

The Arlington Connection

HomeLifeStyle
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Pedro Abapa and his wife Velma Abapa have a new year's picture taken at the New Year's Eve luncheon on Dec. 31 at the Celtic House Irish pub as part of the Arlington Senior Adult program offerings.

Fish, Fun, And New Year's Festivities

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Democratic Legislators on Gun Violence: 'It's Common Sense'

Bills focus on gun safety.

BY KAYTLIN NICKENS
CAPITAL NEWS SERVICE

Democratic state legislators said Monday, Jan. 7, that legislation aimed at reducing gun violence, including a proposal to fine gun owners who fail to report lost or stolen guns, are "common-sense" initiatives. "None of this is anti-Second Amendment; it's a common-sense legislation," said Del. Cliff Hayes, D-Chesapeake, co-sponsor of House Bill 1644, which requires reporting lost or stolen firearms.

Under his proposal, failing to report lost or stolen firearms to law enforcement authorities within 24 hours would be punishable by a \$50 civil penalty on the first offense, and the fine would increase on subsequent offenses.

Hayes and Dels. Delores McQuinn of Richmond, John Bell of Loudoun, and Kathleen Murphy and Eileen Filler-Corn of Fairfax, all members of the Democrats' Safe Virginia Initiative, held a press conference to discuss their policy recommendations for gun safety.

"Numbers are heartbreaking ... I know this personally, having lost my own brother



PHOTO BY KAYTLIN NICKENS/CNS

Democratic legislators meet to discuss school safety and gun violence.

to gun violence," Murphy said, whose brother was murdered during a robbery. "We are right to be outraged."

Murphy said that following the Parkland, Fla. shooting in February, the Republican Party chose to ignore guns in its approach to school safety.

Murphy and Filler-Corn co-chair the Safe Virginia Initiative. The regional chairs include McQuinn, Bell, Hayes and Del. Chris Hurst of Montgomery County. House Demo-

crats formed the initiative during the 2018 General Assembly session after the Parkland shooting.

"Overall, we recognize that guns are the issue," Murphy said.

Democratic legislators proposed several policies during the press conference.

They include requiring universal background checks to buy firearms and reinstating Virginia's law limiting handgun purchases to one per month. "This is an initia-

tive that deserves bipartisan support and endorsement," McQuinn said.

Bell said better firearms training also deserves support from lawmakers. He said that currently, Virginians can get a concealed weapons permit merely by taking an online video quiz.

"We have to implement practical training requirements to ensure that gun owners know how to use their weapons safely," Bell

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2019

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DJ Sam Fanelli and his wife Kat of L.A. Express liven up the crowd at the New Year's luncheon at Celtic House on Monday.



A crowd of 70 attendees has braved the rain to attend the New Year's celebration on Dec. 31 and enjoy the Irish buffet, music, entertainment and champagne toast.



Carlos Martinez is one of the first back in line for second helpings of the fried cod in the Irish buffet on Dec. 31 as part of the Arlington Senior Adult program offerings.



Anna Geffinger and Annmarie Pittman are decked out in New Year's hats and their best gold finery at the New Year's Eve luncheon on Dec. 31 at the Celtic House Irish pub.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Fish, Fun, and New Year's Festivities

A new year's eve tradition for seniors.

BY SHIRLEY RUHE
THE CONNECTION

"Anybody want more fish?" Michael McMahon in his Irish brogue asks the crowd of 70 seniors who have come to the 55+ New Year's luncheon

on Dec. 31.

McMahon came to the United States from Ireland in 1987 and has been one of the owners of Celtic House Irish pub on Columbia Pike for four years.

Tables are packed with seniors wearing shiny multi-colored New Year's top hats and warming up to the music being played by DJ Sam Fanelli and his wife Kat for the dancing that will start after lunch.

Milton Nelson stands with a microphone in his hand ready to MC the event. Fanelli

says, "Milton's here to tell the jokes, but no one gets them."

Carlos Martinez has salad on his plate and has come back to the buffet line for another helping of fried cod. "One or two? Tartar sauce? Lemon?"

Martinez replies, "Give me three." Others start at the end of the buffet with a helping of shepherd's pie covered with a blanket of mashed potatoes and then head for the Guinness beef stew.

Forty-five silent auction items are ar-

ranged at the side of the room including Amazing Grace spray, an Italian ceramic bowl, round memo board and auto trunk storage.

While this is the first year for this event at the Celtic House, the Senior Adult Council, the Alliance for Arlington Senior Programs, and the Office of Senior Adult Programs have been sponsoring these New Year's Eve luncheons for over 10 years at different locations around Arlington.

Prison Reform Advocates Want Data on Solitary Confinement

Cited as a mental health issue.

BY DANIEL BERTI
CAPITAL NEWS SERVICE

The Virginia branch of the American Civil Liberties Union and a handful of Democratic legislators are urging the General Assembly to take steps towards limiting solitary confinement in the state's prisons.

They say that the practice is unregulated and inhumane and that prisoners may be spending unnecessarily long amounts of time isolated from human contact.

"It's an extremely severe practice that is irrevocably harming an unknown number of people," said Bill Farrar, director of strategic communications for the ACLU.

The ACLU called on Gov. Ralph Northam to ban solitary confinement entirely — something no legislator has yet proposed. But during its 2019 session, the General Assembly will consider three bills that would require the Virginia Department of Corrections to collect and report statistics on its use of solitary confinement:

Democratic Dels. Patrick Hope of Arlington

and Kaye Kory of Falls Church are sponsoring House Bill 1642. It would require the Department of Corrections to track how many inmates are placed in solitary confinement, including their age, sex, mental health status and other characteristics. The department would have to report the information to the governor and General Assembly each year and post it online.

Sen. David Marsden, D-Fairfax, has submitted two proposals with a similar intent — Senate Joint Resolution 65 (carried over from the 2018 legislative session) and Senate Bill 1085 (filed last month). Marsden's bill, which has been referred to the Senate General Laws and Technology Committee, would require the prison system to report on its use of any "restrictive housing," which includes not only solitary confinement but also administrative and disciplinary segregation and protective custody.

The legislative sponsors say that solitary confinement is a mental health issue and that more transparency is a crucial first step in monitoring the well-being of prisoners in solitary confinement.

"There have been very clear studies that show the correlation between the time spent in solitary confinement and deteriorating mental health," Hope said. "Mental health



Del. Patrick Hope of Arlington.

care treatment is not an optional treatment. It's mandatory just like cancer or a heart attack or anything like that. It's just as important."

