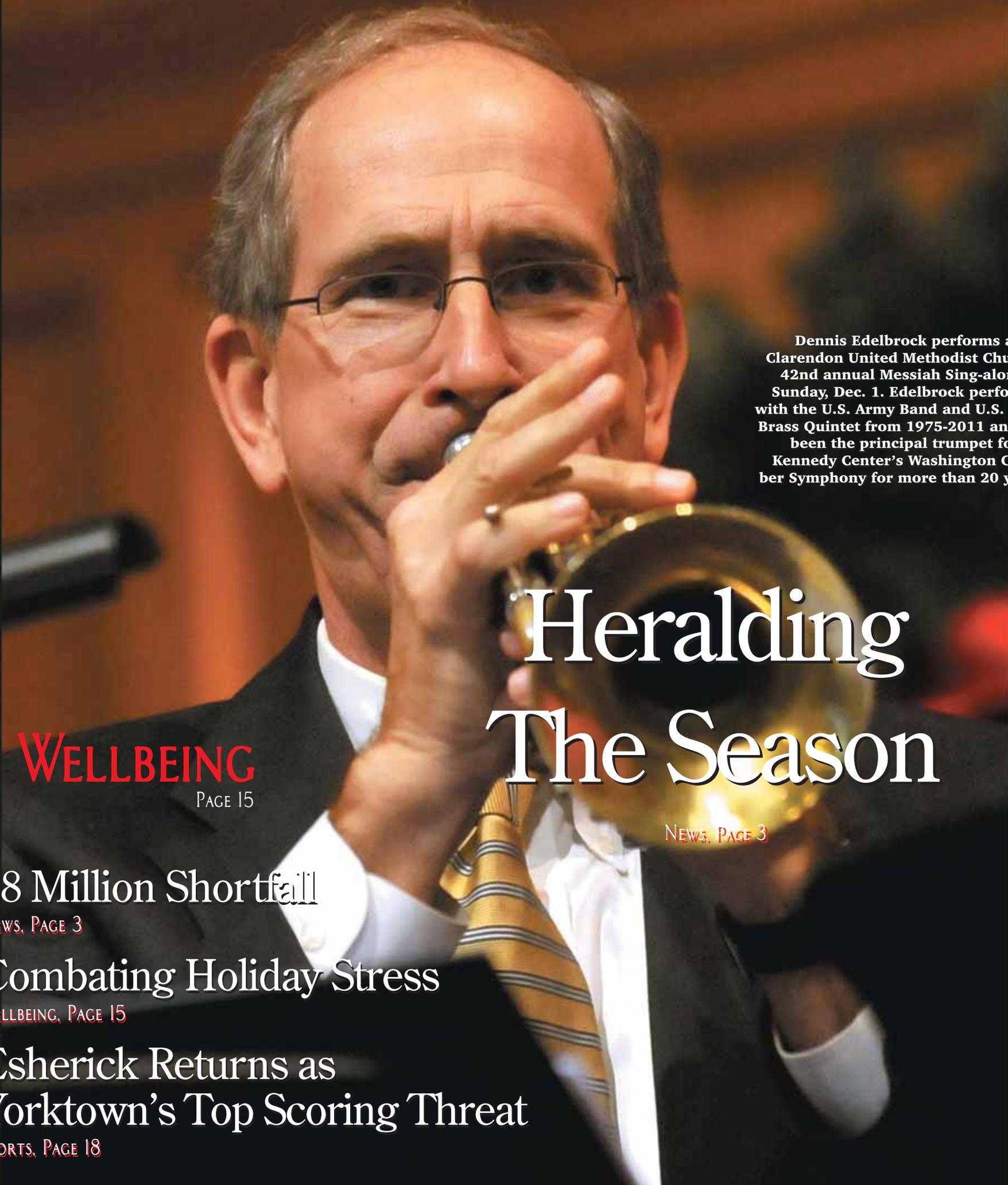


The Arlington Connection



Dennis Edelbrock performs at the Clarendon United Methodist Church's 42nd annual Messiah Sing-along on Sunday, Dec. 1. Edelbrock performed with the U.S. Army Band and U.S. Army Brass Quintet from 1975-2011 and has been the principal trumpet for the Kennedy Center's Washington Chamber Symphony for more than 20 years.

Heralding The Season

WELLBEING
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\$8 Million Shortfall
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Combating Holiday Stress
WELLBEING, PAGE 15

Esherick Returns as Yorktown's Top Scoring Threat
SPORTS, PAGE 18

ENTERTAINMENT, PAGE 10 ♦ ORANGE LINE CONNECTION, PAGE 12 ♦ CLASSIFIED, PAGE 13 ♦ SPORTS 18

PHOTO BY LOUISE KRAFFT/THE CONNECTION

CRIME

The following incidents were reported by the Arlington Police Department.

ROBBERY, 4100 block of N. Wilson Boulevard. At 3:25 p.m. on Nov. 13, a subject snatched a victim's purse off of her shoulder and fled the scene on foot. The suspect is described as a white male in his 30's or 40's, approximately 160 lbs. and was wearing a black beanie, a black sweatshirt and gray sweatpants at the time of the incident.

BURGLARY, 2900 block of S. Glebe Road. On Nov. 17 at 12:50 a.m., a witness reported three individuals breaking into a community room. The three subjects were apprehended inside the community room in possession of marijuana, burglarious tools, and a stolen credit card. The subjects were all charged with burglary, possession of burglarious tools, credit card theft, credit card fraud, and possession of marijuana. The subjects were all from Alexandria.

BURGLARY, 4600 block of N. Wilson Boulevard. On Nov. 17 at 11:45 a.m., a victim reported an unknown subject(s) entered his residence and stole various items. There is no suspect(s) description.

BURGLARY, 2005 S. 4th Street. On Nov. 17 at 10:54 p.m., a victim reported an unknown subject(s) entered his residence through a window and stole numerous items. There is no suspect(s) description.

BURGLARY, 4700 block of N. Williamsburg Boulevard. Between 8:30 a.m. and 11:56 a.m. on Nov. 18, a victim returned home to find her front door open and cash missing. There is no suspect(s) description.

BURGLARY, 1000 block of N. Arlington Boulevard. Between 11:35 a.m. and 6:25 p.m. on Nov. 19, an unknown suspect forced entry into a victim's apartment and stole a bracelet and a ring. There is no suspect(s) description.

DESTRUCTION OF PROPERTY (SERIES), 1800 block of N. Dinwiddie Street. Between 7 p.m. on Nov. 18 and 7:07 a.m. on Nov. 19, several tires of 36 cars have been slashed by an unknown suspect(s). There is no suspect(s) information and an investigation is still ongoing.

BURGLARY, 1200 block of S. Eads Street. Between 8:30 a.m. on Nov. 6 and 5:30 p.m. on Nov. 7, an unknown subject(s) entered a residence and stole two laptops and two Nooks. There is no suspect(s) description.

INDECENT EXPOSURE, 900 block of N. Pollard Street. At 1:38 a.m. on Nov. 7, a female victim reported a male subject exposing himself through a window for the second time in a week. The suspect is described as a light skin black male with "bulging" eyes, and in his late 20s to early 30s. He was wearing a black winter coat at the time of the incident. A suspect has been identified.

More Information

In "Locally Inspired: Sad Thanksgiving Ballad" [Arlington Connection, Nov. 27], the article omitted directions to the free, online recordings at the Library of Congress. Go to www.loc.gov/jukebox and search for title "The Vacant Chair." While too late for this year's Thanksgiving Day, there is always next year.

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Gretchen Kuhrmann, director of music at the historic Falls Church Presbyterian Church fills in for Dr. J. Reilly Lewis as conductor.



Tenor Kyle Tomlin



Mezzo-soprano Sonya Knussen sings.

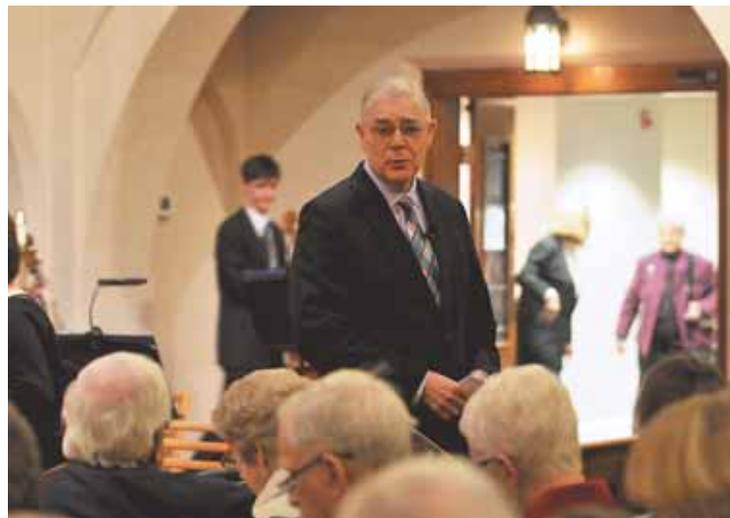
PHOTOS BY LOUISE KRAFT/THE CONNECTION

42nd Annual Messiah Sing-along

Clarendon United Methodist Church hosted its 42nd annual Messiah Sing-along on Sunday evening, Dec. 1. The evening of music began with a pre-concert recital, Music for Trumpets and Organ, featuring trumpeters' Dennis Edelbrock and Chuck Seipp with Paul Skevington on the organ.

For the first time in 42 years, music director Dr. J. Reilly Lewis was unable to attend and conduct the performance due to a recent illness. Filling in for Lewis was Gretchen Kuhrmann, director of music at the historic

SEE AT 42ND, PAGE 9



Clarendon United Methodist Church pastor Rev. Gene Thomas welcomes all to the 42nd annual Messiah Sing-along at the church on Sunday evening.

Chuck Seipp has performed throughout the U.S. and abroad as a member of the U.S. Army Band

"Pershing's Own." Seipp is also the leader of the Commonwealth Brass Quintet. He retired from the Army Band in 2012 and is currently assistant professor of trumpet at Texas Tech University.



Musicians tune their instruments before the performance.

\$8 Million Shortfall

Budget official says the forecast is difficult but manageable.

BY MICHAEL LEE POPE
THE CONNECTION

Arlington County is facing a \$8 million shortfall heading into the next budget season, which will unfold over the next few months as County Board members consider the county manager's proposed budget early next year. Expenditure growth is outpacing revenues, with expenditures growing at 3 percent while revenues are growing at only 2 percent. Part of that gap is driven by programs and initiatives such as a new homeless shelter, a new aquatics center and a technology program known as Connect4Arlington.

"It's going to be a difficult year," said Michelle Cowan, director of management and finance. "But it will be manageable in terms of budgetary decisions."

To address the gap, county officials have instituted what they call a "hiring slowdown" intended to reduce the cost of growth. And County Manager Barbara

Donnellan is asking all departments to submit proposed reductions of 1 percent, an exercise intended to see what areas would be easiest to cut if county leaders determine they want to make reductions to fill the budget shortfall. Some believe that the projection of revenue growth might be optimistic considering the potential damage created by twin problems of the sequester and the shutdown.

"There will be significant adverse effects over the next couple of months on the local budget situation," critic Robert Adkins told County Board members. "Don't raise taxes based on what you should have known in advance."

THE SCHOOL SYSTEM is facing a more daunting challenge, with budget officials forecasting a \$16 million shortfall this year. Although county leaders and school officials have long used a revenue-sharing agreement that sets the school transfer using a mathematical formula, a number of parents

say the growing inequity in the school system is troubling. For example, many parents say it's time to end early release Wednesdays in all elementary schools, a goal that would be difficult to achieve given enrollment increases and budget shortfalls.

"This should be a bigger priority in the county than so many of the other things that you are funding, which none of us will argue are not nice to have," said Jennifer Bower during a budget public hearing. "But equity in education, in terms of the amount of basic instructional hours in the school week, is a must have."

Seven out of 22 elementary schools release students early on some Wednesdays, leading to a disparity among the county's schools — one that many would like to eliminate. The Arlington County School Board has specifically identified "increased instructional time for elementary schools with early release Wednesdays" as a priority for fiscal year 2014 in order to "ensure that ev-

ery student is challenged and engaged and to eliminate achievement gaps." That's a sentiment shared by many parents who have become increasingly vocal on the issue, although the estimate for getting rid of the early release days is about \$4.5 million.

