

WINTER FUN & ENTERTAINMENT

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The Arlington Connection

NEIGHBORHOOD
OUTLOOK 2017

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Amidst a light drizzle on Saturday morning a bus full of Arlingtonians and out-of-town friends and relatives leaves from Rock Spring UCC at 9 a.m. Signs are crammed between seats and the demand for pink "pussy" hats is greater than the supply. The Rev. Kathy Dwyer, front right, grabs the microphone "just like in church" and gives announcements "just like in church" on the return trip, the buddy system and how to text her any changes in plans.

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JANUARY 25-31, 2017

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Making History



Demonstrators waiting to leave for the march have all chosen a pink “pussy” hat knitted by Janelle Swenson (middle). Swenson says it took her about an hour each to knit at least 15 hats as a symbol of the march. She said, “Somebody put a pattern online and the idea took off.”



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Lynda Fanning, from Charlottesville, with her granddaughter Sophia Cann and her daughter Rebekah Cann, from North Carolina, are trying out the signs they made for the Women’s March. Fanning said, “We are three generations demonstrating.” Rebekah Cann said, “We talked about the issues and Sophia chose this one.” Sophia shows the sign she made Friday with magic markers, “Save our Earth, I want a future.” Sophia added, “We had to drive eight hours to get here.” The family is having egg casserole at Rock Spring UCC before boarding the bus to head for 14th and Constitution.



“O.K. Count off your numbers.” Seth Kolker, who grew up in Arlington, organized a group of 42 youths to participate in the Women’s March. They are from Central Falls, R.I. where he is a teacher. Kolker says Central Falls has a median income of \$14,000 and 103 nationalities in one square mile. Kolker’s father, David Kolker who has lived in Arlington since 1985, says the students came because a lot of them were pretty fearful after the election that they, or someone they knew, would be deported. They asked if there was anything they could do. Seth Kolker, says Micaela Pond, his fifth grade teacher at Key Elementary, helped organize this group after getting energized after the election. David Kolker said, “There was a special fundraiser to raise \$8,000 for the trip; a lot of it came from Arlington.” The students arrived on Friday and stayed overnight at Rock Spring UCC before heading off to the March at 8 a.m. Saturday morning.

Democrats Mobilize Under Slogan ‘One of Many’



Ryan Dallas of Arlington attended the sign-making party sponsored by the Arlington Democrats Committee on Friday, Jan. 20 in the basement of a local church.

The Arlington Democratic Committee enjoined Arlington residents to join fellow Virginians in a Weekend of Action coinciding with Inauguration Weekend and the Women’s March. The theme of the events, “One of Many — you are not alone” and “one of many working for a Commonsense Commonwealth” was reflected on buttons being handed out at the poster party on Jan. 20, and many of these buttons were seen downtown the next day. Gene Rossi, who addressed the crowd as both a candidate for lieutenant governor and an activist, reminded those planning to march that this was the beginning of the marathon, not the end.

— EDEN BROWN



PHOTOS BY EDEN BROWN/THE CONNECTION

Arlingtonians board Metro for the march.

Prisoner Reentry: The Problem

Employment and housing prove to be major hurdles.

Part I

A three-part series focusing on prisoner reentry in Northern Virginia.

BY SHIRLEY RUHE
THE CONNECTION

In Virginia, 38,000 citizens were incarcerated in 2016. Almost 90 percent of those released return home.

What happens next? As one former prisoner put it, they give you a \$25 check and take you to a Metro stop and remind you to see your parole officer in the next 24 hours. What do you do next? Where do you go? The barriers toward survival “on the outside” include difficulty finding employment due to reluctance of employers to hire an ex-offender, complex family relationships, cultural shock as they reenter the community and difficulty finding housing.

Harold Clarke, director of Corrections in the Commonwealth of Virginia, says the major obstacle right now is employment, “A number of employers are reluctant to provide employment because they are concerned about the criminal history.” He says that the “ban the box movement” instituted by the governor is a step in the right direction since a former prisoner is not disqualified immediately. “But,” Clarke said, “the criminal history will come up later in the job application process.” Clarke adds that national research shows that people with a criminal history have a 40 percent less chance of securing employment.

Elizabeth Jones Valderrama, executive director of Offender Aid and Restoration (OAR), an organization working with formerly incarcerated prisoners in Arlington, Alexandria and Falls Church, says she thinks the major problem is job retention. “We can usually find them a job, although it may not be at a livable wage. But the formerly incarcerated person isn’t used to waking up on their own, deciding what to have for lunch, keeping a schedule. Everything in prison is decided for you.”

Mary Ulrich, in Virginia state prisons for 8.5 years, had been trained in horticulture in prison, earning a technical certification in seven areas. When she got out of prison she went to every gardening place in Northern Virginia and was rejected when they found out where she had received her train-



PHOTO CONTRIBUTED

Terry Garrett with Gov. Terry McAuliffe: “I walk by my former drug dealers all the time in Alexandria.”

ing. After a suggestion from a staff person at OAR she decided to start her own business. “It had been in the back of my mind,” she said.

So she bought a scooter and with a saddlebag full of gardening tools and plants juggled between her knees, she found a client. Now she owns a Chevy Tahoe which she says will be paid off next month. While she is still struggling, she is making a business designing and landscaping yards and businesses.

Terry Garrett, a former prisoner who was released in March 6, 2006 said, “It is discouraging sometimes. You know the rejection is coming. You have to find that one person who will give you a chance.” In her case, it was the Salvation Army, but it triggered her asthma and she ended up in the hospital, “so I had to quit. I applied for disability and worked at Cusi’s on King Street until my disability came through.” Now she is a public speaker for Guest House and a part-time monitor there. Guest House is a community-based program located in Del Ray for recently incarcerated women. She says next week she has been invited by Gov. Terry McAuliffe to a ceremony celebrating voting rights for former prisoners.

Jennifer Male, parole and probation officer in Alexandria, says the major issue she sees in her caseload is not employment but is lack of housing. “In Alexandria you can have a good job, but if you are a felon, you can’t live here. In Alexandria 99 percent of the time you won’t get accepted.”

Another challenge facing returning prisoners is family relationships which are often complicated and difficult. The prisoner may want to reconcile, but often the family is disillusioned and reluctant or they don’t know how to begin the process after years of estrangement. It is difficult for a prisoner to maintain a relationship with family since most of the prisons are south of Richmond and travel distances can be long and trips to visit are expensive. Phone calls are difficult to make from prison and one call can cost \$6-10. By the time a prisoner is released

families have given up.

Jones Valderrama recalls one of the families of a prisoner who couldn’t get there for a visit. But OAR has a van and can sometimes drive a family member over to see the prisoner. “It is powerful to see the reunion,” she said.

Garrett said that she had to wait two days before she could get into Guest House so she stayed with her daughter. “It was hard and emotional. They were bitter. My daughter said if you use again, I’ll never speak to you again. I was broken. I didn’t think they would ever come around.”

Ulrich added, “I see post traumatic stress in my children. I found out later they were scared I would show up at their door and they would have to take care of me.”

Kari Galloway, director of Guest House, said, “Children are what keep a lot of these women going. The women don’t want to disappoint them. But when the clients first come here, some of them see children they haven’t seen for a long time. It is very emotional. They want to be a mom but they don’t know how. They have the feeling but not the relationship.”

Jones Valderrama, said, “We often say everyone in the family goes away and the silent sufferers are the kids of the prisoners.” Jones Valderrama recalls that she first thought about this when she was assistant to the principal at Patrick Henry Elementary and parents would let the school know that their child had a parent who was incarcerated. “The number started to grow.”

Another issue is cultural shock when the ex-offender is suddenly out in the community. What it takes to stay alive in prison is almost opposite of what it takes to survive outside. Ulrich said, “When I was leaving and they were packing me out, I couldn’t sleep the night before. This was the day I’d been anticipating for 8.5 years and it was nerve wracking.” She said, “I’d gotten close to people, like my greenhouse instructor and it was bittersweet to leave. It was scary.”

Ulrich said she was released on Jan. 7, 2013. For the first time she wasn’t handcuffed. “They give you a check for the wages you have earned if you had a one of the scarce jobs in prison. They took me to a bank and told me to go on in. I didn’t know what to do. It was the first freedom I’d experienced.” She continued, “You can’t make any decisions in prison.” She remembers going in to a 7-11 to get a coffee. “I just stared at the 12 different cream choices. In prison you had the blue packet or the yellow packet.”

The Numbers

38,000 incarcerated in Virginia
1,100 sentenced in Fairfax County
800 sentenced in Arlington County
11 per 10,000 incarcerated in Fairfax County
25-40 per 10,000 incarcerated in Arlington County*
For comparison 112-176 per 10,000 in top group includes Bristol, Martinsville and Danville
*grouped with other similar counties
Numbers are included in the Virginia Department of Corrections FY2014 Judicial Mapping Project

Ulrich had to make a choice what to do next and decided to apply for Guest House. Galloway, a current resident at Guest House since Nov. 3, 2016 said, “It’s all about second chances or third or 12th but it is not one size fits all. She said the women who come there have had a lot of trauma from abuse or violence and face so many barriers. “One woman came and during the first required three-day black-out period where they can’t go anywhere, she was totally overwhelmed. She sat on the couch and cried for a solid three days.

Clarke says a lot of things can make a difference in the culture of the community. If the former prisoner goes to a conservative community, it may be hard to integrate. And if they return to where they came from, sometimes the conditions are still alive and well in the community that got them in prison in the first place. It is difficult. Galloway added, “They have to practice, not falling back, avoiding the old triggers. I pass my old drug dealers all the time when I walk around Alexandria. But I told them I had stopped using and they respect that and don’t bother me. At first it was hard but I acknowledge them and keep going.”