The upcoming legislation comes on the heels of an investigation by the U.S. Department of Justice into conditions at the Hampton Roads Regional Jail in Portsmouth, Va.

The department's report, issued in December, concluded that the jail failed to provide constitutionally adequate medical and mental health care to prisoners and placed "prisoners with serious mental illness in restrictive housing for prolonged

periods of time under conditions that violate the constitution."

Investigators wrote that the jail's restrictive housing practices discriminated against prisoners with mental health disabilities.

"I think this is a wake-up call for the entire state," Hope said.

Kimberly Jenkins-Snodgrass, vice chairperson of Interfaith Action for Human Rights, a prison reform group, said the Virginia Department of Correction should provide more information about how it uses solitary confinement.

Jenkins-Snodgrass said her son, Kevin Snodgrass, spent four consecutive years — from 2013 to 2017 — in solitary confinement at Red Onion State Prison in far southwest Virginia.

"As a mother who has a son who is serving time, who has served time in solitary confinement, I will say that HB 1642 is a first step in having transparency from the Department of Corrections, and transparency will give those behind the walls a voice," Jenkins-Snodgrass said.

Jenkins-Snodgrass will speak at the second annual Virginia Prison Reform Rally on Jan. 12 at Capitol Square in Richmond. The rally is organized by Virginia Prison Justice

SEE SOLITARY, PAGE 11



Dorsey



Garvey



Cristol



Gutshall



de Ferranti

Dorsey Chosen To Lead County Board

Garvey named vice chair.

The County Board unanimously elected Christian Dorsey on Wednesday, Jan. 2, as its 2019 chair. Libby Garvey was named vice chair. Dorsey, elected to the board in 2015, served as vice chair in 2018. He represents Northern Virginia as a principal director on the board of the Washington Metropolitan Area Transit Authority, and represents Arlington County on other regional bodies including the board of directors of the Metropolitan Washington Council of Governments.

According to a county news release, after a look at the county's near-term budget challenges, Dorsey called for a focus on equity in county policies, both to "repair the damage that inattention to equity has already produced," and to ensure that going forward, county policies address disparities in health and wellness outcomes, educational achievement and "many indicators of one's ability to lead a secure and fulfilling life."

The county must collect and analyze data "so that broad successes don't mask real challenges people face," Dorsey said. County government must "recognize and report on who benefits from and who is burdened by the actions of government, including budgets; land use decisions; appropriations; legislation and civic engagement."

Saying education and dialogue is needed to repair damage already done in the community, Dorsey promised to support "to the greatest possible extent," Virginia Humanities' Changing the Narrative program, supporting educational and dialogue opportunities "to understand historical and current inequities in our community."

FISCAL YEAR 2020 BUDGET

Amazon's decision to expand its headquarters into Arlington – with a planned \$2.5 billion investment and creation of 25,000 jobs over the next decade — "is a significant catalyst toward our emerging from austerity budgets," Dorsey said. But for Amazon "to serve

as a springboard for more opportunities for all Arlingtonians," he said, "we must expertly manage its growth." Changes that Amazon brings to the built environment must "reflect the vision of our existing plans," Dorsey said, and the county must "prevent the displacement of residents and businesses, or the diminishment of the quality of life for all who already call Arlington home."

Amazon's arrival will not immediately address the challenges posed by the ongoing high office vacancy rate that has weakened the County's tax base, increased Metro funding needs and increased local funding obligations stemming from the state's welcome decision to expand Medicaid coverage, Dorsey said. In FY 2020, he said, the county faces a combined County-Arlington Public Schools budget gap for Fiscal Year 2020 of as much as \$70 million.

SERVICES COSTS EXCEED REVENUES

The county's recent resident satisfaction survey produced high marks for county services, but today "we are in the unfortunate position of having (costs of services) significantly exceed our revenues," Dorsey said. "We need our partners at APS to find significant savings, and we will still be left with needing to either fundamentally reduce the services that Arlingtonians expect and value, or raise revenues through a property tax increase ... just to deliver the same levels of service," Dorsey said. The county manager will present his proposed FY 2020 Budget to the County Board in February. The board will then launch a public review process, culminating in the board adopting the budget at its April 2019 meeting. The FY 2020 Fiscal Year begins on July 1, 2019.

BOARD MEMBERS

Garvey was elected to the board in March 2012. Garvey previously has served a term as County Board chair. She serves on the Northern Virginia Regional Commission, Northern Virginia Transportation Commission, Metropolitan Region Council of Governments and other regional bodies.

Garvey said her priorities include getting through "some tough budget years" by focusing on efficiencies and priorities "in a way I

don't remember us doing."

Board Member Katie Cristol called for revising the County's zoning ordinance to "allow different, diverse and more affordable home types throughout the County, not just in our commercial areas."

Because the region has not grown its housing supply to match its economy in recent years, Cristol said, "we're all feeling the consequences: an affordable housing crisis for our middle class; displacement of our working class and low-income residents."

Noting that "2019 begins for Arlington with both awesome opportunity and daunting challenges," as it readies for Amazon's arrival and tackles a difficult budget for FY 2020, Board Member Erik Gutshall said that whether the year will realize the county's "wildest dreams," or "our worst fears," will depend on "the choices we make, and the leadership this board provides this coming year."

Gutshall cited the need for a multi-year visioning and planning effort to develop a long-range comprehensive schools and community facilities plan, modernizing the county's zoning "to allow market-driven housing forms for the middle class," and updating the Community Energy Plan as his priorities in 2019.

Board Member Matt de Ferranti, the newest member of the board, said he will apply four standards to his consideration of an agreement with Amazon: that it provide a significant net benefit to the whole community; that an agreement furthers the county's goals with respect to housing, transportation and schools; that small businesses are fairly considered as the county implements the agreement; and that the county conduct a full, fair, and transparent process for considering an agreement.

de Ferranti also identified his priorities for 2019, which include bringing down the 19 percent office vacancy rate; providing the funding to build the schools to educate every child well; addressing housing affordability via creativity and relentlessness on affordable homeownership and rental units; putting the county back in a regional leadership role on climate change, renewable energy and our environment, and working to end child hunger in Arlington.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

DONATIONS

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying

residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of

assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2

NEW

Survey: Arlington Child Care Initiative. Arlington County wants to hear from stakeholders on issues

being considered to improve child care accessibility, availability, and quality. Take five minutes to participate in the survey at www.surveymonkey.com/r/ChildCareInitiative (available in Spanish, Arabic, Amharic, Mongolian, and Vietnamese as well).