"My children benefit from five full days of school instruction," said Elliot Staub during the budget public hearing. "My neighbor's children do not despite us paying the same tax rate."

THE LAST DECADE has seen dramatic change in Arlington, a county that where the per capita income skyrocketed from \$56,000 in 2003 to \$80,000 in 2013. During that time, the real-estate boom brought windfall profits to the Arlington County Government Center as real-estate taxes proved to be a cash cow. Ten years ago, the county took in about \$300 million from taxes on real estate. Today that number has doubled, and

SEE COUNTY, PAGE 9



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NEWS



PHOTO CONTRIBUTED

Veteran Michael Petrovich '14, a psychology major, and another student talk with Lt. Col. Tom Alexander, Jr., Pentagon public affairs officer.

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Support Veterans With Employment

Officer addresses Marymount's Veterans Day Luncheon.

Lt. Col. Tom Alexander, Jr., a public affairs officer at the Pentagon and an ordained Baptist minister, was the guest speaker at Marymount's annual Veterans Day Luncheon on Nov. 11. He urged the audience to not only thank veterans and active-duty members of the U.S. Armed Forces for their sacrifice and service, but to turn that support into concrete action by advocating for their employment in civilian life.

This fall, for the fourth consecutive year, Marymount was named a Military Friendly School by Victory Media, Inc., a veteran-owned company and publisher of G.I. Jobs Magazine. Marymount was recognized for having strong programs and services for military students. In addition, Marymount University's School of Business Administration (SBA) was selected by Military Times for its inaugural list of Best for Vets Business Schools. The university also participates in the Yellow Ribbon program, which provides grants that are matched by the Department of



A table reserved for The Missing Man.

Veteran Affairs. Currently, Marymount has more than 200 active duty military service members, veterans, and their dependents pursuing undergraduate and graduate degrees. Military family members make up almost half of this group.

In another show of support for military students, Marymount created a new full-time position this fall, coordinator for Military and Veteran Student Services, and named Joe A. Blount, Jr., to the post. He is a U.S. Army veteran of 24 years and an Army education counselor for 10 years. Blount also has a master of arts in counseling

SEE SUPPORT, PAGE 19

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NEWS



Vintage Crystal 1k Wine Walk

Customers gather inside the Crystal City Shops as they buy a tasting card to sample 22 different wine and beer varieties while walking an indoor course on Nov. 17. All tickets were sold by the Washington Wine Academy.



Participants gather for the Vintage Crystal 1k Wine Walk on Nov. 17.

PHOTOS BY LASHAWN AVERY-SIMON/THE CONNECTION



Guests receive a glass of Riesling as they walk inside the Crystal City underground shops to sample wine.

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Supporting Literacy

Dressed in their best 1920s attire, participants celebrate at the Friends of Arlington Public Library inaugural Eight-Thirteen Ball to support early literacy on Sept. 28.

PHOTOS BY
LASHAWN AVERY-SIMON
THE CONNECTION

Guests dance to the jazzy beats of the 1920s as singer Amy Kean performs with the Hot Society Orchestra inside the Artisphere.



Arlington Presbyterian Votes for Redevelopment

Members of Arlington Presbyterian Church agreed by a vote of 34 to 19 on Nov. 17 to move forward with part of their vision to redevelop their property in partnership with Arlington Partnership for Affordable Housing (APAH) to build new worship space and church offices, a childcare center, retail consistent with their ministry, and affordable housing.

Recognizing that both church and culture are changing, the leadership and those involved in the life of the church have been grappling with “What does it mean to be a church in the 21st century?” In the summer of 2012, a group of members offered their time and energy to seek answers to this question. Working with a new church development coach, this group committed themselves to spiri-

tual disciplines, conversation and engagement with the community.

As they moved through the neighborhood, they listened for an answer to the question “For whom are our hearts breaking?”

What emerged was a three-part vision:

- ❖ A congregation of disciples of Jesus Christ,
- ❖ A place of crossroads and gathering in the community
- ❖ Affordable housing.

It is this third part of their vision, to provide affordable housing for the community, that the congregation took action on with their vote. The request of the congregation now goes to the National Capital Presbytery and Arlington County for their approvals.

For more information, visit www.arlingtonpresbyterian.org.



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Fundraising Heart Walk

Virginia Hospital Center in Arlington recently had a team of 133 employees represent the hospital at the American Heart Association's Heart Walk. Virginia Hospital Center's team reached its goal of raising \$10,000.

Virginia Hospital Center: One of Nation's Top Cardiovascular Hospitals

Virginia Hospital Center has been named one of the nation's 50 Top Cardiovascular Hospitals by Truven Health Analytics.

Virginia Hospital Center is the only hospital in the Washington, D.C. metropolitan region to be recognized with this honor.

Truven Health Analytics is a provider of information and solutions to improve the cost and quality of healthcare. The 50 Top Cardiovascular Hospitals recognized have outperformed their peers in inpatient and extended outcomes, clinical process, efficiency, and cost for the two most common cardiovascular conditions (heart attacks and heart failure) and most common interventions (PCI and CABG).

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More information on this study and other 100 Top Hospitals research is available at 100tophospitals.com. For more information on Truven Health Analytics, visit truvenhealth.com.

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OPINION

In Memory of Earl E. Shaffer

Arlington attorney affected many in his decades of service.

BY KAREN L. BUNE

The recent passing of Earl E. Shaffer, attorney at law, marks the end of an era. Most everyone knew Shaffer in some capacity — either as an attorney, acting Commonwealth's Attorney or a substitute judge — because he served in all three capacities during his decades-long career. Shaffer touched many people's lives throughout his tenure as a professional and public servant.

He was a man who would always tell it like it is, and he didn't hesitate to speak his mind. Many liked his candor and respected him for it.

As a substitute judge, Shaffer would hold people accountable, but he was reasoned in his judgment and fair in meting out appropriate sentences. He worked well with the gamut of professionals that comprised the criminal justice system. A seasoned attorney, he became a mentor to many and others sought his guid-

ance and counsel.

Most importantly, Shaffer became a friend to many. Everyone who knew him has at least one, if not many, stories to share — some humorous, some serious, but stories that reflect the kind of man that Earl Shaffer was — a man of integrity.

He was a professional who easily engaged others with his outgoing personality, quick wit and warm sense of humor.

Shaffer was always willing to help, and his service to others was profound. He would lend an ear to listen with objectivity and compassion. In his professional pursuits and humanitarian endeavors, Shaffer never hesitated to make the extra effort and go the extra mile. He was always there for people — in good times and bad. He was down to earth and was about as real as a person could be.

His law office in Arlington County that was close to the courthouse was noteworthy. Not only was it the typical law office replete with papers and law books, but it was surrounded by pigs of all types that were in every nook and cranny, leaving no space unturned. There were pigs of all materials, colors, sizes and shapes. They were certainly conversation pieces, and Shaffer could tell the story behind every one of them — who gave it to him and

how it got there. Even at his wake, there were some of his historic pigs placed on the tables, along with many photos, depicting his life history.

Earl Shaffer was part of an era that embodied the true meaning of a work ethic. He worked well into his golden years — spanning a tenure of more than 60 years — and loved every minute of it. People were as important to him as he was to people. Shaffer was a man who made a lasting impression by the person he was, the words he uttered, and the deeds he did.

Though he was loved by his family, Shaffer was also loved by his friends, colleagues, and those he helped throughout his career. Earl Shaffer was one of the first attorney's I had the privilege and pleasure to meet at the onset of my career in the criminal justice system in Arlington County more than 30 years ago. He was my colleague and became my everlasting friend.

He will be sorely missed. The legacy he leaves behind, however, serves as an inspiration to us all to continue to strive to always be the best we can be. Shaffer would expect nothing less. Rest in peace, Earl E. Shaffer.

Karen L. Bune serves as an adjunct professor at Marymount University where she teaches criminal justice.

A TRIBUTE

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication. Photos are welcome.

HOLIDAY NEEDS

The Rosslyn BID's annual **winter clothing drive** to benefit clients of A-SPAN (Arlington Street People's Assistance Network) has started.

Look for a gift-wrapped donation box in the lobby of your building. Donate new or gently used winter coats, sweaters, sweatshirts, hats, gloves, socks and jeans. Or bring donations to the BID offices, 1911 N. Fort Myer Drive.

HOLIDAY SPECIAL

SoberRide Program. From 10 p.m.-6

a.m., Dec. 13-Jan. 1, Washington-metropolitan area residents can call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$30 fare), safe way home. AT&T users can dial #WRAP for the same service. More information about WRAP's SoberRide initiative can be found at www.soberride.com.

THURSDAY/DEC. 5

Meeting. 12:15 at La Cote d'Or, 6876 Lee Highway. The Arlington Rotary Club election of officers. Visit www.arlingtonrotaryclub.org.

Transportation Meeting. 7 p.m. at Carver Community Center, 1415 S. Queen St. The Virginia Department of Transportation and Shirley Contracting will hold a meeting to update drivers and residents on the Washington Boulevard and Columbia Pike interchange project. Free.

Speaker Series. 6-8 p.m. at Founders Hall auditorium, George Mason University Arlington campus, 3301 Fairfax Drive. Victor Dover will talk about how to fix the streets and make walking and cycling a bigger part of Arlington. Free.

THURSDAY-SUNDAY/DEC. 5-8

Citrus "Sweet" Fruit Sale. The Arlington Host Lions will sell grapefruits, oranges, tangerines, nuts, peanuts and more at the Wells Fargo Bank parking lot at the corner of Lee Highway and N. Glebe Road. Proceeds benefit community non-profits supported by the Lions Club. Visit www.arlingtonhostlions.org or 703-598-8266.

FRIDAY-SATURDAY/DEC. 6-7

Open House. Learn about Arlington Mill Community Center to learn about the center's programs, classes, drop-in opportunities and more. There will be activities such as a climbing wall and giant Jenga on Saturday from 1:30-3:30 p.m. Visit www.arlingtonva.s/arlingtonmill.

SUNDAY/DEC. 8

Living Nativity. 6-8 p.m. at Cherrydale United Methodist Church, 3701 Lorcom Lane. Warm up with carols, cookies and cocoa. Free. E-

SEE BULLETIN, PAGE 14



Community-Wide Health Fair

Marymount University's Nurse-Managed Health Center, a partnership between Marymount's Malek School of Health Professions and St. Charles Borromeo Catholic Church, sponsored the annual community-wide health fair at the church on Sunday, Nov. 3. Above, Susannah Wargo, a Doctor of Nursing Practice candidate, performs an ear exam. James Dyson, Marymount student coordinator for the health fair is in the background.

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2012
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Association

County Budget Faces Shortfall

FROM PAGE 3

county officials are expecting to receive more than \$600 million from taxes on residential and commercial property. Among jurisdictions in Northern Virginia, Arlington's recovery was the quickest and the most substantial.

"There are many jurisdictions across the county that don't have revenue growth," said Cowan. "So we feel fortunate to at least be on the positive side of the ledger."

This year, budget officials are expecting residen-

tial property to grow about 5.5 percent. That means that if County Board members keep the current tax rate, the average residential property tax bill will increase \$291. Critics of the county government say Arlington leaders are spending too much money. Programs that are often criticized as boondoggles include the Columbia Pike streetcar and the Artisphere.

"Why are you continuing to fund unnecessary programs and projects?" asked Jim Hurysz, a frequent critic of the County Board. "What is needed is a moratorium on new, expensive projects."

At 42nd Annual Messiah Sing-along

FROM PAGE 3

Falls Church Presbyterian Church.

The full orchestra included: Laura Chang, Saskia Florence, Ivan Hodge, Carolyn Kessler, Pamela Lassell, Jennifer Rickard and Jennifer Wade on violins; Marta Howard and Elizabeth Gopal playing violas; cellists Marion Baker and Kristen Gilbert; Michael Rittling on bass, James Moseley and Janna Ryon playing oboes, bassoonist Douglas Kehlenbrink; trumpeters Dennis Edelbrock and Chuck Seipp; Chad Steffey on the tympani; harpsichordist Todd Fickley and organist



Part the First of George Frideric Handel's "Messiah" was performed Sunday evening at the Clarendon United Methodist Church in Arlington.

