NIGHTS | 5PM - 9PM
NOV. 16 - JAN. 1
ROERS ZOO FARI - VIENNA, VA
(Formerly the Reston Zoo)

CHINESE LANTERN FESTIVAL
中國彩燈節

"The Wild"

A UNIQUE EVENT FOR THE ENTIRE FAMILY
Chinese Crafts & Market • Live Stage Performances

PURCHASE TICKETS NOW! \$25 Adults/\$15 Children
ChineseLanternFestival.com

NIGHTLY MARTIAL ARTS DEMONSTRATIONS

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 7:30, 9:00, and 11:00 AM
1:30 PM Spanish Liturgy

DAILY EUCHARIST:
Weekdays
Monday-Friday, 8:30 AM
Saturday, 8:30 AM

5312 North 10th Street,
Arlington, Virginia 22205
Parish Office: 703-528-6276

PARISH WEBSITE:
www.stannchurch.org

All Are Welcome!

To highlight your Faith Community, call Karen at 703-778-9422

Focusing on Experiential Outdoor Education

Park Manager gives new look to Potomac Overlook Regional Park.

BY SHIRLEY RUHE
THE CONNECTION

Doranne Pittz walks out the door of the James I. Mayer Center for Environmental Education and points off into the distance. “See our new fence around the maintenance area. A box elder knocked over three parts of the old wooden fence so we built a brand new fence. It’s much safer around the tractor and other maintenance vehicles.”

“Let’s climb into my truck. I’ll drive you around the park and show you what we have done,” she said. Pittz is the new park manager at Potomac Overlook Regional Park since April of this year. She steers the bumpy Ford Ranger down the main road toward the park entrance.

Pittz stops at the stage area. “This is one of the things we worked hard to do. We always have people in this big open field.



PHOTO BY SHIRLEY RUHE/THE CONNECTION
Doranne Pittz, new park manager at Potomac Overlook Regional Park, has given the park a new look since she began in April. She stops her truck at the large open stage area which is one of the areas they worked to do first since it is a large gathering place.

Summer concerts and programs and summer camp are held here. It’s the only big open area we have.” People like to picnic and it is a gathering place so she says, “we cleaned it up and added benches inviting people to use the space.”

A little further up the road she points to the barn area off to the right of the road. She has increased the signage to explain the history of the local Donaldson family farm that existed in the park area in the mid-1860s. The brick foundation footprint of two small barns is still visible just off the road.

Pittz explains Potomac Overlook Regional Park is 68 acres in the middle of Arlington. It is part of the NOVA park system covering six different jurisdictions including Fairfax City and Fairfax County, Arlington, Loudoun County, the City of Alexandria and Falls Church. “My main focus has been to get to know the community, what they want in a

park. We get lots of feedback, both good and bad. But,” she said, “that’s good because I would rather know what they want.”

The focus since Pittz started has been “to clean up what we could — mow, weed whack and naturally manicure the park.” She says this hadn’t been done for a number of years and the park had started to be overgrown and unkempt. Logs were piling up, and it was too condensed and smothering the natural growth and regeneration. “I was interested in bringing life back to the park without losing the feel and the community love of the park.” She points out that Potomac Park is the NOVA Park specializing in outdoor education.

Her next step is to come up with an invasive plant removal plan. “Pull out the English ivy. Leave in the dogwood trees.” In the next step Pittz will be meeting with the local Northern Virginia naturalist. She drives to the park entrance and points over to the newly cleaned out area by

SEE EXPERIENTIAL, PAGE 15

Arlington’s Career Center Builds Success, Sensitivity

FROM PAGE 10

Sometimes, they’ve worked in industry and this is the first time they’ve taught. They may have worked with at-risk populations, so they bring all those skills,” she said.

She points to the accolades on the Arlington Public Schools website Green Scene, which details the Solar Energy Competition her students took part in — and won.

John Vargas says the ACC’s Academic Academy “has been the experience of my life, and that’s not really hyperbole, because ACC saved my life, in a way.”

He graduated this past June, but it was only a few years ago that his life was completely off track. Wakefield was too big for him. Classes had 25 students. He was stressed. His grades were poor. High school felt like a prison. He felt like a failure. He wanted to drop out. The first year he came to the ACC at the suggestion of a Wakefield counselor, it was to try it out. Right away he noticed the classes were only 8-10 students. “That amazed me,” he said. “The teachers paid attention to me, and they seemed less stressed too, managing a smaller class. At ACC it was a lot quieter. You could chat with your counselor and he or she was always right next door. I had a counselor, Ms. LaSalle. She was so happy-go-lucky, so enthusiastic. Her feeling about school made me feel the same way. Teachers would let you ask as many questions as you wanted. Suddenly I was getting A’s and B’s, and I was ‘Student of the Quarter.’”

