



The Arlington Connection



Helen Slade of New York's Cotton Club brought the audience to its feet with songs such as "We Shall Overcome" at the Martin Luther King, Jr. Tribute Concert on Sunday, Jan. 15 in the Wakefield High School auditorium. In a highlight of the evening, Slade invited children from the audience to dance and sing with her on stage.



Voices in Unison

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Democratic Disunity

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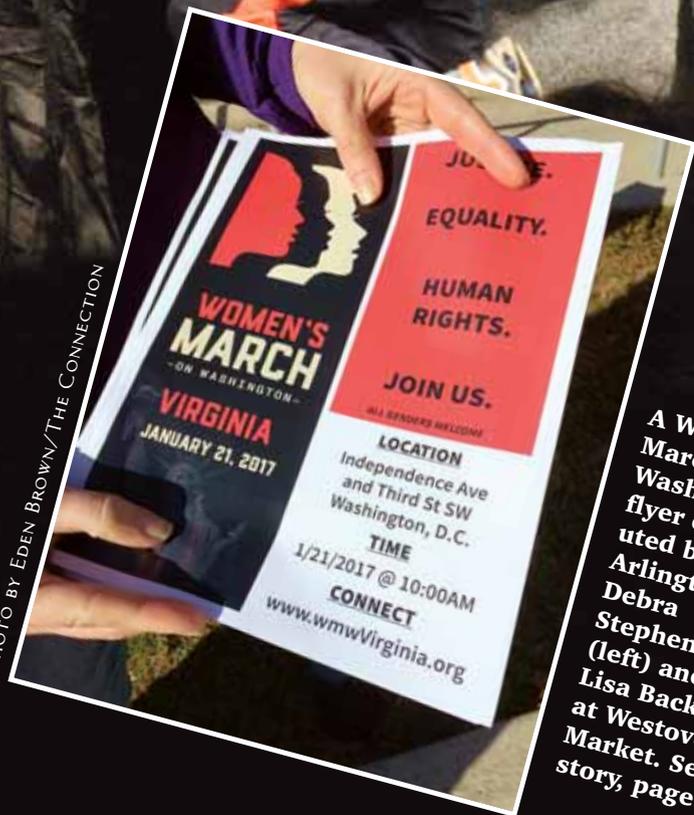
Resistance, the Arlington Way

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Planning for Summer Camp

A+, PAGE 11

PHOTO BY EDEN BROWN/THE CONNECTION



A Women's March on Washington flyer distributed by Arlingtonians Debra Stephens (left) and Lisa Backer at Westover Market. See story, page 4.

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIED, PAGE 14

PHOTO BY HUNG NGO

Key Bridge Being Repaired

Work is underway on repairs to the Key Bridge connecting Rosslyn to Georgetown. According to Eric Balliet from the Arlington Department of Environmental Services, the majority of the work is being done under the bridge and will have a minimal impact on traffic across the bridge. Traffic-affecting work is planned to take place only during midday or overnight. The only other impact anyone crossing the bridge might notice, according to Balliet, is periodic closures of the bike-pedestrian paths on the side of the bridge.

At street level, the Key Bridge Rehabilitation Project is adding new LED streetlights and poles, as well as retrofitting barriers to increase safety. Below the street, Project is working to repair the existing concrete and steel superstructure and deck. The project was started in September and is currently working on the Georgetown side of the bridge. Balliet says as the project continues, it will progress from north to south. The project is entirely D.C. funded, according to Balliet, with no funds coming from Arlington.

— VERNON MILES

BULLETIN BOARD

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

BORROW A SNOWBLOWER

The Department of Parks and Recreation lends a limited number of snow blowers to civic associations and community groups, increasing the number of passable sidewalks during snow events. Their goal is to ensure snow blowers are geographically distributed throughout the county. Snow blowers are loaned to groups who agree to

plow for the public good and who meet specific criteria. Learn more at emergency.arlingtonva.us/weather/snow-ice/snow%20blower/

FIRST TUESDAY EACH MONTH

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

THROUGH JANUARY 22

Northwest Arlington Lions Club Fundraiser. Various times during the day, at the Overlee Pool - Bath House (Lower Level), 6030 Lee Highway. Fresh Citrus, Pecans, and

SEE BULLETIN, PAGE 6

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Jan. 22-28.

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

Senior trips: Hylton Performing Arts Center, Manassas, "Murder on the Nile," Sunday, Jan. 22, \$40; Riverside Dinner Theatre, Fredericksburg, "Million Dollar Quartet," Wednesday, Jan. 25, \$77; National Museum of American Jewish Military History, D.C., Thursday, Jan. 26, \$5. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Advice for working through grief, Monday, Jan. 23, 1 p.m., Lee. Free. Register, 703-228-0555.

How to use Senior Smart Trip Card, Monday, Jan. 23, 10 a.m., Walter Reed. Register, 703-228-0955.

Unique dance fitness class begins Monday, Jan. 23, 9 a.m., \$22.50/5 sessions, Fairlington. Register, 703-228-4771.

Senior Boot Camp, Monday, Jan. 23, 8:30 a.m., Walter Reed, \$22.50/5 sessions. Register, 703-228-0955.

Wildlife Rescue League program and volunteer opportunities, Tuesday, Jan. 24, 6:30 p.m., Walter Reed. Register, 703-228-0955.

AARP's smart driver class, Tuesday, Jan. 24, Wednesday, Jan. 25, 9 a.m.-1 p.m., \$20, Arlington Mill. Register, 703-228-7369.

Intro to modern day cruise lines, Wednesday, Jan. 25, 1 p.m., Langston-Brown. Register, 703-228-6300.

Astrology and retirement planning, Wednesday, Jan. 25, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Medicare in 2017, Thursday, Jan. 26, 11 a.m., Langston-Brown. Register, 703-228-6300.

How to organize important papers, Thursday, Jan. 26, 1 p.m., Langston-Brown. Register, 703-228-6300.

How to talk about end-of-life wishes, Friday, Jan. 27, 1 p.m., Walter Reed. Register, 703-228-0955.

Ballroom dance, Friday, Jan. 27, 1 p.m., Arlington Mill. Free. Details, 703-228-7369.

Mindfulness meditation, Friday, Jan. 27, 11 a.m., \$36/6 sessions, Walter Reed. Register, 703-228-0955.

Travel discussion group shares experiences, travel tips, Friday, Jan. 27, 2 p.m., Langston-Brown. Register, 703-228-6300.



Vocalist Roy Patton Jr. performed songs like “Believe in Yourself” from “The Wiz.”



Kim B. Miller performed several spoken word poems, including one in which she criticized the impossible expectations that American society places on prominent black women such as Serena Williams, Misty Copeland, and Michelle Obama.



Alumni of the Duke Ellington School of the Arts performed several powerful pieces including “I’ve been ‘Buked and I’ve been Scorned” and “Motherless Child.”

PHOTOS BY HUNG NGO

Voices in Unison

Concert pays tribute to legacy of Martin Luther King, Jr.