Paul Skevington. Soloists included: Natalie Conte, soprano; Sonya Knussen, mezzo-soprano; Kyle Tomlin, tenor and Joshua Brown, baritone. Orchestra contractor is Pamela Lassell. George Frideric Handel created "The Messiah" in 1741. Sunday evening Part the First: Prophecy of Messiah and Its Fulfillment was performed. On Sunday, April 20, 2014 at 7:30 p.m., Lewis with full orchestra and soloists will perform parts two and three. For more information on church activities visit www.morefaith.com.

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ENTERTAINMENT

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

ONGOING

Food Truck Thursdays. In the surface parking lot at the corner of Crystal Drive and 18th Street.

Line Dancing Class. Fridays, 10-11 a.m. Line dancing with Barbara Allen. Covers the basic steps, then combines them to music for a gentle aerobic workout. More experienced line dancers are welcome as they can assist newer dancers. At Aurora Hills Senior Center. Call 703-228-5722.

The Crystal City **FRESHFARM Market** is open on Tuesdays from 3-7 p.m. with the same selection of foods and goods from local producers, in front of 251 S. 18th St.

Theater Performance. Through Sunday, Dec. 8, see Christine Lahti in "Pride in the Falls of Autrey Mill" in the ARK Theatre at Signature Theatre, 4200 Campbell Ave. Tickets on sale. Visit www.signature-theatre.org for times and tickets.

Art Exhibit. See "Spirit Sojourn" paintings and mixed media by Chris Tucker Haggerty at Marymount's Barry Gallery, 2807 N. Glebe Road through Dec. 9. Free. Hours are Monday-Thursday from 10 a.m.-8 p.m. and Friday-Saturday from 10 a.m.-6 p.m. Visit marymount.edu/barrygallery for more.

Theater Performance. See "A Matt Conner Christmas" at Signature Theatre, 4200 Campbell Ave. Matt Conner will perform and sing. Performances are Dec. 11 at 7:30 p.m., Dec. 12 and 13 at 8 p.m., Dec. 14 at 2 p.m. or 8 p.m., and Dec. 15 at 2 p.m. or 7 p.m. Buy tickets at www.signature-theatre.org or 703-573-SEAT.

Theater Performance. See "Holiday Follies" at Signature Theatre, 4200 Campbell Ave. Performances are Dec. 17 and Dec. 18 at 7:30 p.m., Dec. 19 and 20 at 8 p.m., Dec. 21 at 2 p.m. or 8 p.m., Dec. 22 at 2 p.m. or 7 p.m., and Dec. 23 at 7 p.m. Buy tickets at www.signature-theatre.org or 703-573-SEAT.

Art Exhibit. See "Yes, It's Colored Pencil" from Dec. 2-28 at Gallery Underground, in the Crystal City Shops, 2100 Crystal Drive. Free. Features works by members of the Colored Pencil Society of America. Gallery hours are Monday-Friday 10 a.m.-6 p.m. and Saturday 10 a.m.-2 p.m. Visit www.galleryunderground.org or call 571-483-0652.

Art Exhibit. See "Faces of Afghanistan: Images by Arlington Photographer Kenneth Chadwick" at Cherrydale Branch Library, 2190 Military Road. On display through Jan. 6. Hours are Monday and Thursday from 10 a.m.-9 p.m., Tuesday and Wednesday from 1-9 p.m.; and Friday and Saturday from 10 a.m.-5 p.m. Free.

Art Exhibit. See "Season's Greetings from Arlington: Christmas Cards & Ornaments to Decorate the Holidays: 1920-1940" at the Arlington Historical Museum at the Hume School, 1805 S. Arlington Ridge Road. Hosted by the Arlington Historical Society. Free. Runs from Nov. 30 through Jan. 19. Saturdays and Sundays from 1-4 p.m. Visit www.arlingtonhistoricalsociety.org for more.

CLASSES & WORKSHOPS

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org



PHOTO BY RUTH JUDSON

BalletNova Presents 'The Nutcracker'

BalletNova presents the 10th Anniversary of their holiday ballet, "The Nutcracker," Dec. 5-8 at Thomas Jefferson Community Theater, 3501 2nd St. South. Choreographed by Nancie Woods and Caroline Frankil Warren to Tchaikovsky's score, BalletNova's full-length Nutcracker leads the audience through the magical story of Clara and her mysterious Uncle Drosselmayer (a magician who can stop time) and her adventures with giant mice, life-size dolls, faeries, beautiful Snowflakes and a lush Kingdom of the Sweets. A sophisticated 1940s Party Scene sets the tone for the family-friendly 1 hour and 45 minute performance, with one 15 minute intermission.

Tickets are \$13-35 with discounts for students under 18 and seniors over 65. Tickets at www.BalletNova.org or 703-778-3008. Tickets can also be purchased at the studio (3443 Carlin Springs Road, Falls Church).

Performance Schedule:

Thursday, Dec. 5 at 7:30 p.m.
 Friday, Dec. 6 at 7:30 p.m.
 Saturday, Dec. 7 at 1 p.m. and 5 p.m., 11 a.m. Girl Scout "Behind the Scenes" program
 Sunday, Dec. 8 at 1 p.m. and 5 p.m., 11 a.m. Girl Scout "Behind the Scenes" program

Nutcracker Tea:

Two Nutcracker Teas at the Westin Arlington Gateway, 801 North Glebe Road, at 11 a.m. and 2:30 p.m. Sunday, Dec. 15. Enjoy a delightful tea, pictures with the Sugar Plum Fairy, a mini-Nutcracker performance, raffle prizes, and the chance to get autographs from your favorite Nutcracker characters. Tickets are \$58 adults; \$38, ages 4-12; \$18 under 4. RSVP by Dec. 9. Reservations online at www.BalletNova.org.

for a list of classes.

Registration. Jane Franklin Dance presents "Forty+," a workshop series for dancers past the age of 40. Runs Tuesdays from 11 a.m.-1 p.m. Nov. 5-Jan. 14. Register at www.janefranklin.com/adult-dance-education/forty-plus or 703-933-1111.

WEDNESDAY/DEC. 4

Adult Bird Walk. 9-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Take an informal walk through the park and look for resident and migratory birds. All levels of bird watchers welcome. Free. 703-228-6535. Program #622944-A.

Tiny Tot. 10 a.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 18-35 months can discover nature through a themed program. \$5 due at registration. 703-228-3403. Program #622814-B.

Nanny Club. 10 a.m.-noon at Columbia Pike Library, 816 S. Walter Reed Drive. For children up to age 5. Free. 703-228-5710.

Book Club. 11 a.m.-noon at Columbia Pike Library, 816 S. Walter Reed Drive. Discuss your favorite contemporary crime fiction novel featuring American detectives. Free. 703-228-5710.

Tiny Tot. 1-2 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 3-5 years can discover nature through a themed program. \$5 due at registration. 703-228-3403. Program #622814-I.

Kids Club. 4 p.m. at Central Library,

1015 N. Quincy St. Children in grades K-5 can enjoy activities and more. Free 703-228-5710.

Crafting for Adults: Book Wreaths. 6-7:30 p.m. at Shirlington Library, 4200 Campbell Ave. Make wreaths out of old, recyclable books. Free. 703-228-6545.

Author Event. 7 p.m. at Central Library, 1015 N. Quincy St. Bruce Rosenstein will discuss "Create Your Future the Peter Drucker Way." Free. 703-228-5710.

THURSDAY/DEC. 5

Ballet Performance. 7:30 p.m. at Thomas Jefferson Community Theater, 3501 S. 2nd St. Watch BalletNova's "The Nutcracker." Tickets range from \$13-\$35 with discounts for students and seniors. Visit www.BalletNova.org, or call 703-778-3008 for tickets.

Author Event. Noon-2 p.m. at Arlington Plaza Branch Library. Meet 102-year-old Arlington legend Martha Ann Miller as she signs copies of her new memoir "The First Century and Not Ready for the Rocking Chair Yet." Bring questions about Arlington's past and receive answers. Free. 703-228-5710.

Film. 3-6 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Watch "Midsummer Night's Dream" (1935). Free. 703-228-5710.

FRIDAY/DEC. 6

Opening Reception. 5-8 p.m., meet some of the artists of "Yes, It's Colored Pencil" at Gallery

Underground, in the Crystal City Shops, 2100 Crystal Drive. Free. Features works by members of the Colored Pencil Society of America. For more information visit www.galleryunderground.org or call 571-483-0652.

Ballet Performance. 7:30 p.m. at Thomas Jefferson Community Theater, 3501 S. 2nd St. Watch BalletNova's "The Nutcracker." Tickets range from \$13-\$35 with discounts for students and seniors. Visit www.BalletNova.org, or call 703-778-3008 for tickets.

Miracle on 23rd Street. 6:30 p.m. at Linden Resources, 750 S. 23rd St. "Miracle on 23rd Street" is the traditional kick-off of the local holiday season with a tree lighting, Santa Claus arriving on an Arlington County fire truck, holiday music, vendor gift fair and children's activity. Free and open to the public. Visit www.Linden.org or call 703-521-4441.

Theater Performance. 7:30 p.m. at The James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Watch "A Christmas Carol" from The Providence Players. A portion of the proceeds will benefit The Young Hearts Foundation. \$17/person. Visit www.providenceplayers.org or 703-425-6782.

Tiny Tot. 10:30-11:30 a.m. or 1-2 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 3-5 years can discover nature through a themed program. \$5 due at registration. 703-228-3403. Program #622814-J or #622814-K.

SATURDAY/DEC. 7

Breakfast With Santa. 9:30-11:30 a.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave. Enjoy crafts, snacks and more. Free. Visit www.htluther.org or 703-532-6617.

Holiday Boutique. 10 a.m.-4 p.m. at Our Lady of Lourdes Hall, 800 23rd St. Browse vendors selling Alpaca wovens, ceramics, local honey products and more. There will also be a bake sale, lunch items, raffle and more. Visit www.ahwc.org for more. Proceeds benefit Operation Renewed Hope Foundation and the Arlington Historical Museum.

Holiday Bazaar. 10 a.m.-4 p.m. at Washington-Lee High School, 1301 N. Stafford St. Browse the wares of more than 60 local artisans including jewelry, clothing, collectibles, artwork and more. Free. Food will be available for purchase. Music by the Madrigals and other groups. 703-228-6200.

Ballet Performance. 1 p.m. or 5 p.m. at Thomas Jefferson Community Theater, 3501 S. 2nd St. Watch BalletNova's "The Nutcracker." Tickets range from \$13-\$35 with discounts for students and seniors. Visit www.BalletNova.org, or call 703-778-3008 for tickets.

Art+Pints Bazaar. 2-5 p.m. at P. Brennan's Irish Pub & Restaurant, 2910 Columbia Pike. Beer will be sold to benefit the Arlington Food Assistance Center. There will also be artisans selling their art, a silent auction, games and more. Free, but bring a non-perishable food item for donation. Visit greendrink.org/arlington for more.

Chrome for the Holidays. 11 a.m.-6 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Browse barware, books, furniture, clocks and more for gift ideas. \$10. There will be a special preview from 9-11 a.m. \$25/advance; \$35/door. Hosted by The Art Deco Society of Washington. Visit www.adsw.org or 202-298-1100.

Volunteer Work Day. 10 a.m. at Potomac Overlook Park, 2845 N. Marcey Road. Help with indoor and outdoor projects. Free. 703-528-5406.

Animal Feeding 101. 1 p.m. at Potomac Overlook Park, 2845 N. Marcey Road. Help staff gather insects, worms and then learn how to take care of and feed turtles. Appropriate for all ages. \$5/person. Registration required. 703-528-5406.

Wild Ones: Long Branch Rocks. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 6 and up can find out where rocks come from. Climb up a hill to find an ancient riverbed, hunt fossils and more. \$5/due at registration. 703-228-6535. Program #622924-A.