Elizabeth Bowers, a resident of Guest House since November 2016, says she experienced shock from nine months in jail coming to a city like Alexandria. “I’m from Briery Branch in Pennsylvania that no one has ever heard of and I’ve never seen this many houses.” It took two weeks to figure out the right buses to get to her appointments. When she tried to take the Metro to a job interview at Tysons Corner, “I got on the wrong Metro and I was supposed to transfer from the blue line to the yellow line and I couldn’t even get to my interview.” She says even on bad days she doesn’t want to give up: “I want to deal with it.”

Galloway said, “We have to build trust. In prison everybody wants something and no one trusts anyone else. We have to get down in the dirt with them. It took a long time with Terry — she really gave me a hard time.”

Bowers said, “After coming to Guest House now I open up more

SEE PAGE 5



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Elizabeth Bowers, Resident at Guest House: “I didn’t think anyone cared.”



PHOTO BY SHIRLEY RUHE

Mary Ulrich, ex-offender: “I looked forward to the day for eight and a half years and when the time came to get out, I was scared. You can’t make any decisions in prison.”

BULLETIN BOARD

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

Preschool Open House. 10 a.m.-noon at the Arlington Unitarian Cooperative Preschool, 4444 Arlington Blvd. Visit www.aucpva.org or call 703-892-3878 for more.

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. 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/reep

Prisoner Reentry

FROM PAGE 4
about my issues. I didn't think anyone cared." Garrett says the women are like a bouquet of closed rose buds. "But every time I come back I see a rose opening up. Elizabeth has made a lot of progress since she came here. Every few days when I come I see a difference."

Galloway said, "We have an incredibly robust volunteer program. People care about the women here who don't even know them and it is amazing to the cli-

ents. But they think, why do you want to help me; what do you want from me. This program is three months residential within a group home environment filled with structured services and support. The aftercare can last 6-9 months and is considered mandatory to successfully complete the program. Galloway says, what these women do is hard work: "I greatly admire they have made it this far."

The next part of the series will focus on solutions.

Robert Beatson II

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Smart Home Technology in 2017



Smart home technology has taken hold and is here to stay. It's becoming simpler and more affordable for homeowners to incorporate smart home technology components into their homes. Here are some of the more popular technologies we are seeing today.

Voice Control. Voice control products are available for use in virtually every aspect of your home including thermostats, lights, and music systems, just to name a few.

Attractive Networking. The unappealing Wi-Fi routers of the past are no more. Today's nicely designed routers can be left out in the open allowing them to perform better than those hidden away.

Bigger Touch Panels. The latest touch panels are larger than ever before, often with 12-inch, full-color screens.

Motorized Shades. Motorized window treatments are becoming more and more popular and can often be integrated into a complete home technology system.



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.

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OPINION

Not Helping the Local Economy

Federal hiring freeze will have rippling effect.

The hiring freeze announced earlier this week, will not help the local economy which has struggled in recent years due to the sequester, automatic cuts and limits to federal spending. The federal government is a critical part of the local economy and had helped recession-proof the Northern Virginia area, but more recently it has been a negative.

Kudos to U.S. Rep. Barbara Comstock (R-10) for speaking out against a foolish freeze on federal hiring. As the lone Republican representing Northern Virginia in Congress, her opposition is important.

"The federal budget cannot be balanced on the backs of our federal workforce. I don't support this type of across-the-board freeze and think it is better to look at priorities and areas where appropriate cuts can be made and where we can consolidate efforts or identify unnecessary costs that can be eliminated," Comstock wrote. "As the General Accounting Office has previously reported, past hiring freezes in both

EDITORIAL

"Past hiring freezes in both Republican and Democrat administrations have cost the federal government money in the long-run because of staffing problems, or problems in recruiting or disruption of key government operations and required services to the American people."

— U.S. Rep. Barbara Comstock (R-VA10)

Republican and Democrat administrations have cost the federal government money in the long-run because of staffing problems, or problems in recruiting or disruption of key government operations and required services to the American people. We will be monitoring and highlighting the results of this freeze and how it is impacting the mission of various agencies."

U.S. Rep. Gerry Connolly (D-11) identifies the freeze as one of many "anti-federal workforce policies" in the works.

"An across-the-board federal hiring freeze is a mindless way to manage. ... It fails to take into account the need to actually beef up certain capabilities in the federal government, like cybersecurity," Connolly said. "This Executive

Order, coupled with many of other anti-federal workforce policies being proposed in Congress, will have a depressing effect on our ability to recruit and retain the next generation of federal workers."

U.S. Rep. Don Beyer (D-8) calls it scapegoating. "The number of federal workers is at its lowest level since the 1960s, and over 30 percent will be eligible to retire in the next year," Beyer said. "A report by the General Accounting Office (GAO) on previous federal hiring freezes stated such freezes are not an effective strategy for shrinking the size of the workforce, and only serve to disrupt agency operations and in the long-term increase the cost of government operations."

— MARY KIMM

What's a Couple Thousand Bills, Anyway?

BY ADAM P. EBBIN
STATE SENATOR (D-30)



Jan. 11 marked the beginning of the 2017 General Assembly 46-day "short" session. My colleagues and I have begun considering the more than 2,394 bills introduced to date, including 35 of mine. And this week, when a Senate page collapsed in the chamber, we learned just how lucky we are to have a world-class pediatric neurologist presiding over the Senate.

COMMENTARY

The Senate welcomed four new members this year including Sen. Monty Mason (D-Williamsburg), who succeeded late John Miller, a friend and highly regarded education advocate, and Sen. Lionell Spruill (D-Chesapeake), who succeeds the now-Mayor of Norfolk, Kenny Alexander. I've enjoyed meeting Sen. Mark Peake (R-Lynchburg) and serving again with Jennifer McClellan (D-Richmond) who were both elected in special elections on Jan. 10. It's a real pleasure to have my former colleagues in the House of Delegates, now-Senators Spruill and McClellan join me in the "higher body."

While the sheer volume of legislation and short timeline pose a unique test for Virginia's legislature, it's not difficult to envision some of the other pressing challenges we have ahead — from codifying non-discrimination protections and defending the rights of all Virginians (SB783), to pushing forward towards common-sense criminal justice reform by updating our marijuana laws (SB1091, SB1269) and ending the practice of using driver's license revocation as a punishment for those who can-

not afford to pay court costs (SB1280). I'll also be promoting several adjustments to our Alcoholic Beverage Control (ABC) including ensuring local input is considered when siting ABC stores and removing red tape for restaurateurs (SB1382).

I'm proud to work in concert with Governor McAuliffe's priorities he laid out in his State of the Commonwealth Address last week to continue to build a new Virginia economy that is open for business (SB783), that invests in emerging technologies (SB1258), and that stands against policies that would set us backwards, morally and fiscally (HB1612); and, to promote a Virginian democracy that is accessible to its citizens and makes it a priority to break down barriers to the ballot box through no-excuse in-person absentee voting (SB1002, SB792) and automatic voter registration (SB1051).

I'm continuing my work to prevent gun violence, seeking to make it illegal to open carry while intoxicated (SB1267), or to allow toddlers to handle firearms (SB1266). I'm a proud founding member of the American State Legislators for Gun Violence Prevention, and it's my pleasure to work organizations like Everytown and MOMS to end gun violence in the Commonwealth.

These bills reflect the progress that many Virginians desire. Nobody, from Alexandria to Wytheville, should face criminal penalties for marijuana possession (SB1269). It's also paramount for government officials to operate with transparency and accountability (SJ289).

While I continue to strongly support progressive principles, I also renew my commitment to work with senators on both sides of the aisle

on the General Laws and Technology Committee; the Agriculture, Conservation and Natural Resources Committee; and the Privileges and Elections Committee as well as on the Senate floor. I am grateful for the chance to make progress towards the conservation both of nature, and of our democracy.

Amid a flurry of committee meetings, briefings, and session, it is wonderful to get to connect with folks from home. Thanks to those who joined me on their lobby days on Martin Luther King Day and throughout the first week of session. I thoroughly enjoyed learning from passionate Hayfield High School students Mahad, Aaron and Mosha about the Virginia Student Training And Refurbishment (STAR) program, and representatives from from the Center for Alexandria's Children and the American Cancer Society. It was my pleasure to be joined by gun safety advocates from Moms Demand Action, the Mount Vernon Unitarian Universalist Church and Everytown Against Gun Violence and gun rights proponents from the Virginia Citizens Defense League as well.

I'm anticipating a productive, bustling, session over the coming few weeks. I look forward to hearing the opinions of 30th District residents; it helps me to be a better senator. Please send an email to district30@senate.virginia.gov. If you'd like to keep up on our day-to-day activities, please follow @AdamEbbin on Twitter.

Please join me and Del. Alfonso Lopez at my Arlington town meeting where we will answer your questions and provide an update on the 2017 legislative session:

❖ Saturday, Feb. 11, 2-4 p.m. at Arlington Mill Community Center, 909 S Dinwiddie St, Arlington.

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LETTER

Clergy Concerned

To the Editor:

An open letter to members of the state legislature.

We write to you this week to encourage your opposition to bills in both the House of Delegates and the Senate that, in denying full and equal rights and protections to gay, lesbian, bisexual, and transgender Virginians, violate the deeply held convictions of our various faith traditions.

Our faiths call us to work for justice, and to have particular concern for those who are marginalized. Non-discrimination policies give this deeply held faith conviction practical expression with the force of civil law. Thus we strongly encourage you to work for the defeat of HB 1667.

