

DECEMBER 25 - JANUARY 7, 2020

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



ASSISTED LIVING
HEALTH CARE
SHORT-TERM RESPITE



ENRICHING LIFE'S JOURNEY

Quiet, comfortable living minutes from the beltway and our nation's capital. Hermitage Northern Virginia offers rooftop views of Washington, D.C. surrounded by seven acres of beautifully landscaped gardens. Free yourself from the hassles of home ownership, and spend time exploring your passions or finding new ones. At Pinnacle

Living, our team works closely with residents, families and loved ones to fulfill our mission of Enriching Life's Journey. We are here for those who seek independence, combined with a secure plan for the future.

HERMITAGE

NORTHERN VIRGINIA

PINNACLE LIVING

5000 FAIRBANKS AVENUE ALEXANDRIA, VA 22311 P: 703 797 3800 HERMITAGENOVA.ORG facebook: HERMITAGENOVA

CHILDREN'S

Q. & A. with Lucy Katharine Dull, 12, 6th grade, homeschool, Arlington, VA.

Q: If you could give your parents, family or friends any gift that didn't cost money what would that gift be?

A: I like to sew small pillows. You can give them a scent by putting a small piece of fabric with an essential oil on it inside the pillow with the stuffing. This is a super beginner project that takes approximately ten minutes to sew.

Q: What do you want to be when you grow up?

A: I want to be a zoologist when I grow up. I want to help save endangered animals and educate the public on how they can be a part in protecting endangered animals.

Q: What is your favorite animal?
A: My favorite animals are cats and kittens. I love them because they are very furry and soft. I also love hearing them purr, which no other animal but a cat can do. I have two cats for pets, and they are the best animals ever. Cats are adorable, too.

Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates

- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed Since 1999





703-999-2928 Visit our website: www.twopoorteachers.com

CHILDREN'S & TEENS' CONNECTION

Yorktown High School Ceramics

Christine Bolon. Art Teacher, Art Department Chair



Alexandra Provasnik, Yorktown Grade 11, Ceramics 3



Sasha Fedorchak, Yorktown, Grade10, Yorktown, Ceramics 2



About This

This week, the Arlington Connection turns over its pages to the youth and stu-

We asked children and teens from the area to contribute their words, pictures and photos for our annual Children's & Teens' Issue.

While we were unable to publish every piece we received, we did our best to put together a paper with a sampling of the submitted stories, poems, drawings, paintings, photographs and other works

of art. We appreciate the ex-

tra effort made by school staff

to gather the materials dur-

ing their busy time leading up to the holidays. We'd also like to encourage both schools and parents to mark their 2020 calendars for early December, the deadline for submissions for next year's Children's & Teens' Connection. Please keep us in mind as your children continue to create spectacular works of art and inspiring pieces of writing in the coming year. This student issue is only a part of our year-round commitment to cover education

and our local schools. As al-

ways, the Connection welcomes letters to the editor, story ideas, calendar listings and notices of local events from our readers. Photos and other submissions about special events at schools are especially welcome for our

Our next print edition will come out on Jan. 8, 2020.

editors@connectionnewspapers.com.

at

Mary KimmArlington Connection
Editor and Publisher

weekly news pages.

Happy New Year! Reach u

Dear Readers:

dents.

John Louis, Yorktown, Grade 12, Ceramics 2



Daisy Pomponio, Yorktown, Grade 11, Ceramics 3



Matthew Green, Grade 11, Ceramics 3



Olivia Case, Yorktown, Grade11, Yorktown, Ceramics 3



Wyatt Jones, Yorktown, Grade 10, Yorktown, Ceramics 2

TWENTY-FOUR DAYS

Twenty-four days, twenty-four days!
Counting the days are making a maze!

Christmas is coming, this I know, but maybe this year it will come and then go?

Days and nights, skies and snow, Christmas will come, but eventually go.

Time is ticking, clocks are clicking, time is racing by. And then finally! Christmas is nigh.

It seems like I had some patience,

24 Days (Advent) By Mason Choi, Alexandria. Age 9

Poem:

but maybe I let it go. Perhaps I'll remember it and then I'll never know.

Christmas will come some other time, but for now I feel like the world is mine.