At the end of the year they asked him if he wanted to stay at ACC. He did. “I found out you can take special courses: digital animation was the first one I took. I learned a lot about ‘illustrator’ and graphic design. You can take a test for free and get certified in Adobe. I wanted to pursue a medical career so I studied medical terminology and

animal science. This helped a lot with pharmacology. Wakefield had things after school but I never had time for that: here I can do things during the day and get a license for pharmacology at the end of the year: if you get through the test you can work at CVS or RiteAid. Here you can stack up your specialties,” he said. “Next year I could take another course and build on the classes I’ve taken so far. My goal is to be a pediatrician and major in biology.

“The teachers here are the best I’ve seen in my entire school career,” said Vargas. “Here, the principal is around visiting classrooms every day just to make sure everyone is doing well. Counselors meet with us all the time.”

Nineteen-year-old Georgina Rivera comes from Bolivia and has been in the U.S. for two years. Her mom had been here 15 years and was able to sponsor her. “When I met my mom for the first time, I was 15,” she said. “I remembered nothing about her. I had lived with my grandparents from the time I was a baby.”

Coming here was hard, because she felt like she was leaving her family behind, but “this country gave me a lot of opportunity.” Her mother told her she had to finish high school in the U.S. even though she had already finished in Bolivia. “I was supposed to go to Wakefield but they refused because they told me I was almost 18 — too old. But they said I could go to the Career Center and keep my home school Wakefield.”



PHOTO BY EDEN BROWN
Georgina Rivera, from Bolivia, came to this country when she was 17. She had lived with her grandparents in Bolivia from the time she was born.

Rivera says at first she didn’t like the career center. Now she loves it. “They help you. They believe in you,” she said. “I take math, English and also technical programs that make a technical career possible for me. I took forensic science from a great teacher. In Bolivia I wanted to be an architect but the English level was too difficult. At the ACC she took cosmetology, but then moved on to more substantive courses: forensic science courses like chemistry, math, and biology. She wants to be a forensic examiner and later take architectural courses. She is a big advocate of the ACC: “you get credit for college, the support is amazing, and anyone coming here will be taken care of.”

Daniela Landano is from Colombia. She’s came to the U.S. two years ago, at 16, to be with her father. She was at Washington & Lee for two years, but then Washington & Lee said she had to go to the ACC because she was too old for high school. She said, “At that moment, I felt really excluded. W&L was beautiful, but the Career Center was not.” Now she realizes this was the best thing that could have happened to her. She has improved her English and opportunities for college. She always compares herself to friends in W&L who were classmates when she left, and she takes pride knowing she has almost a year of college credits.

At the ACC, it is more like a family than a school. There is more access to teachers. “Teachers are trying to learn Spanish as the students are trying to learn English so it’s good to know they are learning too. You

really feel behind the native born kids at first. And I was a little shocked that some of the kids in my school had had babies. But I learned to have a lot of respect for girls who decided to have their baby and stay in school.”

“I had to leave my life in Colombia: I’m still divided in a way. Half of me wants to go back, but I know I can always go home. I lost a few uncles and nephews to war in Colombia. It’s more safe here. That was the biggest argument my father made to convince my mom to let me come here. Here I can carry my iPhone — the latest model — around safely. There, they might kill you for a phone. And that’s even though my mom lives in a good part of the city. I am dual enrolled so I take English and TV production, computer programming, pre-calculus, U.S. history. I want to go to NOVA and start there to major in journalism and TV production. “

“I love how international it is here. We have Ethiopians, Mongolians, Moroccans ... the academic academy is full of different races and ethnicities. One of the good things is not just that I meet people from South America; it’s very diverse here. There are many students from the Middle East, from Africa. It helps you to have a broader view of the world and breaks down stereotypes.”

“I competed in Skills USA. I just won a competition in broadcast news. They gave us 10 minutes to prepare a program and we have to break it down and choose the most important things to say. The camera operator and I won. My dad gave me bluetooth headphones as a way to recognize my success,” she said. “We will go to Kentucky to compete nationwide next. It was a lot of pressure, two Latinos and two Americans. I like a challenge. If I didn’t like a challenge I wouldn’t be here. I’d have taken the first plane home.”