Our faiths call us to celebrate love and commitment, and we hold love and faithfulness as central values of our traditions. Thus it is no surprise that many of us celebrate the commitments of loving people in marriage. We also hold fiercely to our freedom to worship as we feel called, and we both respect and appreciate that

SEE LETTER, PAGE 15

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for Jan. 29-Feb. 3.

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

Senior trips: Washington Wizards vs New York Knicks, Tuesday, Jan. 31, \$54; National Symphony Orchestra, The Kennedy Center, Thursday, Feb. 2, \$84; Dover Downs Casino, Del., Friday, Feb. 3, \$9. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Oral storytelling, tales from around the world, Sunday, Jan. 29, 3 p.m., Long Branch Nature Center. Register, 703-228-6535.

New drop-in basketball at Walter Reed, Monday, Jan. 30, 3-5 p.m. Register, 703-228-0955.

Lowering the risk of cancer, Monday, Jan. 30, 10 a.m., Walter Reed. Register, 703-228-0955.

Common foot problems and treatments, Monday, Jan. 30, 2:30 p.m., Lee. Register, 703-228-0555.

Preserving personal history, Tuesday, Jan. 31, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955.

Arlington Walking Club, Wednesday, Feb. 1, 9:30 a.m.,

Body donation at the end of life, Friday, Feb. 3, 11 a.m., Walter Reed. Register, 703-228-0955.

Breast cancer awareness, Friday, Feb. 3, 10:30 a.m., Gunston. Register, 703-228-5722.

The Sounds of Classical Music, Friday, Feb. 3, 1 p.m., Madison. Details, 703-228-4403.

Ballroom dance, Friday, Feb. 3, 1-3 p.m., Lee. Free. Details, 703-228-0555.

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WINTER FUN & ENTERTAINMENT



Winter Fun

Winter is the season to visit the Kettler Capitals Iceplex. When the Washington Capitals aren't in town practicing, the skaters come out and flock to the rink at 627 N Glebe Road and take part in the winter fun.



PHOTOS CONTRIBUTED

CALENDAR

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

ONGOING

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

"Color Rush!" Art Show. Through the end of February at the Gallery Underground, 2100 Crystal Drive. Member artists were challenged to create dynamic works in splashy wake-you-up colors that will pop off the walls. Opening reception: Friday, Feb. 3, 5-8 p.m. Visit www.galleryunderground.org for more.

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.

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. Visit www.iotaclubandcafe.com or call 703-522-8340.

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. Visit www.galaxyhut.com or call 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.

THURSDAY/JAN. 26

Seniors Concert Featuring Opera, Classical and Broadway Music. 1 p.m. at Our Savior Lutheran Church, 825 South Taylor St. \$5. Call 703-892-4846 or Visit www.osva.org/ for more.

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.' Call 703-300-9746 or Visit www.onemorepagebooks.com for more.

JAN. 27-29
2017 Rosebud Film Festival.

At the Kettler

Here's what's in store at the Kettler this winter:

- ❖ Feb. 1: **March Birthday Parties** open for registration.
- ❖ Feb. 2: **Groundhog's Day Skate** 2-3:30 p.m. – If the groundhog sees his shadow, get free skate rental; if the groundhog doesn't see his shadow, skate for \$5.
- ❖ Feb. 10: **Parent's Night Out** 5-9 p.m. Children's activities including skating, crafts, movies, and more, dinner is included.
- ❖ Feb. 13: **Spring Break Learn to Skate classes** go on sale.
- ❖ Feb. 13: **Spring Break Hockey Clinics** go on sale.
- ❖ Feb. 14: **Valentine's Day Skate** 2:10-3:20 p.m.- Bring your sweetheart and fall more in love on the ice.
- ❖ Feb. 16-20: **Junior Women's Hockey League Tournament.**
- ❖ Feb. 20: **President's Day Skate** 2:00-3:20 p.m. – Wear Red, White or Blue and skate for \$5.
- ❖ March 1: **April Birthday Parties** open for registration.
- ❖ March 1: **First Day** of Learn to Skate series.
- ❖ March 1: **Rooftop Hockey League** Registration for returning players opens. Those players who were in our Fall/Winter 2016-2017 House League are invited to sign up.
- ❖ March 1: **Adult League** Spring/Summer registration opens.
- ❖ March 2: **Congressional Hockey Challenge** starts at 6:40 p.m.
- ❖ March 3: **Northern Virginia Scholastic Hockey League** Championship Game starts at 7:50 p.m.
- ❖ March 4: **FBI vs Secret Service** Hockey Game 7-9 p.m.
- ❖ March 5: **Solos/Duets Tryouts** for our 7th Annual Ice Show.
- ❖ March 11: **Rooftop Hockey League** Registration for Learn to Play participants opens. Those players currently enrolled in our Learn to Play sessions are invited to sign up.
- ❖ March 17: **St. Patrick's Day Skate** 7:10-8:10 p.m. – Wear green and get free skate rental.
- ❖ March 18: **Rooftop Hockey League Registration** for eligible participants opens. We invite those who meet the requirements to sign up.
- ❖ March 22: **Late Spring Learn to Skate** series goes on sale.
- ❖ March 31: **Parent's Night Out** 5-9 p.m.

Visit www.KettlerCapitalsIceplex.com for more details!



PHOTO CONTRIBUTED

Charity Ride

At Cyclebar on Sunday, Feb. 5, cyclists are sweating it out in the St. Jude Charity Ride from 1:30-2:20 p.m. Email haley.bryant@cyclebarcolumbiapike.com or call 434-249-4568 for more.

Various times at Rosslyn Spectrum Theatre 1611 N. Kent St. Rosebud is an annual competition open exclusively to D.C., Maryland, and Virginia film and video producers. Visit www.arlingtonmedia.org for more.

JAN. 27-FEB. 11

The Lion in Winter. Weekends only, Friday and Saturday performances at 8 p.m., Sunday at 2:30 p.m., at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. After the Feb. 5 matinee there will be a Post-Show Discussion with the cast and production team to learn more about the process of putting together the show. Visit www.thearlingtonplayers.org for more.

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 informational meeting. info@arlingtonthrive.org or 703-558-0035.

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. Call 703-228-6414 or Visit library.arlingtonva.us/locations/westover-branch-library/ for more.

Winter Day of Art and Creativity. 11 a.m.-2 p.m. at Fairlington Community Center, 3308 S. Stafford

WINTER FUN & ENTERTAINMENT

SATURDAY/FEB. 11

Winter Art Show Opening. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Artists Kayleigh Bryant-Greenwell, Betsy Johnson, Katy Scarlett, Ann Tarantino and Pam Rogers each create a distinct group exhibition which will be on display Jan. 21-March 26. Call 703-248-6800 or email information@arlingtonartscenter.org for more.

Valentines Concert. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Featuring the music of Camille Saint-Saëns. \$33 Adult and \$17 Student. Call 703-685-7590 or Visit www.NationalChamberEnsemble.org for more.



PHOTO CONTRIBUTED

On Saturday, Feb. 11, a Valentines Concert featuring the music of Camille Saint-Saëns will be at the Rosslyn Spectrum Theatre, 7:30 p.m. at 1611 N. Kent St. \$33 adult and \$17 Student. Call 703-685-7590 or visit www.NationalChamberEnsemble.org.

TUESDAYS THROUGH THURSDAYS

Culinaire's Winter Lunch. 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu

on Tuesdays, Wednesdays and Thursdays. Visit www.artinstitutes.edu/arlington.

THURSDAY/JAN. 26

OperaNOVA Winter Concert. 1-2:30 p.m. at Our Savior Lutheran Church,

825 South Taylor St. Featuring well known passages from operas and Broadway musicals; with Russian Soprano Yulia Petrachuk. A lobby reception to meet the performers will follow the performance. \$5-\$10. Visit www.operanova.org or call 703-536-7557 for more.

CALENDAR

St. Paint, build, create in creative workshops to an art swap, from cooking activities to a sound studio. Call 703-228-6588 or Visit parks.arlingtonva.us/ for more.

Beer 101: What you taste and why. noon-2 p.m. at Heavy Seas Alehouse, 1501 Wilson Blvd. Participants will explore the basics of brewing, as well as what each ingredient does for the beer's color, aroma, alcohol content, body and flavor. Visit www.heavyseasalehouse.com/ for more.

Complete Dogness Play. 3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Jane Franklin Dance presents a performance for children inspired by a family pet with bad habits but with the willingness to learn new tricks. \$10. Visit www.culturecapital.com/ or call 703-933-1111 for more.

The U.S. Navy Band Concert Band. 7 p.m. at Yorktown High School, 5200 Yorktown Blvd Free. Call 703-228-5370 for more.

Forty+ Movement and Theatre. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. 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 or culturecapital.com/organization/167/theatre-on-the-run for more.

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. Visit www.arlingtonphilharmonic.org for more.

SATURDAY/JAN. 28

Business Book Club. 11 a.m.-noon at the Central Library, 1015 Quincy St. Share a business book that had a real world application. Visit arlingtonva.libcal.com/ or call 703-228-5990 for more.

MONDAY/JAN. 30

Dinner in Oz: Australian Cuisine. 5-9 p.m. at Oz Restaurant and Bar, 2950 Clarendon Blvd. Chefs Brad Feickert, and Dana Robertson of the Embassy of Australia introduce a new cuisine. Tickets required. Visit www.ozarlington.com/ for more.