Julia Choi, Alexandria. Age 10. 5th grade, St. Thomas More school in Arlington, teacher Ms. Stephanie Pacheco. -Drawing: The Season of Friendship



CHILDREN'S & TEENS' CONNECTION



Margaret Flannery-Goodman Age 12 7th Grade



Eva Janes Age 13 8th Grade

Swanson Middle School, Arlington

Teacher: Cecily Corcoran



Alex Goff Age 13 7th Grade



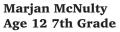


Lexi Miller Age 12 7th Grade

Brinley Hyatt Age 13 8th Grade



Victoria Winter Age 14 8th Grade





DISCOVER BURGUNDY

Join us for a tour or open house to explore our 26-acre campus right off the busy Beltway!

We believe children learn best in an inclusive, creative, and nurturing environment that engages the whole child. Students here are active partners in their education and learning is joyful.

Open House: Saturday, January 11



3700 Burgundy Road Alexandria, VA burgundyfarm.org RSVP: 703.960.3431



Embarking on an inspired transformation, Westminster at Lake Ridge is redesigning and enhancing our community to reflect the very best in community living. See our plans for the new Center for Healthy Living, plus extraordinary new amenities throughout. Discover your inspiration to live life to the fullest.



703-291-0191 // www.wlrva.org

WESTMINSTER

ENGAGED LIVING





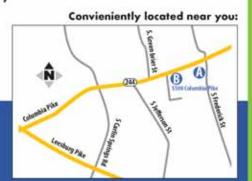


5500A Columbia Pike 703-671-KIDS(5437)

We are a locally owned business specializing in the dental care of children. Our dentists are Board-Certified by the American Academy of Pediatric Dentistry. We provide superior dental care for your children in a fun, relaxed and friendly environment. We hope we can have the pleasure to treat your children

> Hablamos Español! **CALL NOW** to make an appointment

Saturday appointments available! Serving Arlington's Children Since 2004



We Accept your Insurance!

We accept Federal, State, and military dental insurance plans as well as most PPO plans.

Anthem. GEHA.

Carefirst 🚭 🚺 8 Guardian Connection. F INTotal Health

Principal* MetLife

Humana. UnitedHealthcare*

UNITED CONCORDIA*
DENTAL Cigna.

A DELYA DENTAL

No Dental Insurance? We have you covered!

Our In-House **DISCOUNT PLAN** provides great discounts on all our services.



TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Cleaning Service



Great Service Residency Cleaning Laundry & Cleaning Attention To Detail Very Thorough

Weekly, Bi-Weekly, Monthly 703-992-3907

-Werner Heisenberg

Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home Enjoy flexible schedule plus no daily commute Help local businesses grow Unique opportunity to be a voice in your community Competitive compensation

> Call Jerry Vernon 703-549-0004

onnection Newspapers & Digital Media sted Connection to Local Communities

Announcements

Announcements





4320 Chantilly Shopping Center, Chantilly, VA 20153 FRI: 3-8 | SAT: 9-5 | SUN: 10-5

Get Your Supplies While You Still Can!!!

The NRA National Firearms Museum exhibit presents the Hawken brothers' legendary percussion rifles.

sters GunShows, com w.TheNationsGunShow.com





Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers www.connectionnewspapers.com/subscribe Sixelle Packet

CHILDREN'S & TEENS' CONNECTION

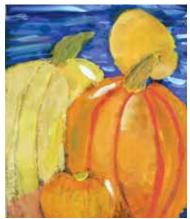
Nottingham Elementary,

Arlington Public Schools

Sarah Zoller, Art Teacher

Jack Every, **Fall Landscape**





Eve Rosenthal, **Pumpkin Still-life**



Cate Lawler, Flower Still-Life



Kiraz Terzi, Rowe Winter





www.techpainting.com



Lina Berkinshaw, Fox



Riley Fialkoff, Fall Leaves



www.ConnectionNewspapers.com

@ArlConnection

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

Published by **Local Media Connection LLC**

1606 King Street Alexandria, Virginia 22314

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

NEWS DEPARTMENT: arlington@connectionnewspapers.com

Jean Card

Production Editor jcard@connectionnewspapers.com

Shirley Ruhe

Contributing Photographer and Writer arlington@connectionnewspapers.com

Eden Brown

Contributing Writer arlington@connectionnewspapers.com

ADVERTISING:

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

Debbie Funk

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

David Griffin

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

Classified & Employment

Advertising 703-778-9431

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President

Jerry Vernon 703-549-0004 jvernon@connectionnewspapers.com

Art/Design:

Laurence Foong, John Heinly, Ali Khaligh

Production Manager: Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com





CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING LANDSCAPING

Quality Tree Service

& Landscaping

Reasonable prices. Licensed & insured.