Campfire: Winter Wildlife. 6 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families can learn how animals stay warm during winter while tasting treats and more. \$5 due at registration. 703-228-6535. Program #622954-K.

Theater Performance. 2 p.m. or 7:30 p.m. at The James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Watch "A Christmas Carol" from The Providence Players. A portion of the proceeds will benefit The Young Hearts Foundation. \$17/person. Visit www.providenceplayers.org or 703-425-6782.

SUNDAY/DEC. 8

Ballet Performance. 1 p.m. or 5 p.m. at Thomas Jefferson Community Theater, 3501 S. 2nd St. Watch BalletNova's "The Nutcracker." Tickets range from \$13-\$35 with

ENTERTAINMENT

discounts for students and seniors. Visit www.BalletNova.org, or call 703-778-3008 for tickets.

Music Performance. 4 p.m. at Arlington Presbyterian Church, 3507 Columbia Pike. NoVA Lights Chorale will present "Winter Variations," featuring jazz, swing, classical and more. Free. Visit www.novalightschorale.jigsy.com for more.

Holiday Wreath Workshop. 1-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults and children ages 12 and up can use all-natural items to create decorative crafts. Bring hand pruners, wire cutters or any extra materials or special decorations you want to add. \$30 due at registration. 703-228-6535. Program #622944-D.

Remove Invasive Plants. 2-4 p.m. at Gulf Branch Nature Center, 3608 Military Road. Adults, families and teens can keep the park free of destructive plants. Free. 703-228-3403.

Chrome for the Holidays. 11 a.m.-5 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Browse barware, books, furniture, clocks and more for gift ideas. \$10. Hosted by The Art Deco Society of Washington. Visit www.adsw.org or 202-298-1100.

Theater Performance. 2 p.m. or 7:30 p.m. at The James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Watch "A Christmas Carol" from The Providence Players. A portion of the proceeds will benefit The Young Hearts Foundation. \$17/person. Visit www.providenceplayers.org or 703-425-6782.

Holiday House. Noon-5 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Enjoy a juried arts and crafts sale by local artisans. There will be children's corner with items priced under \$15. Call Sharon Casey at 703-243-7329 for information.

Living Nativity. 6-8 p.m. at Cherrydale United Methodist Church, 3701 Lorcom Lane. See the Bible story come to life with live actors and animals. Cookies and cocoa will be served. Free. 703-527-2621.

Messiah Sing-Along. 7:30 p.m. at St. Peter's Episcopal Church, 4250 N. Glebe Road. Donations of non-perishable food items encouraged. Bring your Handel "Messiah" score or purchase or borrow one at the door. Free. A reception will follow. 703-536-6606.

MONDAY/DEC. 9

Paws to Read. 5:30-6:30 p.m. at Central Library, 1015 N. Quincy St. Children in grades K-5 can read to therapy dogs for 15 minutes. Each dog is part of PAL. Register for a slot by calling 703-228-5946.

Book Club. 7:30 p.m. at Cherrydale Library, 2190 N. Military Road. Discuss "Flight Behavior: A Novel" by Barbara Kingsolver. Free. 703-228-6330.

TUESDAY/DEC. 10

Tiny Tot. 10:30 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 3-5 years can discover nature through a themed program. \$5 due at registration. 703-228-6535. Program #622914-J.

Paws to Read. 5:30-6:30 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Children in grades K-5 can read to therapy dogs. Free. Register for a slot by calling 703-228-5260.

WEDNESDAY/DEC. 11

Holiday Nature Crafts. 4-5 p.m. or 6:30-7:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Families with children ages 5 and up can make nature-themed gifts and

decorations. \$7/child due at registration. 703-228-3403. Program #622854-G or #622854-H.

Tiny Tot. 10:30 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 3-5 years can discover nature through a themed program. \$5 due at registration. 703-228-6535. Program #622914-K.

Holiday House. Noon-8 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Enjoy a juried arts and crafts sale by local artisans. There will be children's corner with items priced under \$15. Call Sharon Casey at 703-243-7329 for information.

Nanny Club. 10 a.m.-noon at Columbia Pike Library, Columbia Pike Library, 816 S. Walter Reed Drive. For children up to age 5. Free. 703-228-5710.

Kids Club. 4 p.m. at Central Library, 1015 N. Quincy St. Children in grades K-5 can enjoy activities and more. Free 703-228-5710.

Paws to Read. 5:30-6:30 p.m. at Shirlington Library, 4200 Campbell Ave. Children in grades K-5 can read to therapy dogs. Free. Register for a slot by calling 703-228-6545.

THURSDAY/DEC. 12

Theater Performance. 7:30 p.m. at The James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Watch "A Christmas Carol" from The Providence Players. A portion of the proceeds will benefit The Young Hearts Foundation. \$17/person. Visit www.providenceplayers.org or 703-425-6782.

Tiny Tot. 10 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 18-35 months can discover nature through a themed program. \$5 due at

registration. 703-228-6535. Program #622914-A.

FRIDAY/DEC. 13

Ballet Performance. 5 p.m. at BalletNova Center for Dance Studios, 3443 Carlin Springs Road, Falls Church. Watch a petite performance of BalletNova's "The Nutcracker." Performances are 45 minutes and include a narrative of the story and highlights from Act II. Appropriate for children ages 3-5. Tickets are \$15/child; \$20/adult. Add \$3 if purchased at the door. Visit www.BalletNova.org, or call 703-778-3008 for tickets.

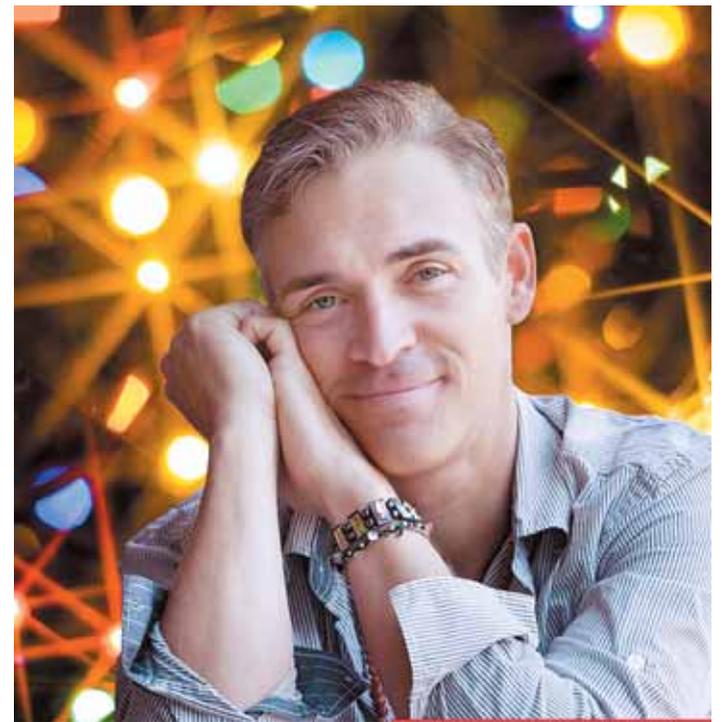
Theater Performance. 7:30 p.m. at The James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Watch "A Christmas Carol" from The Providence Players. A portion of the proceeds will benefit The Young Hearts Foundation. \$17/person. Visit www.providenceplayers.org or 703-425-6782.

Tiny Tot. 10 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 18-35 months can discover nature through a themed program. \$5 due at registration. 703-228-6535. Program #622914-B.

Mischievous Mittens. 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 6-10 can learn about metamorphosis and transform plain winter mittens and gloves into funky friends. \$5 due at registration. 703-228-6535. Program #622924-G.

SATURDAY/DEC. 14

CHRISTMAS BIRD COUNT. 8 a.m. at Potomac Overlook Park, 2845 N Marcey Road. Join the park staff in



A Matt Conner Christmas

Composer and Signature favorite Matt Conner (Snow, Winter, Icicle) salutes the holidays with his piano style, Dec. 11-15. Join Matt and his friends for an evening of joyous merrymaking. Visit www.signature-theatre.org.

the annual Christmas Bird Count by keeping eyes and ears open while walking all the trails of the park to survey what birds are hunkering down for the winter at Potomac Overlook. Meet in the shelter building at the main parking lot. Some binoculars available, but feel

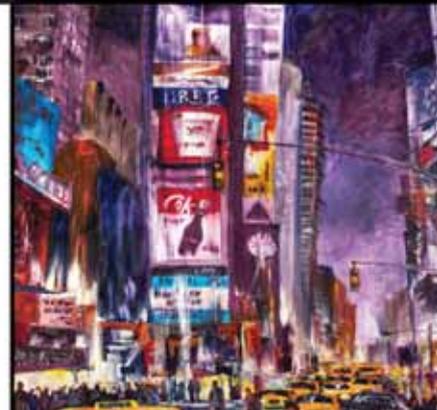
free to bring a pair. Call 703-528-5406.

Winter Wonderland. 10 a.m. at Market Common Clarendon. MIX 107.3 will be on site accepting donations of toys and cash in support of the US Marine Corps' Toys for Tots drive from 10 a.m.-3 p.m., and from



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ONGOING

Restaurants and Rhythms. The BID's free happy-hour live music series inside Rosslyn restaurants. Origem brings Brazilian jazz to Le Méridien. Dave Chappel and friends performs blues rock at the Hyatt Arlington and Mary Ann Redmond sings jazz standards at the Key Bridge Marriott. Visit www.rosslynva.org.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz ("clean") and at 10 p.m. on Friday and Saturday is the Blue Show ("unclean"), both at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

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. Featured musicians will perform from 9:30-10 p.m. 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 1st place. Free. Visit www.whitlows.com

or call 703-276-9693.

Art Exhibit. See works by Kristina Bilonick, Amy Chan, Matthew Fishel and others at the Arlington Arts Center, 3550 Wilson Blvd. Exhibit runs through Dec. 22. Free. Visit www.arlingtonartscenter.org or 703-248-6800.

Solo Exhibit. See works by Katie Lynch Thibault at the Arlington Arts Center, 3550 Wilson Blvd. Exhibit runs through Dec. 22. Free. Visit www.arlingtonartscenter.org or 703-248-6800.

Exhibit. See "Western Mountain: Lovesong" through Jan. 4 in the Mezz Gallery at Artisphere, 1101 Wilson Blvd. Free. Visit www.artisphere.com for more.

Art Exhibit. See artist in residence Emily Francisco through Jan. 12 at Artisphere, 1101 Wilson Blvd. every Friday from 6-10 p.m. and Saturdays from noon-6 p.m. Her exhibit is called "May I Have the Piano Delivered to You?" Free. Visit www.artisphere.com or call 703-875-1100.

Art Exhibit. See "Everything You Are Looking For" by Alicia Eggert from Nov. 21 through Feb. 2 in the Terrace Gallery at Artisphere, 1101 Wilson Blvd. The exhibit draws on her background in sculpture, design and dimensional studies. Free. Visit www.artisphere.com or call 703-875-1100 for tickets.

Theater Performance. See the "Silent Shakespeare" adaptation of "Twelfth Night" from Jan. 9 through Feb. 16 at Synetic Theater, 1800 S. Bell St. Performances are Wednesday through Saturday at 8 p.m. and Sunday at 2 p.m. Tickets start at \$35, with a student, senior and military discount. 866-811-4111 or visit www.synetictheater.org for tickets.

CLASSES

Fall Classes. Arlington Arts Center, 3550 Wilson Blvd. New fall classes and public programs for all ages and in a variety of media are available. Visit www.arlingtonartscenter.org or call 703-

GRUMP: Artisphere's Indie Craft Show

This alternative craft show is a chance to shop local this holiday season. It is like shopping Etsy.com, but in person. Join 40 favorite local makers as they show and sell handmade goods. From children's clothing made of vintage t-shirts, handmade soap to plush anteaters and clever holiday cards, GRUMP's mix of vendors should have something unique for everyone. There will be a DJ and snacks and maybe even a Yeti Sighting. GRUMP takes place Dec. 7, 11 a.m.-5 p.m. at Artisphere, 1101 Wilson Blvd. Visit www.artisphere.com or call 703-875-1100.