Team Trivia Night. 7-9 p.m. at Champps Kitchen and Bar, 1201 S. Joyce St. Join Arlington Public Library for a night of Doctor Who Trivia. Free. Visit arlingtonva.libcal.com/event/ for more.

TUESDAY/JAN. 31

Superhero Training Day. 4:30-5:30 p.m. at Shirlington Branch Library, 4200 Campbell Ave. Children can make themselves a superhero cape and mask, then test their reflexes in the Kid Superhero obstacle course. Free. Visit arlingtonva.libcal.com/event/ or call 703-228-6545 for more.

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. Visit www.sigtheatre.org for more.

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. Visit crystalcity.org/do/crystal-couture7 for more.

THURSDAY/FEB. 2

Budgeting and Saving. noon-1:30 p.m. at Connection: Crystal City, 2117 Crystal Plaza Arcade. Gain tips and tools to help manage money. Free. Visit arlingtonva.libcal.com/event/ or call 703-228-7520 for more.

Maarja Nuut Music Series. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Northern Estonian fiddler and vocalist. Free. Visit www.culturecapital.com/ for more.

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. Visit www.arlingtonartscenter.org for more.

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/\$10 students. Visit saintgeorgeschurch.org/ for more.

SATURDAY/FEB. 4

Waterfowl at Gravelly Point. 8-9:30 a.m. at Gravelly Point, George 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. Visit afac.org/afac-events/empty-bowls/ for more.

St. Jude Charity Ride. 1:30-2:20 p.m. at CycleBar, 3400 Columbia Pike. Sweat it out for a cause that counts. Email haley.bryant@cyclebarcolumbiapike.com or call 434-249-4568.

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 Tillery, an award-winning food history cookbook editor. Call 703-228-2144 or Visit library.arlingtonva.us/

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WINTER FUN & ENTERTAINMENT



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Tina Chancey

Royal Intrigue, Sharp Wits in 12th century

The Arlington Players presents "The Lion in Winter."

BY STEVE HIBBARD
THE CONNECTION

The Arlington Players (TAP) is presenting "The Lion in Winter" from Jan. 27 to Feb. 11. The play by James Goldman transports the audience to 12th century England and France, where shifting alliances and high stakes plague the royal family. Drama and laughter combine in this production directed by Susan Devine, who directed The Arlington Players' production of "A Chorus Line."

The 1968 film starred Katharine Hepburn, Peter O'Toole, and Anthony Hopkins and won three Academy Awards.

Director Susan Devine said the play is rich in history, comedy, and drama. "Although the play is 50 years old about a real family from the 12th century, it resonates today," she said.

She said she was trying to accomplish two goals with the telling of this play. "First, I want to portray 900-year-old historical characters as real people with all the strengths, faults, emotions and complexities of any human being. Second, I wanted to use both the dramatic and comedic layers because the people we're closest to are the ones we cry with and laugh with," she said.

As far as challenges, she added: "Casting any show is a challenge, but finding actors capable of portraying royalty from 1183 with a range of emotions was critical. Fortunately, the play draws wonderful actors and we had many talented actors to choose from. The acting is so important that our set, lighting, costumes are all designed to highlight the actors."

Michael Kharfen plays the role of King Henry II. "He was a highly effective soldier, building a then unprecedented kingdom in England and France. He was a statesman reforming laws. He was devoted to his people and his family," he said.

He added: "Henry never does anything halfway, he is all in all the time, and he loves being king. Though projecting strength, he also wears his emotions on his sleeve, which makes him such a compelling character."

He said the most exciting challenge was making the wide swings of emotions that Henry has believable and genuine. "The character goes from joking to anger to despair, sometimes in the span of only a few lines. That's how complex the role is and what makes it so thrilling and rewarding to do," he said. "The least challenge, as it turns out, was growing a beard again. I hadn't had one in more than 16 years and wasn't sure how it would look. It only took a couple of weeks and it's certainly more gray than it was back then."

Diane Sams plays the role of Eleanor, a ruler, in her own right, of the richest land in Europe, The Aquitaine. "She was married at 15 to Louis of France, and was Queen of France until she traded up in 1153 to

marry Henry of Anjou, 11 years her junior, and with him found what became known as the Angevin empire, which encompassed nearly half of what is modern day France and the Kingdom of England," she said.

She added: "In this play she is the pattern for the modern feminist mother; she is smart, chic, elegant, supremely feminine, shrewd, courageous, sly, devious, cold, warmly emotional, maternal, calculating, vulnerable, strong, inventive, humorous, playful and deadly. She is every bit a match for her husband, or any man. Women today argue about whether they can 'have it all.' Eleanor took it all, used it, lost it, and is getting it back."

She said her challenge was trying to show all the facets of a complex woman. "The playwright has provided a beautiful basis with his gorgeous words but putting humanity into what she says and does in juxtaposition to what the other characters say about her and to her is a real trick. There are terrible things said about her and yet she is loved and loving. She is also very funny. It is quite a juggling act," she said.

Patrick Pasake plays the role of Richard, the consummate soldier who is determined to assume his rightful place as heir-apparent to Henry's throne. "To Richard, there is no other choice. He is legally next in line, he is the oldest, and the strongest. He holds the most strategic lands, and Richard cannot see how his family can be so obtuse as to deny him the throne when his advantage is so abundantly clear," he said.

He added: "He works through his problems logically and methodically and feels

as though he is above the emotional fray of the rest of the family. This is false, of course, for he has a lot of his repressed emotions stemming from the relationship with his mother and his relationship with Phillip. These repressed feelings tend to manifest in rage and anger either on the battlefield or directed back at his family."

He said the biggest challenge was finding the emotional core to Richard and bringing that to the forefront. "It would have been simplest to play him as a stoic, rigid, blank-faced man hell-bent on the throne, however, I think that does an injustice not only to the character but to James Goldman who wrote a much more nuanced individual."

He added: "Despite the enmity that this family shows each other, there is a central theme of love in its various forms and its ability to bring you back to your true self after all the fighting is done. Put aside the crowns, put aside the territories, put aside all notions of duty, and you see a family that cares deeply for one another despite the situations they create."

The Arlington Players is presenting "The Lion in Winter" from Jan. 27 to Feb. 11. Tickets are \$25/adults; \$22/senior/military; \$15 child/students; group discount 10+ tickets \$15/ticket. Show times are Fridays and Saturdays at 8 p.m.; and Sunday matinees at 2:30 p.m. There is a Post-Show Discussion on Feb. 5. The venue is located at 125 S. Old Glebe Road, Arlington. Call 703-549-1063 or visit www.thearlingtonplayers.org.

CALENDAR

locations/central-library/ for more.
Yoga, Live Drumming and Drinks. 7 p.m. at Mister Days Sports Rock Cafe, 3100 Clarendon Blvd. NamaSehkraft event is an hour-long, all-levels class to the transcendental rhythms of Druminyasa, plus the first post-class beer or wine of choice. Call 703-527-1600 to register or for more.

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. Visit www.cbf.org/grasses for more.

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. education@arlingtonartscenter.org

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. Visit www.specialyoga.com for more.

A Centennial Celebration of African American Churches. 7 p.m. Marymount University Reinsch

Library Auditorium, 2807 N. Glebe Road. Visit www.marymount.edu/ for more.

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. Visit parks.arlingtonva.us/locations/fort-cf-smith-park/ for more.

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. Visit www.cbf.org/grasses for more.

Sustainable Landscaping. 9 a.m.-noon at Fairlington Community Center, 3308 S. Stafford St. Interactive class will present ideas to create an easy-to-care-for and environmentally sustainable yard or common area. Visit mgnv.org or call 703-228-6414 for more.

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, performing *Vive la France: The Magic of Saint-Saëns*. Free garage parking, entrance on Arlington Ridge Road. 301-540-4842.

Valentines Concert. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Featuring the music of Camille Saint-Saëns. \$33 Adult and \$17 Student. Call 703-685-7590 or Visit www.NationalChamberEnsemble.org for more.

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. Visit parks.arlingtonva.us/locations/gulf-branch-nature-center/ for more.

MONDAY/FEB. 13

Crime Fiction Author Book

Signing. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., Ste 101. Ian Rankin introduces "Rather Be the Devil." Visit www.onemorepagebooks.com/.

FEB. 15-MARCH 19

Wordless Production of "The Taming of the Shrew." 5-6:30 p.m. at Syntetic Theater, 2155 Crystal Plaza Arcade T-19. \$35. Visit www.syntetictheater.org for more.

PEOPLE

Bolstering Hope

Yoga and Beer fundraiser scheduled to help local girl fighting rare genetic disease.

BY VERNON MILES
THE CONNECTION

Ellie McGinn is horse crazy. Like many 8-year olds, she loves all animals, but horses are her favorite. She can't play many sports, but her favorite of what she can do is her therapeutic horseback riding. If Ellie McGinn gets the chance to grow up, she wants to be a veterinarian.

Ellie McGinn has LBSL, a degenerative brain and spinal cord mitochondrial disease. Eventually, it will rob Ellie McGinn of her ability to walk and coordinate motor skills. At school she wears a helmet as any brain damage could accelerate the impact of the disease. LBSL is extremely rare, with less than 100 cases worldwide. The disease is ultimately fatal and there is no known cure.

"It was hard at first," said Beth McGinn, Ellie's mother. "It was a shock. We didn't know that was in our family history. It's like a one in a billion chance that two people would meet with the same genetic defect and have a child. We've always loved her and appreciated her, as time goes on it's been easier to accept. We're focused on a cure, gives us hope."