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The
Arlington
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LETTER

The Best Of 'The Best'

To the Editor:

The Northern Virginia region has a compilation of medical facilities and hospitals but the one that truly excels is Virginia Hospital Center. Because of the employees that comprise it and the level and high quality of care provided, it is the best in terms of patient experience. One of the key people integral to its achievement and level of excellence can be attributed to Dr. Lawrence Stein who just completed a five-year stint as Chief of Medicine.

Dr. Stein wisely chose his appropriate career. He brightly shines as an outstanding physician and, in turn, makes Virginia Hospital Center shine as well. A notable and valuable member of the professional team, his service is emblematic of the core values and performance that makes Virginia Hospital Center the proven and premier



PHOTO COURTESY OF KAREN L. BUNE
Dr. Lawrence Stein

hospital in the region.

A very knowledgeable, highly skilled and effective physician, Dr. Stein has been able to collaborate with his colleagues in the hospital to refine processes and procedures that enhanced an already notable performance by all the team players. He has selflessly devoted his time and engaged in multi-faceted efforts of working cooperatively and collaboratively with his colleagues in aspiring to provide all patients with an excellent patient experience.

Dr. Stein is my genuine hero. Were it not for his excellent care, his proactive efforts and his willingness to go above and beyond, my 100-year-old mother would not be alive today. My mother and Dr. Stein share something in common — they are both amazing.

My appreciation for who Dr. Stein is as a physician, for the excellent care he has provided my mother and for his kindness, compassion, and selfless professionalism, he is forever etched in my heart with profound gratitude.

Dr. Stein deserves thanks for all he did in his role as Chief of Medi-

cine. He has made a positive impact in many lives and has genuinely made a profound difference at Virginia Hospital Center. Assuredly, he should be recognized for being the best of "the best."

Karen L. Bune
Arlington

The author is an adjunct professor at Marymount University.

News Note

Rehab Center Praised

Virginia Hospital Center's Inpatient Rehabilitation Center (IRC) has received accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). This is the second consecutive time the IRC has earned the CARF accreditation.

The 3-year accreditation applies to the IRC's Adult Medical Rehab Program and its Stroke Specialty Program, and is based on CARF's most recent survey, which was taken in October 2018. The CARF evaluation is performed every three years, and according to its website, "CARF accreditation signals a service provider's commitment to con-

tinually improving services, encouraging feedback, and serving the community."

Based on its evaluation, CARF stated that Virginia Hospital Center's accreditation "demonstrates the organization's dedication and commitment to improving the quality of the lives of the persons served."

The full accreditation report highlighted VHC's:

- ❖ "substantial conformance to standards;"
- ❖ "anticipation of the needs of the persons served;"
- ❖ "compassion and commitment."

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Arlington's Holiday Kitchens.

Through January 2019, at Arlington Historical Museum, 1805 S. Arlington Ridge Road, Arlington. Nothing says holiday celebration more than food, so the Arlington Historical Museum is raiding the kitchen. In this new holiday exhibit, see all the tools grandma used and those used by her forebears long before electricity. Some artifacts will be like what today's kitchens have while others you may ponder what they would have been used for. Visit arlingtonhistoricalsociety.org for more.

Rachel Schmidt / Distort Displace.

Through March 30 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Distort Displace reflects Rachel Schmidt's ongoing exploration of future landscapes, climate change, and artificial habitats, as well as her interest in the response to the drastic changes human activity has brought about in the natural environment. Every year, massive ice shelves break apart and reform at the poles, a dramatic and violent, naturally occurring process that is accelerating and shifting due to climate change. Distort Displace introduces the cracking forms of an ice shelf onto the grounds of AAC, prompting viewers to ponder the dissolution and instability of the very ground beneath their feet. Visit www.arlingtonartscenter.org.

Arlington Historical Museum.

Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit arlingtonhistoricalsociety.org.

Civil War Artifact Display.

Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 N. 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on replica Civil War uniforms and learn about camp life. Visit parks.arlingtonva.us/locations/fort-cf-smith-park/.

WEDNESDAY/JAN. 9

Civil War Lectures: Arlington Goes to War.

7-8 p.m. Meet at C.F. Smith Park Visitor Center, 2411 N. 24th St., Arlington. At the beginning of the American Civil War, Arlington County found itself trapped between two opposing forces. Residents chose sides while armies looked for weaknesses. Join us for this free lecture on the early history of the Civil War in Arlington County. Call 703-228-4775.

THURSDAY/JAN. 10

Author: Kristyn Kusek Lewis.

7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Welcome women's fiction writer Kristyn Kusek Lewis in celebration of her latest novel, *Half Of What You Hear*. In this domestic



Rachel Schmidt, "Distort Displace," 2018, Lawn Installation

Art Exhibit: Distort Displace

Distort Displace reflects Rachel Schmidt's ongoing exploration of future landscapes, climate change, and artificial habitats, as well as her interest in the response to the drastic changes human activity has brought about in the natural environment. Every year, massive ice shelves break apart and reform at the poles, a dramatic and violent, naturally occurring process that is accelerating and shifting due to climate change. Distort Displace introduces the cracking forms of an ice shelf onto the grounds of AAC, prompting viewers to ponder the dissolution and instability of the very ground beneath their feet. Through March 30 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Visit www.arlingtonartscenter.org.

drama, Bess Warner escapes from a failed career in Washington to Greyhill, Virginia, where she begins uncovering the many secrets that hide behind the closed doors of the small town rumor-mill. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

Potomac River History. 7-9 p.m. at Marymount University, Reinsch Library Auditorium, 2641 N. Richmond St. Author Garrett Peck will guide the audience along the historic course of the Potomac River as he highlights how the river has impacted Arlington and Northern Virginia. Free and open to the public. Call 703-892-4204 or visit www.arlingtonhistoricalsociety.org.

Deep Dive: Moon Lore. 8-9 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Cost \$5. Take a Deep Dive into a natural history topic that scratches more than just the surface. Human history and language is peppered with words and references to the moon, both positive and negative. Explore moon lore and its role in our culture from ancient times to the present. Call 703-228-3403.

FRIDAY/JAN. 11

Parents Night Out. 6-10 p.m., At Walter Reed Community Center, 2909 15th St., S., Arlington. The Teens Making a Difference Club (T-MAD) is offering parents a night out while your child enjoys an evening of games, art, and fun. \$25 per person. Ages 4-11. Visit parks.arlingtonva.us/locations/walter-reed-community-center-park/.