Holiday Grief

Workshop helps others deal with loss.

BY MARILYN CAMPBELL
THE CONNECTION

The holiday season is bittersweet for Jeanne Rorke. The days leading up to Christmas are filled with memories of her parents. Her mother committed suicide when Rorke was 12, and her father died on Christmas Eve eight years ago.

"No one really helped me through the grieving process," said Rorke, recalling her mother's death. "My family was like, 'Don't talk about it.' ... My Christmases have always been kind of sad ... even though I put on a happy face for my family."

Roarke joined about two dozen others at a workshop on handling grief during the holidays called, "Facing the Empty Chair: Surviving the Holidays after Losing a Loved One" at St. Aidan's Episcopal Church in Alexandria. From those who are preparing to celebrate a first Christmas without a loved one to those who've been grieving for decades, participants shared experiences, supported each other and gained tools for surviving the season while facing the reality of the empty chair in which their loved one once sat.

"The holidays can be time of longing for those who've lost someone," said Carey Gauzens, a licensed clinical social worker at the Center for Pastoral Counseling of Virginia in McLean. "The holidays are a time when you reflect on family, and it's hard for someone who's aware that that person isn't there."

At the workshop, Gauzens clarified some of the misinformation surrounding grief, especially during the holidays. "First and most important, is that normal grieving is really hard for most people. Some people believe the myth that grief lasts only for a few months, but it's hard to measure your healing because it's an up and down process, not a smooth, straight line."

THROUGHOUT the process, and particularly during the holidays, being able to tap into a source of strength other than oneself is a factor that Gauzen underscores: "It's important to have a support group, friends, a therapist."

Finding someone who is also grieving can be particularly helpful. For example, when Beverly Bell's husband died nine years ago following an extended illness, she found strength and comfort in a friendship with another widow.

"[We] had a wonderful relationship ... for several years following my husband's death," said Bell, who attended the workshop. "We had a regular lunch date and also shared a number of holidays. She also died a couple of years ago, and I realized that I am particularly missing her presence."

Earlier this year, Bell's brother died as well. "I found myself re-experiencing many of the feelings I had had when my husband died, [but feeling] particularly helpless to comfort my sister-in-law," she said. "Perhaps [my] presence is the most important thing I can ... offer my sister-in-law."

Some of the workshop attendees wanted to learn

how to better support others. "I am a member of the Community of Hope International, a group of lay pastoral caregivers whose ministry is to visit those who are experiencing sickness, trauma, tragedy or loss of a loved one," said Caroline McCormack, one of the participants. "I wanted to have a better understanding of the grieving process, so I might be a more compassionate listener."

She and Bell learned that process is different for everyone. "My husband's death was preceded by a long illness. My brother's death was sudden," said Bell. "I wondered if something about the timing made a difference in how we experience and cope with grief. I learned that it really does not."

"... We all experience grief in different ways and it can show up at unexpected times and places and so we need to be gentle with ourselves and find ways

that we can express our grief in ways that feel healing and safe for us," added Reverend Elizabeth Rees, associate rector, St. Aidan's Episcopal Church.

This is a point Gauzens tried to underscore: Grieving is an individual process and there is no one-size-fits-all method for coping. Even people who are grieving for the same person can experience it differently and have different needs. "For example, one person might want to talk about the loss, but others might not," she said. "It's important to be sensitive to family members who grieve differently and compromise so that each person feels emotionally safe."

Cultivating self-awareness and knowing what is normal to expect while one is grieving is important. "Sometimes the symptoms are so intense it makes people feel like they're going crazy and frightens

them sometimes," said Gauzens. "They might cry at the drop of a hat, get angry or feel unable to control their emotions. There could become deeply distracted or confused like get lost going someplace they know well."

"Give yourself permission to make careful decisions about how you'll spend your time," she added. "It's helpful to discern within yourself what feels right. Decide whether to maintain holiday traditions or do something completely different."

Avoiding all festive, social activities might do more harm than good, however. "A person who's grieving might end up isolating because they won't go to places they once went to with the person they've lost," said Gauzens.

Instead, Gauzens suggests planning "something to look forward to after the holiday to reward yourself for getting through the holidays."

She also stressed the need for self-care, including exercising, eating healthy and staying hydrated. "It's important to minimize your use of mood altering substances like alcohol," said Gauzens. "It's tempting to try to numb the pain, but it comes back."