248-6800 for a schedule.

THURSDAY/DEC. 5

Opening Reception. 7-10 p.m. Alicia Eggert will talk about her exhibit "Everything You are Looking For" in the Terrace Gallery at Artisphere, 1101 Wilson Blvd. The exhibit draws on her background in sculpture, design and dimensional studies. Free. Visit www.artisphere.com or call 703-875-1100 for tickets.

SATURDAY/DEC. 7

Music Performance. Sofia Rei will perform at 8 p.m. at Artisphere's Dome Theatre, 1101 Wilson Blvd. She explores the connections between the various traditions of South American folklore, jazz

and electronic sounds. \$18. Visit www.artisphere.com for more.

SUNDAY/DEC. 8

Music Performance. 4:30 p.m. at Rosslyn Spectrum Theatre at Artisphere, 1611 N. Kent St. The National Chamber Ensemble will play seasonal music, classical masterpieces and feature 12-year-old Avery Gagliano, who will play the violin and piano. \$30/adult; \$15/student. Visit www.nationalchamberensemble.org or 888-841-2787.

"A Joyful Christmas Concert." 4 p.m. in the Reinsch Library auditorium on Marymount's main campus, 2807 N. Glebe Road. Hear Marymount's Blue Harmony Show Choir, Chapel Choir and special guest Julia Nixon. Free. A reception will follow. 703-284-1611.

CALENDAR

2-5 p.m. there will be free holiday activities and entertainment, including visits and photos with Santa Claus, who will be arriving by fire truck. For event information, call 703-785-5634, and visit www.marketcommonclarendon.com.

Holiday Craft Fair and Bazaar. 10 a.m.-4 p.m. at Wakefield High School, 1325 S. Dinwiddie St. Enjoy demonstrations, music and dance performances and more while browsing items from artisans and crafters. Free.

Holiday House. 10 a.m.-5 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Enjoy a juried arts and crafts sale by local artisans. There will be children's corner with items priced under \$15. Call Sharon Casey at 703-243-7329 for information.

Theater Performance. 1 p.m. or 3 p.m. at BalletNova Center for Dance Studios, 3443 Carlin Springs Road, Falls Church. Watch a petite performance of BalletNova's "The Nutcracker." Performances are 45 minutes and include a narrative of the story and highlights from Act II. Appropriate for children ages 3-5. Tickets are \$15/child; \$20/adult. Add \$3 if purchased at the door. Visit www.BalletNova.org, or call 703-778-3008 for tickets.

Theater Performance. 2 p.m. or 7:30 p.m. at The James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Watch "A Christmas Carol" from The Providence Players. A portion of the

proceeds will benefit The Young Hearts Foundation. \$17/person. Visit www.providenceplayers.org or 703-425-6782.

Tiny Tot. 10 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 18-35 months can discover nature through a themed program. \$5 due at registration. 703-228-6535. Program #622914-C.

Flying Squirrel Lore & More. 5-6 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families can learn about these animals and then watch them glide in for a meal. \$5/person due at registration. 703-228-6535. Program #622954-A.

SUNDAY/DEC. 15

Christmas Music and Family Activities. 11 a.m.-1 p.m. at Cherrydale United Methodist Church, 3701 Lorcom Lane. Enjoy a Christmas concert during the 11 a.m. service, followed by lunch and family Christmas activities. Free. 703-527-2621.

Holiday House. Noon-5 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Enjoy a juried arts and crafts sale by local artisans. There will be children's corner with items priced under \$15. Call Sharon Casey at 703-243-7329 for information.

Holiday Crafts Workshop. 1 p.m. at Potomac Overlook Park, 2845 N Marcey Road. Come make a wreath or centerpiece from local greens, pine

cones and other natural materials. \$20. Call 703-528-5406 for reservations.

Santa Visits Potomac Overlook. 1 p.m. at Potomac Overlook Park, 2845 N Marcey Road. Meet Santa during his only visit to Potomac Overlook this year. Take photos and make family memories. Light refreshments available. Reservations required. A donation of \$5 per Santa visitor is requested and appreciated. Call 703-528-5406 for reservations.

Old Glebe Walkabout. 1-3 p.m., starting at Madison Community Center, 3829 N. Stafford St. Enjoy a two-mile walk around the Old Glebe neighborhood, featuring a behind-the-scenes look at a new exhibit and more. Open to all ages, plenty of

stops. Free. Visit www.walkarlington.com for more.

Notable Nature: Winter Stories and Sketches. 1:30-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families can learn about nature journaling by constructing a journal and then going out in nature and recording what you see. Free. 703-228-6535. Program #622954-I.

Remove Invasives. 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families with children ages 9 and older, adults and teens can help clear the plants from the park. Free. 703-228-6535.

Theater Performance. 2 p.m. or 7:30 p.m. at The James Lee Community Center Theater, 2855 Annandale

Road, Falls Church. Watch "A Christmas Carol" from The Providence Players. A portion of the proceeds will benefit The Young Hearts Foundation. \$17/person. Visit www.providenceplayers.org or 703-425-6782.

Holiday Concert. 3 p.m. The Virginia Encore Chorale will perform at Kenmore Middle School Theater, 200 S. Carlin Springs Road. Free. The Symphony Orchestra of Northern Virginia Chamber Ensemble will be a special guest. Visit encorecreativity.org or 301-261-5747.

Annual Holiday Concert & Sing Along. 3 p.m. at Thomas Jefferson Community Theater, 125 S. Old Glebe Road. Potomac Harmony Chorus will perform. Free. Donations will be accepted to benefit Doorways.

TUESDAY/DEC. 17

Tiny Tot. 2 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 3-5 years can discover nature through a themed program. \$5 due at registration. 703-228-6535. Program #622914-L.

WEDNESDAY/DEC. 18

Tiny Tot. 3:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 3-5 years can discover nature through a themed program. \$5 due at registration. 703-228-6535. Program #622914-M.

Signature's 2013 Holiday Follies

Signature's annual holiday celebration returns Dec. 17-23. Tune that piano to the tune of glee for this jolly festivity featuring special guest performers, buckets of cheer and all your cherished yuletide tunes. Visit www.signature-theatre.org.



"Scanticipation" Not So Much



By KENNETH B. LOURIE

As much as last week's column, "Scanticipation" was about my looking forward – in a non-foreboding way, to my scheduled CT Scan on the 27th and the presumptive positive (not negative) results, having to write a column for this week before having received those results makes this writing effort particularly challenging. Due to the Thanksgiving holiday on Thursday and the indeterminate staffing situation on Friday, not to mention possible vacation days taken by my oncologist, I have not heard back from my him as yet about my scan. Not totally unexpected, but the calm with which I wrote last week's column has been replaced with an uneasiness that I had not anticipated. Perhaps reality has set in, finally.

On the one hand, no news is good news – and I can certainly live with that, as you regular readers know. On the other hand, generally speaking, my oncologist would rather not share bad news electronically (although we have discussed this and he knows my preference for knowing vs not knowing). And on yet another hand, the information has simply not been communicated to me because of the holiday and there's nothing more to be read into it than that. Much easier written than actually accepted.

But accept it I must. Which really is no big deal since the exchange of information is basically out of any of my hands anyway. And as an experienced cancer patient familiar with the emotional demands of waiting for the life-and-death-type results a CT Scan can indicate, I should know better – and I do, however...what bothers me most is my attitude in last week's column. I think I anticipated disrespectfully, as if I was some kind of big shot simply because I had been through it all so many times before and moreover, I felt fairly asymptomatic and as such, somehow I knew better (not best, just better) and the sense that I had was that not much problematic with my lungs would be indicated when the results came back. And I may yet be correct, but last week's column smacked of a certain type of hubris (is there more than one kind?) thinking I knew something. Well, I didn't and I don't know anything. Cancer will do what it does and it probably doesn't consider what I think I feel or what I feel I think. Ultimately, as in many things in life, it's results that matter and I'm a little mad at myself for presuming/anticipating facts not in evidence. I should have expressed a healthier dose of respect and concern (and hope, always) and not taken any sides in the debate over whether feeling nothing was in fact as significant as I wrote it out to be.

Presumably, I will the know scan results soon enough, but not before this week's column needed to be submitted. I don't believe I necessarily crossed a line expressing confidence about an as yet unpublished result. But as a cancer patient, I really don't want to tempt fate, just in case anyone is paying attention, if you know what I mean? So I guess this column is an attempt to right a wrong, in arrears, if that's even possible. When you've outlived your original prognosis by as long as I have, introspecting becomes an occupational-type hazard. Still, life goes on, thankfully.

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

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

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21 Announcements

21 Announcements

PUBLIC NOTICE
PROPOSAL TO CLEANUP AT UNDERGROUND STORAGE TANK SITE
There has been a release from an underground storage tank system at:
Former Exxon
9901 Georgetown Pike
Great Falls, Virginia 22066
The Department of Environmental Quality (DEQ) is requiring Fairfax Petroleum Realty, LLC to develop a Corrective Action Plan (CAP) to address cleanup of methyl tertiary butyl ether (MTBE) in groundwater at the site. If you have questions regarding the cleanup, please contact:

Kleinfelder
1340 Charwood Road, Suite 1
Hanover, Maryland 21076
(443) 925-6048
Attention: Mark Steele

The CAP was submitted to the Northern Regional Office of the DEQ on November 22, 2013. If you would like to review or discuss the proposed CAP with the staff of the DEQ, please feel free to contact Alex Wardle (Alexander.Wardle@deq.virginia.gov) at (703) 583-3822 after the date of the CAP submittal. The DEQ Northern Regional Office will consider written comments regarding the proposed CAP until December 27, 2013. Due to public interest, the DEQ will hold a Public Meeting on December 10, 2013, at 8:30 PM at the Great Falls Grange, 9818 Georgetown Pike, Great Falls, VA. The public meeting will follow the Great Falls Citizens Association Monthly Meeting, which will begin at 7:30 PM and include information about the proposed plan. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case; PC# 2010-3028.

Department of Environmental Quality
Storage Tank Program
13901 Crown Court
Woodbridge, Virginia 22193

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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21 Announcements

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26 Antiques

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21 Announcements

21 Announcements

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21 Announcements

21 Announcements

Dept of Rail & Public Transportation Presents Super NoVa Transit/TDM Action Plan at public meetings Dec. 11 at Courtyard Marriott Alexandria Pentagon South & Dec. 17 at Holiday Inn Manassas Battlefield from 6:30-8:30 p.m. Public input needed to prioritize policies to enhance transportation choices and improve connectivity in region. Meetings are ADA and transit accessible. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer, 804-786-4440 or TDD 711 for information. Comment deadline December 31, 2013.
www.SuperNoVaTransitVision.com
SUPER NoVa
Transit/TDM Action Plan
Achieving Mobility Beyond Boundaries

FROM PAGE 8

mail cumc@erols.com or 703-527-2621.
Worldwide Candle Lighting Service. 6 p.m. at Trinity Presbyterian Church, 5533 N. 16th St. The service is hosted by The Arlington Chapter of the Compassionate Friends and will honor the memory of children, siblings and grandchildren who have passed. Bring a picture or a small remembrance of your child/sibling/grandchild for display and a refreshment. For more information, contact: Elaine Anzevino at eanzevino@aol.com. Visit www.compassionatefriends.org for more.

MONDAY/DEC. 9
Informational Mixer. 8-9 a.m. at Leadership Arlington, 4420 N. Fairfax Drive, Suite 102. Learn about Leadership Arlington from current members and ask about the program or application process. RSVP to www.leadershiparlington.org or 703-528-2522.
Confence. 9 a.m.-1 p.m. at Founder's Hall, 3351 Fairfax Drive. Northern Virginia Language Access Leadership Conference's theme is "Make it Happen." Participants can learn about and discuss language services in government. Free, breakfast will be served. Register at novalanguageaccessleadership.eventbrite.com.

TUESDAY/DEC. 10
Pesticide Certification Preparation Training Course. Virginia Cooperative Extension agents in northern Virginia are holding the course to prepare those who need certification as registered technicians or certified commercial pesticide applicators for the VDACS exam/s. Contact Kisha Simpson at 703-228-6400, fortunec@vt.edu.