Author: Lyndsay Faye. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. One More Page favorite Lyndsay Faye is back with a new thriller, *The Paragon Hotel*. This latest novel from the author of *The Gods Of Gotham* and the Edgar-nominated *Jane Steele* follows Alice "Nobody" from Prohibition-era Harlem to Portland's Paragon Hotel. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

SATURDAY/JAN. 12

R.I.P. - Remove Invasive Plants.

9:30-11:30 a.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Help make it happen. No registration required. Call 703-228-3403.

Family Bird Walk. 10-11:30 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Which birds are around in the winter? Some are familiar, year-round friends but others are winter-only visitors such as Winter Wrens and Brown Creepers. Beginners welcome, loaner binoculars available. Call 703-228-6535.

Paint, Build, Create. 11 a.m.-2 p.m. At Fairlington Community Center, 3308 S. Stafford St., Arlington. This annual event is free and open to the public and will feature stem-based projects for all ages, including bubble painting, mirror boxes, kaleidoscopes, kinetic sand, cup and string telephones, simple levers, slime and more. Visit parks.arlingtonva.us/locations/fairlington-community-center-park/.

Fire Building for Women. 1-3 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Get comfortable with campfires. Safely start, feed, stoke and put out fires at this program for women only. Get the practice you need to create a crackling, cozy fire without stress. Dress for the weather. Hot chocolate is provided. Teens age 14 and up are welcomed, but must be accompanied by a registered adult. Call 703-228-3403.

The Science of Staying Warm. 3-4:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 6-10. Ever wonder why mammals don't freeze and how birds' feet can withstand the cold or where the frogs go in winter? Learn from hands-on activities how animals keep warm in winter. Call 703-228-6535.

Flying Squirrel Lore & More. 5:30-6:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about these

engaging nocturnal acrobats. After an indoor presentation, tiptoe outside to see these little pixies glide in for an evening meal. These creatures are truly one of the natural wonders of the Arlington. Call 703-228-6535.

Opening Reception: Over, Under, Forward, Back. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. AAC presents Over, Under, Forward, Back, an exhibition featuring ten contemporary artists working in fibers, textiles, and related materials whose work embodies and reflects on labor, time, and history. Visit arlingtonartscenter.org for more.

Opening Reception: Convergence: Works by AAC's Resident Artists. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Featuring a diverse selection of works by AAC's twelve resident artists, this exhibition examines the current trajectories of individual artists, while embodying the creative dialogue that characterizes AAC's residency program. Visit arlingtonartscenter.org for more.

JAN. 12-MARCH 10

Convergence: Works by AAC's Resident Artists. Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Featuring a diverse selection of works by AAC's twelve resident artists, this exhibition examines the current trajectories of individual artists, while embodying the creative dialogue that characterizes AAC's residency program. Visit arlingtonartscenter.org for more.

JAN. 12-MARCH 30

Art Exhibit: Over, Under, Forward, Back. Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. AAC presents Over, Under, Forward, Back, an exhibition featuring ten contemporary artists working in fibers, textiles, and related materials whose work embodies and reflects on labor, time, and history. Visit arlingtonartscenter.org for more.

SUNDAY/JAN. 13

Notable Nature. 3:30-4:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington.

Lessons in nature journaling and sketching. Construct nature journals, hone writing and drawing skills and talk about the season while hiking. Call 703-228-6535.

EcoFilm: Idle Threat. 4-6 p.m. at Arlington Central Library, 1015 N. Quincy St. Join EcoAction Arlington for a free screening of the movie *Idle Threat*. The film centers on George Pakenham and his campaign to increase knowledge about idling in New York City. Free copies of the children's book *Big Nose, Big City* to teachers, informal educators, and parent volunteers who reserve their spot by Jan. 6. Visit www.ecoactionarlington.org for more.

MONDAY/JAN. 14

Elise Bean Lecture. 3-4:30 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. Elise Bean's topic is "Congressional Oversight Investigations: Then and Now." Bean, a former Senate investigator, will describe how Congressional oversight investigations can be a powerful tool for uncovering facts, building bipartisan consensus and fostering change. Call Encore Learning at 703-228-2144.

Author: Nicole Chung. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. One More Page welcomes author and journalist Nicole Chung in conversation with journalist and One More Page Non-Fiction Book Club leader Melody Schreiber to discuss Nicole's memoir, *All You Can Ever Know*, which shares Nicole's search for the people who gave her up for adoption while becoming a mother herself. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

TUESDAY/JAN. 15

Snow Storytime. 10:30-11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Children ages 2 and older. Winter is a great time for storytelling. Cozy up and read books about the snow. Call 703-228-6535.

WEDNESDAY/JAN. 16

Fast Foxes & Cunning Coyotes. 3:30-4:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 6-10. Who is the noisiest wild canine? The smartest? The biggest in Arlington? Coyotes and foxes, of course. Howl in a coyote chorus, feel a real fur and learn what happens when foxes and coyotes meet. Call 703-228-3403.

WEDNESDAY-TUESDAY/JAN. 16-24

Fresh Citrus, Pecans & Maple Syrup Fundraiser. Lions, Arlington Northwest, Charity Fundraising – at the Overlee Pool (Bath House - Lower Level), 6030 Lee Highway, Arlington, LOWER Entrance off John Marshall Drive. Wednesday, Jan. 16, 2:30-7:30 p.m.; Thursday, Jan. 17, 10 a.m.-4 p.m.; Friday, Jan. 18, 8 a.m.-2:30 p.m.; Saturday, Jan. 19, 9 a.m.-3 p.m.; Sunday, Jan. 20, 11:30 a.m.-3:30 p.m.; Monday, Jan. 21, 9 a.m.-4 p.m.; Tuesday, Jan. 22, 7 a.m.-4 p.m.; Wednesday, Jan. 23, 8 a.m.-1:30 p.m.; Thursday, Jan. 24, 8:30 a.m.-2 p.m. Call 703-528-1130.

THURSDAY/JAN. 17

Rain Gardens in Arlington. 11 a.m. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. A representative from the Watershed Outreach Program will speak on how the county uses rain gardens to protect the Chesapeake Bay

ENTERTAINMENT

watershed and manage stormwater. The RSGC club meeting begins at 10 a.m. with the program at 11 a.m. A light lunch is available for a small donation. Visit www.rockspringgardenclub.com.