BY MARY DEMPSEY
THE CONNECTION

With song, speech and dance, the Arlington community celebrated the legacy of the Rev. Dr. Martin Luther King, Jr. for the 48th consecutive year.

The sold-out MLK Tribute Concert occurred Sunday, Jan. 15 at the Wakefield High School auditorium. The audience ranged from performers’ family members, to local civil rights activists, to County Board and School Board members.

This year, the Arlington Department of Parks and Recreation teamed up with Lashley Consulting to bring local and national talent to the stage.

Performers included singers and spoken word artists from around the country, but highlighted local artists such as alumni from Washington’s Duke Ellington School of the Arts, instrumentalists from the music program at George Mason University, and dancers from Alexandria’s Worship Without Words mime ministry.

The musical performances were punctuated with short speeches from Arlington’s County and School Board members. County Board Vice-Chair Katie Cristol emphasized that a strong community is built upon a commitment to service, while County Board member Libby Garvey underscored that progress is impossible without accepting uncertainty.

When he took the stage, County Board

member John Vihstadt said that “Arlington is a place where anyone can come and [. . .] exercise their rights without fear.” he added that through remembering our past “we can empower our community to stand up and take charge.”

The night also featured several video segments. One video featured the work of students who contributed to this year’s Dr. Martin Luther King, Jr. Literary and Visual Arts Contest. Another featured Arlington Chief of Police Jay Farr speaking about ACPD’s dedication to community involvement.

Towards the end of the evening the Duke Ellington Alumni Choir encouraged the audience to stand with them for a rendition of “Lift Every Voice and Sing.”



Members of Worship Without Words presented mime performances.



Alexandria arts education teacher Anne Smith performed a dramatic monologue from the perspective of Mahalia Jackson about how the gospel singer and activist encouraged Dr. Martin Luther King, Jr. to spontaneously deliver his now famous “I Have a Dream” speech during the March on Washington for Jobs and Freedom in 1963.



County Board members spoke between performances about Arlington’s commitment to progress and diversity. Christian Dorsey reminded the audience that segregation was once an undeniable part of the community.

Democratic Disunity

BY VERNON MILES
THE CONNECTION

Since the passage of the Affordable Care Act in 2010, the number of uninsured Virginians has fallen by 31 percent. 327,000 Virginians have gained access to healthcare coverage they otherwise would not have had. As Republicans

in Congress begin the process of repealing the Affordable Care Act (ACA), more than 100 citizens from throughout the region rallied on Jan. 15 at Alexandria’s Charles Houston Recreation Center in support of affordable healthcare.

“Two months ago, I was confused and stunned,” said Arlington County Board

Chair Jay Fisette. “Now, I’m angrier than ever ... I’m angry that the value of expanding access to healthcare is a debate.”

Like many in the audience, Del. Patrick Hope said his biggest concern was that the plan for what to replace the ACA with remains unknown.

“Everyone here knows someone benefit-

ing from the ACA,” said Hope. “We need to take this fight [to them]. Pick up the phone. Call the Speaker of the House.”

Fisette and Hope were joined by U.S. Rep. Don Beyer, Del. Mark Levine, and other local Democrats. However, the planned show

SEE ACA RALLY, PAGE 10

Resistance, the Arlington Way Guidance on the upcoming Women's March, weeklong activities.

BY EDEN BROWN
THE CONNECTION

They were scared. They weren't worried about the weather: it is supposed to be nice. Or the possible counter-demonstrations: security will be tight. Almost everyone said they were going to march. But one or two said they would not, and their reasons shocked Lisa Backer and Debra Stephens as they stood at the Westover Farmer's Market handing out flyers. One woman said she was going, but not registering for the march because she was afraid her name would go on a list of people that the new administration could use against them, and one man, a federal employee who would be allowed to march otherwise, said this year he would not march because he might lose his job if his photo was taken at the march.

But generally the two women, who were publicizing the march as private citizens, said almost everyone they spoke to was attending the march on Saturday, Jan. 21, from 10 a.m. onwards. But they said they would expect that in a neighborhood like Westover, in a county like Arlington.

Backer and Stephens found the information about the march on-line on Facebook, and decided to attend the information session at the House of Steep, in Cherrydale, held last week. They picked up flyers and cards and decided their job for the next few days was to let women know about the march, and the fact that Virginia, as a state, has its own organization for the march and is collecting money for women who cannot otherwise get here. The information ses-



PHOTO BY EDEN BROWN/THE CONNECTION
Debra Stephens (left) and Lisa Backer at Westover Market support the Women's March on Washington.

sions help with logistics. There is a water taxi going across the Potomac from Alexandria, and those taking the Metro are being told they should leave at 7 a.m. rather than 9 a.m. and should buy a Metro Smart card and get a few for out-of-town guests, rather than stand in line for a ticket on the day. Backer and Stephens also learned about several "warming stations" open to marchers, and several congressional offices that will open. U.S. Rep. Maxine Waters (D-CA-43) will open her office to marchers, they said. Backer said a good parking option if you have to drive to the event is "Spot Hero"

a parking app that reserves a place for your car near the event. Both women wondered why Metro was running a regular schedule for the event, instead of adding trains.

Stephens said there is a contingent of Yorktown alumni who are coming from all over the U.S. — 35 women in total, from the class of 1974, a class which often attends reunions and events together. "But what about the others?" Stephens asked. "The women who can't get here for financial reasons, or who live in communities that haven't publicized the march. That is why we support the Virginia March for Women effort."

Arlingtonians will march, and host many out-of-towners. Sheridan Collins said she would be joining the march "to advocate for greater access to quality health care for women and families, to stand against rollback of reproductive rights, to urge equality in the work place re pay and hiring, to stand for greater restrictions on guns as a health hazard, to stand for public education and against vouchers to fund our kids' education and our retirement and health care." She had a houseful of people coming to stay with her from other states.

Backer and Stephens urged that this is the beginning of the marathon, not the end. It will be important to start the "marathon" with the march on Jan. 21, and plan to keep running.

Stephens also added some advice for those going to embark on political activity this season: "It's important for us not to be too hyperbolic. We shouldn't focus on the negative all the time, or demonize the President-elect. We should be careful about treating him as a total joke. If he does something good, we should let people know and

LOGISTICS FOR THE MARCH

- ❖ The march will start on Independence Ave. and 3rd St., SW, at 10 a.m. The closest Metro is Federal Center SW, two blocks away. Get a Smart card early and leave at least two hours before the march.
- ❖ Poster making: Look for poster making events around town: if you are making your own:
- ❖ Don't use wooden stakes or metal posts to put your posters on.
- ❖ Use discretion when writing poster slogans: it's not an anti-Trump rally.
- ❖ See sample slogans on the website: www.wmvVirginia.org
- ❖ See website for updates and transportation suggestions.
- ❖ For suggestions on what to wear and bring, see www.wardrobeoxygen.com/2016/12/what-to-wear-to-a-protest-march.html
- ❖ Buses can be reserved at churches around Arlington: Rock Spring Church offers a round trip into DC for 40 dollars but may not be taking more reservations.
- ❖ Check Facebook's Women's March on Washington-Virginia page
- ❖ Do not bring backpacks: no large bags will be allowed.

acknowledge it; and if he does something which is not good, we should let people know that too."

