

2018
Virginia
PRESS
Association
Member

The Arlington Connection

Pete Scampania, with his mother Shari Takimoto, asked state legislators during a Jan. 5 public hearing in Arlington to address the waiting list for Medicaid waivers.



HomeLifeStyle

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Local Perspective On State Issues

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Breakfast After the Bell

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Devoted to Service

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Home Organizing

HOME LIFESTYLE, PAGE 8

BULLETIN BOARD

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

BORROW A SNOWBLOWER

The Department of Parks and Recreation lends a limited number of snow blowers to civic associations and community groups, increasing the number of passable sidewalks during snow events. Their goal is to ensure snow blowers are

geographically distributed throughout the county. Snow blowers are loaned to groups who agree to plow for the public good and who meet specific criteria. Learn more at emergency.arlingtonva.us/weather/snow-ice/snow%20blower/

FIRST TUESDAY EACH MONTH

Volunteer Bike Repair Night. 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary. raymond@phoenixbikes.org

WEDNESDAY/JAN. 25

Student Screenwriting Contest

Deadline. New screenwriting contest for all middle and high school students in Arlington Public Schools, made possible by grants from the Washington Forrest Foundation and the Arlington Department of Arts Education, as well as APS students and parents. www.instagram.com/arlingtonstudentfilmfest/

FRIDAY/JAN. 27

Application Deadline. Apply for the spring 2017 class of Arlington Regional Master Naturalists, which

lasts from Feb. 27-May 22. Volunteers provide education, citizen science, and outreach to conserve and manage natural resources and public lands. 703-525-3614

SATURDAY/JAN. 28

Vegetable Gardening Part 1:

Jumpstart Your Garden With Seeds. 10:30-noon at the Westover Branch Library, 1644 N. McKinley Road, Get the scoop on seed selection, hybrid vs. heirloom, what seeds to start indoors, germination tips, and best bets for seed saving. Find out how to make your own starter pots, and easy-to-create

lighting systems to bring the sunlight inside. 703-228-6414 or email mgarlalex@gmail.com.

MONDAY/JAN. 30

Placement Exams for English as a Second Language for Adults.

5 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Arlington Public Schools' REEP Program is giving placement exams for the Feb. 21-May 11. English (ESL) classes to be held at Arlington Mill Community Center/Thomas Jefferson School. \$200 for county residents, \$350 for non-residents. 703-228-4200 or www.apsva.us/leep

JAN. 31-APRIL 1

AARP Foundation Tax-Aide.

10 a.m.-7p.m., Tuesdays, 10 a.m.-4 p.m. Thursdays, Arlington Central Library, 1015 N. Quincy St. Available free to taxpayers with low to moderate income, with special attention to those 60 and older. 703-829-6192

MONDAY/FEB. 6

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MONDAY/FEB. 13

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TRAINING STARTS FEB. 17

Tree Stewards.

Tree Stewards of Arlington and Alexandria are volunteers who take the lead within their communities to enhance a sustainable urban forest through volunteer activities and public education programs including:

- ❖ planting, pruning, mulching and watering of street, park and school trees
 - ❖ staffing informational booths at farmers' markets and local festivals, in conjunction with Virginia Cooperative Extension
 - ❖ leading neighborhood Tree Walks and speaking at community gatherings
 - ❖ advocating for trees wherever and whenever needed
- For details on what the training sessions involve and registration forms, go to treestewards.org

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets

accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Rd (second Saturday of the month) and

SEE BULLETIN, PAGE 5

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Virginia First Lady Dorothy McAuliffe with Oakridge Elementary School staff.

Breakfast After the Bell

Minor change to morning meal makes major difference in Arlington school.

BY VERNON MILES
THE CONNECTION

Tina Oxendine wasn't sure about the new breakfast program. Oxendine, a third grade teacher at Oakridge Elementary, said she usually did desk work and a problem of the day at the start of each class session as students were coming in the door. Students had previously been allowed to eat breakfast in the cafeteria in the mornings, but the new policy in fall of 2016 brought the breakfast food into the classrooms to give all students a chance to eat at the start of class.

"I was worried about time constraints," said Oxendine, "but sometimes when you let kids take over, it works just fine."

Students eligible for free and reduced lunch receive breakfast for free while other students paid \$1.60. A core function of the program is that students cannot tell which of their classmates is receiving the free and reduced meal and which students are paying.

The change has dramatically impacted the school's breakfast participation. In October 2015, only 35 percent of students eligible for free and reduced price meals who ate lunch also ate breakfast. One year later, that number increased to 71 percent. Two hundred percent more students total now participate in the school's breakfast program.

On Jan. 9, Virginia First Lady Dorothy



PHOTOS BY VERNON MILES/THE CONNECTION
Breakfast in an Oakridge Elementary third grade classroom.

McAuliffe visited the school to see the program's effect in action. McAuliffe has promoted Breakfast After the Bell models in elementary schools. In the FY2017 school year, over \$1 million in state funding was committed to help schools transition to this model. For FY2018, 765 schools have applied to receive the funding and 463 have been accepted.

"We didn't realize the positive impact that having children eating together would have," said Lynne Wright, principal of Oakridge. "It allows everyone to come to school with a full belly. We're flexible with [teacher and student] schedules and teachers have found that behavior has improved."

Three hundred breakfasts are prepared every afternoon, and extended-day students at the school help deliver the meals to the classrooms.

Dana Dougherty has two students at the school and says her 5th grade student has been the one who really takes advantage of the program. Dougherty says her children eat breakfast at home, but on days where her students do physical fitness, Dougherty says she encour-

SEE BREAKFAST, PAGE 15

Delegation Gets Earful

Residents recommend issues to address in new legislative session.

BY EDEN BROWN
THE CONNECTION

State Del. Patrick Hope (D-47) told a crowd of roughly 70 Arlington residents on Jan. 5 that he and his colleagues took the comments and feedback from residents provided at meetings like this seriously, and would incorporate the comments into their work at the short session of the General Assembly which begins Wednesday.

Also present at the meeting were delegates Adam Ebbin (D-30); Rip Sullivan (D-48); Alfonso Lopez (D-49) also Minority Whip of the House Democratic Caucus; state Senator Barbara Favola (D-31) and Janet Howell (D-32). Del. Mark Levine (D-45) was out of town and unable to attend.

Nancy Tate from the League of Women Voters, which sponsored the event, addressed the meeting and noted the special emphasis the Virginia League is pursuing this year: improving the Virginia system of elections. Some of the changes they are hoping to see enacted: automatic voter registration done in coordination with the state Department of Motor Vehicles and no excuse needed for absentee voting.

Issues raised at the meeting by more than 30 speakers included: Mental health policy priorities; the County Board's passing a

resolution endorsing I-395 express lanes despite many unanswered questions; the aggressive marketing of express lanes by developers; the need to restore funding for independent living services and transition; support for brain injury services which took a cut in funding; the Medicaid waiver issue(s); and amending Virginia code section 18.2-427 regarding virtual harassment.

Also raised: Virginia leads the nation with the number of school referrals to law enforcement, affecting graduation rates and student success; suspension of drivers licenses as a means of getting someone to pay a fine as counterproductive; predatory towing as a multi-million dollar business harming retailers; comments that progressive legislation in the area of renewable energy is absent: there is no significant installed wind capacity in any southeastern state except Tennessee. The comment included concern about Dominion Resources owning wind farm leases off the Virginia Coast which it bought to prevent rivals from developing Virginia's offshore wind energy potential, as well as concern that Dominion Resources contributed \$3.3 million to state legislators between 2012 and 2016, including to Howell, Favola, Hope, Ebbin and Lopez.

SEE DELEGATION, PAGE 5

About Those Medicaid Waivers ...

Pete Scampania spoke loudly and clearly at the Arlington County General Assembly Delegation Meeting on Jan. 5, telling the delegates he had recently been laid off.

"I need another job. I need someone to hire me," he said.

His mother, Shari Takimoto, followed up: "I'm here as a member of the Developmental Disabilities Committee Event. But I'm also here as Pete's mom. Pete is 28 years old and has Costello Syndrome, which results in complex and critical health and developmental needs. I seek your support in tackling the current Medicaid Waiver waiting list. There are currently 12 people in the Priority One wait list in Arlington and a total of 156 people who need the waiver. Pete is amazing. He has a complex array of strengths and challenges."

"We've done all we can to support his development and independence. But as we age and he yearns for more independence, we see many of his positive attributes fading away. He went to the George Mason Life Program and got a taste living away from home for a couple of years. But he's currently not receiving any services from Arlington County and we see him losing ground in his independence."

"Like most 28 years olds who live at home, it's time for Pete to move out. But unlike other 28 year-olds, he needs additional monitoring and support. He did well in the apartments and dorms at Mason with peer support and we applied for the Housing Choice Voucher. We even identified a peer to live with him and help him with his daily needs. But the slots in Arlington went to folks who are already on the Medicaid Waiver list. Pete's been on the the Medicaid Waiver waiting list for over 10 years and should have been on the urgent waiting list for seven years. Four months ago, he was removed from the urgent list because new changes in priority no longer consider people over the age of 28 a priority."