Joan Trumpauer Mulholland: A Real Life Hero. 11:30 a.m.-1 p.m., Lee Senior Center, 5722 Lee Highway. Meet a civil rights activist from Arlington. A young white woman who joined the Freedom Riders, participated in countless sit-ins, demonstrations and marches for racial equality in the 1960's. She was disowned by her family, shot at, hunted by the Ku Klux Klan and imprisoned. View the documentary, "An Ordinary Hero: The True Story of Joan Trumpauer." A Q&A session will follow. Open to the public. Limited space; call to register, 703-228-0555.

SATURDAY/JAN. 19

Families Unplugged: Realistic Resolutions Recipes. 10 a.m.-noon. Walter Reed Community Center, 2909 16th St., S, Arlington. Come cook at the New Year's Families Unplugged program. Nutrition educators will guide families through healthy, tasty, and affordable recipes including Fruity Filled Wonton Cups, California or Avocado Rolls with Spicy Mayo Dipping Sauce and Rainbow Veggie Vermicelli and Soba Noodles. \$8 per person. Visit parks.arlingtonva.us/locations/walter-reed-community-center-park/.

Super Snakes. 10-11 a.m., Gulf Branch Nature Center, 3608 Military Road, Arlington. Sssslither on over to learn about local snakes, try shedding one's skin, and meet some live snakes. Each child will get a shed snake skin to take home. \$5 per person. Ages 5+. Visit parks.arlingtonva.us/parksfacilities/nature-centers-programs/.

Free Play Days. 1-2:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Give kids unstructured time they can call their own – exploring the woods, making snow forts, throwing rocks in the creek and just being free. Dress to get wet and dirty, and wear closed-toe shoes. Free. Ages 5-9. Visit parks.arlingtonva.us/parksfacilities/nature-centers-programs/.

Under The Ice. 3-4 p.m. At Gulf Branch Nature Center, Arlington. Suspended animation... voracious predators... the oxygen supply dropping fast. No, it's not the latest alien movie; it's winter in the pond. Learn what's lurking in that cold dark water. Then go outside and see what the group can haul up from the depths. \$5 per person. Ages 8-12. Visit parks.arlingtonva.us/parksfacilities/nature-centers-programs/.

Mouse in House. 4 p.m. at 3700 S. Four Mile Run Drive, Arlington. Presented by Jane Franklin Dance, this family friendly performance is a lively movement and theatre presentation for the young and young-at-heart. The performance incorporates spoken word, movement, music, and an interactive participatory introduction for young children. Cost is \$15/adults; \$10/children under 10; \$45/family of four. Visit www.JaneFranklin.com.

Anniversary Celebration. 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Celebrate One More Page's 8th anniversary with a wine tasting and desserts as thanks to staff and customers. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

Family Game Night. 7-9 p.m. At St. John's Episcopal Church, 415 S. Lexington St., Arlington. Spend an evening with family, friends or new acquaintances playing a favorite board, strategy or kids game. Games will be available, but participants are welcome to bring favorites and are encouraged to bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit www.stjohnsarlingtonva.org.

SATURDAY-SUNDAY/JAN. 19-20

"Beauty and the Beat." At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Saturday at 7:30 p.m.; Sunday at 4 p.m. Presented by Jane Franklin Dance. Developed by Jane Franklin, inspired by true events and from Tom Waits "What's He Building in There?" Mister Rogers quotes from a remixed version by John D. Boswell for PBS Digital Studios. Tickets \$22. Visit www.janefranklin.com/performances/tickets or 703-933-1111.

SUNDAY/JAN. 20

R.I.P. – Remove Invasive Plants. 2-4 p.m. At Long Branch Nature Center, 625 S. Carlin



Rebecca Weiss listens attentively as Kelsey Rohr retells a strange interaction with the new neighbor.

Springs Road, Arlington. Help restore habitat and increase species diversity in Arlington. Work groups are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Ages 8+. Free. No registration required.

Arlington's 50th Annual MLK Tribute. 5-6:30 p.m. At Wakefield High School, 1325 S. Dinwiddie St., Arlington. Celebrate Dr. Martin Luther King's legacy at Arlington's 50th annual tribute event. Dr. King's Dream: A Legacy Performed is hosted by Christian Keyes of BET's In Contempt and CW's Supernatural and includes music by soloist Jackie Pate, the Hoffman Boston All-Star Chorus and Arlington's own Joy Gardner, spoken word from Outspoken Poetress Audrey Perkins, dance from Inspire Arts Collective LLC and many others. Visit www.mlktribute.org for more.

MONDAY/JAN. 21

Martin Luther King, Jr. Day of Service. 8:30 a.m. At Washington-Lee High School, 1301 N. Stafford St., Arlington. Join Volunteer Arlington for a day of service in honor of Martin Luther King, Jr. Hands-on service projects, volunteer training. There will be service and volunteer training opportunities for all ages. Learn more and register at volunteer.leadercenter.org/MLK.

TUESDAY/JAN. 22

Black Hill Regional Park Birding Trip. 10 a.m.-4 p.m. Meet at Barcroft Sports & Fitness Center, 909 S. Dinwiddie St., Arlington. Black Hill's Little Seneca Lake draws a diversity of waterfowl to this northern Montgomery County park. Group will walk at least one mile on occasionally steep and muddy trails. Participants should dress for the weather and bring binoculars, a bag lunch, a drink and snacks for the day. Meet at the Barcroft Sports & Fitness Center parking lot. \$39 per person. Visit parks.arlingtonva.us/events/black-hill-regional-park-birding-trip-2/.

Encore Chorale for Older Adults. 1:45-3:15 p.m. at Langston Brown Senior Center, 2121 N. Culpepper St. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. All levels of experience are welcome. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. Visit www.encorecreativity.org, email info@EncoreCreativity.org or call 301-261-5747.

TUESDAYS/JAN. 22-FEB. 12

Landscape and Cityscape Design Art Class. Tuesdays from 4:30-6 p.m. At Arlington Arts

'Beauty and the Beat'

Developed by Jane Franklin, inspired by true events and from Tom Waits "What's He Building in There?" Mister Rogers quotes from a remixed version by John D. Boswell for PBS Digital Studios. Saturday, Jan. 19 at 7:30 p.m.; Sunday, Jan. 20 at 4 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Tickets \$22. Visit www.janefranklin.com/performances/tickets or 703-933-1111.

PHOTO BY
JANE FRANKLIN

Center (AAC), 3550 Wilson Blvd., Arlington. Throughout this course, students will create landscapes and cityscapes of their own design using painting, printing, and collage techniques. To showcase all of their efforts, students will go home with a professional printed box of postcards featuring their work alongside that of their classmates. Visit www.arlingtonartscenter.org.