25 years of experience - Free estimates

24 Hour Emergency

Tree Service

by Brennan Bath and Tile

Partial or Full. Kit. Floors, Backsplashes

Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp.

www.brennan-tile.com

703-250-2872

Improvements

HOUSES

\$140

TOWNHOUSES

\$99

Improvements

Holiday Special

Go from green to clean houses.

We clean houses, decks, sidewalks,

patios and other surfaces

We also welcome small drywall jobs

703-868-5358

Winter Cleanup...

Tree removal, topping & pruning,

shrubbery trimming, mulching,

leaf removal, planting, hauling,

gutter cleaning, retaining walls.

drainage problems, etc.

LANDSCAPING

A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling.

703-863-7465

Good is not good, where better is expected.

-Thomas Fuller

ELECTRICAL ELECTRICAL

COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated

Recessed Lighting

Hot Tubs, etc.

Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades

Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com

GUTTER

GUTTER



nall Repairs • Gutter Guards PINNACLE SERVICES

lic/ins 703-802-0483 free est, 2 emall jamle@lawnsandgutters.com web: lawnsandgutters.com

A&S Landscaping

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

703-863-7465



RN. CONTRACTORS, INC

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

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

Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com



LANDSCAPING LANDSCAPING

Patios & Drainage

Your neighborhood company since 1987

703-772-0500

J.E.S. Services

Estimates - Fully Licensed & Insure

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

All work Guaranteed

Now We Wait



By KENNETH B. LOURIE

The doctor told me that I'll probably receive results from today's biopsy in five to seven days. The pathologist will send the results to my oncologist who presumably will email them to me. Now whether that new information will cause a change in my treatment, I certainly don't know. However, I would imagine that knowing the genetic mutation/biomarker would cause an immediate change. We're not exactly waiting for Godot here. And neither is the process rocket science. It's medicine. It's research. It's years of clinical trials. All of which has led to the FDA's approval of more drugs for the treatment of lung cancer in the last three years than in the previous three decades, according to LUNGevity. Lung cancer research, after years of comparative neglect is finally getting the respect - and dollars, it deserves. After all, lung cancer is by far the leading cause of cancer deaths annually with up to 200,000 new cases diagnosed every year.

"Targeted Therapy" is what I'm talking about. And it's a simple as is sounds. A specific medicine is more effective when given to a patient with a specific biomarker (type of tumor; they're not all the same). Eleven years ago when I was first diagnosed, mutations were not yet a part of the oncologist's playbook. Now, they're on page one. After years of receiving treatment based on old-ish/conventional methods, I am about to move to the head of the class. Maybe even become the teacher's pet (I'm already my oncologist's prize cow.) This is not experimental stuff, this is state of the art, so to speak. And soon, if I'm lucky, I will join the ranks.

At this juncture, I know very little specifically about what might happen next. I have learned during my years of treatment and meetings with my oncologist that future scenarios are rarely discussed. Sure, we've occasionally mapped out, generally speaking, a course of action/ reaction, but my oncologist prefers not to get too far ahead of where we are at present. One new symptom and/or unexpected result from a CT scan or a brain MRI and once again, it will be "Katie, bar the door." Accordingly, I have become a patient patient. That's not double talk, that's years of experience. I'd like to think it's part of the reason I'm still alive.

Another reason I'm still alive is the Team Lourie philosophy: hoping Kenny can stay alive until research catches up - or even passes you by which then enables you to take advantage of the next big thing/new drug. Over the last 11 years, I've been the beneficiary of research that has provided drugs which allowed me to live years beyond my original "13 month to two year" prognosis (in quotes because that's what my oncologist said). Now I hope to be the beneficiary once again of the latest and greatest treatment: "Targeted Therapy." If so, another 11 years would suit me just fine.