There are several events this week to lead up to the march:

❖ Writers Resist will offer other events this week: see: <https://www.facebook.com/events/133477420487280/>.

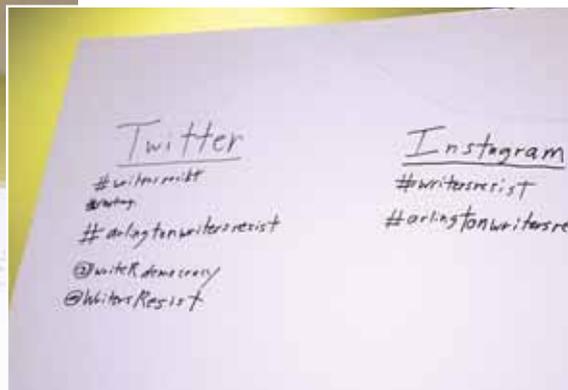
❖ Arlington Democrats are having a sign making party. See <http://www.arlingtondemocrats.org/calendar/>.

❖ Liberty Tavern, 3195 Wilson Blvd., this week: Jan. 18 from 6-8 p.m. — Why We March Virginia. WMOW will offer a short presentation by their outreach team, do Q and A, offer some beanies and buttons for sale, and then toast to all their hard work.

❖ A useful Twitter address for the march is @IndivisibleTeam, and post-march events, according to Stephens, can be found at www.indivisibleguide.com/.



Katherine Young, Poet Laureate of Arlington, speaks at the Writers Resist event on Sunday.



PHOTOS BY EDEN BROWN/THE CONNECTION
Twitter addresses for writers resist and support of free expression were posted at the bookstore event.



Arlington resident Sheridan Collins speaks with Katherine Young at the One More Page bookstore event.

Local Poet Laureate Speaks at Writers Resist Event

Arlington Poet Laureate Katherine Young, along with Gregory Luce, Jacqueline Jules, Holly Karapetkova, Naomi Thiers, Francisco Aragón, Susan Mockler, and other Arlington poets read poems in support of democracy, free expression, and inclusion at One More Page Books, at 2200 North

Westmoreland St., on Sunday, Jan. 15. The event was attended by about 25 people, and attendees brought a non-perishable food item to donate to Arlington Food Assistance Center.

— EDEN BROWN

Preparing for End of Life

After an advance directive, a POST form.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Hospice and palliative care doctors like Dr. Matt Kestenbaum of Arlington's Capital Caring Hospice have been engaging in discussions with their patients about their final wishes regarding medical treatment for as long as they've been practicing end-of-life care. It has always been standard in this part of the medical community for doctors to have ongoing end-of-life care plan discussions with their patients so that treating physicians can best honor patient wishes regarding their care setting in the final stages of life.

It has only been in the last decade, however, that Virginia doctors have had access to a standardized form to convert these patient wishes into actionable orders for patients in the midst of terminal medical crises.

Introduced in 2007, the Physician Orders for Scope of Treatment (POST) program provides an official form for patients with serious illness or frailty. This POST form makes it possible for doctors to turn their patients' clearly stated end-of-care wishes into an action plan, going one step further than a simple advance directive. The POST form is respected across care settings.

"These are conversations we've always had with our patients, but we didn't have a standardized way to document the outcomes of the discussion," Kestenbaum said. "The POST program and form has allowed us to put some structure in place to what we have been doing for decades."

Virginia's POST program is part of a national movement that started nearly 30 years ago in Oregon, to ensure that physicians would be able to respect and adhere to the medical care preferences of terminally ill patients. Too often, advance directives are murky and difficult for doctors to follow and, thus, wishes stated in them aren't always easy, or even possible, to honor.

"We are part of the National Physicians Orders for Life Sustaining Treatment (POLST) Paradigm," Kestenbaum said. "The philosophy behind that organization, which started in Oregon, is to facilitate communication between health care providers and patients so that the treatment plan for patients with serious illness and frailty are consistent with their preferences. With that as their guiding principle, the approach began to spread across the United States. You have to stick to the principles of the

national movement to be endorsed by the National POLST Paradigm – even if you change the acronym to POST, as we did in Virginia."

Since it is an optional program, not all medical facilities in the state make the POST form a part of advance care planning for eligible patients. Hospice and palliative care providers, however, increasingly see only benefits to encouraging use of the form, so the POST community is on the rise.

"From a medical perspective, there is no reason not to participate," Kestenbaum said. "It might not be the perfect solution, but it is certainly the best one studied to date. Part of the hesitation in Virginia is that some people are confused about the legal status, so providers were scared to use it. As of November of 2016, though, the Durable Do

Not Resuscitation (DNR) regulations in Virginia were amended to eliminate any possible concern about this form or program."

For years, the POST form has been recognized by the Virginia Department of Health. Even before the November 2016 amend-

ment, the Durable DNR Fact Sheet available on the official website mentioned POST.

"Now it absolutely clear to everybody that this form is able to be used by patients for whom it's appropriate without any hesitation," he said. "The form is so important and necessary and helpful that the department eliminated any possible legal worries over it."

Kestenbaum, a board certified internist with specialty certification in Hospice and Palliative Medicine, has been a hospice physician at Capital Caring since 2006. Capital Caring is an organization that sets out to improve end-of-life care and quality of life for people with chronic progressive illness. Capital Caring operates four acute care hospice centers, with the Arlington center being one of two in Virginia.

"As has been the case for our nearly 40 years of service, Capital Caring's mission is to simply improve care for the 1,200 moms and dads we comfort every day of the year throughout our service area, including more than 150 right here in Arlington," said Mathew Gulick, director of communications

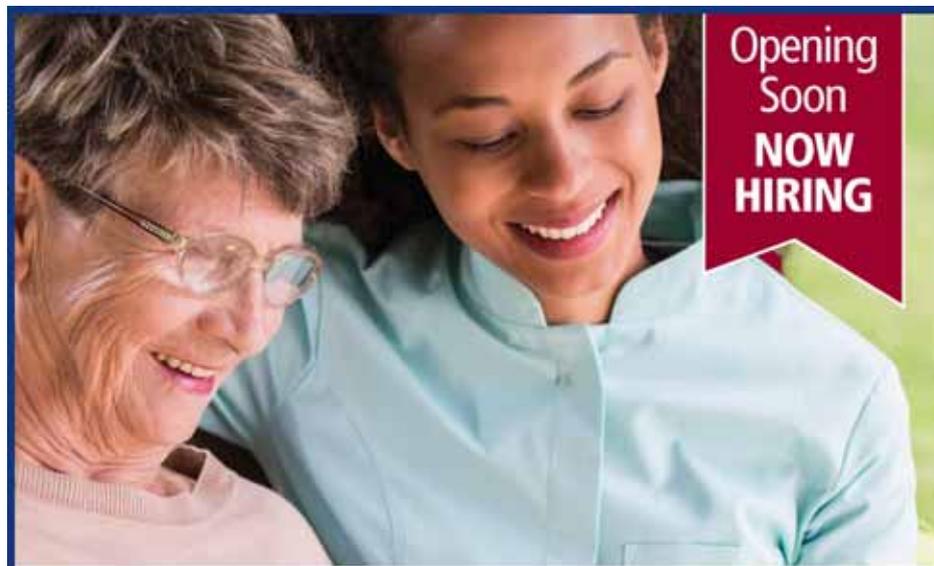


Dr. Matt Kestenbaum

"No one is forced to fill out a POST form. The main group of folks for whom it is most beneficial is for those who are seriously ill or frail, with a prognosis of a year or less."