"So at this point, we are going to be in hospice or dying before Pete has any hope of receiving Medicaid services. This isn't the life we planned for Pete and it isn't the life we planned for ourselves. The Governor's budget proposed reducing the commitment of funding for fiscal year 2018 by nearly \$5 million, that results in the loss of services of almost \$10 million because of the Medicaid match."

Jeff Poro also addressed the delegates:

SEE WAIVERS, PAGE 5

PEOPLE

Local Entrepreneur Devoted to Service, Community

Displaying a spirit of curiosity and innovation.

BY MARY DEMPSEY
THE CONNECTION

Arlington resident and entrepreneur Garrett O'Shea is using his new startup to help local residents, nonprofits and businesses with their shipping needs.

O'Shea, an Arlington resident of seven years, co-founded PockitShip in 2014. The business provides an on-demand moving service for heavy items across the greater Washington area via its mobile app and website.

"PockitShip was born basically over a barbecue," said O'Shea. He was talking with future fellow co-founder Steve Senkus. Senkus is a 20-year logistics expert who was working with a company called Nonstop Delivery.

Through his work with Nonstop, Senkus had facilitated heavy item delivery services for large companies like Home Depot, but he realized that there was a gap in the market for a similar service that would meet the needs of individuals and small businesses.

According to O'Shea, he was eyeing the "do-it-yourself market, people who are renting trucks from Penske and U-Haul because they don't have another option."

They began discussing what such a business model would look like and envisioned something like an Uber for delivery of heavy items, where customers could use an app to get accessible transportation for anything from a single item to an entire apartment's worth of furniture.

Senkus told O'Shea that he wasn't sure how to reach such a market. O'Shea replied, "I know a little bit about that. I've been doing it for 17 years."

At the time, O'Shea was working for RedPeg Marketing in Alexandria, where he had been since he first entered the marketing industry as an intern. He moved up through the company, taking on a variety of different roles.



Garrett O'Shea and his PockitShip team helped deliver toys for the 2016 Toys for Tots campaign.

After that initial discussion, O'Shea began to think that it was time to move on from RedPeg and take a dive into entrepreneurship.

After all, O'Shea had been working towards pursuing a greater role as a local leader and self-starter since his time in the Leadership Arlington program at the Leadership Center for Excellence.

According to Betsy Frantz, president and CEO of the Leadership Center for Excellence, the program is for "established leaders." Leaders who are already "making a difference in the broader community, already engaged," but who want a more "in-depth level of engagement."

Frantz emphasized that the program is about developing leadership qualities, but not for the sake of personal or financial gain.

"People don't apply to this program who don't have a heart wanting to give to others," Frantz said. "[O'Shea] wanted to be more connected to the community in a way that would be meaningful."

O'Shea recalled a particular instance during his time in Leadership Arlington when he went with his class to visit area schools.

They visited Randolph Elementary in Douglas Park, and O'Shea was astounded by what he saw there.

"[The principal] showed us the track," said O'Shea. "It was a rainy, cold day. She said 'this is the track that the girls run on after school.' I asked her, 'what do you mean?'" The principal then explained that the local Girls on the Run chapter used the track for practice.

O'Shea said the track was muddy and rundown. He was told that the PTSA was working on raising funds to rebuild the track but was still about \$10,000 short.

"[My heart] sank," said O'Shea. "[I thought], this isn't right. This is in Arlington County. If this was in my neighborhood, we would fix this."

He then began working immediately with his Leadership Arlington class to raise funds. They were able to do so in less than a year.

After the track was completed, O'Shea and his classmates joined the school and community members to celebrate.

"We walked the track with the whole school," said O'Shea. "It was so good to see this awesome new thing get done, and we



Garrett O'Shea at his Arlington home with his wife and two young sons.

PHOTOS COURTESY OF SARA MORGAN/GARRETT O'SHEA

helped it happen. I felt so connected to the community. It was really because of Betsy Frantz and Leadership Arlington."

Frantz also recalls that experience fondly and says that the effort was driven by a spirit of curiosity and innovation.

"A lot of people would have seen that track and thought nothing of it," Frantz said. "It's amazing what people can do if they are paying attention. [O'Shea and his class] allowed it to get under their skin. They chose to act."

Since that time, O'Shea has continued his mission of service, and has been using his resources at PockitShip to do so.

According to Abel Habte, the food inventory associate at Martha's Table, PockitShip has been assisting them in their efforts to reduce hunger in the Washington metro area.

"During the holiday season, we see a large spike in sandwich donations, which support one of our most well known programs, McKenna's Wagon," Habte said.

Maya Rubino, PockitShip's social media and events coordinator, contacted Martha's Table to Devoted to Service. PAGE 7

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NEWS

Delegation Gets Earful

FROM PAGE 3

Other issues were: the shortage of psychiatric hospital beds; preventing gun violence; and the issue of clean energy. Virginia lags behind other states in expanding access to solar energy, and another speaker asked legislators to fund investment in usage of micro grids within the electric grid and public trans-

portation. One speaker asked about the coverage gap for working Virginians who cannot afford health care at retail cost.

Legislators closed by inviting Arlington residents to come to Richmond any time and to weigh in on issues on their websites. A full list of email addresses can be found at: <https://vote.arlingtonva.us/elections-elected-officials/>

About Those Medicaid Waivers ...

FROM PAGE 3

"I'm here to tell you briefly the story of my family's experience with the waiver system. I have a son who just turned 18. He was adopted from Russia. He is a wonderful boy, but he has Fetal Alcohol Syndrome. Starting in the 5th grade, it became clear that he had violent outbursts which resulted in destruction of property and, I'm sorry to say, harming others.

"We tried individual therapy, group therapy, psychiatry, family therapy, residential hospital stays, special therapeutic schools, hospitals, and an arrest on assault charges. Last year, as he was in residential treatment and approaching 18, we realized my family could no longer provide the support he needed. We looked desperately for alternatives.

"Thanks to the help of the ARC of Northern Virginia and to county agencies here in Arlington, we learned about the Medicaid Waiver. Trying to find out how to apply for it was difficult for me, and I



EDEN BROWN/THE CONNECTION
Discussing his son's success with Medicaid waiver, Jeff Poro asked state legislators to consider all those still on the waiting list.

have completed a Ph.D. Nothing compares to the complexities of learning how to make the waiver work. When we first applied for it, we received a number of 3,000 which would have meant many years of waiting. Then the system changed and we got a Priority Two, which again meant many years of waiting. In the end, with the help of the ARC and wonderful people at Arlington County's Department of Human Services, we received a waiver and my son is receiving services at a group home in Richmond.

"We had a personal happy ending but there are many families with children like my son who do not have the resources to navigate the system. Families have to wait years while their children deteriorate. These kids end up on the streets or in jail. These alternatives are extremely damaging to society and they are much more costly than an expanded waiver system."

— EDEN BROWN

streets or in jail. These alternatives are extremely damaging to society and they are much more costly than an expanded waiver system."

BULLETIN BOARD

FROM PAGE 2

Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday).

ONGOING

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial

fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

The Arlington Food Assistance Center's Plot Against Hunger program is again seeking local vegetable gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry.

AFAC can provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Seeds available now at AFAC, 2708 S. Nelson Street, during regular business hours: Monday-Friday, 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Visit www.afac.org/plot-against-hunger/ or contact Puwen at Puwen.Lee@afac.org or 703-845-8486.

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JANUARY

- 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
- 2/22/2017.....Pet Connection

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OPINION

About the Arlington Connection

Happy New Year. We need your help in 2017. As local, weekly newspapers, the Connection's mission is to deliver news that readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

EDITORIAL If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know.

We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or less to editors@connectionnewspapers.com.

We feature events in our weekly calendars. We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) three weeks ahead of time. Email to arlington@connectionnewspapers.com.

After your event, email us a photo and a note so we can consider including it in our coverage. Be sure to include the names of all the

people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

Of course we are interested in your news tips and your questions about what is happening in your community.

We are always looking for contributing writers and photographers.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions, with more than 150,000 readers across the region.

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NEWS

Hotline Yields Leads

In 2015, Arlington County's Waste, Fraud and Abuse Hotline was opened to allow employees to confidentially report potential cases of financial malfeasance. One year later, the hotline was expanded to allow reports from any member of the public. And in that time, with 24 reports submitted on the hotline, the county has found zero fraud, waste, or abuse.

According to Maria Meredith, deputy director of the Department of Management and Finance, said that every report is taken seriously and investigated. Of those 24, three were non-unique duplicates. Ten, including the duplicates, are under investigation. Fourteen investigations have been closed with no waste, fraud or abuse found.

A review committee, appointed by the county manager, does an initial review of the complaints. If something criminal is found, the complaint will be immediately referred to the Arlington Police. Investigations can also result in an internal or external audit. Some complaints are passed on to the Human Resources department, but Meredith said no result was found when the complaints were sent to that department either.