TUESDAYS/JAN. 22-FEB. 12

Introduction to Printmaking. 6:30-8:30 p.m.

At Arlington Arts Center (AAC), 3550 Wilson Blvd., Arlington. In this four-session course, participants will explore a variety of printmaking techniques: found object printing, foam/Styrofoam relief printing, rubber stamp carving, and gelatin plate printing. They will also focus efforts on how to use or display the prints and papers. Visit www.arlingtonartscenter.org.

WEDNESDAY/JAN. 23

Sustainable Landscaping: Building Soil Health. 7-8:30 p.m. at Columbia Pike Branch Library, Westmont Room, 816 South Walter Reed Drive. Healthy soil is the key to success in gardening. Learn how to build soil health by feeding the soil's biome, how to create great compost, and how to prevent or mitigate both erosion and compaction by choosing plants with the right root systems. Free. Advance registration requested at mgmv.org. Questions? Call 703-228-6414 or email ngarlalex@gmail.com.

THURSDAY/JAN. 24

"Shut Up & Write." 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Polish writing skills with the bimonthly panel series "Shut Up & Write" at Arlington Central Library. Founded by local YA authors Jon Skovron (Hope and Red) and Jessica Spotswood (The Last Summer of the Garrett Girls), the authors will take questions from the audience as they discuss the ins and outs of writing YA fiction. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

FRIDAY/JAN. 25

Flying Squirrel Lore & More. 5:30-6:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about these engaging nocturnal acrobats. After an indoor presentation, tiptoe outside to see these little pixies glide in for an evening meal. These creatures are truly one of the natural wonders of the Arlington. Call 703-228-6535.

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NEWS

Police Arrest Suspect in Shooting

Police identified a suspect in the Dec. 30 shooting at the intersection of S. Glebe Road and S. Arlington Ridge Road. He is Juan Francisco Rivera Pineda, 24, of Alexandria. Police obtained warrants for aggravated malicious wounding and use of firearm in the commission of a felony. He was taken into police custody on the evening of Jan. 3 with assistance by the Alexandria Police Department. He is being held without bond in the Arlington County Detention Facility.



Pineda

On Dec. 30, officers located a male victim suffering from trauma to the upper body and immedi-

ately began performing life saving measures. The victim was transported to an area hospital with life-threatening injuries. Following medical treatment, the victim's condition was upgraded to stable and he is expected to survive his wounds.

Anyone with information related to this incident is asked to contact Detective J. Trainer of the Homicide/Robbery Unit at 703-228-4185 or jtrain@arlingtonva.us.

Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

Arrest in Suspicious Death Case

Arlington County Police have arrested an Arlington woman following a suspicious death investigation in Arlington Mill. Linda Snow, 60, of Arlington, has been charged with second degree murder. She is being held



Snow

without bond in the Arlington County Detention Facility.

At approximately 10:01 a.m. on Jan. 1, 2019, police responded to the 5100 block of 8th Road S. for the report of a stabbing. Upon arrival,

officers located an adult female suffering from trauma and immediately began performing life saving measures until Arlington County Fire Department medics arrived. The victim was transported to an area hospital where she was pronounced dead. The preliminary investigation revealed the incident resulted from a dispute that took place inside a residence between known individuals.

The victim has been identified as Alice Carter, 64, of Arlington. Cause of death will be determined by the Office of the Chief Medical Examiner.

Anyone with information related to this investigation is asked to contact Detective S. King of the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4243 or seking@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

BULLETIN BOARD

FROM PAGE 4

WEDNESDAY/JAN. 9

Arlington/Aachen Exchange. 7-8:30 p.m. at Westover Library 2nd Floor Meeting Room, 1644 N McKinley Road. Learn about the summer 2019 Arlington/Aachen High School Exchange at this meeting. The trip includes a two-week homestay in Arlington's sister city of Aachen plus three days in Berlin. Free. Email AachenArlingtonExchange@gmail.com or visit arlingtonsisitercities.org/cultural-and-student-exchange-programs/ for more.

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Beyond The Resolution

Keeping a home in order all year long.

BY MARILYN CAMPBELL

For those who resolved to keep a neater, cleaner home in the new year, the issue of how to keep it that way through December can be challenging. After the excitement of the fresh start that January offers, the reality of one's day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell's. From shredding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long.

"In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project," said professional organizer Susan Unger of Clutter SOS.

One of the most basic tasks is making one's bed first thing in the morning. "I think that kick starts you into cleaning and organizing mode and sets the tone for the day," said Preston Taylor of From Chaos to Order. "I also recommend keeping a dust cloth nearby so that you can give your dresser and nightstand a quick dust off so dust accumulation would be one less thing you have to worry about."

Piles of clothing, whether clean or dirty can accumulate quickly and send a home in into disarray. Dedicating five to 10 minutes every evening to rehanging clothes and separating items that need to

"If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week."

— Preston Taylor of From Chaos to Order



Wiping down bathroom showers, sinks and counters each day can help keep a home tidy all year long.

PHOTO BY STACY ZARIN GOLDBERG

be dry cleaned can help prevent a backlog. "Be sure to put all clothes away on a daily basis rather than leaving in a chair or floor," said Unger. "Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket."

Taylor recommends tackling laundry every evening if necessary. "If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week," said Taylor.

When it comes to the bathroom, brief, daily attention to detail can keep dirt from spiraling out of control. Rehanging towels, and then wiping it down one's shower each time you take a shower are suggestions from Carmen Garcia of CG Green Clean. "Keep a container of disinfecting wipes in your bathroom and wipe down your counters and sink before going to bed each evening," she said. "Also each night, add a squirt of toilet cleaner to your toilet bowl, wipe down the seat and then flush the toilet. It takes less than five minutes to do all of this but you'd be amazed at the difference it makes at the end of the week, especially in children's bathrooms."

After Holiday Visits, Some Questions

Recognizing signs, early detection empowers families to plan for the future.

Holiday visits with family members or friends not seen as frequently during the year may raise questions about their cognitive health. Although some change in cognitive ability can occur with age, serious memory problems are not a part of normal aging. The Alzheimer's Association encourages anyone who has a question or concern about the state of an aging family member or friend to call its free 24-hour Helpline, 800-272-3900. Recognizing the difference can help identify when it may be time for a loved one to see a doctor. The Alzheimer's Association has a check list of warning signs, along with examples of normal aging. Every individual may experience one or more of the warning signs in different degrees.