— Dr. Matt Kestenbaum

SEE POST, PAGE 13



Opening Soon
NOW HIRING

Announcing Group Interviews for The Kensington Falls Church

Interview with Us at

700 West Broad Street in Falls Church

Thursdays from January 19-March 2 at 11am & 4pm

Saturdays from January 21-March 4 at 11am

Have you been searching for an organization with heart? Where you can make a difference in many lives? Where you can grow professionally and personally? Kensington Senior Living has been built upon two key values: a Love for Seniors and a Spirit to Serve. We are looking for individuals who share these values and would like to join our team in Falls Church, where we will love and care for our residents as we do our own families.

Now hiring qualified full-time (starting at 30 hours/week) and part-time team members

(Health and dental insurances, life insurance, paid time off and paid holidays for full-time positions. One free meal per day. 401k plan for team members who wish to contribute.)

- | | |
|-------------------------------------|-----------------------|
| Care Managers (CNAs) | Prep Cooks |
| Care Supervisors (CNAs) | Utility Staff |
| Licensed Professional Nurses (LPNs) | Servers |
| Wellness Nurses (LPNs and RNs) | Maintenance Assistant |
| Activities Coordinators | Housekeepers |
| Concierges | Porters |
| Dining Coordinators | Drivers |
| Cooks | Laundry Attendants |



THE KENSINGTON

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FALLS CHURCH

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**For immediate consideration or more details,
email FallsChurchCareers@KensingtonSL.com
or call 703-992-9868.**

Counting on Our Reps in Congress

Sound the call to action; resist changes that are against the values and beliefs of most Virginia voters.

While most voters in the United States did not vote for Donald Trump for president, it was all the more so here in Northern Virginia. Hillary Clinton won the popular vote nationwide by 2.9 million votes.

In Virginia, Clinton won 49.75 percent to 44.43 percent over Trump; 1,981,473 votes for Clinton to 1,769,443 votes for Trump.

In the City of Alexandria, Clinton won 75.56 percent of the vote, with 17.54 percent voting for Trump; 57,242 to 13,285 votes.

In Arlington, Clinton won 75.83 percent of the vote, with 16.64 percent voting for Trump; 92,016 to 20,186 votes.

In Fairfax County, Clinton won 64.43 percent of the vote, with 28.61 percent voting for Trump; 355,133 to 157,710 votes.

Most people in this area didn't vote for the

kind of changes that might be coming with this change of administration and party. They didn't vote to repeal the Affordable Care Act. They didn't vote to give massive tax breaks to the nation's wealthiest families, in many cases millions of dollars per family. Certainly they didn't vote for broadside attacks on Medicare, or to undo progress on climate change. This list could go on for some time.

EDITORIAL With all of this and much more under consideration, we rely on our members of Congress, including our two U.S. senators, to fight, to stand up and resist changes that are against the values and beliefs of most Virginia voters, to sound the call to action in every case it is needed.

U.S. Rep. Don Beyer says he will not attend the inauguration.

U.S. Rep. Gerry Connolly and U.S. Sen. Mark Warner rallied with thousands in Alexandria

last weekend to oppose the repeal of the Affordable Care Act.

Even the one Republican member of Congress from the region, U.S. Rep. Barbara Comstock (R-10), spoke out against Trump during the election.

Comstock could play an important role standing up for the values of voters in her district, and will play an important role in representing the interests of the region.

Call your representatives and tell them what matters to you. Every Virginia resident is represented by Virginia's two U.S. senators and one member of Congress. Of course this pertains to those who supported Trump as well.

Beyer: 202-225-4376

Connolly: 202-225-1492

Comstock: 202-225-5136

Warner: 202-224-2023

U.S. Sen. Tim Kaine: 202-224-4024

We welcome your letters to the editor; submit at <http://www.connectionnewspapers.com/contact/letter/>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

FROM PAGE 2

Maple Syrup for sale. Call 703-528-1130 or email lionskk@earthlink.net for more information.

FRIDAY/JAN. 20

Inauguration Day Closings.

Arlington County Government offices, courts, libraries and facilities will be closed for Inauguration Day, metered parking will not be enforced all weekend, but trash and recycling collections will follow a normal schedule. See www.dhrm.virginia.gov/ for a complete calendar.

SUNDAY/JAN. 22

Adapted Swimming Instructors Needed.

For next session of adapted aquatics, a learn to swim program for children and adults with developmental disabilities. Volunteers will receive training to work one on one with the participants in the water to

strengthen and develop basic water skills. Volunteers must be 16 years of age. Volunteer.leadercenter.org.

WEDNESDAY/JAN. 25

Student Screenwriting Contest

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

FRIDAY/JAN. 27

Application Deadline.

Apply for the spring 2017 class of Arlington Regional Master Naturalists, which lasts from Feb. 27-May 22. Volunteers provide education, citizen science, and outreach to conserve and manage natural resources and public lands. 703-525-3614

SATURDAY/JAN. 28

Vegetable Gardening Part 1: Jumpstart Your Garden With Seeds.

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

MONDAY/JAN. 30

Placement Exams for English as a Second Language for Adults.

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

JAN. 31-APRIL 18

AARP Foundation Tax-Aide.

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

MONDAY/FEB. 6

Scholarship Application Deadline.

5 p.m. to apply for one of 70 new college scholarships worth up to \$450,000 that the Arlington Community Foundation expects to award to Arlington students. Visit www.arlcf.org/ or call 703-243-4785.

Neighborhood College Applications.

Deadline to apply for Neighborhood College to become an effective advocate, eight consecutive evenings through March 16. Visit <https://projects.arlingtonva.us/> or call 703-575-4412.

MONDAY/FEB. 6

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MONDAY/FEB. 13

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TRAINING STARTS FEB. 17

Tree Stewards.

Tree Stewards of Arlington and Alexandria are volunteers who take the lead within their communities to enhance a sustainable urban forest through volunteer activities and public education programs including: planting, pruning, mulching and watering of street, park and school trees; staffing informational booths at farmers' markets and local festivals, in conjunction with Virginia Cooperative Extension; leading neighborhood Tree Walks and speaking at community gatherings; advocating for trees wherever and whenever needed. See treestewards.org

SATURDAY/FEB. 25

Parent Workshop.