Complaints are not sent directly to the review committee but, to ensure confidentiality, are run through an external company called Ethical Advocate. This system allows the review committee to leave questions for the anonymous writers to help investigate the story. One issue Meredith says the hotline has experienced is that after filing their complaint, many never check their complaint again for questions. As the system is designed for anonymity, Meredith said it's important for those filing a complaint to write down and remember the user-ID and password used on the site.

To reach the Arlington County Waste, Fraud and Abuse Hotline, call 866-565-9206 or write in at arlingtonva.ethicaladvocate.com.

— VERNON MILES

The Arlington
Connection

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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
debfunc@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

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

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



Car Ministry

On Thursday, Jan. 5, Catholic Charities of the Diocese of Arlington gave a donated car to 34-year-old Wade Sheriff, a mother of three girls in need of a car. Before she got behind the wheel though, Father Paul Berghout blessed the car. Sheriff works at a senior center and has three girls, ages 4, 9, and 13. For more than 20 years, the Catholic Charities' Car Ministry has been transforming lives by helping low-income families obtain vehicles. The program accepts donations of both working and non-operational cars. Catholic Charities gives working cars, along with their titles, to qualified recipients to own. Non-operational cars are sold, and proceeds go to its programs. Last year, Catholic Charities' Car Ministry donated 56 cars to low-income families. For more information, call Catholic Charities' Car Ministry at 703-841-3898.

PEOPLE

Devoted to Service

FROM PAGE 4

Table in November 2016, offering the use of their trucks to help deliver the sandwiches.

"PockitShip has been a huge help by stepping in and handling this pickup for us the past couple of months," Habte said. "They proactively work to make sure everything is in order for the pickup and proceed to deliver the sandwiches in a punctual manner each month. This has freed up my colleagues and I to stay on-site and focus our efforts on managing other aspects of the donation process."

Most recently, PockitShip used its resources to aid the U.S. Marine Corps Reserve Toys for Tots Program.

"It just happened serendipitously," O'Shea said. "We called to be a donation spot."

They were told, however, that Toys for Tots was no longer accepting additional donation spots. Rubino, who was reaching out to Toys for Tots on behalf of PockitShip, asked if they could help in some other way. She was told that they needed help transporting the toys.

"I love that my team knows to ask more questions," O'Shea said.

Thereafter, O'Shea used his PockitShip trucks to move toys for the charity on several occasions. Once for a large donation from Toys R Us for an event with First Lady Michelle Obama and then throughout the week leading up to Christmas for the major distribution of toys at RFK Stadium. The trucks transferred as many as 10,000 toys a day in order for Toys for Tots to provide holiday gifts to 18,000 area children.

Master Sergeant David Pizana, who coordinated the Washington area Toys for Tots program this year, praised the work that O'Shea and his PockitShip team did for the organization.

"It seemed too good for a company to want to offer so many services without asking anything in return," Pizana said. "They brought us the vehicles and the manpower. They didn't want anything in return."

He added that without the help of PockitShip, they would have had to rely on rented trucks and the few Marines directly involved in the organization.

"People think we have all this manpower," Pizana said. "We have 27 Marines. It's a collateral duty that we have. They were able to absorb that burden. Another dollar not

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington Office of Senior Adult Programs for Jan. 16-21.

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

Senior trips: Buffet-style afternoon tea, Normandy Farm Restaurant, Potomac, Md., Wednesday, Jan. 18, \$42; Maryland Live! Casino, Hanover, MD, Saturday, Jan. 21, \$9. Call Arling-

ton County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS: **Yoga classes** begin week of Jan. 16. Details, 703-228-4771

Cardio boxing classes begin Tuesday, Jan. 17, 9 a.m., \$35/7 sessions, Barcroft Sports & Fitness. Register, 703-228-4771.

Zumba cardio dance class begins Tuesday, Jan. 17, 2:15 p.m., Lee. \$31.50/7 sessions. Register, 703-228-0555.

"I've been a Marine for 20 years and I've seen a lot," Pizana said. "There's genuinely nothing that they gained from assisting us. A lot of people will never know how much they did. They were a real class act."

Of course, PockitShip is a business and relies on regular customers to thrive. In addition to individuals using PockitShip to move items for Craigslist purchases and apartment moves, the startup has found a market among local Realtors and business owners.

Jennifer Powell, owner of the Arlington-based Powell Team with Keller Williams Realty, has been able to use PockitShip to enhance her business. According to Powell, the startup has become invaluable in the staging work her team does for all of their clients.

"We offer complimentary home staging for all of our listings," Powell said. "We have a warehouse of furniture and accessories that we deliver to our clients' homes, based on their needs ... I always know that I can count on them to be on time, professional and take great care when moving my items and interacting with my clients."

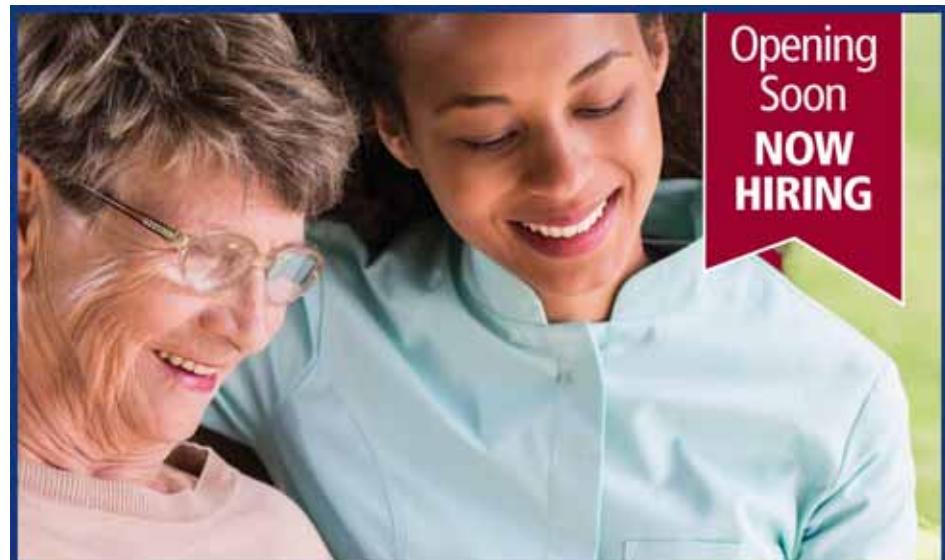
Local custom furniture designers and retailers have also found that they can trust PockitShip to deliver their hand-crafted items with care.

Martha Leone, owner of Martha Leone Designs in Herndon, restores vintage furniture with finishes and painted designs. Leone ships much of her work nationwide, but PockitShip has allowed her to reach local clients more easily.

"My clients can coordinate the delivery of their custom pieces through the PockitShip website or mobile app, where the interface is seamless," Leone said. "Their drivers take great care while wrapping and transporting furniture and are always professional and respectful."

O'Shea plans for the company to expand rapidly in the coming years. He aims to add Baltimore and possibly Philadelphia to their service area in the next year.

"I'm going to create a big brand," said O'Shea. "It's going to be a household name."



Opening Soon
NOW HIRING

Announcing Group Interviews for The Kensington Falls Church Interview with Us at 700 West Broad Street in Falls Church Thursdays from January 19-March 2 at 11am & 4pm Saturdays from January 21-March 4 at 11am

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New Year, New Order

Organizing an unruly linen closet.

BY MARILYN CAMPBELL
THE CONNECTION

If retrieving an item from the top shelf of one's linen closet sets off an avalanche of mismatched sheets and tattered towels, it might be time for a linen closet reorganization. With a plan and a few tools, tackling the mess won't be a daunting task, say local organizers and designers.

To start, take inventory of existing linens and toiletries to determine storage needs, says Kelly Emerson, designer/showroom manager at Aidan Design. "Begin by organizing like items together," she said. "For example gather bedding and towel sets for specific rooms [like] the guest, master and kids rooms, in groupings so that they are easily identified. If you have the space, consider labeled bins to identify the rooms to which each set belongs."

Organize storage so the most frequently used items are most easily accessible. Allot extra space on upper shelves for seldom-used supplies, like extra blankets and pillows. "Dedicate a shelf to toiletries," said Emerson. "Group tall bottles together ... and use trays or decorative baskets to organize smaller items."

"If one closet is used for multiple bathrooms, consider creating a dedicated shelf for each bathroom," added Kheil.