WEDNESDAY/DEC. 11
Pesticide Certification Preparation Training Course. Virginia Cooperative Extension agents in northern Virginia are holding the course to prepare those who need certification as registered technicians or certified commercial pesticide applicators for the VDACS exam/s. Contact Kisha Simpson at 703-228-6400, fortunec@vt.edu.

THURSDAY/DEC. 12
Healthy Aging Lecture. 11 a.m.-noon at 601 S. Carlin Springs Road. "Tips for a Healthy Holiday Season" will discuss how to enjoy holiday foods without losing healthy habits. Free, but RSVP to 703-558-6859.

THURSDAY-SATURDAY/DEC. 12-14
Charity Fundraiser. Arlington Northwest Lions will have fresh Florida citrus, Georgia pecans, and Vermont maple syrup for sale at the Overlee Pool, 6030 Lee Highway, in the lower parking lot. Hours are Thursday and Friday 8 a.m.-5 P.M. and Saturday from 8 a.m.-3 p.m. 703-528-1130.

FRIDAY/DEC. 13
Donate Bikes. 10 a.m.-2 p.m. at Bikes for the World warehouse, 1420 S. Eads St. Visitors can donate bikes, volunteer to work with simple hand tools to reduce bikes in size for efficient shipping, and help load 500 bikes into a 40-foot sea container, for education and jobs in Sierra Leone, Africa. Free. Suggested \$10 donation to accompany a donated bike, receipt for tax purposes provided. 571-212-4139 or www.bikesfortheworld.org.

SATURDAY/DEC. 14
Donate Bikes. 10 a.m.-2 p.m. at Bikes for the World warehouse, 1420 S. Eads St. Visitors can donate bikes, volunteer to work with simple hand tools to reduce bikes in size for efficient shipping, and help load 500 bikes. Free. Suggested \$10 donation to accompany a donated bike, receipt for tax purposes provided. 571-212-4139 or www.bikesfortheworld.org.

SUNDAY/DEC. 15
Christmas Concert. 11 a.m.-1 p.m. at Cherrydale United Methodist Church, 3701 Lorcom Lane. Adults can hear the choir perform while children shop in the Secret Santa Shop. After the service there will be a potluck luncheon and activity. Free. E-mail cumc@erols.com or 703-527-2621.

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Combating Holiday Stress

Local experts suggest turning to yoga and meditation to relax.

BY MARILYN CAMPBELL
THE CONNECTION

Marybeth Montoro says her entire body relaxed as she lay stretched out on a yoga mat for savasana, a relaxation pose, at Pure Prana Yoga Studio in Alexandria, while her yoga instructor guided the class through a breathing practice.

"That is where I first learned to meditate," said Montoro. "I was going through a stressful time. The teacher would guide us through it, teaching us how to meditate with our breath. At the end of class we did a clear mind meditation where you watched the thoughts float out of your mind like clouds."

The holiday season brings merriment and festivity, but it can also bring stress and fatigue. A study by the American Psychological Association showed that 61 percent of Americans experience stress frequently during the holidays, while 68 percent experience frequent fatigue. Mental health experts say meditation and restorative yoga can be effective methods for dealing with both.

"Meditation and restorative yoga is a good way to deal with and relieve the symptoms of stress, and I highly recommend it because it has a relaxing effect on the body," said Linda Gulyn, Ph.D., professor of psychology at Marymount University in Arlington.

However, she said, "It is important that people look at the root causes of stress. In the long-term you need to look at what's wrong in your life."

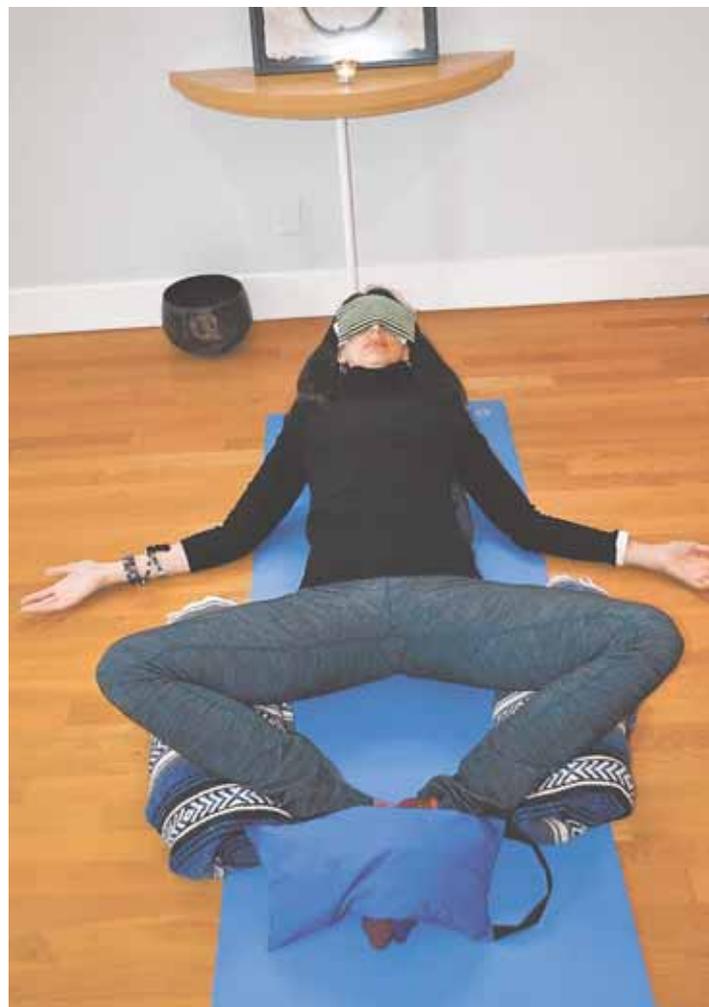
Kathy Judd, a yoga instructor at 532Yoga in Alexandria, agrees that yoga is beneficial. "Because we are pulled in so many different directions during the holidays, we're less likely to be nourishing ourselves, and we're putting toxins in our body," she said.

"Restorative yoga and meditation can allow us to come back to what we're feeling and what we're thinking."

Judd said her meditation practice consists of rolling out of bed and sitting for 10 minutes on a pillow or blanket, closing her eyes and watching her breath. "Meditation provides a buffer between something stressful happening and my reaction to it," she said. "A regular meditation practice helps me to witness all of the business like traffic, crowded holiday shopping, people fighting for parking spaces ... like it is a really interesting television show."

Even a five-minute meditation is effective, especially if it is done repetitively in this way, said Sara Vandergoot, co-owner and director of yoga at Mind the Mat Yoga & Pilates in Alexandria and Arlington. "It can become habitual, like taking a shower. You don't feel right unless you've done it. It is a cumulative effect of maintaining clarity and calm. That is why it is important to do it every day."

Vandergoot teaches private one-on-one meditation sessions and incorporates the practice into her yoga classes. "Studies have shown that [when] the mind quiets, the nervous system calms and that mental clarity is the result of the mind focusing on one thing," she said. "One technique of meditation is the focus on one mantra or affirmation such as 'may I be



Yoga instructor Jill Minneman demonstrates supta baddha konasana, a restorative yoga pose. Experts say restorative yoga and meditation can help relieve stress.

PHOTO BY MARILYN CAMPBELL

meditate might face is an inability to control a wondering mind, said Vandergoot. "A tool to help beginners when your mind wanders is focusing on one object or mantra," she suggested. "Saying 'ho-hum' in your mind is good for beginners." Vandergoot also focuses on restorative yoga, which "is generally done with props like blankets, blocks and bolsters. It is really calming and rejuvenating for the nervous system. If you're tired in the afternoon and you're thinking 'I'd really like to take a nap,' it is amazing that even 15 minutes of restorative yoga can make you feel rejuvenated and refreshed. "It's good to use props," she said, so the body is supported and isn't straining. "The body lets go. It's about releasing deep-seated tension in the body."

Yoga instructor Jill Minneman, a member of the board of directors at the Give Back Yoga Foundation, created a two-hour restorative yoga workshop, designed specifically for holiday-related stress. She guides students through a series of relaxation poses in a candle-lit room. "Stress is like garbage: It builds up and you have to get

rid of it," she said. "Restorative yoga is designed to release stress through a variety of passive yoga postures, breathing and even some meditation to help release tension in the mind and body."

happy.' Another technique is focusing on the breath coming in and out of your nose or focusing on a single object like a candle flame."

One challenge that those just starting to

Holiday Blues: Cope, Prevent

BY MARILYN CAMPBELL
THE CONNECTION

While the holiday season is filled with parties, shopping, decorating and other festive activities, mental health experts say it often brings unwelcome guests as well: stress and depression.

While they can be difficult to manage when one is in the midst of a bout, with a few strategies one may be able to prevent both before they ruin the holiday season.

Frederic Bemak, Ed.D., a professor in counseling and development at George Mason University in Fairfax, said causes of stress and depression during the holidays can include difficult family dynamics or issues such as illness, death of family members or changes due to marriage or divorce.

"People need to have open and clear dialogues about those issues," said Bemak. "Anticipatory conversations about those issues

in advance is better than arriving and then saying 'Now what do I do?'"

Bemak advises managing one's own issues first. Sometimes that means seeking professional help. "Gain an understanding of your issues and behaviors," he said. "If you have had a difficult relationship with a family member, you have to work on that for yourself and ask yourself 'How do I handle those things when these issues come up?' so you don't get pulled back into behavior patterns that are unhealthy."

Bethesda-based psychotherapist Karen Soltes, a licensed clinical social worker who treats military veterans, said while spending time with family can be challenging, a lack of familial connection can also pose obstacles.

"During the holidays, it is hard for people who don't have family," said Soltes. "A lot of veterans I work with are disconnected from their families and are lonely because they don't have family to be with."

Experts say being realistic and seeking support can help avoid stress, depression.

Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, said high expectations can lead to anxiety and sadness as well. "Some people feel this need to spend a lot of money, which can contribute to stress, especially with parents and children," she said. "They have unrealistic expectations which can lead to profound disappointment."

In addition to dealing with possible causes, recognizing the warning signs of stress and depression can help prevent serious bouts.

"One big sign that your mood is being affected is trouble with sleeping," said Gulyn. "Senses of hopelessness, guilt, regret or other kinds of negative feelings are signs, as well as overeating and alcohol or substance abuse. You're also more likely to be more agitated with other people."

Shorter days and less sunlight are other contributors. "The holidays happen to fall in winter where we're more likely to have

our moods affected by lack of light," she said. "That is our brain's response to reduced sunlight, which we need very much."

If one feels the warning signs of stress or depression, there are behavior modifications that can help ward off both. "Watch the alcohol consumption," said Gulyn. "Get as much activity and sunlight as possible and try to modify your expectations."

However, Gulyn says that at the top of her list is social support. "Have interactions with other people who can keep you active or give comfort, advice, fun or joy," she said. "Exercise is great, meditation is great, but nothing beats spending quality time with friends."

Soltes said, "I tell people to put themselves at the top of their Christmas list and give as generously [to] and nurture themselves as they do others in their lives. That could mean having a 'staycation' like staying at home in your pajamas and watching your favorite movie on Netflix."

Staying Fit During the Holidays Staving off extra pounds during the season of sweets.

By MARILYN CAMPBELL
THE CONNECTION

Patty McAndrews works out with a trainer twice a week at TRUE Health and Wholeness in Arlington. She found that restarting her fitness regimen about two months ago has strengthened her abdominal muscles and toned her body. A threat to her fitness looms, however: the holidays and the food and festivities that come with them. McAndrews plans to continue her workout schedule to combat the traditional holiday weight gain.

"I am excited about the working out during the holidays because it gives me the freedom to indulge," she said.

From eggnog and chocolate truffles to Yule logs and Linzer cookies, the holidays bring an onslaught of sugar-filled delicacies. Those who find it hard to resist multiple servings of Italian trifle at an office party or chocolate-covered gingerbread men at a cookie exchange might be kicking themselves for overindulging come January, however.

To keep that from happening, local nutrition and fitness experts share their tricks for staying in shape and helping their clients do the same during the sweetest time of the year.