9:30 a.m.-noon at Kenmore Middle School, 200 S. Carlin Springs Road. "Your Child's Development" is presented in English with Spanish interpretation. Free. Visit www.arlingtonresourcefair.com for more.

Unseasonable

Thomas and Melissa Cornils share a father-daughter moment in the sun outside Toby's Ice Cream in Westover on Sunday, Jan. 15. Paul Miller at Toby's said he was amazed at how many ice creams he had sold that morning: normally this time of year it's all about hot coffee.



PHOTO BY EDEN BROWN/
THE CONNECTION

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HOME SALES

In November 2016, 244 Arlington homes sold between \$3,700,000-\$106,000. This week's list represents those homes sold in the \$862,000-\$640,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
1600 OAK ST #520	2	2	1	ARLINGTON	ARLINGTON	\$862,000	Hi-Rise 9+ Floors	0.23	22209	BELVEDERE
4855 OLD DOMINION DR	4	2	2	ARLINGTON	ARLINGTON	\$849,000	Detached	0.23	22207	COUNTRY CLUB PARK
5958 10TH ST N	3	3	1	ARLINGTON	ARLINGTON	\$830,000	Detached	0.17	22205	DOMINION HILLS
604 Wakefield ST	4	3	1	ARLINGTON	ARLINGTON	\$829,087	Detached	0.00	22203	NA
3711 ALBEMARLE ST N	4	3	0	ARLINGTON	ARLINGTON	\$825,000	Detached	0.23	22207	COUNTRY CLUB HILLS
3543 18TH ST S	5	4	1	ARLINGTON	ARLINGTON	\$824,900	Detached	0.17	22204	DOUGLAS PARK
1919 INGLEWOOD ST N	3	2	1	ARLINGTON	ARLINGTON	\$816,995	Detached	0.19	22205	BROYHILL HEIGHTS
3831 ABINGDON ST	3	2	1	ARLINGTON	ARLINGTON	\$815,000	Detached	0.19	22207	COUNTRY CLUB HILLS
204 IVY ST	3	1	2	ARLINGTON	ARLINGTON	\$805,000	Detached	0.14	22204	ARLINGTON HEIGHTS
307 JACKSON ST S	4	3	1	ARLINGTON	ARLINGTON	\$803,000	Detached	0.14	22204	ARLINGTON HEIGHTS
2901 2ND ST S	5	3	1	ARLINGTON	ARLINGTON	\$795,000	Detached	0.10	22204	PENROSE
2086 OAKLAND ST	3	2	1	ARLINGTON	ARLINGTON	\$790,000	Attach/Row Hse	0.03	22207	CHERRYDALE
1934 Van Buren ST N	4	3	1	ARLINGTON	ARLINGTON	\$787,766	Detached	0.00	22205	NA
1300 ROLFE ST #1	3	3	2	ARLINGTON	ARLINGTON	\$779,285	Townhouse	0.03	22204	CARVER PLACE
261 PARK DR N	3	3	0	ARLINGTON	ARLINGTON	\$779,000	Detached	0.18	22203	ARLINGTON FOREST
4140 41ST ST N	4	3	0	ARLINGTON	ARLINGTON	\$765,000	Detached	0.21	22207	CHAIN BRIDGE
1000 RANDOLPH ST #808	2	2	0	ARLINGTON	ARLINGTON	\$763,800	Hi-Rise 9+ Floors	0.00	22201	THE BERKELEY
1559 12TH ST S	4	3	1	ARLINGTON	ARLINGTON	\$763,350	Detached	0.10	22204	ARLINGTON VIEW
5728 2ND ST S	3	3	1	ARLINGTON	ARLINGTON	\$760,000	Detached	0.14	22204	GLEN CARLIN
2154 STAFFORD ST N	3	2	0	ARLINGTON	ARLINGTON	\$751,000	Detached	0.18	22207	CHERRYDALE
2227 N TUCKAHOE ST	3	3	1	ARLINGTON	ARLINGTON	\$750,000	Townhouse	0.05	22205	SYCAMORE HEIGHTS
3007 TORONTO ST	5	2	0	ARLINGTON	ARLINGTON	\$750,000	Detached	0.23	22213	BERKSHIRE OAKWOOD
308 ABINGDON ST	4	2	0	ARLINGTON	ARLINGTON	\$749,000	Detached	0.37	22204	NORTH BARCROFT
116 GALVESTON ST	4	2	2	ARLINGTON	ARLINGTON	\$740,000	Detached	0.25	22203	ARLINGTON FOREST
5639 LEE HWY	3	2	2	ARLINGTON	ARLINGTON	\$735,000	Townhouse	0.05	22207	MERRY MEWS
428 THOMAS ST	3	2	1	ARLINGTON	ARLINGTON	\$725,000	Townhouse	0.02	22203	BUCKINGHAM COMMONS VILLAGE
3527 ROCKINGHAM ST	3	1	0	ARLINGTON	ARLINGTON	\$725,000	Detached	0.23	22213	NORTH ARLINGTON
719 ADAMS ST S	4	3	0	ARLINGTON	ARLINGTON	\$719,000	Detached	0.13	22204	PENROSE
3214 1ST RD N	2	1	1	ARLINGTON	ARLINGTON	\$717,500	Detached	0.17	22201	KAY ALGER ASHTON HEIGHTS
1941 WOODLEY ST N	3	2	2	ARLINGTON	ARLINGTON	\$715,000	Townhouse	0.04	22207	RICHARD R BASSETT
606 Taylor ST S	4	3	1	ARLINGTON	ARLINGTON	\$706,409	Detached	0.00	22204	NA
5812 1ST ST S	4	3	0	ARLINGTON	ARLINGTON	\$700,000	Detached	0.14	22204	GLENCARLYN
5634 8TH ST N	3	2	0	ARLINGTON	ARLINGTON	\$700,000	Detached	0.14	22205	BONAIR
2412 JOHN MARSHALL DR	4	3	0	ARLINGTON	ARLINGTON	\$700,000	Detached	0.17	22207	ARLINGTON
1608 UTAH ST	4	2	1	ARLINGTON	ARLINGTON	\$685,000	Detached	0.14	22207	WILLETT HEIGHTS
2625 KENMORE CT S	3	3	1	ARLINGTON	ARLINGTON	\$680,000	Townhouse	0.02	22206	SHIRLINGTON CREST
3409 WILSON BLVD #609	2	2	0	ARLINGTON	ARLINGTON	\$679,900	Mid-Rise 5-8 Floors	0.00	22201	ARC 3409
1805 CRYSTAL DR #906S	3	2	0	ARLINGTON	ARLINGTON	\$679,900	Hi-Rise 9+ Floors	0.00	22202	CRYSTAL PARK
4535 HENDERSON RD	3	2	1	ARLINGTON	ARLINGTON	\$679,000	Detached	0.14	22203	ARLINGTON FOREST
1021 GARFIELD ST #B-42	2	2	0	ARLINGTON	ARLINGTON	\$675,500	Hi-Rise 9+ Floors	0.00	22201	CLARENDON
4415 7TH ST N	2	2	1	ARLINGTON	ARLINGTON	\$670,000	Townhouse	0.04	22203	BALLSTON PLACE
2617 12TH ST S	3	3	0	ARLINGTON	ARLINGTON	\$667,000	Detached	0.12	22204	COLUMBIA HEIGHTS
708 N GREENBRIER ST	3	2	0	ARLINGTON	ARLINGTON	\$665,000	Detached	0.16	22205	BONAIR
1055 FILLMORE ST	4	3	0	ARLINGTON	ARLINGTON	\$660,000	Detached	0.09	22204	PENROSE
1300 CRYSTAL DR #405S	3	2	1	ARLINGTON	ARLINGTON	\$650,000	Hi-Rise 9+ Floors	0.00	22202	CRYSTAL GATEWAY
2213 N Kentucky ST	2	2	0	ARLINGTON	ARLINGTON	\$650,000	Detached	0.15	22205	TUCKAHOE VILLAGE
1614 KEY BLVD	2	2	1	ARLINGTON	ARLINGTON	\$650,000	Attach/Row Hse	0.06	22209	KEY MEWS
5412 CARLIN SPRINGS RD	3	2	0	ARLINGTON	ARLINGTON	\$640,000	Detached	0.19	22203	ARLINGTON FOREST