Devise a solution that is adjustable and flexible enough to handle future changes. "Consider custom built-ins where possible for a more de-centralized storage approach," said Emerson. "This allows for

SEE NEW YEAR, PAGE 9

HOME SALES

In November 2016, 244 Arlington homes sold between \$3,700,000-\$106,000. This week's list represents those homes sold in the \$3,700,000-\$610,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC.	PostalCode	Subdivision
1881 NASH ST N #2201	3	4	1	ARLINGTON	\$3,700,000	Hi-Rise 9+ Floors	22209	TURNBERRY TOWER CONDO	
1111 19TH ST N #2903	3	3	1	ARLINGTON	\$2,149,000	Hi-Rise 9+ Floors	22209	THE WATERVIEW	
3111 MONROE ST N	7	5	1	ARLINGTON	\$2,050,000	Detached	0.79	22207	BELLEVUE FOREST
3414 UTAH ST	5	4	1	ARLINGTON	\$1,999,600	Detached	0.25	22207	NONE
4300 40TH ST N	6	6	0	ARLINGTON	\$1,900,000	Detached	0.24	22207	GOLF CLUB MANOR
2712 BUCHANAN ST N	5	4	1	ARLINGTON	\$1,685,000	Detached	0.23	22207	SHIRLEY WOODS
2400 16TH ST N	5	5	1	ARLINGTON	\$1,684,777	Detached	0.14	22201	LYON VILLAGE
1904 QUEBEC ST N	5	4	1	ARLINGTON	\$1,659,000	Detached	0.25	22207	CHERRYDALE
5367 27TH ST N	5	4	1	ARLINGTON	\$1,535,000	Detached	0.24	22207	MILBURN TERRACE
2500 FERN ST	6	5	1	ARLINGTON	\$1,530,000	Detached	0.15	22202	AURORA HILLS
5536 11TH RD N	1	1	0	ARLINGTON	\$1,525,000	Detached	0.24	22205	LAC
3401 KENSINGTON ST	6	5	1	ARLINGTON	\$1,480,000	Detached	0.25	22207	CRESCENT HILLS
2311 KENSINGTON ST N	5	4	1	ARLINGTON	\$1,440,000	Detached	0.14	22205	TUCKAHOE VILLAGE
1505 16TH RD N	3	3	1	ROSSLYN	\$1,421,650	Townhouse	0.02	22209	ROSSLYN KEY
1881 NASH ST #1403	2	2	1	ARLINGTON	\$1,375,000	Hi-Rise 9+ Floors	22209	TURNBERRY TOWER	
1513 16TH RD N	3	3	1	ROSSLYN	\$1,349,493	Townhouse	0.02	22209	ROSSLYN KEY
3447 13TH ST N	4	3	1	ARLINGTON	\$1,338,000	Detached	0.18	22201	CLARENDON
3566 MILITARY RD	5	4	2	ARLINGTON	\$1,285,000	Detached	0.25	22207	BROYHILL FOREST
1588 COLONIAL TER	3	3	1	ARLINGTON	\$1,245,000	Townhouse	0.05	22209	HIGHGATE
2910 UNDERWOOD ST	4	4	0	ARLINGTON	\$1,225,000	Detached	0.25	22213	OAKWOOD
3318 WOODROW ST	5	3	0	ARLINGTON	\$1,200,000	Detached	0.25	22207	COUNTRY CLUB HILLS
2013 EMERSON ST	5	4	1	ARLINGTON	\$1,185,000	Detached	0.13	22207	HIGH VIEW PARK
3606 NELSON ST	4	3	0	ARLINGTON	\$1,180,000	Detached	0.47	22207	BELLEVUE FOREST
4307 35TH ST N	3	2	1	ARLINGTON	\$1,175,000	Detached	0.23	22207	BROYHILL FOREST
227 N. EDGEWOOD ST	5	3	0	ARLINGTON	\$1,173,827	Detached	0.15	22201	LYON PARK
434 LINCOLN ST	4	3	0	ARLINGTON	\$1,157,500	Detached	0.25	22201	ASHTON HEIGHTS
4136 RICHMOND ST	3	4	0	ARLINGTON	\$1,135,000	Detached	0.26	22207	ARLINGWOOD
1921 GEORGE MASON DR N	4	4	1	ARLINGTON	\$1,100,000	Detached	0.11	22207	HIGH VIEW PARK
4770 40TH ST N	4	4	1	ARLINGTON	\$1,100,000	Detached	0.15	22207	BLACK OAK CLUSTER
4801 37TH ST N	4	3	0	ARLINGTON	\$1,080,000	Detached	0.32	22207	JAMESTOWN VILLAGE
1228 DINWIDDIE ST	3	2	0	ARLINGTON	\$1,075,000	Detached	0.14	22205	WAYCROFT
3833 8TH ST S	6	5	0	ARLINGTON	\$1,070,000	Detached	0.19	22204	ALCOVA HEIGHTS
4135 27TH ST N	5	4	0	ARLINGTON	\$1,065,000	Detached	0.35	22207	DOVER
1525 23RD ST S	5	2	2	ARLINGTON	\$1,059,000	Detached	0.23	22202	ARLINGTON RIDGE
2820 JEFFERSON ST N	3	3	0	ARLINGTON	\$1,035,000	Detached	0.31	22207	NORTH ARLINGTON
1880 PATRICK HENRY DR	4	4	0	ARLINGTON	\$1,028,000	Detached	0.19	22205	LEEWAY HEIGHTS
2001 15TH ST N #1211	2	2	0	ARLINGTON	\$1,000,000	Hi-Rise 9+ Floors	22201	ODYSSEY	
728 18TH ST S	6	6	1	ARLINGTON	\$1,000,000	Detached	0.14	22202	ADDISON HEIGHTS
4814 15TH ST N	3	3	0	ARLINGTON	\$975,000	Detached	0.27	22205	WAYCROFT
2301 MONROE ST N	5	2	1	ARLINGTON	\$965,000	Detached	0.15	22207	MAYWOOD
1110A STAFFORD ST N	4	3	1	ARLINGTON	\$955,000	Townhouse	0.03	22201	BALLSTON AREA TOWNHOUSES
2321 QUANTICO ST	5	3	1	ARLINGTON	\$955,000	Detached	0.21	22205	OVERLEE KNOLLS
1602 BRYAN ST	4	2	1	ARLINGTON	\$950,000	Detached	0.17	22201	LYON VILLAGE
825 WAKEFIELD ST	3	3	1	ARLINGTON	\$950,000	Townhouse	0.02	22203	BALLSTON GREEN
4909 13TH ST N	3	3	0	ARLINGTON	\$922,900	Detached	0.19	22205	WAYCROFT
2232 MILITARY RD	3	3	1	ARLINGTON	\$915,000	Detached	0.14	22207	DONALDSON RUN
1033 17TH ST S	4	3	1	ARLINGTON	\$882,500	Detached	0.14	22202	ADDISON HEIGHTS
1745 13TH ST S	3	3	2	ARLINGTON	\$867,895	Townhouse	0.00	22204	CARVER PLACE

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JAN. 19TH

HOME RENOVATION

Are You & Your Family Comfortable in Your Home?

We Hope You Will Join Us!

Thursday, Jan. 19th, 2016 - 5pm-8pm

Where: Sun Design McLean Office
6862 Elm Street, Suite 330, McLean, VA 22101

Seminars run from 5pm-6:30pm. Dinner to follow.
Please arrive at 4:45pm for check-in.

Seating is limited!

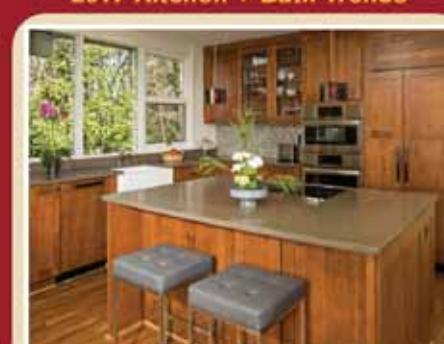
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THIS EVENT FILLS UP FAST!

If you are unable to make this date, please give us a call to get on the schedule for the next event!

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Organizing a Home Office

Design ideas for workspace order.

BY MARILYN CAMPBELL
THE CONNECTION

Whether located in a basement, spare bedroom or kitchen corner, one of the keys to creating a functional home office is organization. Local designers offer suggestions for styling a space that is both practical and aesthetically appealing.

"Start by thinking about how you would like to use your home office and plan accordingly," said Megan Padilla, senior designer at Aidan Design. "Will it be a desk that easily con-



PHOTOS BY MORGAN HOWARTH

This new home office by Anthony Wilder Design/Build incorporates a custom-designed cord control system.

verts to a homework station or craft area or a dedicated home office for the everyday telecommuter?"

Keeping office equipment out of sight will give the space a home-like feel, says Padilla. This can be accomplished by using storage solutions like printer drawers.

Practical home office organizational solutions include roll-out trays for computer accessories like printers and a wire management system above and below the desk for power cords and computer cables both on top of the desk, advises Chuck Khiel, vice

president of Fred Home Improvement, a division of Case. "Create a Bluetooth operational office space," he said.

"Organizing all of the smaller office supplies can be accomplished with a series of coordinated containers for tools such as pencils, scissors and markers ... or within drawers," added Padilla. "Consider a mix of drawer heights to allow ample storage for smaller desk supplies as well as your typical file folders."

Use open shelving to allow for quick access to frequently used items and book stor-

age. "[It] can also make a smaller space feel more expansive," said Padilla.

If a home office is in a spare bedroom, closets can be repurposed and organized to hide copy and fax machines, says Shannon Kadwell, interior designer at Anthony Wilder Design/Build.

"Add fabric bulletin boards in prominent locations and in a complementary color for visual appeal," she said. "Custom built-ins make a huge difference as you can tailor the storage space to individual needs and create more functional spaces."