"It is a very hard time of the year, even for me," said Lisa Pawloski, Ph.D., chair of the Department of Nutrition and Food Studies at George Mason University in Fairfax. "Everyone has challenges. There is food everywhere. Office parties are filled with fatty food. There are dishes filled with candy all around the office this time of year."

Pawloski believes bringing calm to the holiday bustle can aid in fitness. "It is important to reduce your stress so that you don't over consume," she said. "Many

people react to stress by over-eating."

Planning ahead is one strategy to avoid gluttony during holiday gatherings. "Think about nibbling on small amounts of healthy food throughout the day to fill you up a bit instead waiting on a big meal to fill you up," said Michael Nordvall, Ed.D., professor of health and human performance at Marymount University in Arlington. "Take your time while you're eating, chew slowly, eat slowly. The slower you eat, the less food you end up eating because you will get fuller sooner."

Loading up on nutritious nibbles in advance of a big event might make platters of pound-packing fare appear less appealing. "When it comes to holiday parties or buffets, eat something healthy before you go so you're not feeling overly hungry," said Pawloski. "Think about eating protein and whole grains because high-fiber food will allow you to feel fuller for a longer period of time."

"My personal philosophy is for people to enjoy themselves at a party," said Nina Elliot of TRUE Health and Wholeness in Arlington. "Have some of everything, but don't go back for seconds. Don't be obsessed with the food, move through the crowd, focus on enjoying the people who are there."

When faced with a large spread of tantalizing eats, be selective. "You have to ask yourself, 'Is it worth the calories?' Since there is such a variety, being picky is im-

portant," said Pawloski. "Go after the food you really enjoy. There is research that shows that when you eat food you enjoy, you secrete more of the digestive enzymes and you absorb more nutrients of those particular foods."

Resist the urge to clean your plate. "Most people will pile on as much food as they can and feel the requirement to finish everything," said Nordvall. "Start with smaller portions."

While libations can add merriment to a holiday party, they can also add pounds.

"For the adults, things like alcoholic beverages and eggnog can slow you down, make you drowsy," said Nordvall. "One of the worst things that can happen after a big meal is to fall asleep because your metabolism slows down."

When it comes to sit-down dinners with family and friends, both Pawloski and Nordvall suggest loading up on low-calorie liquids and moving around. "Have water or some broth before you eat a meal," said Pawloski. "That will actually make you feel a little full."

"Going on a walk with your family after a big meal will increase metabolism and help with digestion," said Nordvall.

Elliot even recommends that those concerned about maintaining fitness consider hiring a trainer for the holidays. "Maybe four sessions during the month of December, once a week, for weight training specifically," she said. "Have a session right before a big party where you know there is going

to be rich food."

Elliot says that weight training is important to maintaining muscle mass and reducing stress. "Most people can go for a run, but what is often lacking is proper utilization of weights," she said. "People with more muscle mass have a higher metabolism because muscles are energy demanding."

Her husband, Christian Elliot, fellow trainer and co-owner of TRUE Health and Wholeness, said, "One of the great benefits about strength training is how it boosts the client's self confidence."



PHOTO COURTESY NINA ELLIOT

Arlington fitness trainer Christian Elliot guides Patty McAndrews through strength training exercises. Experts suggest exercising before a holiday event where rich foods will be abundant.

Holiday Recipe Makeovers

Strategies for keeping traditional treats healthy.

By MARILYN CAMPBELL
THE CONNECTION

When Alice Jenkins saw her doctor two months ago, he diagnosed her with high blood pressure and high cholesterol, and suggested she change her diet and lose about 30 pounds. Lawson, 45, started a diet program and has lost nine and a half pounds, but now that she's in the midst of the holiday season, she's concerned about losing the strides that she's made with her dietary changes.

"I have a large family and we get together a lot during the holidays," said Lawson, who lives in Alexandria. "There is always sweet potato pie, macaroni and cheese, and deep fried turkey."

She's not alone. While the holiday season is a favorite time to celebrate with family and friends, for some it is also a time to overindulge in rich, fat-laden foods. However, local chefs say it is possible to recreate time-honored dishes that are often family tra-

ditions with less fat and fewer calories — and without sacrificing taste.

"The greatest piece of nutritional advice I might give a class or client would be to increase one's consumption of vegetables and whole grains," said Nichole Ferrigno, a certified holistic health coach and chef at L'Academie de Cuisine in Bethesda. "Within the framework of holiday foods, I'd suggest making the focus of one's holiday table whole grains and vegetables."

Tweaking recipes for traditional holiday foods to make them heart-healthy and waistline-friendly is easier than one might think, says Ferrigno. "Many festive and traditional foods of the season are healthy at the core, but have been laden with processed sugars and refined carbohydrates to the point where they cease to have much nutritional value," she said. "Traditionally, we enjoy hearty, warming and nurturing foods this time of the year, which is adaptive behavior, as this is the time of the year when our bodies

SEE HEALTHY EATING, PAGE 17



Nichole Ferrigno, a certified holistic health coach and chef at L'Academie de Cuisine in Bethesda, suggests making whole grains and vegetables the focus of one's holiday table.

PHOTO COURTESY OF NICHOLE FERRIGNO

HOLIDAYS

Tips for Avoiding Holiday Overspending

Financial experts offer advice for avoiding a January money hangover.

BY MARILYN CAMPBELL
THE CONNECTION

Allison Brunner said the Christmas holiday season is her favorite time of year. In addition to the holiday festivities and spending time with family and friends, the Centreville resident enjoys holiday shopping. In fact, she purchased so many presents last year that she is still paying off the credit card debt she incurred.

"I did most of my shopping on Black Friday sales and took advantage of online daily deals," said Brunner. "I was so focused on the great deals that I didn't really keep track of how much I was spending."

When it comes to holiday shopping, financial experts say it is easy to get lost in the revelry of the season and lose track of one's financial reality. Local money gurus are here to help, however, with advice to avoid holiday overspending.

"It is really about budgeting and going in with a plan," said Steve Pilloff, Ph.D., assistant professor of finance at the School of Management at George Mason University in Fairfax. "A lot of gifts look fantastic and tempting and you want to buy them and you get carried away. It is important to do your research, make a budget and stick to it."

Kristan L. Anderson, director of retirement plan services at West Financial Services in McLean agrees. "I think the best way to avoid overspending during the holidays is to set a per-person budget and stick to it," she said. "To avoid any hard feelings among family and friends, sometimes it is best to have a discussion and agree upon a set limit before shopping."

BUSINESS NOTES

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

Carrie McIntyre has been appointed chief financial officer at Interstate Hotels & Resorts. Most recently serving as the company's executive vice president and treasurer, McIntyre's new position reports directly to the chief executive officer and encompasses the oversight of corporate and hotel accounting, treasury, tax, financial planning and analysis, asset management, internal audit and risk management functions.

Throughout her nearly 12-year tenure in the hospitality segment, she has acquired leadership experience with finance, strategic financial planning and analysis, investor relations and risk management. McIntyre holds a bachelor of science degree in accounting from Virginia Polytechnic Institute and State University. For more information on Interstate Hotels & Resorts, visit www.InterstateHotels.com



PHOTO BY MARILYN CAMPBELL

Financial experts suggest using cash instead of credit cards to keep track of holiday spending

Theresa Wansi, Ph.D., associate professor of finance at Marymount University in Arlington, suggests using discretion when creating a list of gift recipients. "Do not feel

"Do not feel obliged to send gifts to all family members, colleagues and friends. You are not Santa. Do not succumb to unrealistic pressures of Christmas."

— Theresa Wansi, Ph.D., Marymount University

obliged to send gifts to all family members, colleagues and friends," she said. "You are not Santa. Do not succumb to unrealistic pressures of Christmas."

Susan E. Hamilton, a senior financial planner for West Financial Services in McLean, suggests creating a shopping budget that includes all expenses. "Call it a spending plan if that makes you feel better, just make sure to have limits," she said. "Include the costs of gifts, shipping, wrapping, greeting cards and any entertaining costs."

Shop wisely and avoid impulsive buying. "Make no hasty decisions when shopping," said Wansi. "Stick to the gift list and budget." Pilloff said, "If you walk into an electronics store without a plan, you might walk out spending more than you can afford."

"Try to use cash instead of credit cards, to be more mindful of how much you're spending," said Hamilton. "Shop early to avoid last minute panic and higher shipping costs for rush deliveries."

Shy-Luen Chen has been named as the new conductor of the String Orchestra, effective for the Arlington Youth Orchestral Program's 2013-2014 season. Chen takes the baton from Jennifer Wade, who served as conductor for the first four seasons and will remain as music director. Chen holds a doctorate in orchestral conducting from the University of Maryland, a master's degree in violin performance from the University of Maryland, and a second master's degree in orchestral conducting from the Pennsylvania State University. His conducting experience includes nine years with the DC Youth Orchestra, where he served as first violin sectional coach for their top orchestra, and in other capacities as needed.

O'Sullivan's Irish Pub of Arlington, was named one of the top five Irish pubs across sixteen states and the District of Columbia. LazyLoafer.com, the site dedicated to teaching people how to "loaf" the "lazy" way, recently asked its readers to pick the best Irish pubs in the south-

ern United States. The locally owned and operated pub, about to celebrate its seven-year anniversary, is located at 3207 Washington Blvd. Visit www.facebook.com/OsullivansArlington.

Wansi also said that last minute shopping can come with a high price tag. "It can be quite costly since we tend to grab items without considering prices," she said. "There are great deals on Black Friday, but you do not have to wait 'til then, you can shop early at black-friday.net."

Being frugal doesn't mean being a Scrooge. "Instead of using fancy wraps and gift bags, use newspapers to wrap gifts," said Wansi. "Consider using old gift bags/wraps from last year. Compare prices online and between retailers at websites like pricegrabber.com. Also check out free coupon websites like www.ebizmba.com/articles/coupon-websites for great deals."

Anderson said, "Some people like to purchase only second-hand gifts, either through Craigslist, eBay, or similar sites," she said. "The idea is to avoid buying new things, instead buying serviceable items that someone else no longer has a use for. Generally, this idea has a lower cost and is 'greener.'"

Pilloff says planning ahead could help avoid pitfalls like Brunner's. "I would rather see someone save ahead of time

rather than using a credit card for holiday spending," he said. "Create a side account to avoid financial pressures at Christmas," Wansi said. "This should be done preferably at the start of the year, so, it might be too late for now, but it is a great tip for future years." Those who choose to use credit cards for holiday shopping should educate themselves. "For someone who doesn't save and is going to use credit cards, they should make well-informed decisions," said Pilloff. "Use an online credit card calculator. Ask yourself, 'If I make this payment every month, how long is it going to take me to pay off this credit card?'"

Save money by shopping in bulk. "Give the same gift, or type of gift, to a number of recipients," said Hamilton. "For example, a bottle of wine, which you could purchase by the case to save money, depending on the number of people on your list. Other examples [are] plants, food, books, CDs, photos, magazine subscriptions."

Eight of Bean, Kinney & Korman's attorneys were recently selected by their peers for inclusion in "The Best Lawyers in America" 2014. The attorneys were recognized for legal work in eight different practice areas: **Jennifer Brust**: Bankruptcy and Creditor Debtor Rights / Insolvency and Reorganization Law (2010-2014) and Litigation - Bankruptcy (2010-2014); **Joseph Corish**: Banking and Finance Law (2013-2014); **Leo Fisher**: Commercial Litigation (2013-2014); **Timothy Hughes**: Construction Law and Litigation - Construction (2012-2014); **Jonathan Kinney**: Real Estate Law (2008-2014); **James Korman**: Family Law (1995-2014); **Christian Lapham**: Family Law (2014); and **James Schroll**: Bankruptcy and Creditor Debtor Rights / Insolvency and Reorganization Law (2005-2014).

Healthy Eating

FROM PAGE 16

have greater calorie demands to keep warm."

Lenora Lawson, chef faculty at The International Culinary School at The Art Institute of Washington in Arlington, suggests alternative ingredients for dishes such as cranberry sauce and casseroles.