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SCHOOL NOTES

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

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

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

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

The following Arlington residents recently were initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines. This includes Virginia Commonwealth University students **Alexander Carroll**, **Kathryn Nedelcovych**, **Rachel Lustig**, **Thy Dai** and Virginia Tech student **Samantha Spytke**.

Marymount University's Sr. **Patricia Helene Earl**, IHM, received the Ex Corde Campus Ministry Award for her exemplary service and student **Sarah Hall** received a Volunteer of the Year award. Arlington Bishop Michael F. Burbidge honored members of the diocese for their volunteer service at an awards dinner at St. Joseph's Catholic Church on Tuesday, Dec. 13.

cease for their volunteer service at an awards dinner at St. Joseph's Catholic Church on Tuesday, Dec. 13.

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

Victoria Omekam, of Arlington, graduated in December from Coastal Carolina University with a Bachelor of Arts in psychology.

Naras Prameswari of Arlington has been named to the dean's list at Augustana University (Sioux Falls, SD) for the fall semester of the 2016-17 academic year.

Tyler McTague of Arlington, has been named to the dean's list at Ohio Wesleyan University (Delaware, OH).

Isabelle Pasternak, of Arlington, was named to the dean's list at Lehigh University (Bethlehem, PA) in the fall 2016 semester.

Kristin Cole Herbert of Arlington was named to the dean's list at Anderson University (Anderson, SC) for the Fall Semester.

Meghan Fox of Arlington, has been named to the dean's list at York College (York, PA) for the fall 2016 semester.

Wakefield High School senior, **Marvin Franco Morataya**, received a bronze award from The Hispanic Heritage Foundation a \$1,000 scholarship to support his plans to pursue an engineering degree.

Nathaniel Grover of Arlington, was recently named to the Lasell College (Newton, MA) dean's list for the fall 2016 semester.

Saint Ann Catholic School

OPEN HOUSE

Sunday, Jan. 29 Tuesday, Jan. 31
10:30 am - 1:00 pm 9:30-11:30 am




- Half-day & Full-day Preschool Program
- Full-day Kindergarten-8th Grade
- U.S. Department of Education National Blue Ribbon School of Excellence
- Above national average standardized test scores
- S.T.E.M. enrichment activities and field trips
- Hands-On Lab Learner® Curriculum
- Enrichment programs
- Excellent certified staff and faculty
- Small class size
- Extended Day Program (before and after school)
- Financial assistance available

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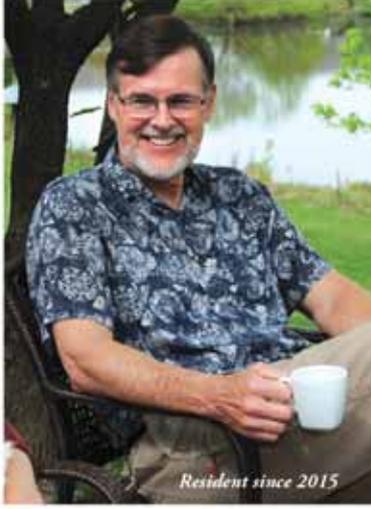
Saint Ann Catholic School admits students of any race, color and national origin.



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ENTERTAINMENT

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

ONGOING

Lions Club Fruit Sale Fundraiser.

Through Jan. 22, 8 a.m.-8 p.m. at Wells Fargo Bank parking lot, 2213 N. Glebe Road. Email lionskk@earthlink.net for more.

Signature Theater's "Titanic."

Through Jan. 29 at Signature Theatre 4200 Campbell Ave. A voyage through stories of love, ambition, hope and courage on board the fateful ship. www.sigtheatre.org

Friday Night Live.

8 p.m. at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Arlington's Historical Museum

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

LGBT & Straight Friends Social.

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

Open Mic Comedy.

Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/ Arlington for more.

Food Truck Thursdays.

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

Invasive Plants Removal.

Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Poetry Series.

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

Open Mic Nite.

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

Karaoke.

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

Pub Quiz.

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

9693.

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

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

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

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

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

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

THURSDAY/JAN. 19

"Selma" Movie Screening. 2-4:30 p.m. at Columbia Pike Branch Library, Multipurpose Room, 816 Walter Reed Drive. "Selma" depicts Rev. Dr. Martin Luther King, Jr.'s, struggle to secure voting rights for all people. Rated PG-13, 128 minutes. Free. Visit library.arlingtonva.us/ for more.

Erin Harpe and the Delta

Swingers 8:30-11 p.m. at Sehkraft Brewing, 925 N. Garfield St., Suite A. The show combines delta boogie blues with reggae, funk and soul, for a rootsy rockin' dance party. Visit www.erinharpe.com/ for more.

FRIDAY/JAN. 20

Female Artists and the French Revolution. 6-8 p.m. at Marymount University Reinsch Library Auditorium, 2807 North Glebe Road. Art historian and writer Bridget Quinn will give a talk on female artists and the French Revolution. A wine and cheese reception will follow. Free. Visit www.marymount.edu/ for more.

Concert for Courage. 8 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. This concert features three progressive songstresses on the eve of the Women's March on Washington. Artists include Heather Mae, Crys Matthews, and Jean Rohe. Admission is free, but contributions will benefit Planned Parenthood and Equality Virginia. Call 202-656-2748 or visit www.uucava.org/ for more.