The Kennedy Krieger Institute in Baltimore is currently researching a cure, but without funding from government or pharmaceutical sponsors the McGinn family needs to raise \$3.8 million in personal donations. So far, the McGinn family has raised \$200,000 and has met the first milestone, developing ways to test potential medications or cures, and the family is currently working towards phase two, drug trials. But the family is racing against time, with the onset of puberty likely to accelerate the disease.

But Arlingtonians are working to change that. On Jan. 31, Eat.Drink.Yoga, Discover Arlington, and the Crystal City Business Improvement District will come together to host a "Yoga & Beer" fundraiser for Ellie McGinn. For a \$20 donation, all of which goes directly towards the Kennedy Krieger Institute's research of LBSL, participants will get a one-hour yoga class on the roof of 2011 Crystal Drive and two drink tickets for Highline RxR, sponsored by the Crystal City BID. Erin Sonn, owner of Eat.Drink.Yoga, will lead the yoga class.

"It's traditional yoga in non-traditional places," said Sonn. "It brings people to the mat who don't have a background in yoga. It's a great group of people with lots of fun."

Sonn says traditional yoga can bring out a lot of emotions in participants, from sadness to euphoria, but most yoga classes disperse immediately after the class.

"This gives you a chance to talk about those feelings with people who might feel the same," said Sonn.

The class is geared towards all levels.

"You can stay on your knees in child pose



Ellie McGinn

PHOTO CONTRIBUTED

and go for beer later, no one is going to judge you," said Sonn. "It's not boot camp. If you need to take a rest, take a rest. Do what feels good for your body."

Angela Fox, CEO and president of the Crystal City BID, said yoga and brunch sessions have been popular in the area and she looks forward to the upcoming event.

"We love this concept," said Fox. "It combines two good things, one healthy and one playful ... I love the concept of how playful yoga can be."

Sonn also works as a testing coordinator at Abingdon Elementary School where she first met Ellie McGinn.

"Ellie is lovely," said Sonn. "She's happy and beautiful and sweet, kind and compassionate. She has a lot of friends who are medically fragile, and they look after one another. She's a typical sibling, with a little sister who love and annoy each other."

Beth McGinn said Ellie doesn't know about the yoga event yet, but she will be excited when she finds out.

"She's aware of her condition," said Beth McGinn. "She knows we're trying to work on a new medicine. Currently it takes a bunch of medicine to keep her strong and keep the symptoms at bay. Sometimes she gets worried. She says 'Mommy, will the cure change me, I don't want to change.' She doesn't know the full prognosis of the disease."

Beth McGinn says the push for a cure has continued to give the family hope.

"I believe that we were supposed to live in this community, because outpouring of support from people in this community ... that's the only reason we have research going on right now," said Beth McGinn. "That's only reason we have hope. We're really lucky."

Tickets for the fundraiser can be purchased at www.eventbrite.com/e/yoga-beer-for-ellie-tickets.