"When making cranberry sauce from scratch, a lot of recipes call for brown sugar," she said. "You can use agave or honey, or if you really want to get creative you can use pineapple juice."

To make eggnog more healthful, Lawson recommends using skim milk instead of whole milk. "If you want to go way outside the box, you can use almond milk or soy milk," she said.

Lawson says that white rice is a nutrition culprit that can be replaced easily. "Rice is a holiday meal favorite," she said. "Substitute white rice for brown rice and use a pilaf method by sautéing onion in olive oil and adding vegetables like celery, carrots or peas. You can garnish it with dried cranberries to make it more festive."

Warming soups like roasted carrot-ginger, or mushroom barley are among Ferrigno's recommended holiday menu items.

Additionally, she said, "Think sweet potato pancakes instead of traditional potato latkes or arugula salad with roasted butternut squash, dried cranberries, pumpkin seeds, and shaved parmesan."

For those who love roasted meat, Ferrigno said, "I'd recommend going with a light poultry here, like chicken, turkey or Cornish hen. Keep everything fresh and unprocessed. Actually, a bit of fat is essential in any diet: most of our vitamins are fat soluble, plus fat is what creates satiety and satisfaction. Remember that lots of fiber will absorb excess fat and cholesterol in the blood, so eat lots of those veggies and barley."

Offering advice on holiday desserts, Ferrigno said, "Think gingerbread laced with lots of rich spices and molasses, [which are] high in iron and other trace minerals, pears poached in wine, fresh oranges and cinnamon sticks, or a flourless dark chocolate cake with a simple fruit sauce and a swirl of lightly sweetened Greek yogurt instead of whipped cream."

Lawson has a secret ingredient for an all-American dessert as well. "When it comes to apple pie, most crust is made with white flour and butter," she said. "You can substitute wheat flour and the only difference is that the crust is a little thicker. You can also substitute apple juice for sugar or cook the apples before making the pie and let them concentrate because apples are naturally sweet anyway."



Yorktown senior point guard Jeremiah Leano will be relied upon for leadership this season.



The Yorktown boys' basketball team is looking for scoring threats to emerge.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Esherick Returns as Yorktown's Top Scoring Threat

Senior point guard Leano will be asked for leadership.

BY JON ROETMAN
THE CONNECTION

Senior guard Zack Esherick is the Yorktown boys' basketball team's most versatile player and it's only returning double-digit scorer. Senior point guard Jeremiah Leano, a three-year varsity athlete, will be asked to run the show.

Outside of those two, the 2013-14 Patriots are a team of interchangeable parts waiting for athletes to emerge as reliable contributors.

Last season, Yorktown lost to Wakefield in the district tournament semifinals and fell to eventual region champion Woodson

in the opening round of the regional tournament. Esherick led Yorktown in scoring at 14 points per game and figures to be this year's top offensive threat, as well. Leano is stepping into the starting point guard role.

"We have a lot of potential," Leano said. "We have a lot of young guys that are willing to work hard and me and Zack are trying to lead them."

While Esherick has the most experience as a scorer, head coach Rich Avila said the team's flex offense will be at its best if several players can score nine or 10 points per game, rather than one player scoring a bunch.

Avila said January is around the time his Yorktown teams usually develop cohesiveness in the flex offense, so how well the team is playing as it enters its holiday tournament could be a telling sign. The Patriots

will compete in the Falls Church holiday tournament Dec. 27, 28 and 30.

"They've both got to make us better," Avila said of Esherick and Leano. "... [Esherick is] really our most versatile player. ... Leano's got to stay out of foul trouble. He's got to run the show out there."

Along with Esherick and Leano, juniors Edmund Pendleton and John Cohen are likely starters. Seniors Will Roebuck and Tom Shean, and sophomore Conor Shears could see significant playing time.

Avila said Roebuck, the Yorktown football team's varsity quarterback the last two seasons, could play a pivotal role for the Patriots. He played basketball as a sophomore but did not play last season.

"I think he's a guy that's going to add a lot because of his versatility," Avila said. "...

He can be the glue for us in both groups."

Yorktown opened its season against Lee on Tuesday, after The Connection's deadline. The Patriots will face Montrose Christian at 2 p.m. on Saturday at Hayfield Secondary School before hosting Oakton on Tuesday, Dec. 10.

The Patriots became a member of Conference 6 after the VHSL's six-class realignment.

Yorktown, Washington-Lee and Hayfield left the former National District and joined Fairfax, Langley, Madison, McLean and South Lakes of the former Liberty District to form a new conference.

Esherick said the Patriots are ready for the new competition.

"Our [district] last year was pretty tough, too," Esherick said. "Edison was in our [district] last year and they're going to be pretty good this year."

We've seen those teams in summer league and spring league so I think we know what we're going to face."

"They've both got to make us better,"
— Yorktown boys' basketball coach Rich Avila about Zack Esherick and Jeremiah Leano

SPORTS BRIEFS

NoVa Harriers Shine At Foot Locker Regionals

Marshall senior Mackenzie Haight was one of five Northern Virginia harriers to finish in the top 10 at the Foot Locker Cross County Championship South Regionals on Nov. 30 at McAlpine Greenway Park in Charlotte, N.C., and earn a berth to nationals.

Haight (Vienna) placed fifth in the boys' race with a time of 14:51. The Vienna native placed sixth in the Group 5A boys' race at the VHSL state meet on Nov. 15. Edison senior Louis Colson, who won the 5A boys' state championship, finished fourth at Foot Locker South with a time of 14:50.

In the girls' race, Virginia 6A state champion Caroline Alcorta, a senior at West Springfield, finished first at Foot Locker South with a time of 16:55.

Lake Braddock teammates Hannah Christen (17:15) and Katy Kunc (17:16) placed fifth and sixth,

respectively. The five Northern Virginia runners, along with the other top-10 finishers, will compete at nationals on Saturday, Dec. 14 at Morley Field, Balboa Park in San Diego.

Football Playoffs

The top-seeded Centreville football team and No. 3 Westfield will meet in the 6A North final on Dec. 7 at Centreville High School. The winner advances to the state championship game to take on the winner of the 6A South final between No. 1 Oscar Smith and No. 3 Colonial Forge.

Centreville beat Westfield 28-0 during the regular season on Oct. 11. Centreville defeated No. 13 Stone-wall Jackson 52-27 on Nov. 30 during the 6A North semifinals at Centreville High School. Westfield defeated No. 2 Lake Braddock 19-16 at Lake Braddock Secondary School, overcoming a 16-3 deficit in the game's final six minutes.

SCHOOL NOTES

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

James W. Thomas Jr., of Arlington, to serve a five-year term on Mercer University's Board of Trustees. Thomas is a partner with Arnold and Porter LLP. He earned his bachelor of arts degree from Mercer in 1993 and is a member of the Mercer President's Club. Thomas is a partner with Arnold and Porter's litigation practice group. He previously served as law clerk to Judge Vanessa Rutz of the District of Columbia Court of Appeals from 1999-2000. Thomas earned his Juris Doctor from The George Washington University Law School.

Arlington Public Schools earned a Platinum Certification as a Virginia School Board Association Certified Green Schools Division. The Green Schools Challenge is a friendly competition designed to encourage

implementation of specific environmental policies and practical actions that reduce the carbon emissions generated by both the local school division and the broader community. In addition to the Green Schools certification, nine schools were awarded first, second or third place in categories based on the size of the school division.

Because Arlington Public Schools placed first in last year's competition, it was not eligible for consideration for an award this year.

The Virginia School Boards Association's second annual student video contest challenged high school students across Virginia to create a 30-second video around the theme of "What's Super About Public Schools." Arlington Career Center students **Peter Brow, Fred Wolf, Maryam Oukib, Kyle Quinn, Evan Spytek and Lena Mobin** were awarded first place. Visit <https://vimeo.com/75892416> to see their video.

Support Veterans with Employment

FROM PAGE 4

psychology from Marymount.

For the first time at a Marymount Veterans Day Luncheon, there was a Missing Man Table, laid out for one person and full of symbolism, in remembrance of those who died in battle. Also for the first time, Marymount handed out Veterans Day Challenge Coins, a tradition that builds camaraderie in the armed forces. Challenge Coins provide the holder with the option to challenge another vet for some

favor. If the other person has a coin, too, he or she is off the hook. No coin, the favor is called. With the presentation of the coins, Marymount recognized its most senior veteran, Donald F. Lavanty, Esq., professor of business and chair of the Department of Healthcare Management and Legal Studies, as well as its youngest, Frances Dong '15, a sociology major from Chantilly. Members of MU's chapter of the Student Veterans of America Association then passed out the rest of the Challenge Coins to the veterans in the audience.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 16-21.

Senior trips: Monday, Dec. 16, Maryland Live! Casino, \$9; Tuesday, Dec. 17, Richmond Capitol building and lunch, \$23; Wednesday, Dec. 18, Ice! at National Harbor, \$34; Friday, Dec. 20, International Gem and Jewelry Show, \$10; Saturday, Dec. 21, The Kennedy Center, Handel's Messiah, \$75. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Senior living in Arlington, Monday, Dec. 16, 1 p.m., Lee. Free. Details, 703-228-0555.

Creating a budget blueprint, Monday, Dec. 16, 11 a.m., Arlington Mill. Free. Register, 703-228-0555.

Armchair tour of paintings by Van Gogh, Monday, Dec. 16, 1 p.m., Aurora Hills, \$6. Register, 703-228-

5722.

Ice skating, Mondays, 8 a.m. - 9:10 a.m., Kettler Capitals Iceplex, Ballston Mall. \$1. Register, 703-228-4745.

Foreign language conversation groups, Russian, French, Spanish, German, Langston-Brown. Call for days and times, 703-228-6300.

Debt diet, Tuesday, Dec. 17, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955

Pickleball, Tuesdays, 11 a.m. - 3 p.m., Walter Reed. Free. Call to register, 703-228-0955.

Low impact aerobics class, Tuesdays, 9:30 a.m., Thursdays, 11 a.m., Aurora Hills, \$60/15 sessions. Register, 703-228-5722.

Arlington Walking Club meets Wednesdays, 9:30 a.m., Lee. Travel to walking sites, \$4. Register, 703-228-0555.

Advanced line dancing, Thursdays, 1:30 p.m., Lee. Details, 703-228-0555.

Lee Woodcarvers, Thursdays, 1 p.m., Lee. Free. Details, 703-228-0555.

Ballroom Dance, Friday, Dec. 20, 1 p.m., Lee. Free. Register, 703-228-0555.

Healthy holiday sweets by registered dietician, Friday, Dec. 20, 10 a.m., Arlington Mill. Free. Register, 703-228-7369.

Low tech gadgets for low vision persons, Friday, Dec. 20, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Fast-paced walking group, Fridays, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.

Open Tai Chi practice, Saturdays, 9:15 a.m., Langston-Brown. Free. Details, 703-228-6300.



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Be a Part of CHILDREN'S CONNECTION

During the last week of each year, the Arlington Connection devotes its entire issue to the creativity of local students. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through e-mail or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be provided in .jpg format. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6 for publication the week of Dec. 26.

E-mail submissions to: smauren@connectionnewspapers.com

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

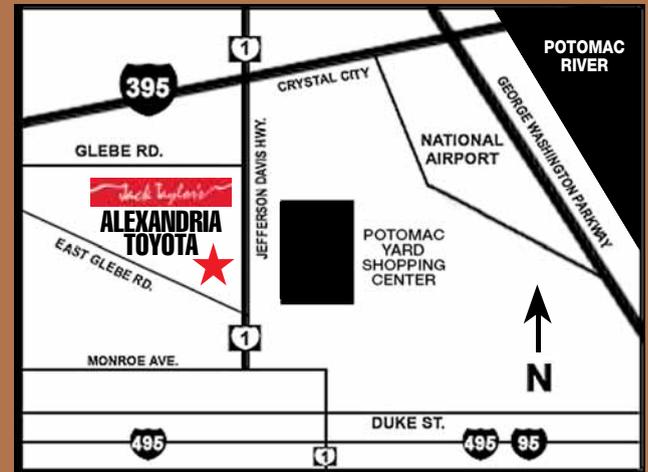




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\$69.95

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