PHOTO BY ROBERT RADIFERA

Storage solutions such as those in this office by Megan Padilla help make home offices aesthetically appealing.

"Custom built-ins make a huge difference [because] you can tailor the storage space to individual needs and create more functional spaces."

— Shannon Kadwell,
Anthony Wilder Design/Build.



PHOTO BY STACY ZARIN GOLDBERG

Create multiple depth shelves such as those in this Arlington bathroom by Case/Fred Home Improvement helps with organization.

New Year, New Order

FROM PAGE 8

easy access to everyday items and takes some pressure off the main linen closet."

One final recommendation, for those with limited space, a clear over-the door shoe holder is a tool that professional organizer Susan Unger of ClutterSOS in Vienna advises, "It changes dead space — the back of

"Consider custom built-ins where possible for a more de-centralized storage approach."

— Kelly Emerson, designer/showroom manager at Aidan Design

the door — into a fabulous space [by] ... holding toiletries. Unger and fellow organizer Lauri Mennel co-authored the book, "Fifty Shades of Organizing."

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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

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

Friday Night Live.

8 p.m. at the Church at Clarendon, 1210 N.

Highland St., Suite A. Local

musicians perform. Free. Visit

1bc.org for more.

Arlington's Historical Museum

Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

Open Mic Comedy.

Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd.

Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/

Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.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.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. 703-522-8340 or www.iotaclubandcafe.com.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. www.galaxyhut.com or 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit www.iotaclubandcafe.com/.

Art for Life. Third Thursday of each

month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

Fall Food Drive. Through December, 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 JAN. 15

Encore Stage & Studio's "A Little Princess."

Friday, Jan. 13 at 7:30 p.m.; Saturday, Jan. 14 at 11 a.m. and 3 p.m.; Sunday, Jan. 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.

THURSDAY/JAN. 12

Restoring Streams and Stream Valleys: Finding Balance in Altered Landscapes.

7-9 p.m. at Arlington Central Library, 1015 N Quincy St. A talk by Charles Smith. vnps.org/potowmack/

FRIDAY/JAN. 13

Parents Night Out. 6-10 p.m. at Walter Reed Community Center, 2909 16th St. S. The Teens Making a Difference Club (T-MAD) is offering parents a night out, while children have an evening of games, art, and fun. \$25. Ages 4-11. 703-228-7780

Comedian Tom Green. 7:30 and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. \$25. www.arlingtoncina.com

FRIDAY-SUNDAY/JAN. 13-15

Annual D.C. Tattoo Expo. Various times at Crystal Gateway Marriott, 1700 Jefferson Davis Highway. The expo will feature more than 30,000 square feet of local, national and international tattoo artists. Tickets \$25 per day and \$60 for a three-day pass, under 12 free with paying adult. www.dctattooexpo.com/

SATURDAY/JAN. 14

Forty+ Movement and Theatre.

7:30 p.m. at Theatre on the Run 3700 S. Four Mile Run Dr. Forty+ features a collection of works grounded in movement and theatricality. With eight performers, the short works combine to a collective whole to traverse relationship, the inventiveness of situation, and the progression of life. \$15 in advance, \$20 at door. 703-933-1111, janefranklindance@gmail.com

The Big Meow. 3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Specially adapted for young audiences, Jane Franklin Dance offers a family-friendly performance of "The Big Meow." Little Cat is taunted by neighborhood felines because his meow is just too darn loud. "The Big Meow" is a story of hope, disappointment, courage and the need for belonging. \$15 general admission, \$10 children. janefranklindance@gmail.com or

Events to Honor Martin Luther King Jr.

SUNDAY/JAN. 15

Tribute to Dr. Martin Luther King Jr. 5-6:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St. Live music from Duke Ellington School for the Performing Arts Show Choir alumni; a dance performance by Kingdom Fellowship Church's Worship Without Words Mime Ministry; music by longtime Cotton Club of New York Gospel resident Helen Slade; poetry by Arlington resident Anne Smith; and more. www.mlkttribute.org/

MONDAY/JAN. 16

Martin Luther King Jr. Day of Service 2-4 p.m. at Gulf Branch Nature Center, 3608 North Military Road. Honor Dr. King's legacy by volunteering to improve habitat and trails in our park. Dress to work outside. 703-228-3403

Martin Luther King, Jr. Day of Service. 10 a.m.-noon at Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers and community members to clean up trash and debris from Four Mile Run stream in Barcroft Park and along Four Mile Run Drive. joslin@arlingtonenvironment.org

Day of Service at Culpepper Garden. 10 a.m. at Culpepper Garden, 4435 N. Pershing Drive. Volunteer work to honor the life and legacy of Dr. Martin Luther King. www.culpeppergarden.org or lkelleher@culpeppergarden.org.

703-933-1111

Bilingual Children's Theatre Festival.

11 a.m.-5 p.m. Rosslyn Spectrum Theater, 1611 North Kent St. Six hours of continuous theatre, magic, dance, music and other activities, including a bilingual play. Adults \$15; children \$10; 4 and under free. 703-548-3092 www.teatrodelaluna.org, info@teatrodelaluna.org

Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. This concert features three progressive songstress on the eve of the Women's March on Washington. Artists include Heather Mae, Crys Matthews, and Jean Rohe. Admission is free, but contributions will benefit Planned Parenthood and Equality Virginia. 202-656-2748

SATURDAY/JAN. 21

Family Yoga. 10 a.m.-noon at Arlington Mill Community Center, 909 S. Dinwiddie St. An expert yoga instructor from NuYou Wellness will guide participants through a family yoga class for beginners, followed by a tasty post-workout snack tutorial with a Parks and Recreation nutrition educator. Ages 4 and up. 703-228-4772

JAN. 21-MAR. 26

Artist Curators Spotlight. Various times at Arlington Arts Center, 3550 Wilson Blvd. Curators Spotlight provides a platform for new curators, artists, and ideas in the Mid-Atlantic Region to create groundbreaking exhibitions. Opening reception Saturday, Feb. 11 from 6-9 pm. Gallery talks with selected curators are scheduled for Saturday, Mar. 4, 1-4 p.m. www.arlingtonartscenter.org or 703-248-6800

SUNDAY/JAN. 22

Author Cyndi Turner on Alcohol Abuse. 3 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. Cyndi Turner, a licensed clinical social worker and licensed substance abuse treatment practitioner, shares from her new book 'Can I Keep Drinking? How You Can Decide When Enough is Enough,' focusing on the 90-million-plus people who struggle with alcohol in the United States. 703-300-9746 or www.onemorepagebooks.com

MONDAY/JAN. 23

Meet the Speaker. 3-4:30 p.m. at the Arlington Central Library, 1015 Quincy St. Christine Negroni, an expert on aviation accidents, will speak on "The Crash Detectives: Investigating the world's Mysterious Air Disasters." The public is invited. Encore Learning and the Arlington Public Library jointly sponsor this event. 703-228-2144

TUESDAY/JAN. 24

Finding a Job, a Career, and a Passion. 7:30-8:30 p.m. at Central

www.CONNECTIONNEWSPAPERS.COM



PHOTO BY JOE FRUGAL

The Arlington Philharmonic and The U.S. Army Chorus perform at 4 p.m. on Sunday, Jan. 29 at Wakefield High School Auditorium, 1325 S. Dinwiddie St. Admission is free; a \$20 donation per adult is encouraged. www.arlingtonphilharmonic.org

ENTERTAINMENT

Library, 1015 N. Quincy St. Washington Post columnist and New York Times best-seller Jeffrey J. Selingo will share tips for students and their parents choosing a college, getting the most out of the undergraduate years, and mastering post-college life. arlingtonva.libcal.com/event/2844425, 703-228-5990

THURSDAY/JAN. 26

Seniors Concert Featuring Opera, Classical and Broadway Music. 1 p.m. at Our Savior Lutheran Church, 825 South Taylor St. \$5. 703-892-4846

Exotic Animal Vet and Author. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. Exotic animal veterinarian Dr. Laurie Hess discusses and signs 'Unlikely Companions: The Adventures of an Exotic Animal Doctor.' 703-300-9746 or www.onemorepagebooks.com

SATURDAY/JAN. 28

Arlington Thrive Runners

Informational Meeting. 10 a.m. at First Presbyterian Church, 601 N. Vermont Ave., Rm. 103. A program for runners who want to train for the April 23, George Washington Parkway Classic 10 mile or 5K race, or a separate half-marathon this spring. New participants are required to attend this meeting. 703-558-0035 or info@arlingtononthrive.org

Vegetable Gardening Part 1:

Jumpstart Your Garden With Seeds. 10:30-noon at Westover Branch Library, 1644 N. McKinley Road. Get the scoop on seed selection, hybrid vs. heirloom, what seeds to start indoors, germination tips, and best bets for seed saving. Find out how to make your own starter pots, and easy-to-create lighting systems to bring the sunlight inside. 703-228-6414 or mgarlalex@gmail.com.

Winter Day of Art and Creativity.