SATURDAY/JAN. 21

Family Yoga. 10 a.m.-noon at Arlington Mill Community Center, 909 S. Dinwiddie St. An expert yoga instructor from NuYou Wellness will guide participants through a family yoga class for beginners, followed by a tasty post-workout snack tutorial with a Parks and Recreation nutrition educator. Ages 4 and up. Call 703-228-4772 or visit <https://parks.arlingtonva.us/locations/arlington-mill-community-center/> for



IMAGE CONTRIBUTED

more.

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

JAN. 21-MARCH 26

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

JAN. 21-MARCH 5

New Target Gallery Exhibition. Various hours at Torpedo Factory, Studio 29, 105 N. Union St. Arlington artists Heloisa Escudero and KEYHAN are among the artists featured. Public reception on Thursday, Feb. 9, 6-8 p.m. Visit torpedofactory.org/ for more.

SUNDAY/JAN. 22

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

MONDAY/JAN. 23

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

Slli'm Williams Presents: The Next Episode. 8-10 p.m. at Busboys and Poets, 4251 Campbell Ave. Slli'm Williams hosts a night full of writers and antics. Call 202-642-2113 for more.

TUESDAY/JAN. 24

Finding a Job, a Career, and a Passion. 7:30-8:30 p.m. at Central Library, 1015 N. Quincy St.

Artomatic

The Artomatic show is coming to Crystal City, March 24-May 6, in an exhibition space at 1800 S. Bell St. Artomatic will feature a variety of creative work, including visual art, music, film, live fire performances, poetry, dance, fashion, workshops and special events showcases. Visit www.artomatic.org.

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

THURSDAY/JAN. 26

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

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

JAN. 27-29

2017 Rosebud Film Festival. Various times at Rosslyn Spectrum Theatre 1611 N. Kent St. Rosebud is an annual competition open exclusively to D.C., Maryland, and Virginia film and video producers. Visit www.arlingtonmedia.org for more.

JAN. 27-FEB. 11

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

SATURDAY/JAN. 28

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

Vegetable Gardening Part 1: Jumpstart Your Garden With Seeds. 10:30-noon at Westover Branch Library, 1644 N. McKinley Road. Get the scoop on seed selection, hybrid vs. heirloom, what seeds to start indoors, germination tips, and best bets for seed saving. Find out how to make your own starter pots, and easy-to-create

lighting systems to bring the sunlight inside. Call 703-228-6414 or visit library.arlingtonva.us/locations/westover-branch-library/ for more.

Winter Day of Art and Creativity.

11 a.m.-2 p.m. at Fairlington Community Center, 3308 S. Stafford St. Paint, build, create in creative workshops to an art swap, from cooking activities to a sound studio. Call 703-228-6588 or visit <https://parks.arlingtonva.us/> for more.

Beer 101: What you taste and

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

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

The U.S. Navy Band Concert Band.

7 p.m. at Yorktown High School, 5200 Yorktown Blvd. Free. Call 703-228-5370 for more.

Forty+ Movement and Theatre.

7:30 p.m. at Theatre on the Run 3700 S. Four Mile Run Drive. Forty+ features a collection of works grounded in movement and theatricality. With eight performers, the short works combine to a collective whole to traverse relationship, the inventiveness of situation, and the progression of life. \$15 in advance, \$20 at door. 703-933-1111 or culturecapital.com/organization/167/theatre-on-the-run for more.

Bella's Bartok Concert.

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

SUNDAY/JAN. 29

Arlington Philharmonic and The

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

MONDAY/JAN. 30

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

JAN. 31-FEB. 4

Nicholas Rodriguez Sings 1970's favorites. Various times at

ENTERTAINMENT

Hosting a President for Dinner

Liberty Tavern's general manager looks back on the day President Obama paid his restaurant a visit.

BY HOPE NELSON
THE CONNECTION

Eight years of the Obama administration come to a close this week. During their tenure in town, the president and his family were known to venture across the river for dinner on occasion, enjoying meals in Arlington, Alexandria, Fairfax, and more. On one autumn day in 2011, President Obama found his way to Liberty Tavern for a bite to eat. Here's a look back on the occasion from the vantage point of general manager Sean Lowder.

"We got a call about three days in advance and (they) said, 'Hey, we have a high-ranking government official who wants to come in and dine in your restaurant.' ... I figured we had something big on our hands when they said we'd have to shut down for the other guests," Lowder said.

Obama and his team were visiting Liberty Tavern to make good on a campaign event where voters contributed at least \$5 apiece to the campaign and were chosen at random to dine with the president, Lowder said.

"For about three days, we had Secret Service in and out of the restaurant, on the roof, checking out our HVAC system, taking a look at our refrigerators," he said. "... The day came, (and Obama) came in and had a nice dinner with five average Americans, people from all over the country."

Though the visit was brief — about an hour, Lowder said — the president dined on a hearty meal of harpoon-caught swordfish cooked Portuguese-style with white beans, sweet peppers, lamb sausage, and escarole, all in a little-neck clam sauce.

The president "completely finished the plate, which we were very happy with," Lowder said. "... He said he thoroughly enjoyed it, which made the chef very happy."

Liberty Tavern has preserved the chair the president used and now assigns it out randomly to patrons coming in for a meal. Depending on their guests' political persuasion, sometimes they are honored by the assignment; sometimes they request a different seat, Lowder said.

As far as personal interaction with the president that day in 2011, Lowder said it was brief, and only tableside.

"I did get to pour some water for him ... that was plenty for me," he said.

And does Lowder think it's likely that Obama's successor, President-Elect Donald Trump, will come for a visit?

"I'm not a betting man, so I don't play the odds too much — we're here to serve anybody that comes in," he said.

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

THURSDAY-SATURDAY/FEB. 2-4

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

THURSDAY/FEB. 2

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

FRIDAY/FEB. 3

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

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

Visit saintgeorgeschurch.org.

SATURDAY/FEB. 4

Waterfowl at Gravelly Point. 8-9:30 a.m. at Gravelly Point, George Washington Memorial Pkwy. Visit different birding spots in Arlington throughout the year and build County bird lists. Birders of all experience levels can participate and loaner binoculars are available. Ages 8 and up. 703-228-3403

SUNDAY/FEB. 5

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

MONDAY/FEB. 6

Meet the Author. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Encore Learning will celebrate Black History Month with a lecture by Carolyn Quick Tillery, an award-winning food history cookbook editor. Call 703-228-2144 or visit library.arlingtonva.us/locations/central-library/ for more.

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

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At ACA Rally, Warner Criticized for Amendment Vote

FROM PAGE 3

of unity was disrupted by U.S. Sen. Mark Warner's vote on Jan. 11 against an amendment that would have allowed Americans to purchase cheaper drugs from Canada. Warner was one of 13 Democrats who opposed the amendment.

"Healthcare is unaffordable for most working people," said Terry Sopher, who sat in his wheelchair outside the rally with a sign calling Warner a healthcare traitor. "For him and 12 other Democratic senators to vote against this amendment is shocking. If you're for affordable healthcare, you should have supported this."

Sopher and his wife Harriet travelled to the rally from Annandale. Terry Sopher said he had occupational toxic exposure that left him with long-term health problems.