- ❖ Memory loss that disrupts daily life.
- ❖ Challenges in planning or solving problems. \

- ❖ Difficulty completing familiar tasks at home, at work or at leisure.
- ❖ Confusion with time or place.
- ❖ Trouble understanding visual images and spatial relationships.
- ❖ New problems with words in speaking or writing.
- ❖ Misplacing things and losing the ability to retrace steps.
- ❖ Decreased or poor judgment.
- ❖ Withdrawal from work or social activities.
- ❖ Changes in mood and personality.

Although the onset of Alzheimer's disease cannot yet be stopped or reversed, an early diagnosis is an important step in getting appropriate treatment, care and support services allows people with dementia and their families. For more information, visit the Alzheimer's Association web site at alz.org or call their toll-free 24/7 Helpline at 800-272-3900.

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Legals

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DumplingGo VA, INC, trading as District Dumplings, 2923 South Glebe Road, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine license to sell or manufacture alcoholic beverages. Hong Liu, owner and CEO. 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.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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Announcements

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News

Focusing on Gun Violence

FROM PAGE 2
said.

In June, Hurst held an event in Lexington that focused on the prevalence of guns used in suicides. Hurst is the co-sponsor of HB 1763, a bill introduced again this session by Del. Rip Sullivan, D-Arlington, that would permit the removal of a firearm from someone who poses a "substantial risk." Such orders permit families and law enforcement to petition a court to temporarily suspend a person's access to firearms if there is documented evidence that

the individual is threatening harm to themselves or others.

Parker Slaybaugh, a spokesman for Republican Kirk Cox, the speaker of the House of Delegates, said in a statement Monday that the House Democratic Caucus "created a campaign masked as focusing on school safety." "With today's announcement, it's clear their group solely focused on ways to restrict Second Amendment rights of law-abiding citizens and not practical solutions to protect our students and teachers in the classroom," Slaybaugh said.

"FLOURISHING AFTER 55"

"*Flourishing After 55*" from Arlington Office of Senior Adult Programs for Jan. 20-26.

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: Riverside Dinner Theatre, "La Cage Aux Folles," Wednesday, Jan. 23, \$64; National Museum of African American History and Culture, Thursday, Jan. 24 and Friday, Jan. 25, \$5; Ford's Theatre, "12 Angry Men," Saturday, Jan. 26, \$43 Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Photography interest group meets Sundays, 3-5 p.m., Arlington Mill. Details, 703-228-7369.

Open registration for Encore Chorale, Tuesday, Jan. 22, 1:45 p.m.,

no auditions, Langston-Brown. Details and fee, 703-228-6300.

How to print books, invitations and more online, Tuesday, Jan. 22, 2 p.m., Arlington Mill. Register, 703-228-5722.

Affordable senior housing in Arlington County, Tuesday, Jan. 22, 10 a.m., Walter Reed. Register, 703-228-0955.

Improve balance and coordination, Tuesday, Jan. 22, 11 a.m., Langston-Brown. Register, 703-228-6300.

Latin dance demonstration followed by open dance, Wednesday, Jan. 23, 7-9 p.m., Arlington Mill. Details, 703-228-7369.

Medicare in 2019, Wednesday, Jan. 23, 10 a.m., Walter Reed. Register, 703-228-0955.

Living well in retirement, deals and discounts, Wednesday, Jan. 23, 1:30 p.m., Aurora Hills. Register, 703-

228-5722.

Nutritious versions of comfort food, Wednesday, Jan. 23, 11 a.m., Walter Reed. Details, 703-228-0955.

Arlington Walking Club for seniors will walk through National Memorial Park, Falls Church, Wednesday, Jan. 23, 9:30 a.m., \$4. Details, 703-228-4771.

How Rebuilding Together can assist with repairs and upgrades at no cost to senior homeowners, Thursday, Jan. 24, 11 a.m., Langston-Brown. Register, 703-228-6300.

Senior Trekkers from Arlington Mill walk along the W&OD Trail, Thursdays, 9 a.m. Details, 703-228-7369.

One-time kickball game, Friday, Jan. 25, 1-3 p.m., Arlington Mill. Indoors; no experience necessary. Details, 703-228-7369.

iPhone and iPad basics class, Friday, Jan. 25, 10 a.m., Walter Reed. Must register, 703-228-0955.

Obituary

Obituary



Thomas Hendricks Hollowell: 1954-2018

Thomas Hendricks Hollowell was killed tragically on Monday 24 September 2018. It was a misty, gray, rainy morning in Washington, DC and, at age 64, Tom was proud to have become a Beatles lyric. In spite of the rain, Tom was enjoying his daily commute on his bike to the Smithsonian National Museum of Natural History when a speeding car struck Tom and continued on. The hit and run accident became the inspiration for a Memorial Bike Ride and Ghost Bike Installation in Tom's honor that was held on Thursday 4 October at the site of his fatal accident. Cyclists from across the region, in addition to friends and family, came together on that day to honor Tom and raise awareness for bicycle safety.

Born on 2 September 1954 in South Bend, Indiana on Labor Day, Tom grew up in Indianapolis, Indiana. He attended Orchard School, Park School, and Park Tudor High School. Tom developed life-long friendships in those early years in Indianapolis. His family spent their summers on Lake Maxinkuckee in Culver, Indiana at the Hendricks family home. Tom spent his time there sailing, canoeing, water skiing, fishing and generally gaining an appreciation for the water, the sky, the wind, the snow, the rain, the blossoms, the insects, and all the plants and animals that inhabit the lake's ecosystem. These summers on his lake were to become the foundation of Tom's love for this planet ... this Box of Rain ... and his future scholarly pursuits.

Tom went to college at Denison University in Granville, Ohio where he earned an undergraduate degree in Theater and Film and met a girl from Uruguay. He married that girl in 1978 and the two of them moved back to Indiana where they had three children together. Tom liked to joke that these were the years of his early retirement. During these "early retirement years" Tom was able to design and build a passive solar house based on principles he learned at the Solar Institute in Bath, Maine, which he attended at the urging of his mother-in-law, Nair Perdomo Coronel de Regier. After the birth of his third child, Tom moved to be with his wife and children in Arlington, Virginia and resolved to dedicate himself to his family. Heeding the counsel of the girl he married, Tom returned to his quest for higher learning. At George Mason University he was able to rise through the academic ranks to earn a doctorate in Environmental Science and Public Policy while studying the mangroves in the Guiana Shield for the Smithsonian Institution. Eventually he was able to secure a position at the Smithsonian NMNH and fulfill his dream: family, esteem, wisdom. His Heaven here on Earth. Tom had a wide range of interests. Through the years he became a passionate environmentalist, a committed cyclist, and a zealous gardener. Tom had a deep and abiding love of plants. He became a botanist and greatly enjoyed all the classification, ecology, distribution, and genetics of plants that botany involves. Much of his craving for botany was satisfied in his work at NMNH, but also on daily walks to anywhere. He relished hiking in the Blue Ridge Mountains, sailing on his beloved Lake Maxinkuckee, and exploring the beaches on the Outer Banks of North Carolina, as he was doing the week before he was taken from us. Tom also delighted in music and understood all the nuances in the history of Rock and Roll, the Blues, and Jazz.