11 a.m.-2 p.m. at Fairlington Community Center, 3308 S. Stafford St. Paint, build, create in creative workshops to an art swap, from cooking activities to a sound studio. 703-228-6588

The Big Meow. 3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Specially adapted for young audiences, Jane Franklin Dance offers a family-friendly performance of "The Big Meow." Little Cat is taunted by neighborhood felines because his meow is just too darn loud. "The Big Meow" is a story of hope, disappointment, courage and the need for belonging. \$15 general admission, \$10 children. 703-933-1111

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grounded in movement and theatricality. With eight performers, the short works combine to a collective whole to traverse relationship, the inventiveness of situation, and the progression of life. \$15 in advance, \$20 at door. 703-933-1111, janefranklinlance@gmail.com

Bella's Bartok Concert. 9 p.m. at Sehkraft Brewing, 925 N. Garfield St. The Vaudevillian Folk Punk powerhouse group melds klezmer pop with a circus vibe. www.sehkraftbrewing.com

SUNDAY/JAN. 29

Arlington Philharmonic and The U.S. Army Chorus. 4 p.m. at Wakefield High School Auditorium, 1325 S. Dinwiddie St. Admission is free; a \$20 donation per adult is encouraged. 3 p.m. is the art show. www.arlingtonphilharmonic.org

JAN. 31-FEB. 4

Nicholas Rodriguez Sings 1970's favorites. Various times at Signature Theatre, 4200 Campbell Ave. Rodriguez's cabaret will fuse his love of all things 1970s with the music of Bossa Nova, disco, folk and Broadway. www.sigtheatre.org

THURSDAY-SATURDAY/FEB. 2-4

Crystal Couture Show and Sale. 5-10 p.m. Thursday, Feb. 2 and Friday, Feb. 3; 2-10 p.m. on Saturday, Feb. 4. 251 18th St. More than 30 boutiques and designers under one roof for a one-stop shopping experience that lets guests browse discounted offerings on the rack and on the runway. crystalcity.org/do/crystal-couture7

FRIDAY/FEB. 3

Valentine's Day Card Making. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. AAC instructor Jennifer Penick will lead the class through a few relief-stamp making and printmaking techniques to create a set of custom Valentine's cards. This one-night workshop has been crafted for any and all skill levels. \$40. education@arlingtonartscenter.org

Kleine Kammermusik Concert. 8 p.m. at St. George's Episcopal Church, 915 N. Oakland St. "Tides and Treaties: Music of the 1720s," a program celebrating the changing tides of European culture fostered by the 1720s treaties of peace and reconciliation. \$25 general admission/\$10 students. 410-303-2053 or info@capitolearlymusic.org

SATURDAY/FEB. 4

Waterfowl at Gravelly Point. 8-9:30 a.m. at Gravelly Point, George



PHOTO CONTRIBUTED

Bella's Bartok performs on Saturday, Jan. 28 at 9 p.m. at Sehkraft Brewing, 925 N. Garfield St. Band features Asher Putnam (Vocals and all-around entertainer), Chris "Fancy" Kerrigan (guitar, clarinet, vocals and physcis), Dan Niederhauser (bass and vocals), Saera Kochanski (accordion and mandolin) Amory Drennan (trombone/banjo and vocals), Crisco (drums/percussion and trumpet) and Gershon Rosen (trumpet).

Washington Memorial Pkwy. Visit different birding spots in Arlington throughout the year and build County bird lists. Birders of all experience levels can participate and loaner binoculars are available. Ages 8 and up. 703-228-3403

SUNDAY/FEB. 5

AFAC Empty Bowls Lunch Fundraiser. 11:30 a.m.-2 p.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. On Superbowl Sunday, for the price of a ticket, guests receive their choice of a bowl, hand-crafted by local potters, and meal of soup, bread, dessert. Two seatings, 11:30 a.m. and 12:45 p.m. Tickets are \$35; children 5 and under are free. puwen.lee@afac.org, 703-845-8486 x309 or afac.org/afac-events/empty-bowls/

MONDAY/FEB. 6

Meet the Author. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Encore Learning will celebrate Black History Month with a lecture by Carolyn Quick Tillary, an award-winning food history cookbook editor. 703-228-2144

WEDNESDAY/FEB. 8

"Grasses for the Masses" Workshop. 7-8:30 p.m. at Fairlington Community Center, 3308 South Stafford St., Room 118. Chesapeake Bay Foundation's

program provides an opportunity for Virginia residents to help restore the health of the Chesapeake Bay and Virginia. \$40. www.cbf.org/grasses

THURSDAY/FEB. 9

Adapted Yoga for Adults. 7:35-8:25 p.m. at Langston-Brown Community Center, 2121 N. Culpeper St. This yoga class is specifically for adults with disabilities and will include sound therapy (chanting), eye exercises, breathing exercises, body postures, and deep relaxation. A guardian or caregiver is included in the cost of the class. \$87. www.specialyoga.com

A Centennial Celebration of African American Churches. 7 p.m. Marymount University Reinsch Library Auditorium, 2807 N. Glebe Road. 571-243-1113 or garrett.peck@arlingtonhistoricalsociety.org

FRIDAY/FEB. 10

Celestial Stroll. 7-8 p.m. at Fort C.F. Smith Park 2411 N. 24th St. A moonlit walk through the forest searching for nocturnal animals. Come learn how the moon moves, its phases, its effect on wildlife and learn legends about the moon. 703-243-4342 or dfarner@arlingtonva.us

SATURDAY/FEB. 11

"Grasses for the Masses" Workshop. 9-10:30 a.m. at Fairlington Community Center, 3308

S. Stafford St., Room 118. Chesapeake Bay Foundation's program provides an opportunity for Virginia residents to help restore the health of the Chesapeake Bay and Virginia. \$40. www.cbf.org/grasses

Composer Camille Saint-Saëns.

7:30 p.m. at the Rosslyn Spectrum Theatre, 1611 N. Kent St. French romantic composer Camille Saint-Saëns celebrates the Valentine holiday. Free garage parking, entrance on Arlington Ridge Road. 301-540-4842

SUNDAY/FEB. 12

We Love Animals. 1-2 p.m. at Gulf Branch Nature Center 3608 Military Road. Make your favorite animal a valentine, and learn ways you can help them in the wild. Ages 6-10. \$5. 703-228-3403

FEB. 8-MARCH 29

Arlington Arts Light & Shadow

Class. 4:30-6 p.m. at Arlington Arts Center, 3550 Wilson Blvd. This new multimedia course focuses on value, arguably one of the most important elements of art. Exercises in charcoal, acrylic, chalk, and collage will lead to dramatic, high-contrast images. \$195. arlingtonartscenter.org

FEB. 15-MARCH 19

Wordless Production of "The Taming of the Shrew." 5-6:30 p.m. at Synetic Theater, 2155 Crystal Plaza Arcade T-19. \$35. 866-811-4111 or www.synetictheater.org

SATURDAY/FEB. 18

Arlington's Earliest Amphibians.

10-11 a.m. at Gulf Branch Nature Center 3608 Military Road. Wood frogs, spring peepers and spotted salamanders that have spent the winter hibernating will soon begin to move to our ponds. Come learn about Arlington's amazing amphibians. Ages 13 and up. \$5. 703-228-3403 or gulfbranchnaturectr@arlingtonva.us

Keeping Warm Campfire. 6-7 p.m. at Gulf Branch Nature Center 3608 Military Road. Spend a chilly evening by the warmth of the campfire while making s'mores and learn how animals have adaptations to stay warm and survive winter outdoors. Ages 3-10. \$5. 703-228-3403 or gulfbranchnaturectr@arlingtonva.us

Flora & Fauna Concert. 7:30 p.m. at Westover Baptist Church, 1125 Patrick Henry Drive. "Flora & Fauna" will offer traditional and contemporary music by Durufle, Barber, Orff, Whitacre and others. www.arlingtonchorale.org



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Board Approves Polling Changes

The Arlington County Board in December adopted changes to the ordinance on precincts and polling places to relocate several polling places and create two new precincts. The board voted 5-0 to adopt the amendments to the ordinance.

Polling place changes

- ❖ Moving the polling place for 006 Crystal City from Water Park Towers, 1501 Crystal Drive to Crystal Place 1801 Crystal Drive.
- ❖ Moving the polling place for 010 Wilson Precinct from Wilson School, 1601 Wilson Blvd., to the Art Atrium at Bennett Park Apartments, 1601 Clarendon Blvd.
- ❖ Moving the polling place for 022 Abingdon Precinct from Abingdon School, 3035 South Abingdon St., to the Fairlington Villages Community Center, 3005 South Abingdon St.
- ❖ Moving the polling place for 028 Claremont Precinct from Claremont Immersion School, 4700 South Chesterfield Road, to Wakefield School, 1325 South Dinwiddie St.
- ❖ Changing the name of 043 Arlington Mill Precinct to 043 Campbell Precinct. The precinct originally voted at the Arlington Mill Community Center but now is at Campbell School – the name change better reflects the location.
- ❖ Moving the polling place for 041 Woodbury Precinct from the former Verizon Building, 1320 North Courthouse Road, to the Navy League Building, 2300 Wilson Blvd., and changing the precinct name to 048 AUSA.