To say I'm excited would not exactly describe my state of mind. Hopeful, of course. Anxious, for sure, because I think my oncologist, per our last meeting, was anticipating my future a bit and switching from my present opdivo immunotherapy to something brand new (or a new combination of medicines) seemed timely to him. Ergo, my needle biopsy today at the Interventional radiologist. I guess you could say "I'm pleased as punch," though, to quote Hubert Horatio Humphrey Ir., the 38th Vice President of the United States, that I had this procedure. It opens up/ creates new treatment possibilities which for a nearly 11-year cancer survivor is likely way more important than I realize. After all, my oncologist did characterize my non small-cell lung cancer, stage IV diagnosis as "terminal." A disease for which my oncologist also said that he "could treat, but that he couldn't cure " Well, I don't suppose he can cure me now with whatever targeted therapy matches my tumor's biomarker so I'm counting on these new drugs being able to treat me some more. I could live with that.

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

Find us on Facebook and become a fan!

703-987-5096

email: jnave@comcast.net

www.Facebook.com/ connectionnewspapers



Newspapers & Online The Connection to Your Community

www.connectionnewspapers.com

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





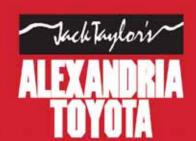
PERSONALIZED CAR CARE EXPERIENCE

BUY 3 TIRES AND GET THE 4TH FOR See Service Advisor for details. **GOT TIRES?** INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION. BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

CHECK ENGINE LIGHT DIAGNOSIS

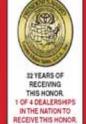
NO CHARGE INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.









SAFETY FIRST ALWAYS! **Have Your Vehicle Checked** for Open Campaigns/Recalls Recall Hotline: 703-684-0710

SERVICE & PARTS DEPT HOURS:

Monday - Friday, 6:00am to 7:00pm Saturday, 7:00am to 5:00pm

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



ToyotaCare Customers

Don't Forget Your FREE Service. 5,000 • 10,000 • 15,000 • 20,000 • 25,000

Mile Services Call your ASM for details

ToyotaCare Plus \$32900

Covers up to 4 years/45,000 miles

ALIGNMENT SPECIAL

3750 Richmond Hwy • Alexandria, VA 22305



Your car's alignment suffers, and can cause uneven tire wear and steering problems. INCLUDES: Inspect suspension, ball joints, struts

& shocks, tire condition and set tire pressure. NOT VALID WITH ANY OTHER OFFER OR COUPON TOYOTA VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF WRITE-UP, VALID ONLY AT ALEXANDRIA TOYOTA.

TAX: AND SHOP SUPPLIES ACCITIONAL. OFFER EXPRES 1:31:20.

OIL & FILTER CHANGE





SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters. I

SIGHT LINE WIPER BLADES Sight Line only.

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NEW HOURS SPECIAL! DROP OFF YOUR VEHICLE BETWEEN 6AM & 7AM WITH A SCHEDULED APPOINTMENT & RECEIVE 12% OFF ANY ONE REPAIR.



ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #201911022

BRAKE SPECIAL

Includes: Install Genuine Toyota front brake pads; inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only. MACHINE ROTORS ADDITIONAL

TALLO WITH ANY OTHER OFFER OF COLORON TOKCO, VEHICLES ONLY COUPONALITE BE PRESENTED AT TIME OF WHITE OF PAID ONLY OF REPAIRED AND THE OFFER ADDITIONAL OFFER OWNERS LITTLES

III BG VITAL FLUID SERVICE

10% OFF YOUR FIRST SERVICE

15% OFF YOUR SECOND SERVICE

Power Steering • Automatic Transmission • Brake System

TRUESTART™ BATTERIES

INCLUDES BATTERY INSTALLATION Includes: 84 month warranty, 24 month free replacement,

Does not apply to hybrid batteries.

NOT WALD WITH ANY OTHER OFFER ON COUPON TOYOTA VEHICLES ONLY COUPON WHIST HE PRESENTED AT THE OF WRITE UP VALID ONLY AT ALEXANDERS TOYOTA TOX AND SHOP SUPPLES ADDITIONAL OFFER EXPRESS LODGE

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