Announcing Group Interviews for The Kensington Falls Church

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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 \$630,000-\$339,900 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR .	FB .	HB ...	Postal City	Sold Price ...	Type	Lot AC	PostalCode	Subdivision
4901 7TH ST N	3	...	1 1	ARLINGTON	\$630,000	Detached	0.18	22203	TUCKAHOE VILLAGE
250 BARTON ST	3	...	2 0	ARLINGTON	\$625,000	Detached	0.09	22201	LYON PARK
632 26TH ST S	3	...	2 0	ARLINGTON	\$625,000	Detached	0.17	22202	AURORA HILLS
3650 GLEBE RD #462	2	...	2 0	ARLINGTON	\$625,000	Hi-Rise 9+ Floors		22202	THE ECLIPSE
5032 25TH ST S	4	...	2 1	ARLINGTON	\$625,000	Detached	0.14	22206	NONE
851 GLEBE RD #1011	2	...	2 0	ARLINGTON	\$622,000	Hi-Rise 9+ Floors		22203	THE CONTINENTAL
659 GREENBRIER ST	5	...	2 0	ARLINGTON	\$620,000	Detached	0.14	22204	FOREST GLEN
1076 EDISON ST	3	...	2 1	ARLINGTON	\$615,000	Detached	0.14	22204	COLUMBIA FOREST
851 GLEBE RD #619	2	...	2 0	ARLINGTON	\$610,000	Hi-Rise 9+ Floors		22203	THE CONTINENTAL
1600 OAK ST N #1522	2	...	2 0	ARLINGTON	\$610,000	Hi-Rise 9+ Floors		22209	THE BELVEDERE
3400 Randolph ST	4	...	3 1	ARLINGTON	\$601,585	Other	0.00	22207	NA
3835 9TH ST N #401E	3	...	2 0	ARLINGTON	\$600,000	Hi-Rise 9+ Floors		22203	LEXINGTON SQUARE
5224 CARLIN SPRINGS RD N	3	...	1 1	ARLINGTON	\$600,000	Detached	0.16	22203	ARLINGTON FOREST
4949 OLD DOMINION DR	3	...	3 0	ARLINGTON	\$600,000	Detached	0.22	22207	COUNTRY CLUB MANORS
2518A ARLINGTON MILL DR S #1	3	...	3 1	ARLINGTON	\$599,900	Townhouse		22206	WINDGATE
3800 LEE HIGHWAY #402	2	...	2 0	ARLINGTON	\$599,900	Garden 1-4 Floors		22207	38 PLACE
4515 HENDERSON RD	3	...	1 0	ARLINGTON	\$590,000	Detached	0.11	22203	ARLINGTON FOREST
2428 WALTER REED DR S #B	4	...	3 1	ARLINGTON	\$581,000	Townhouse		22206	WINDGATE
2001 JOYCE ST S	2	...	2 0	ARLINGTON	\$580,000	Detached	0.08	22202	ADDISON HEIGHTS
2509 S KENMORE CT	2	...	2 1	ARLINGTON	\$579,500	Townhouse	0.02	22206	SHIRLINGTON CREST
1612 TAYLOR ST S	3	...	2 1	ARLINGTON	\$570,000	Townhouse	0.04	22204	VIRGINIA GARDENS TOWNHOMES
315 EDGEWOOD ST S	2	...	2 0	ARLINGTON	\$559,000	Detached	0.10	22204	ARLINGTON
848 IRVING ST S	3	...	2 1	ARLINGTON	\$559,000	Duplex	0.07	22204	WESTMONT
2220 FAIRFAX DR #112	2	...	2 0	ARLINGTON	\$550,000	Hi-Rise 9+ Floors		22201	PARK AT COURTHOUSE
1661 HAYES ST #1	3	...	2 1	ARLINGTON	\$545,000	Garden 1-4 Floors		22202	SOUTHAMPTON
2612A ARLINGTON MILL DR S #5	2	...	2 1	ARLINGTON	\$539,000	Townhouse		22206	WINDGATE III
3650 GLEBE RD S #663	2	...	2 0	ARLINGTON	\$530,000	Hi-Rise 9+ Floors		22202	THE ECLIPSE ON CENTER PARK
3616 1ST RD S	2	...	2 0	ARLINGTON	\$525,000	Duplex	0.05	22204	GLEBE MANOR
1201 NASH ST #106	1	...	1 0	ARLINGTON	\$525,000	Mid-Rise 5-8 Floors		22209	MEMORIAL OVERLOOK
3650 GLEBE RD #440	2	...	2 0	ARLINGTON	\$522,000	Mid-Rise 5-8 Floors		22202	THE ECLIPSE
1625 HAYES ST #A	3	...	2 1	ARLINGTON	\$521,000	Townhouse		22202	SOUTHAMPTON
2000 POLLARD ST	3	...	2 0	ARLINGTON	\$516,000	Detached	0.11	22204	DOUGLAS PARK
3800 FAIRFAX DR #211	2	...	2 0	ARLINGTON	\$515,000	Hi-Rise 9+ Floors		22203	TOWER VILLAS
1600 OAK ST N #1205	2	...	2 0	ARLINGTON	\$510,930	Hi-Rise 9+ Floors		22209	THE BELVEDERE
6908 FAIRFAX DR #312	2	...	2 1	ARLINGTON	\$510,000	Townhouse		22213	FALLS STATION
901 GLEBE RD S	3	...	2 1	ARLINGTON	\$509,000	Back-to-Back	0.14	22204	WESTMONT
880 POLLARD ST #724	2	...	2 0	ARLINGTON	\$505,000	Hi-Rise 9+ Floors		22203	BALLSTON
954 ROLFE ST	2	...	2 1	ARLINGTON	\$505,000	Townhouse	0.02	22204	COLUMBIA SQUARE
1001 VERMONT ST #809	2	...	2 0	ARLINGTON	\$502,000	Hi-Rise 9+ Floors		22201	WESTVIEW AT BALLSTON METRO
1939 LOWELL ST S	3	...	2 0	ARLINGTON	\$482,500	Detached	0.11	22204	NAUCK
2528 WALTER REED DR #D	2	...	2 1	ARLINGTON	\$482,000	Townhouse		22206	WINDGATE
2116 QUINCY ST S #2	3	...	2 1	ARLINGTON	\$481,000	Townhouse		22204	CONCORD MEWS
4125 FOUR MILE RUN DR #B	3	...	2 1	ARLINGTON	\$479,000	Townhouse		22204	WEST VILLAGE OF SHIRLINGTON
2737 UHLE ST	2	...	2 0	ARLINGTON	\$478,000	Duplex	0.07	22206	LONG BRANCH PARK
1021 GARFIELD ST #947	1	...	1 0	ARLINGTON	\$476,000	Hi-Rise 9+ Floors		22201	CLARENDON
851 GLEBE RD #921	1	...	1 0	ARLINGTON	\$475,500	Hi-Rise 9+ Floors		22203	CONTINENTAL
1016 WAYNE ST #404	2	...	2 0	ARLINGTON	\$475,000	Hi-Rise 9+ Floors		22204	THE BARKLEY
3702 3RD ST S	2	...	2 0	ARLINGTON	\$475,000	Duplex	0.07	22204	GLEBE MANOR
708 ORME ST S	2	...	2 0	ARLINGTON	\$473,200	Semi-Detached	0.05	22204	FOXCROFT HTS
1021 GARFIELD ST #312	1	...	1 0	ARLINGTON	\$472,000	Mid-Rise 5-8 Floors		22201	1021
3569 STAFFORD ST S #B	2	...	2 0	ARLINGTON	\$471,000	Townhouse		22206	FAIRLINGTON
5020 11TH ST S	3	...	2 1	ARLINGTON	\$470,000	Detached	0.14	22204	COLUMBIA FOREST
3391 STAFFORD ST S	2	...	2 0	ARLINGTON	\$455,000	Townhouse		22206	FAIRLINGTON MEADOWS
5025 12TH ST S	2	...	2 0	ARLINGTON	\$453,500	Detached	0.12	22204	COLUMBIA FOREST
3650 GLEBE RD #155	2	...	2 0	ARLINGTON	\$450,000	Hi-Rise 9+ Floors		22202	ECLIPSE ON CENTER PARK
3716 1ST RD S	2	...	1 0	ARLINGTON	\$450,000	Duplex	0.06	22204	GLEBE MANOR
2887 ABINGDON ST S	2	...	2 0	ARLINGTON	\$450,000	Attach/Row Hse		22206	FAIRLINGTON VILLAGES
4883 28TH ST S	2	...	2 0	ARLINGTON	\$450,000	Townhouse		22206	FAIRLINGTON VILLAGES
1600 OAK ST #1702	2	...	2 0	ARLINGTON	\$450,000	Hi-Rise 9+ Floors		22209	THE BELVEDERE
3907 9TH RD S #3907	2	...	2 2	ARLINGTON	\$445,000	Townhouse		22204	DUNDREE KNOLLS
3406 Kensington ST N	4	...	3 1	ARLINGTON	\$444,765	Detached	0.00	22207	NA
888 QUINCY ST N #1603	1	...	1 0	ARLINGTON	\$440,000	Hi-Rise 9+ Floors		22203	RESIDENCES AT LIBERTY CENTER
4145 FOUR MILE RUN DR S #D	2	...	2 0	ARLINGTON	\$440,000	Garden 1-4 Floors		22204	WEST VILLAGE OF SHIRLINGTON
4850 28TH ST S #A	2	...	2 0	ARLINGTON	\$439,900	Townhouse		22206	FAIRLINGTON VILLAGES
819 IVY ST S	2	...	2 0	ARLINGTON	\$438,500	Duplex	0.05	22204	ARLINGTON HEIGHTS/WESTMONT
4164 36TH ST S #1806	2	...	2 0	ARLINGTON	\$437,000	Garden 1-4 Floors		22206	FAIRLINGTON GLENN
3214 STAFFORD ST S	2	...	2 0	ARLINGTON	\$432,000	Townhouse		22206	FAIRLINGTON
2804 16TH ST S	4	...	3 1	ARLINGTON	\$431,767	Detached	0.14	22204	NA
511 WAYNE ST	2	...	1 0	ARLINGTON	\$426,000	Duplex	0.06	22204	PENROSE
3038 S GLEBE RD	3	...	3 1	ARLINGTON	\$423,150	Townhouse		22206	ARLINGTON RIDGE
1800 WILSON BLVD #411	1	...	1 0	ARLINGTON	\$423,000	Garden 1-4 Floors		22201	WILSON BOULEVARD
820 POLLARD ST N #715	1	...	1 0	ARLINGTON	\$422,000	Hi-Rise 9+ Floors		22203	HAWTHORN
3331 STAFFORD ST S	1	...	2 0	ARLINGTON	\$420,000	Townhouse		22206	FAIRLINGTON
2568B ARLINGTON MILL DR #2	2	...	1 1	ARLINGTON	\$419,000	Townhouse		22206	WINDGATE VILLAGE II
1600 OAK ST #1128	1	...	1 0	ARLINGTON	\$415,000	Hi-Rise 9+ Floors		22209	BELVEDERE
1276 WAYNE ST N #806	1	...	1 0	ARLINGTON	\$411,250	Hi-Rise 9+ Floors		22201	WILLIAMSBURG
1800 WILSON BLVD #322	1	...	1 0	ARLINGTON	\$401,000	Garden 1-4 Floors		22201	1800 WILSON
3650 GLEBE RD #844	1	...	1 0	ARLINGTON	\$400,000	Hi-Rise 9+ Floors		22202	THE ECLIPSE ON CENTER PARK
2321 25TH ST S #2-111	2	...	2 0	ARLINGTON	\$400,000	Other		22206	GROVE AT ARLINGTON
1016 WAYNE ST #T03	2	...	2 0	ARLINGTON	\$399,900	Hi-Rise 9+ Floors		22204	THE BARKELY
5007 9TH ST S	2	...	2 0	ARLINGTON	\$399,000	Townhouse	0.02	22204	ARLINGTON RUN
2055 26TH ST S #5-307	2	...	2 0	ARLINGTON	\$397,900	Garden 1-4 Floors		22206	THE GROVE AT ARLINGTON
4177 FOUR MILE RUN DR #402	2	...	2 0	ARLINGTON	\$395,950	Garden 1-4 Floors		22204	WEST VILLAGE AT SHIRLINGTON
2321 25TH ST S #2-306	2	...	2 0	ARLINGTON	\$395,000	Garden 1-4 Floors		22206	GROVE AT ARLINGTON RIDGE
851 GLEBE RD #707	1	...	1 0	ARLINGTON	\$393,000	Hi-Rise 9+ Floors		22203	THE CONTINENTAL
2200N WESTMORELAND ST #529	1	...	1 0	ARLINGTON	\$391,000	Mid-Rise 5-8 Floors		22213	WESTLEE
2614H ARLINGTON MILL DR #H	2	...	1 0	ARLINGTON	\$389,900	Garden 1-4 Floors		22206	WINDGATE
2050 CALVERT ST #402	2	...	2 0	ARLINGTON	\$385,000	Other		22201	UNKNOWN
2214 POLLARD ST S	3	...	2 1	ARLINGTON	\$382,700	Townhouse	0.06	22204	DOUGLAS PARK/FORT BARNARD HEIGHTS
1205 BUCHANAN ST	3	...	1 1	ARLINGTON	\$382,000	Duplex	0.08	22204	COLUMBIA FOREST
3521 WAKEFIELD ST S #A2	1	...	2 0	ARLINGTON	\$379,999	Other		22206	FAIRLINGTON ARBOR
4663 34TH ST S	1	...	2 0	ARLINGTON	\$374,500	Townhouse		22206	FAIRLINGTON
3600 GLEBE RD #913W	1	...	1 0	ARLINGTON	\$371,000	Hi-Rise 9+ Floors		22202	ECLIPSE ON CENTER PARK
868 IRVING ST S	2	...	1 0	ARLINGTON	\$366,000	Duplex	0.06	22204	WESTMONT
2927B WOODSTOCK ST #2	2	...	2 0	ARLINGTON	\$365,000	Garden 1-4 Floors		22206	COURTBRIDGE I & II
2701 16TH ST S #561	2	...	1 0	ARLINGTON	\$360,000	Townhouse		22204	ARLINGTON VILLAGE
1101 S ARLINGTON RIDGE RD #217	2	...	2 0	ARLINGTON	\$359,000	Hi-Rise 9+ Floors		22202	THE REPRESENTATIVE
1045 UTAH ST #2-306	1	...	1 0	ARLINGTON	\$355,000	Mid-Rise 5-8 Floors		22201	WINDSOR PLAZA
4091 FOUR MILE RUN DR #102	2	...	2 0	ARLINGTON	\$354,000	Garden 1-4 Floors		22204	WEST VILLAGE OF SHIRLINGTON
1211 EADS ST S #103	1	...	1 0	ARLINGTON	\$350,000	Hi-Rise 9+ Floors		22202	PENTAGON CITY
4717 31ST ST S #C2	2	...	1 0	ARLINGTON	\$349,900	Garden 1-4 Floors		22206	FAIRLINGTON VIL
1801 QUEENS LN N #137	2	...	1 0	ARLINGTON	\$345,000	Garden 1-4 Floors		22201	COLONIAL VILLAGE III
1805 CRYSTAL DR #602S	2	...	1 0	ARLINGTON	\$342,000	Hi-Rise 9+ Floors		22202	CRYSTAL PARKS
1001 VERMONT ST #1009	1	...	1 0	ARLINGTON	\$340,000	Hi-Rise 9+ Floors		22201	WESTVIEW AT BALLSTON
2016 ADAMS ST #306	2	...	1 0	ARLINGTON	\$340,000	Mid-Rise 5-8 Floors		22201	ADAMS HOUSE
1401 RHODES ST #503	1	...	1 0	ARLINGTON	\$339,900	Mid-Rise 5-8 Floors		22209	CORINTHIAN CONDOMINIUM

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News



PHOTO BY EDEN BROWN/THE CONNECTION

From left: Tree Stewards Don Walsh, Jan Hull, Debra Wood, Katrina Van Duyn and her husband Rich listen to a briefing on champion and notable trees.

Tree Stewards Mark New Year with Potluck

For a Tree Steward, having fun while protecting local trees is important.