Precinct boundary changes and new precincts

- ❖ Moving the portion of 026 Fillmore Precinct east of Washington Boulevard to 038 Arlington View Precinct. (Affects about 234 voters).
- ❖ Creating a new precinct, 053 Met Park, from part of 021 Virginia Highlands Precinct, with a polling place at The Bartlett, 520 12th Street South. About 2,400 voters will vote at The Bartlett, reducing the Virginian Highlands Precinct to about 2,250 voters.
- ❖ Changing the polling place of 021 Virginia Highlands Precinct from the Aurora Hills Recreation Center, 735 18th Street South, to the Aurora Hills Library at the same address.
- ❖ Creating a new precinct, 054 Garfield Park from part of 015 Lyon Park Precinct, with a polling place at Garfield Park Apartments, 925 North Garfield Street. About 1,500 voters, most from the part of Lyon Park Precinct east of Washington Boulevard and north of North Pershing Street, will move to Garfield Park, reducing Lyon Park Precinct to about 1,850 voters.

Netherlands Carillon to be Restored

The Netherlands and the National Park Service (NPS) have joined forces to restore and improve the Netherlands Carillon in Arlington. The project is estimated to cost \$5.8 million. The NPS has announced it will commit at least \$4 million to rehabilitate the Carillon.

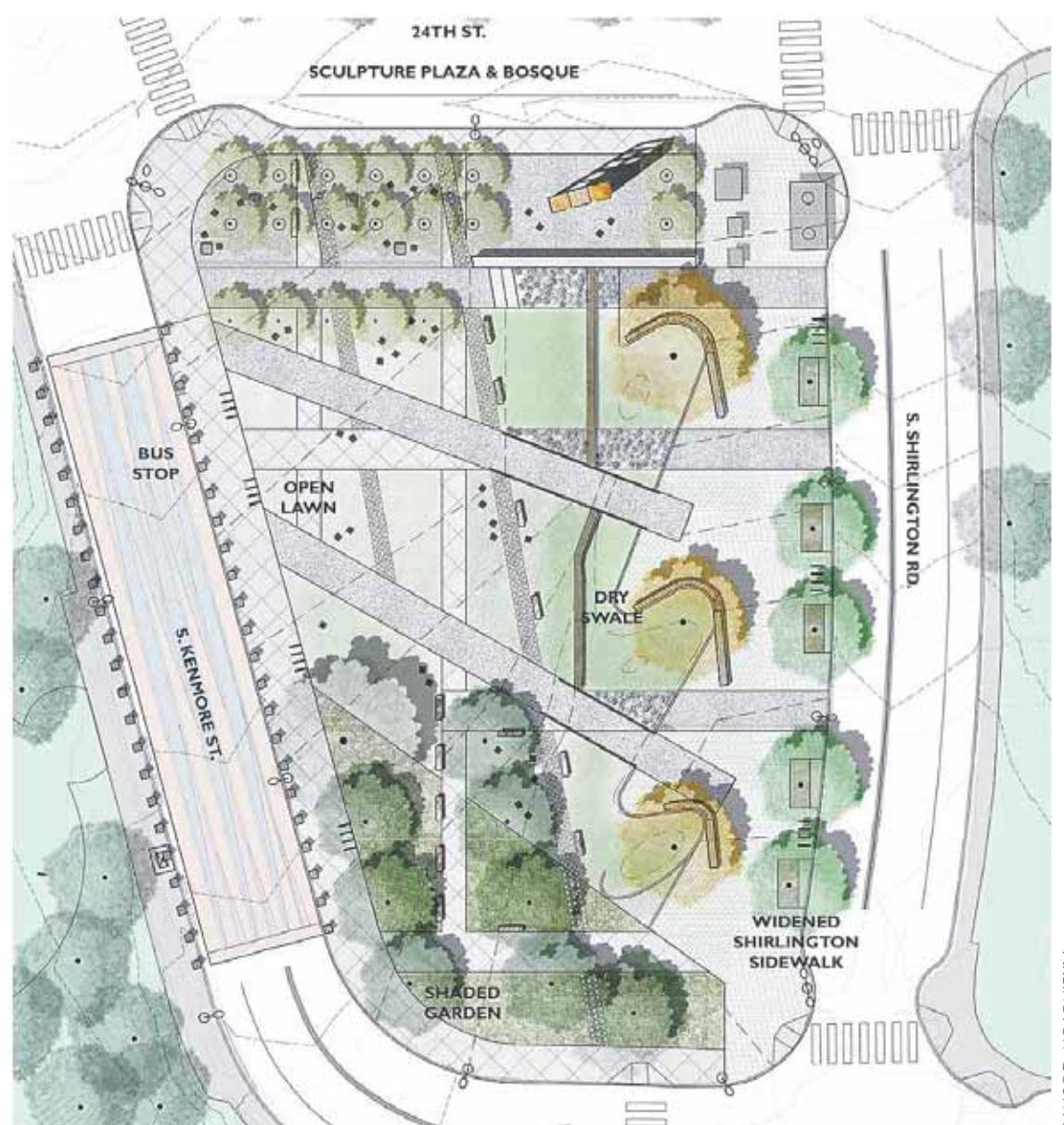
Dutch Ambassador Henne Schuwer is pleased with the willingness of the American government to make available \$4 million to refurbish the memorial. The Dutch people gave the Carillon to the United States in 1952 as a way of thanking America for her role in liberating the Netherlands and for the Marshall Plan to rebuild the economy. After more than 50 years the Carillon, needs restoration.

The Royal Netherlands Embassy, through the Netherland-America Foundation, is raising \$1.2 million to restore the Carillon's chimes, its operating system, and the surroundings of the monument. The fundraising effort will also pay to add three bells to make the monument a Grand Carillon, create an educational curriculum to familiarize visiting Americans with the historical significance of the Carillon, and cover future repairs. Three companies have already pledged a combined \$250,000 to US fundraising of this project:

- ❖ Royal Dutch Shell (\$100,000)
- ❖ Aegon/Transamerica Foundation (\$100,000)
- ❖ Eensoorn LLC (\$50,000)

The fundraising will also be open to the public via www.nlintheusa.com/carillon.

NEWS



The planned Nauck Town Square.

Step Closer to Nauck Town Square

The Arlington County Board approved on Jan. 3 the purchase of the last of three properties needed to build the planned Nauck Town Square, in the heart of the Nauck neighborhood. The county had previously purchased the other two properties for the town square. The purchase paves the way for construction to begin on the town square late in 2017.

The board approved a purchase price of \$803,000 for property at 2400 Shirlington Road, home to a plumbing business owned by Leslie J. Engelking, Sr., who owns the property with his son, Leslie J. Engelking, Jr.

The board's 5-0 vote to approve the purchase followed a closed session held to keep the sale of the

property moving forward. The Arlington County Circuit Court in December gave preliminary approval to the sale, pending the board's approval. The next step will be for the court to ratify the agreement of sale.

Nauck Town Square will cover the block between 24th Road South and South Shirlington Road, and serve as a gathering place for the community, where events can be held and residents and visitors can learn about Nauck's cultural heritage through planned public art by award-winning landscape architect and artist Walter Hood. Total estimated cost to build the town square is \$5 million, with funding coming from a voter-approved Community Conservation Bond.

SCHOOL NOTES

Email announcements to arlington@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Last summer, Arlington high school students **Graham Weinschenk** of Yorktown High School, and **Essi Wunderman** of Washington-Lee High School, spent time overseas with VISIONS Service Adventures, an international community service program for teens.

Marymount University has named **Dr. William J. Ehmann** as its new provost and vice president for academic affairs and enrollment management.

Arlington resident, **Olivia Viola**, who's majoring in Stage and Production Management at Emerson College, is currently part of Emerson Stage's production of "Mrs. Warren's Profession."

The following Arlington residents recently were initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

This includes Virginia Commonwealth University students **Alexander Carroll, Kathryn Nedelcovych, Rachel Lustig, Thy Dai** and Virginia

Tech student **Samantha Spytek**.

Marymount University's Sr. **Patricia Helene Earl**, IHM, received the Ex Corde Campus Ministry Award for her exemplary service and student **Sarah Hall** received a Volunteer of the Year award.

Arlington Bishop Michael F. Burbidge honored members of the diocese for their volunteer service at an awards dinner at St. Joseph's Catholic Church on Tuesday, Dec. 13.

Rui Wang, of Arlington, received a Bachelor's Degree from the University of Alabama during the winter commencement.

www.CONNECTIONNEWSPAPERS.COM

PEOPLE



PHOTO CONTRIBUTED

On Jeopardy!

Blair Moorhead, a social worker from Arlington, got the final Jeopardy! question right on her appearance Monday, Jan. 9 and moved on to the next round of the TV game show.



Studying Lab Dogs

Dr. Stacy Lopresti-Goodman, an associate professor of psychology at Marymount University, is shown with Belle, a dog rescued by Beagle Freedom Project. Lopresti-Goodman has conducted a study of the psychological impact of laboratory experiments on dogs. According to Lopresti-Goodman, nearly 61,000 dogs are in U.S. labs. The majority of them are beagles.