Changing customs can make holidays less painful, says Dr. Linda Gulyn, Ph.D., professor of psychology, Marymount University in Arlington. "I like to break with traditions that are familiar and that remind us of the loved one we lost," she said. "Sometimes it's good to shake it up and start a new tradition, so you're looking forward instead of behind you."



PHOTO COURTESY OF CAREY GAUZENS

Carey Gauzens of the the Center for Pastoral Counseling of Virginia in McLean, led a workshop on grieving during the holidays at St. Aidan's Episcopal Church in Alexandria.

Build Your Community

Support Your Local Businesses.

THE CONNECTION
to your community

www.connectionnewspapers.com

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION

Newspapers & Online

The Connection to Your Community

www.connectionnewspapers.com

THE CONNECTION

Newspapers & Online

UPCOMING SPECIAL EDITIONS

DECEMBER

2/28/2016.....Children's Connection 2016

JANUARY

1/4/2017.....Wellbeing, Renewal, Resolutions

1/11/2017.....HomeLifeStyle

1/18/2017.....A+ Camps & Schools

1/25/2017.....Community Guide

1/25/2017.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I

2/1/2017.....Wellbeing - National Children's Dental Health Month

2/8/2017.....HomeLifeStyle

2/8/2017.....Valentine's Dining & Gifts II

Valentine's Day is February 14

2/15/2017.....A+ Camps & Schools

Email SALES@CONNECTIONNEWSPAPERS.COM for Special Pricing

Have The Connection emailed directly to you every week!

www.connectionnewspapers.com/subscribe

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Oldtown/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Henderson Connection
- Potomac Almanac
- Renton Connection
- Springfield Connection
- Vienna/Dakota Connection

I Have Ca, Ca, Ca, Cancer



By KENNETH B. LOURIE

Here I am thinking, believing, writing that I'm Mr. Well-Adjusted cancer patient and all it took was one conversation in a restaurant the other night at the Connection Christmas party to prove that I'm not. It was a casual, festive atmosphere with everybody enjoying food and drink. I was sitting in a booth with my wife, Dina, my co-worker, David, and his mother Sherry, who I had never met before, who was in-town visiting her sons and planning a drive downtown to see the National Christmas Tree. We were all exchanging pleasantries and getting on quite well when I remembered that David's mother is a nurse. I thought she would be the perfect person to ask about my oncology nurse. But to give the question some context, I thought I had to tell her I had cancer. And when I did, I could barely get the word out. After I stammered I asked, if there was any professional reason/advisory explaining why I haven't heard back from my long-time (seven years) oncology nurse who, I had learned four weeks earlier at my last infusion when he wasn't there to tend to me, retired early. He didn't exactly leave me adrift but a month later, he still hasn't returned my cellphone message (an email to his Verizon account bounced back and he hasn't posted anything current on Facebook).

Obviously he's entitled. Nevertheless, I'm perplexed. We were buddies. We were extremely compatible: sports, humor, from the Northeast, same age, Jewish and both spoke a little Yiddish. Heck, I had even been to his house for a Super Bowl party; plus we've been out to lunch a couple of times after my infusion, met locally for a medical follow up (not exactly a house call but he did come to me), and as I may have written in a previous column, he likely saved my life when I showed up at the Infusion Center with an oxygen level of 85. (Subsequent to that reading, he went into high gear making the necessary arrangements to get me transferred to on-site urgent care and ultimately "ambulance" to Holy Cross Hospital in Silver Spring where I spent the next week. Though he didn't visit me; he later explained that he rarely visited patients, he did call to check on me.) The short story is: our relationship went beyond patient-nurse. I wouldn't say I looked forward to my infusions, but because of him, I didn't dread them either.

It's not as if he has to do anything for me or acknowledge me or even stay in contact with me. He has his own life; he's made a change and presumably, his oncology patients are not part of it. I can understand that. In the medical specialty field, oncology is one of, if not the most, emotionally demanding/wrenching: patients with whom you've developed a relationship often die. I can imagine how there's only so much loss of life one can take. However, I thought our relationship went beyond that, in spite of the challenging demands that dealing with a "terminal" patient can exact.

Oddly enough, I'm not taking it personally. My feelings are not hurt, really. Until I know more of the circumstances surrounding his retirement (health, family, lifestyle, etc.), I'm not begrudging him at all. Moreover, he doesn't owe me an explanation. His retiring is not about me. It's about him and because of that, I want to know why he decided to leave and whether we can still stay in touch. So far, we haven't; he hasn't.