Tom was the son of the late Cynthia Hendricks Hollowell and Robert E. Hollowell. He is survived by Carol Regier, his loving wife and soulmate of 44 years; his adoring children, Irena Hollowell, Andrea Hollowell, Ashley Hollowell, and Jessika Wang; Andrea's husband, Ben Gazlay; his treasured granddaughter, Amelia Rowan Hollowell; Irena's soulmate, Ken Bezilla; his two faithful sisters, Julie Hollowell and Laurie Hollowell; and countless loyal friends and colleagues.

This is our Tom. He is profoundly missed by everyone who knew him. He invites you now to see those around you, look deep into their eyes, and hold them close. Cherish the simple gifts life offers you, for therein lies the beauty you seek. May you live in peace.

Legals

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News

Solitary

FROM PAGE 3

Reform Network, a volunteer-based coalition of prison reform advocacy groups.

Del. Lamont Bagby, leader of the Virginia Legislative Black Caucus, has also come out in support of HB 1642. Bagby said the bill has the potential to reduce the number of prisoners spending time in solitary confinement.

"We have to start somewhere," Bagby said. "We'll at least know what we don't know, and that is information related to race, and information related to why individuals are placed in solitary confinement."

Lisa Kinney, a spokesperson for Virginia Department of Corrections, downplayed the need for changes to the DOC's use of restrictive housing. She accused the bills' supporters of being politically motivated.

"Virginia is a national leader in limiting the use of restrictive housing," Kinney said. "It's disappointing but not surprising to see others trying to score easy political points and advocacy groups trying to fundraise off this issue."

Currently, 62 prisoners are being held in long-term restrictive housing, Kinney said. In 2010, that number was 511.

Starting in 2018, the department's quarterly report to the governor and General Assembly included the numbers of offend-

"It's an extremely severe practice that is irrevocably harming an unknown number of people."

— **Bill Farrar, director of strategic communications, ACLU**

ers in both long-term and short-term restrictive housing, but it did not contain demographic data or information about prisoners' mental health status.

Marsden agreed that the department has made strides to reduce the number of prisoners in "restrictive housing," but he said state officials should not "accept improvement as success."

Jessica Fraraccio, a former prisoner at Fluvanna Correctional Center for Women, spent five weeks in solitary confinement in 2013. Fraraccio, 22 at the time, described her experience in solitary confinement as "deprivation" torture.

"You just kind of lose track of time and concept of communication," Fraraccio said. "It starts to all drift away and you just feel isolated, like you can't connect with any realistic concepts of the everyday."

Fraraccio was released from prison in August 2018, after serving a five-year sentence for murder. She said that she hopes the proposed solitary confinement legislation will lead to better monitoring of the practice.

"Hopefully that'll do something to help humanize these people a little more," Fraraccio said, "and actually get the people who are working there to pay more attention to the people that live there."

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The Road Very Much Traveled



By KENNETH B. LOURIE

Not that I haven't been down this road before, random though its occurrence may have been, but when schedules collide: 24-hour urine collection, pre-chemotherapy lab work, every-three-week infusion, quarterly CT scan and semi annual brain MRI; and of course the follow-up appointment with my oncologist a week or so later to finish the fortnight-long festivities.

The daze leading up to that final Friday are hardly the stuff with which dreams are made. More like nightmares, actually; certainly sleepless nights.

But as you regular readers know from previous columns, there's no real point fretting about it. I mean, what's done is done (what's scanned is scanned) and though I may not want the chips to fall, for the moment, they've already fallen.

Not to be fatalistic, but sometimes, as a cancer patient, ceding control to the realities (you'll note I didn't say "inevitable realities") is part of the process; "going with the flow," as my wife, Dina would say.

At this point, all I can do is wait and hope. I can't do one thing about any of it. I'll know soon enough and if the news is discouraging, I'll deal with it then. I see no advantage in being miserable a week earlier than necessary.

Still, all of these diagnostic demands occurring simultaneously is a bit much. Unfortunately, there's nothing to be done other than to grin (a wry smile, really) and bear it. The calendar/schedule with which my life has become all too familiar (I'm also not saying "consumed"), can hardly be adjusted simply because I don't feel like it.

My life is at stake here. I can't treat it like a household chore. It needs to be adhered to. Wanting circumstances to be different serves no purpose. Accepting reality and integrating the cancer-patient responsibilities into your routine seems a more reasonable course of action.

A few years into my cancer treatment, I remember meeting some of the staff at an off-site cancer-centric function. After exchanging pleasantries, one staff member commended me as being a "very compliant patient."

Not being completely sure what she meant, I asked her to clarify. She said I made all my appointments inferring that some cancer patients don't. Incredulous, I asked further. She sort of half-smickered and said I'd be surprised, which of course I was.

She offered no statistics or anything empirical, but from her reaction, it was not an unusual occurrence. I remember thinking, how do you not be compliant when doctors are working to save your life? Seemed counter intuitive, almost.

So yes, I've been compliant. Extremely so, I'm proud to say.

After my initial diagnosis, I felt I had been given an assignment, so to speak; to save (at least extend) my own life, and I was going to follow doctor's orders accordingly. And even though over the years, I've integrated many non-Western alternatives into my routine, so far as my primary care team (internal medicine doctor and oncologist) was concerned, I've supplemented rather than replaced.

All of which leads me to where I am today: waiting to hear from my oncologist about last week's scans, while swallowing 60-odd pills a day, drinking alkaline water, standing in front of an infrared bulb, and trying to detoxify whenever possible in the hope that together, conventional and non-conventional pursuits will make my immune system stronger and create an environment less hospitable to the growth and movement of the cancer cells that have already been triggered somehow.

The only persistent problem I have is compartmentalizing the presumptive fact that since I was given a "terminal" diagnosis in late February 2009, how is it that I just keep on keepin' on?

Life goes on, generally, I realize, but that's not what I was told would happen. After nearly 10 years, I suppose I'm just a little road weary.

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

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