It's just that for a Tree Steward, fun means something a little different. At their annual potluck celebration of the new year, on Jan. 17, the Tree Stewards of Arlington and Alexandria planned some entertainment: There was wine, mulled cider, food, and speeches: Master Gardener Scott Ford, demonstrated how to use a whetstone to clean and sharpen bypass pruners, loppers, shovels and other gardening tools. Ford harked back to his grandparents' farm and how tools were sharpened back in the day. He demonstrated on the family shovel which has been in the Ford family for four generations.

The Tree Stewards kicked off their First Tree Steward Prognosticator Contest. Participants would predict whether or not the groundhog will see its shadow, and what the last frost date will be at National Airport.

Next on the agenda was Matthew Barker, Alexandria city arborist, providing a talk on "Cham-

pion and Notable Trees." Barker is on a mission: to find more champion and notable trees in this area. "Did you know there are 200 species of tree which do not have a champion? Or that 75 percent of champion trees are found on private property (like your back yard)?" he asked. That champion or notable tree is out there waiting for a local resident to find it, he said, and suggested a website on the ways a tree qualifies and an interactive website on where the trees are that have been identified.

Those who find a tree which is particularly big, or beautiful, or has significance can contact: Matthew.Barker@AlexandriaVA.gov or at 703-746-4654. Barker created this interactive map of Alexandria's Champion trees as well: <http://tinyurl.com/AlexandriaChampionTrees>.

For Arlington, John Winogard said, there is also a map: <http://gis.arlingtonva.us/gallery/mapping-060a960b-2656-45d9-mapping>

Tree Stewards is looking for new members: the annual training begins on Feb. 21. See <https://treestewards.org/>.

SCHOOL NOTES

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

Jennifer Evelia Perez, of Arlington, has been named to the president's list at James Madison University (Harrisonburg, Pa.) for the fall 2016 semester.

Arlington residents **Margaret Klappert Stewart** and **Claire Zavrel** are students at Wofford College, (Spartanburg, S.C.) who are studying abroad this year. Stewart is studying in Vietnam, Laos and Cambodia. Zavrel is studying abroad in United Kingdom.

Claire Rhode, of Arlington, was named to the Chatham University (Pittsburgh, Pa.) dean's list.

LLS Fundraiser

Caroline Sullivan is representing Bishop O'Connell High School as a candidate for The Leukemia and Lymphoma Society's Student of the Year Campaign. She is competing against students from all around the National Capital Area. The campaign is now through Feb. 25. LLS mission is to ensure access to cures and treatments for blood cancers. Childhood leukemia has the highest cure rate of any blood cancers, it is also the number one disease killer among children under the age of 20. See www.lls.org/.



NEIGHBORHOOD OUTLOOK

What's New in Arlington?

A look at recent retail and restaurant additions to Rosslyn, Ballston and Crystal City.

BY VERNON MILES
THE CONNECTION

Every month in Arlington, stores and restaurants close their doors for the last time while others down the street open for the first time. In the Metro corridor, Rosslyn, Ballston and Crystal City have all seen new retail move into the area.

Rosslyn

Mary-Claire Burick, president of the Rosslyn Business Improvement District, said the primary focus in that region has been gaining new commercial tenants. The primary new residents of Rosslyn's office space are tech sector employers, like Snag-a-job, Eastern Foundry, and Grant Thornton. Burick says a big part of this is commercial tenants looking for nearby amenities like retail and restaurants for their employees.

According to Burick, Barley Mac at 1600 Wilson Blvd. has been one of the most popular new restaurants in Rosslyn within the last year. Barley Mac is a restaurant and whiskey-focused bar from the same owners of A-Town and Don Tito.

"They're known for their whiskey and they serve some great craft cocktails," said Burick. "It's very high end; square cube of ice in a glass-type, with 14 draft beers."

Burick also noted that Barley Mac is open until 2 a.m., which is

uncommon in Arlington. Burick said it's part of the area's growing late night scene.

Just down the street, the most recent new restaurant to open in Rosslyn is Quinn's On the Corner, at the eponymous corner of Wilson Blvd and N Quinn St. The restaurant opened earlier in January.

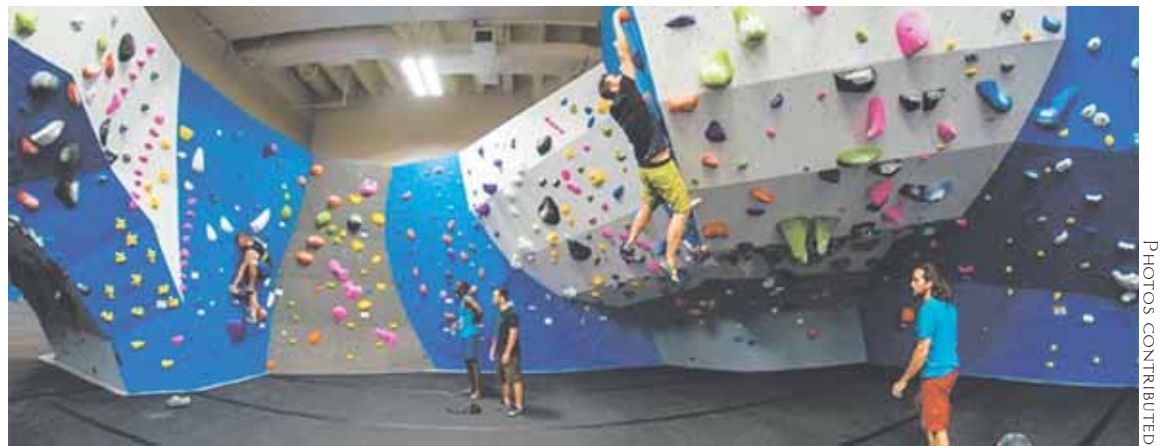
"It's a mix of Belgian and Irish food, with beers, wine and cocktails," said Burick. "It's also got several TVs, so it's a nice sports spot in the area."

Ballston

As the Ballston region braces for the redevelopment of the mall, a new crop of restaurants and retail spaces have opened up around the area. At 4238 Wilson Blvd., Punch Bowl Social is expected to open with the rest of the new Ballston Mall in Fall of 2018. A press release from the company said the restaurant will include eight bowling lanes, one bocce court, and three private karaoke rooms.

Wahlburgers will move into Ballston Point 4300 Wilson Blvd in the space formerly occupied by the Ted's Montana Grill. Ballston BID CEO Tina Leone said the Wahlburgers is expected to open in May.

Sometime in early 2017, Leone says Stageplate Bistro will open in the Virginia Tech Building at 900 N Glebe, current site of an Applebee's and formerly Il Forno Restaurant. Stageplate Bistro will focus on moderately priced American cuisine.



Earth Treks in Crystal City

Crystal City

Some of Crystal City's latest developments have moved underground. Total Party, a costume, decoration and general party supplies store has recently opened in the underground Crystal City shops at 1750 Crystal Dr.

Also in the underground shops, ArtJamz social art scene is now open. ArtJamz hosts freestyle paint parties, as a children's activity, an adult social one, or a work event.

Angela Fox, president and CEO of the Crystal City BID, said one of her favorite recent retail openings in the area was the transformation of the California Tortilla at 2450 Crystal Drive into KBQ Korean BBQ & Bar. The restaurant offers a variety of Korean dining, from barbecue to tofu, and a bubble tea shop. Fox says the owners are the same as the ones from



Quinn's, a new restaurant in Rosslyn

its days as California Tortilla, but the concept of the restaurant has changed.

Anyone looking to work off their Korean lunch could also check out the new Earth Treks Climbing Cen-

ter at 1235 S Clark St. According to Fox, the center holds a 45,000-square-foot climbing gym, with bouldering and rappelling options.

"It's been a wonderful new addition to Crystal City," said Fox.

Introducing Mixed-Income, Multifamily at Union on Queen

The Bozzuto Group and non-profit developer Wesley Housing Development Corporation have opened Union on Queen, a mixed-income, multifamily community in Arlington. The community offers 193 apartment residences, of which 78 are designated as affordable housing. Support was given to this project from Arlington County and the Virginia Housing Development Authority as well as from financial partners Capital One, Hudson Housing, Walker & Dunlop and Freddie Mac.

Union on Queen offers a community of market rate apartments and affordable apartments to meet the growing demand for mixed-income housing in the region.

At Union on Queen, housing is "affordable" to households earning 50 percent and 60 percent of area median income. By creating mixed-income communities with affordable housing options, teachers, police officers and firefighters, as well as low-income renters such as service workers with jobs essential to the community — restaurant staff, retail clerks, cashiers, daycare



A variety of amenity spaces encourages neighbor interactions.

workers, hairdressers, maintenance technicians and security guards — or retired people living on Social Security income, can live in the neighborhoods where they work.

Union on Queen, located at 1515 N. Queen Street, is a 12-story, LEED Silver certified development near the Orange, Blue and Silver Metro lines at the Rosslyn and Courthouse stations.



An open concept floor plan.

Union on Queen's floor plans include studio apartments as well as one, two, and three bedrooms. Its amenity spaces encourage neighbors to socialize and interact. The community's outdoor living areas flow into a landscaped patio with seating surrounding large outdoor kitchens next to a fire pit and green space. The rooftop deck, with bocce court, fireside lounge, coffee bar and

kitchen, offers views of the United States Capitol building.

Union on Queen was designed by architectural firm Davis Carter Scott, with interior design by Design Works. Bozzuto Construction Company served as the general contractor.

For more information on Union on Queen, see <http://www.uniononqueen.com/>.