There's no doubt that he's been an important part of my cancer-patient life, and in a way, I thought — through my personality and survival, important to him also. Perhaps I was, professionally. Personally, I thought so as well. I just haven't heard any evidence of it in the last month. Still, I will always be grateful for his care and concern.

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

ZONE G: • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

CLASSIFIED

703-778-9411

ZONE G AD DEADLINE:
MONDAY NOON

101 Computers

101 Computers

21 Announcements

21 Announcements

21 Announcements

HDI COMPUTER SOLUTIONS
JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8 & 10

571-265-2038
Jennifer@HDIComputerSolutions.com

HOW TO SUBMIT ADS TO

THE CONNECTION
Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
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

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

ABC LICENSE
Thai Boys Inc. trading as Tom Yum Thai, 226 Maple Ave. W, 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. Tanitta Diewtragulchai, 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.

I believe the future is only the past again, entered through another gate.
-Arthur Wing Pinero

Unleash your hidden superpowers

Become a foster parent

Kids in our community need super parents like you.

Call us today!
855-367-8637
www.umfs.org



LIFETIME METAL ROOFING

Storm Proof Metal Roofing

Will your roof withstand another storm season?
Call us today for a free roof inspection!

WE FINANCE!

CALL 800-893-1242 SINGLE WIDES DOUBLE WIDES HOUSES
WWW.METALROOFOVER.COM by VA CAROLINA BUILDINGS, INC

21 Announcements

21 Announcements

21 Announcements

Low Vision Patients with
MACULAR DEGENERATION

DMV offers a special permit allowing low vision patients to drive with bioptic telescopic glasses.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Harrisonburg, Wytheville, Virginia

Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030

21 Announcements

21 Announcements

21 Announcements

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"
1-800-CAR-ANGEL
www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

SPECIAL OFFER!

\$19⁸⁴
NOW ONLY

Save 35% & FREE SHIPPING
Call Toll-Free 1-800-270-5919 to Order Item SPX45
or Visit PittmanDavis.com/SPX45

THE CONNECTION
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All
Your
Advertising
Needs...

It Works.
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION

News

W-L Athletics Receives National Award

Washington-Lee High School received the National Interscholastic Athletic Administrators Association (NIAAA) Quality Program Award at its annual conference in Nashville earlier this month. The award was first presented in 2009. Since then, 29 schools have received the Exemplary distinction. Washington-Lee is the first Virginia school to receive the honor.

The NIAAA award recognizes excellence in implementation and administration of a high school athletics program. The award also recognizes the continuing research and implementation of professional benchmarks and best practices.

The primary goal of the NIAAA Quality Program Award is to encourage measurement, planning and goal setting aimed at continuous improvement of local school athletic programs.



PHOTO CONTRIBUTED

Don Bales, NIAAA professional development coordinator, presents Washington-Lee Director of Student Activities Carol Callaway with the Exemplary Level Quality Program Award.

Experiential Outdoor Education

FROM PAGE 12

the park entrance sign. She says that a local school brought students to

help clean up the area and remove some invasive plants on their workday. In the spring they will plant some trees. "This spot is the first impression," Pittz says in the removal of invasive plants, "We don't use chemicals, no spray, just pulling and digging. Many hands make light work." In the spring an Eagle Scout project will tackle digging up the entry by the shelter near the parking lot. "Invasives can be gorgeous, but we'd like to get this park back to its native state."

Pittz stops the truck. "Let's walk back here a while." She pulls on her hat to protect against the 24-degree temperature in the park that morning. She heads down the Tree of Heaven Trail. "This used to be an area where leaf compost was dumped, but it was in plastic bags." It was unsightly and the bags piled up. Neighbors and hikers complained. Now the area has been covered over but green garbage bags can still be seen working their way out of the soil.

Potomac Park offers miles of trails with interpretive displays to learn about Northern Virginia's flora and fauna. Down the road past the environmental center is an organic vegetable garden filled with tomatoes, peppers, beans and other veg-



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Doranne Pittz points to the footprint of two former barns off to the left, remnants of the Donaldson Farm from the mid-1800s. She says they have improved the signage at this spot.

etables in the summer and maintained by Virginia Cooperative Extension Master Gardeners. Summer camps are held for children as well as a number of special programs. "We just revamped the vernal pond." Pittz took this new position because she is interested in experiential outdoor education. Her goal is "to get people out into nature to experience it firsthand, not from their couch."