MARYMOUNT UNIVERSITY

National Award Winner

The NBCC Foundation, an affiliate of the National Board for Certified Counselors, Inc. (NBCC), recently awarded one of the 2016 Center for Credentialing & Education (CCE) professional development awards to Dr. Susan F. Branco, of Arlington. The goal of this scholarship program is to advance the professional identity and development of



CCE credential holders. Branco will receive \$500 to advance her professional identity and development. Branco is a clinical assistant professor in the Pastoral Counseling Department at Loyola University Maryland, in Baltimore. She also serves as the division director of Loyola Clinical Centers, an interdisciplinary clinic serving community members of Baltimore and surrounding areas.



PHOTO CONTRIBUTED

Clinic Receives \$10,000 Grant

Vanessa Serrano, a social services case manager at Arlington Free Clinic, works with a patient to assess his needs and to navigate him to the most appropriate community resources. The clinic was the recipient of a \$10,000 grant awarded recently by the Dominion Foundation, the charitable arm of Dominion Resources. The grant from Dominion will be allocated toward the organization's Community Bridge Program that connects patients to no-/low-cost advanced diagnostic and treatment services. Visit www.arlingtonfreeclinic.org.

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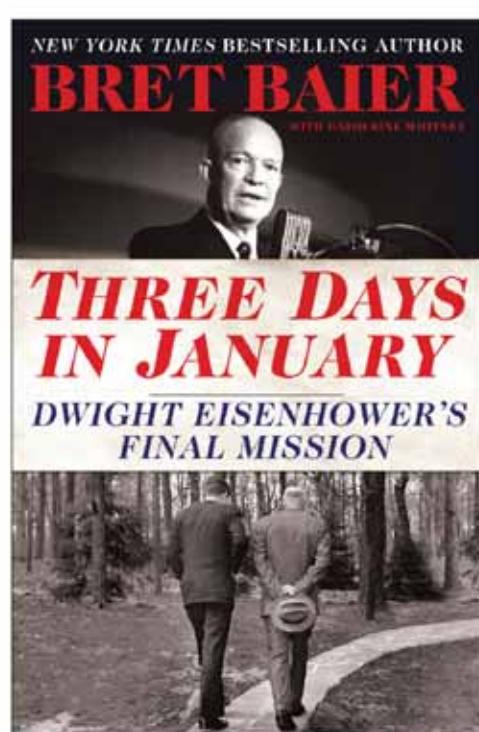
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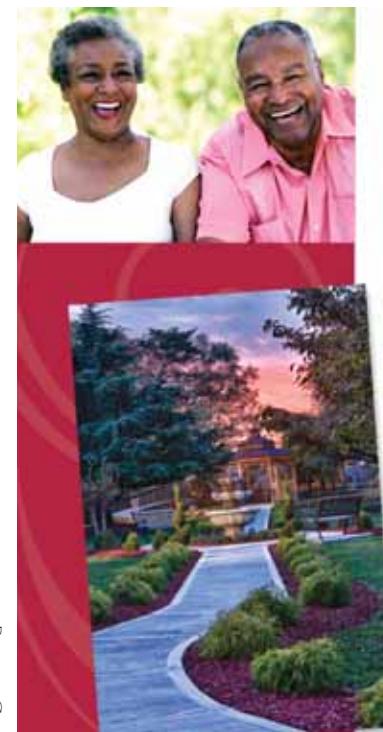
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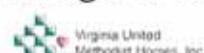
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Slippery Hope



By KENNETH B. LOURIE

When you're diagnosed with a terminal form of cancer, you spend a lot of time talking to yourself, not aloud; well, mostly not aloud, trying to convince yourself of a million and one things that don't lead to that inescapable conclusion: premature death (I know, any death is premature). And when you get sick, as I am now and have been for the past 10 days; not getting worse, just not getting better; it is, at least for me, not only next to impossible, but impossible as well, not to think that perhaps this is the time when you have crossed the Rubicon.

Though what I am referring to are merely/mostly cold symptoms: sneezing, coughing, runny nose, nasal congestion, watery eyes, occasional headache; no temperature or sore throat, no vomiting, no nausea; it's easy to rationalize that I am simply experiencing a severe seasonal reaction to some strain of something which is, if what I hear from friends and family is true, something which is definitely going around. However, that assessment would presume I'm a relatively normal person, 'normal' meaning not a person diagnosed with stage IV, non-small cell lung cancer. Ergo, the conversations me, myself and I are constantly having with ourselves.

And though the answers rarely change (always minimizing, never reinforcing a negative, accentuating the positive), I have to admit the longer I live through these blips on the radar, the less conviction I am able to sustain in my ongoing attempts to talk myself into or out of, whatever the case may be, the challenges emotionally and/or physically, that characterize one's life living with cancer. And believe me, 'living with cancer' is all it's cracked up to be, and I'm one of the lucky ones, a survivor, nearly eight years in fact, post my Feb. 27, 2009 face-to-face appointment with an oncologist; my new best friend, who lowered the diagnostic boom to Team Lourie that day.

I think I can say with some certainty that the one constant in my life these past eight years has been the many conversations I've had with myself. Trying to maintain an even keel; heck, any keel that would keep me emotionally afloat. Obviously, encouraging and supportive words from others have filled many gaps, but there are way more gaps when I'm alone that need to be filled. Reading, writing, arithmetic, radio, television and the Internet, fill some and provide distraction for others, but still there are many more times when you're left alone with your thoughts; when the rubber really hits the road and somehow you must get through the night or the post-chemo weak or the before, during and after "scanxiety" and navigate the slings and arrows of the outrageous misfortune which has befallen you.

Mostly I have been successful. Occasionally though I have been depressed. Occasionally I have felt lonely. Occasionally I have felt out of control. And more than occasionally, I have just plain worried. Like now, when I'm sick and tired and wondering if persistent cold symptoms portend the beginning of something worse. After all, I do have lung cancer so any breathing-related and/or coughing problems could indicate an exacerbation of my underlying condition, or so I would guess.

Ah yes, guessing. That's perhaps the real problem. How do you stop yourself from going down that rabbit hole, especially when you've already quadrupled the back end of the number of years: two, offered up by your oncologist eight years ago? I don't suppose I could experience a normal life expectancy after being given a terminal diagnosis. Could I? I guess it's possible. Probable? I wouldn't know. However, there's no harm thinking about it. Except if you're thinking about it all the time.

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

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PHOTO BY VERNON MILES/THE CONNECTION

Tina Oxendine teaches her third grade class while some students finish their breakfast.

Breakfast After the Bell

FROM PAGE 3

ages them to eat if they feel hungry again.

At nine in the morning, students file into the classroom. Most head straight to their desks, but a few stop by the front and grab a breakfast from the cooler. Oxendine said she had been worried breakfast would be disruptive, but most of the students grabbing their breakfast eat in silence and read. In fact, Oxendine said she's seen a noticeable improvement in the temperament of some students.

"This has had a huge impact on students coming to school stressed or uneasy," said Oxendine. "Breakfast after the bell has been wonderful."

Students polled in Oxendine's classroom unanimously said the breakfast cereal Cinnamon Toast Crunch was their favorite, though there was a strong contingent lobbying to bring corndogs back to the menu.

"Sometimes, I wake up too late to eat

breakfast at home," said Lauren, a student in Oxendine's class. "Breakfast is my energy source."

Like all of the programs in Arlington schools, rising enrollment has continued to push the costs of Food and Nutrition Services in the school system up. In the 2017 school budget, the Food and Nutrition Fund cost \$8.5 million, with half of its revenue coming from local and state sources and the other half in federal funding. Amy Maclosky, food service director for Arlington Public Schools, said the program did not incur any additional costs for the school system. Many of the supplies for the program, like the coolers carrying the breakfasts, were donated by Mid Atlantic Dairy. Maclosky said Oakridge is currently the only elementary school to offer breakfast in the classrooms. In the high schools a similar program, second chance breakfast, runs a kiosk that offers students breakfast after their first period class.

Fisette Elected Board Chair

For the fifth time in his 19 years on the County Board, Jay Fisette was unanimously elected County Board chair. Fisette is the most senior member of the Board.

"You don't come in and pick a new issue as County Board chair," said Fisette, "You focus on the biggest things."

For Arlington right now, Fisette says the biggest thing is the Metro.

"Nothing is more important than resolving Metro in the long term," said Fisette. "We built our community and economy around the Metro. We will find a way [to ensure quality] but we don't know what that is yet. Finding a new dedicated funding source is going to be a big part of that."

In the short term, Fisette said Arlingtonians



could see fare increases and decreases in service. But Metro isn't the only concern for Arlington across the Potomac. Fisette says an unstable federal government could be a major issue for Arlington.

"One basic concern is with borrowing money," said Fisette. "We have a AAA bond rating in Arlington, but in the last few months the bond markets have been more volatile. It could cost us more for our bonds in the future."

On Thursday, Jan. 19 from 6:30 to 8 p.m., Fisette will speak with residents about upcoming initiatives and answer questions at the George Mason University Arlington Campus in the multi-purpose room.

— VERNON MILES

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