Whew



By KENNETH B. LOURIE

How do you spell relief? ROLAIDS? Hardly. I spell relief: "Mr. Lourie, your scan remains stable." News, as I'm extremely fond of continuing to say, "I can live with." And despite the fact that I'm ending the previous sentence with a preposition, I'm sure you can appreciate how relieved I am to be 'stable,' and how amazing it is to hear my oncologist characterize me as his "miracle" (not possessive really, more descriptive). So life goes on, for another three months anyway, until my next scheduled diagnostic scan which this time will include an MRI of the abdomen as well as the CT of the lungs to give my oncologist a bit more information to more thoroughly evaluate my condition/status. Having been there and done both previously, the prospect doesn't really concern me. Although it's easy to be a big shot now, three months out, especially after receiving a good report. Perhaps my columns in April will be a bit more realistic — given that my life will once again be on the tomography/resonance-imaging-line.

Planning for the future however begins with yours truly assessing the present and wondering why I was so nervous the days before the scan and of course the two days after, until we saw the oncologist and received the results. I mean it's not as if my life — and quality of life — isn't at stake when these scans are interpreted; nevertheless, stressing about it doesn't help, or should I say, doesn't enhance my prospects. Somehow, integrating/assimilating the stress and anxiety of it all and not giving cancer its due must remain a major part of the psychological solution. I can't give into it emotionally and for some reason, that's exactly what I did this past week. I need to learn from my mistake. Though I'm sure it's understandable under the death-defying circumstances, it's not helpful. It may even be harmful.

I should know better, and I have known better; that's what's peculiar here. Moreover, I'm usually up for the challenge. In fact, I take pride in my ability to take on the challenge. Heck, it's not exactly my first dance with the devil so what's the fuss? The 'fuss' is obvious but fussing over things/outcomes I can't control is not the process that works here. Going with the flow, taking the good with the bad (and vice versa), not putting any part of the cart before the horse meaning: not presuming any negative facts not yet in evidence and most importantly, as the band "Wet Willie" sang in the 1970s, you've got to "Keep on Smilin'." Humor may not truly be the best medicine, but laughing and joking is hardly the problem.

Cancer is the problem, but sometimes the patient/me is the problem. As Moe Howard said to his brother Shemp in a Three Stooges short entitled "Pardon My Backfire:" "Every time you think you weaken the nation." And though I don't want to weaken my nation/resolve with respect to my underlying disease, occasionally, as perhaps happened this past post-scan week, I get caught up in my own circumstances and think too much, and lose some cohesion and poise. Neither of which a cancer patient can afford to lose. I know — as a cancer patient/survivor — that if I do receive bad/disappointing news, it will be bad enough when I receive it so thinking/worrying that the news will be/could be bad before I actually learn that it's bad is a complete waste of valuable emotional where-withal. Wherewithal that I'll possibly need later should the news in fact be bad. What my survival has taught me is that even after initially receiving some very discouraging life expectancy statistics for lung cancer patients from my oncologist back in 2009 when I was originally diagnosed, one might still have a future. I'm living proof of that. And it just might be the present that provides the means, justified or not.

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

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Public Notice: Proposal to Voluntarily Remediate a Property

There is contamination from Petroleum impacted soil on site at Gilliam Place, 3507 Columbia Pike, Arlington, VA 22204

The Department of Environmental Quality (DEQ) is working with Gilliam Place LLC c/o Arlington Partnership for Affordable Housing (APAH) to develop a Remedial Action Plan to address cleanup of petroleum hydrocarbons at the site. If you have any questions regarding the cleanup please contact Vincent Maiden, P.G., Virginia Department of Environmental Quality, Northern Regional Office, 629 East Main Street, Richmond, VA 23218, Vincent.Maiden@deq.virginia.gov or Jason Beck, C.P.G., Senior Environmental Project Manager, ECS Mid-Atlantic, LLC, 703-471-8400, jbeck@ecslimited.com

As part of the remedial action process a Remedial Action Plan (RAP) was submitted to the Northern Regional Office of DEQ on January 10, 2017, which allows for corrective action at the property to begin immediately. If you would like to review or discuss the proposed RAP with the staff of DEQ, please feel free to contact the Corrective Action Project Manager, Vincent Maiden, whose contact information is listed above. You may also contact Jason Beck, the environmental consultant for Arlington Partnership for Affordable Housing, whose contact information is listed above. DEQ will consider written comments regarding the proposed Remedial Action Plan until February 24, 2017 and may decide to hold a public meeting if there is a significant public interest. Written comments should be sent to DEQ at the address listed above. DEQ requests that all written comments reference the tracking number for this case; VRP Case # 00664.

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21 Announcements

ABC LICENSE
JD Sisters, Inc., trading as Aroma Indian Cuisine, 4052 Campbell Ave. Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Jyoti Chhatwal, President NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Maru, Inc trading as Maru Korean Cuisine & Sushi, 128 Maple Ave West, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Chun Ki Lee, President/Owner NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Prayer Service

James West, Kevin Cramer, Alana Douglas and M. Jachuku Howard of Marymount University's Black Student Alliance presented excerpts from Martin Luther King Jr.'s "I Have a Dream Speech" at an interfaith prayer service at the Sacred Heart of Mary Chapel on Tuesday, Jan. 17.

Yorktown HS Swim and Dive Results

In a loud and spirited contest, the Yorktown Patriot boys' team outscored the Washington & Lee Generals in 9 of 12 events, winning 169-146, while the girls' team won 5 of 12 events, prevailing 164-151.

The Patriots had one double winner, Jonathan Day, who placed first in the 200 IM and 100 back. Single event winners included Annika Creedon (dive), Jacob Kreider (dive), Thomas Outlaw (100 fly), Kayle Park (200 IM), Mary Kate Reicherter (100 back), Chandler Sensibaugh (100 breast), and the girls' 200 medley relay squad (Natalie English, Park, Reicherter and Sensibaugh).

AGAINST FAIRFAX

The Yorktown boys' team ended the regular season with a decisive 198-117 win over Fairfax High School, taking 9 of 12 events and ending the season with a 4-3 record. Adi Kambhampaty was the boys' sole double-winner, taking the 100 breast and the 200 IM. Boys' individual event winners included Charles Beall (dive), Jack Browne

(200 free), Jonathan Day (100 back), and Zach Rosenthal (100 fly). In the relays, the Patriot boys took first in three events: the 200 medley (Day, Kambhampaty, Thomas Outlaw, Ryan Soh), the 200 free (Kambhampaty, Outlaw, Rosenthal, Soh), and the 400 free (Day, Sam Ellison, Andrew Rehr, and Rosenthal).

The Yorktown girls also prevailed 174-141, winning 8 of 12 events and ending the year with a 3-4 record. On the girls' side, single event winners included Hannah Karlin (dive), Peyton Nassetta (100 back), and Chandler Sensibaugh (200 IM). The Patriot girls also took first in two relays, the 200 medley (Emily Brooks, Nassetta, Mary Kate Reicherter, Sensibaugh) and the 400 free (Natalie English, Nassetta, Kayle Park, and Sensibaugh).

The Patriots look forward to sending 35 swimmers and eight divers to the 2017 Liberty Conference 6 swim/dive championships, the preliminaries of which will be held this Thursday (dive) and Friday (swim) at Washington & Lee High School.

LETTER TO THE EDITOR

FROM PAGE 7

freedom as it applies to faith leaders of all communities, including those who choose not to solemnize same gender weddings. Current law is clear in protecting this religious freedom, and both HB 2025 and SB 1324 are unnecessary. Moreover, they confuse free exercise of religious faith expressed in worship with discrimination in public accommodations. Thus we strongly encourage you to work for their defeat.

Our faiths call us to treat others as we, ourselves, would like to be treated. Each of the world's great religious traditions includes some variation on this golden rule, but laws that force transgender persons to use restrooms inconsistent with their gender identity violates this basic principle of love and respect. Thus we write also to express our gratitude for your work in defeating HB 1612 in subcommittee last week.

We stand with Virginians who have, for too long, been victims of discrimination and, too often, victims of violence simply because they happen to be gay, lesbian, bisexual, or transgender. We call on you to stand with us. We believe that each of us

bears within that which is holy and deserving of respect and love. Out of these deeply held religious convictions, we stand on the side of love and invite you to stand with us.

The following Arlington clergy members were among the 100 signatures of this letter:

- Rev. Dr. David Ensign**, Clarendon Presbyterian Church
- Rev. Dr. Kathryn N. Dwyer**, Rock Spring Congregational United Church of Christ
- Rev. Laura Martin**, Rock Spring Congregational United Church of Christ
- Rev. Allie Rosner Bass**, Arlington Temple United Methodist Church
- Rev. Nancy Fitzgerald**, Arlington Church of the Brethren
- Rev. Aaron McEmrys**, Unitarian Universalist Church of Arlington
- Rev. Dr. Linda Olson Peebles**, Unitarian Universalist Church of Arlington
- Rabbi Lia Bass**, Congregation Etz Hayim
- Rev. Dr. Margaret True**, Clarendon Presbyterian Church
- Rabbi Gilah Langner**, Kol Ami: Northern Virginia Reconstructionist Community
- Rev. Trish Hall**, Bethel United Church of Christ
- The Rev. John Shellito**, Arlington
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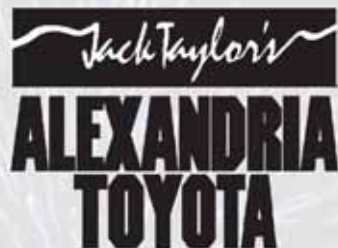
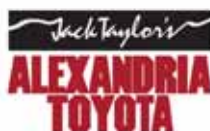
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