McLean Swim and Dive Defeats Yorktown

In Friday night action, the Patriot boys' and girls' swim and dive teams each won five of their 12 events. The boys scored 139 to McLean's 176, while the girls lost 147.5 to 167.5. The Patriots had two double winners, Jonathan Day (200 and 500 free) and Chandler Sensibaugh (100

breast and 100 fly). Single winners included Annika Creedon (dive), Jacob Kreider (dive), Kayle Park (200 IM), and Nicholas Pasternak (50 free). The Patriots are back in action on Jan. 6 against the Warhawks of James Madison High School.

HOME & GARDEN

703-778-9411

ZONE 6: • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.COM

ZONE 6 Ad DEADLINE:
MONDAY NOON

ELECTRICAL

ELECTRICAL

LANDSCAPING

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

A&S CONSTRUCTION

SOD, Mulch, Clean-Up
Leaf Removal
Hauling.

703-863-7465

If tomorrow
were never to
come, it would
not be worth
living today.
-Dagobert Runes

LAWN SERVICE

LAWN SERVICE

J.E.S. Services

Your neighborhood company since 1987

703-912-6886



Landscaping & Construction

Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

TILE/MARBLE

TILE/MARBLE

BATHROOM REMODELING

by Brennan Bath and Tile

Partial or Full. Kit. Floors, Backsplashes.
Specializing in Ceramic, Porcelain, Glass Tiles
and Natural Stones. Also repair work. 35 yrs exp.

www.brennan-tile.com

703-250-2872

Licensed • Bonded • Insured

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...
Tree removal, topping & pruning,
shrubbery trimming, mulching,
leaf removal, planting, hauling,
gutter cleaning, retaining walls,
drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

**24 Hour Emergency
Tree Service**

THE CONNECTION NEWSPAPERS CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!



IMPROVEMENTS

IMPROVEMENTS

Roofing • Siding • Gutters Windows & Doors Flagstone & Brickwork



(703) 587-7762

Quality Builds Trust

www.mainstreet-home-improvement.com

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia



RN. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com



PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete

FREE ESTIMATES

Licensed, Insured, Bonded

703-250-6231

12

VIRGINIA

2016

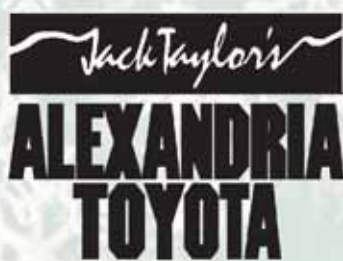
Special VIP Offer for your Toyota



ServiceCenters
Keep Your Toyota a Toyota



3750 Jefferson Davis Hwy • Alexandria, VA 22305 • 703-684-0710 • www.alexandriatoyota.com



3750 Jefferson Davis Hwy • Alexandria, VA 22305



Service & Parts Dept. Hours:
Monday - Friday, 7:00am to 9:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**

ToyotaCare Customers
Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
Mile Services
Call your ASM for details
ToyotaCare Plus \$299⁰⁰
Covers up to 4 years/45,000 miles



VARIABLE DISCOUNT

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

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 12/31/16.

SIGHT LINE WIPER BLADES

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 12/31/16.

BUY 3 TIRES AND GET THE 4TH FOR

\$1

SEE SERVICE ADVISOR FOR DETAILS.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY.

AND FREE COURTESY INSPECTION.

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 12/31/16.

TRUESTART BATTERY SPECIAL

\$99⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty,

24 month FREE replacement,

24 month FREE roadside assistance.

Does not apply to hybrid batteries.

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 12/31/16.

BRAKE SPECIAL

\$99⁹⁵

INCLUDES: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only. MACHINE ROTORS AN ADDITIONAL \$199.95.

DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP. SUPPLIES ADDITIONAL. OFFER EXPIRES 12/31/16.

\$29⁹⁵

NON-SYNTHETIC

LUBE, OIL & FILTER SERVICE SPECIAL

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.

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 12/31/16.

\$49⁹⁵

SYNTHETIC

30,000 MILES FACTORY RECOMMENDED SERVICE

\$159⁹⁵

Synthetic \$10 More

INCLUDES: Change engine oil & filter (up to 5 qts.), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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 12/31/16.

15% OFF ANY ACCESSORIES

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

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 12/31/16.



ALEXANDRIA TOYOTA

© SMS Productions, Inc. 1-800-289-7671 #201611029

10% OFF OVER THE COUNTER PARTS

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 12/31/16.

CALL FOR AN APPOINTMENT AT 703-684-0710 OR SCHEDULE ONLINE AT ALEXANDRIATOYOTA.COM