"We had income and retirement funds, but it costs \$25,000 a year to keep me alive, and we're better off than most," said Terry Sopher.

Inside the center, a dozen citizens scattered throughout the room held up similar signs, ranging from some asking why Warner opposed the amendment to others like Terry Sopher's labelling Warner a traitor.

"We Democrats don't always see eye to eye," said U.S. Rep. Gerry Connolly (D-11), "But this is no time to call each other names."

But Connolly's call for unity was less than effective. As Warner got up to speak, someone in the crowd shouted "explain your no vote."

"We need to negotiate on drug prices," said Warner. "There will be a time to have a debate on that ... That's the thing about Democrats, we can agree to disagree."

Outside of the recreation center, Warner clarified what he meant by negotiate on drug prices.

"The way Canada is able to get drugs so cheaply is through government purchasing," said Warner. "We don't do that here. That would actually deal with the problem. We need to try for a permanent fix first, and if that doesn't work we can look at other options."

Warner also said the government needs to ensure a speedier path to drug approval for pharmaceutical companies. But for many citizens, health care costs are an immediate crisis.



U.S. Sen. Mark Warner tries to shake hands with protesters, agreeing to "negotiate" for fair drug prices.



Harriet Sopher (left) and Terry Sopher protest U.S. Sen. Mark Warner's vote.

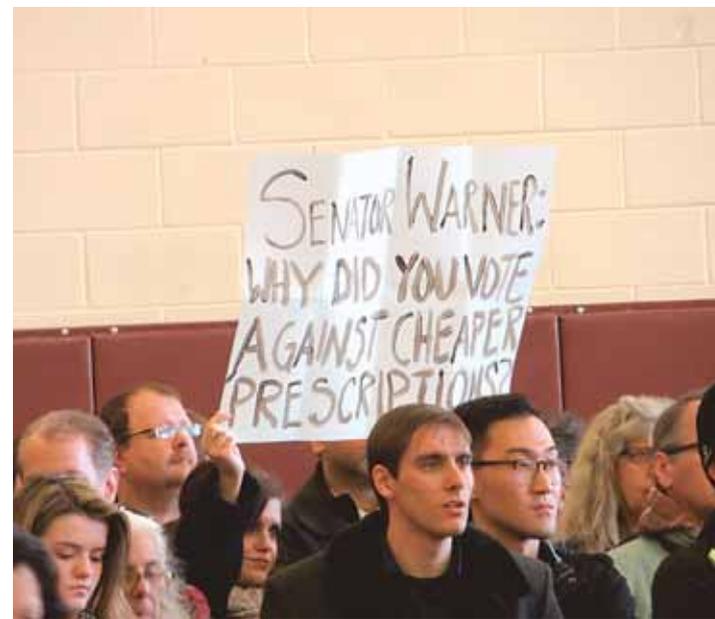


County Board Chair Jay Fisette expresses support for the Affordable Care Act.

PHOTOS BY VERNON MILES/THE CONNECTION



People at the rally made their opinions known.



Local citizens protest U.S. Sen. Mark Warner's vote against cheaper drugs being imported from Canada.

Marsha Wallace is a senior citizen who says she lives on a fixed income with a pre-existing condition. With the imminent repeal of the ACA, Marsha says she's worried about a friend with a brain tumor whose insurance made it possible to be treated before the issue was critical. Wallace also said she was concerned if ACA was overturned the Republicans could target Medi-

care next.

David Kuebrich was one of the citizens holding a sign calling Warner a traitor. Kuebrich said he was disappointed more people weren't here to hold Warner accountable for his vote. But for many in the audience, the politics of the ACA and the votes around it were less important than the fear for loved ones who could soon be

without insurance.

Liz Salter has a medical conditions that affects her brain, kidney, and heart. There is no cure, but treatment costs \$16,000 per visit, totalling \$400,000 every year. Salter appealed to citizens, and politicians, to look beyond the politics of the ACA and try to help citizens facing serious illnesses.

Police Warn of Missed Jury Duty Phone Scam

The Arlington County Police Department and Sheriff's Office are warning the public about a missed jury duty telephone scam targeting county residents.

The latest incident was reported on, Jan. 4, where a resident received a phone call from an individual claiming to be a lieutenant with the Sheriff's Office. The victim was accused of failing to appear for jury duty and a warrant for their arrest was to

be issued unless a fine is paid.

If residents receive a call like this, immediately hang up with the caller and verify the claim by calling the Arlington County Sheriff's Office at 703-228-4460. Do not use a phone number provided by the caller to verify their credibility. Also, never provide personal information such as bank account numbers to anyone over the phone.

After making a verification call, if you find that you were a target or victim of a scam,

file an online police report at <http://police.arlingtonva.us/online-police-reporting-system/> or call the non-emergency police line at 703-558-2222.

In addition to the recent jury duty scam, the Police Department has received fraud reports in the past regarding utility companies threatening to shut off services if not provided immediate payment; IRS collecting fees for unpaid taxes; and family members allegedly being held hostage or hav-

ing suffered injury requiring payment. If residents receive a call of this nature, hang up immediately and report this information to the non-emergency line. Individuals seeking additional information about fraud can contact the Arlington County Police Department's Financial Crimes Unit at FinancialCrimes@arlingtonva.us or visit the police website at <https://police.arlingtonva.us/prevention-safety/fraud/>.



PHOTO COURTESY OF KIDS4PEACE

The Kids4Peace Interfaith Summer Camp is aimed at helping to break down religious stereotypes.

Planning for Summer Camp

Local camp fairs help families navigate the maze of summer camp offerings.

BY MARILYN CAMPBELL
THE CONNECTION

In an effort to confront religious intolerance, a group of local middle school students will attend a camp aimed at bringing together children from different religions and giving them the chance to come together, make new friendships, visit houses of worship, learn about other traditions and practice dialogue to confront Islamophobia and Anti-Semitism. “Campers will get experiences in synagogues, mosques and churches,” said Shoshana Abrams of Kids4Peace. “They’ll see how others pray, how they celebrate and what they believe. It’s helping to break down stereotypes. A lot of interfaith action is needed to combat Islamophobia and bring together people of different faiths.”

Kids4Peace’s Interfaith Day Camp is one of a diverse variety of summer camps available to local children. From performing arts, wilderness adventures and sports to language immersion, standardized test prep and community service, the summer offerings in the Washington region are plentiful. Though warm weather is months away, this is the time to start planning for camp and finding the best fit, say child development experts. “You want to include your child from the beginning of the process,” said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College in Alexandria. “Explore options by following their interests. I like to ask kids ‘What problem would you like to solve?’ For instance, would they like to learn how to

play basketball, how to make a rocket, how to see other galaxies, how to paint with acrylics, how to star in a play? These [questions] will point you in a direction that is good for both you and your child.”

Local camps fairs such as the Northern Virginia Camp & Summer Fun Expo, offer access to a variety of both day and overnight options in one location. “We want parents to know that there are many different options out there, and they’re going to find out all the specifics about many camps,” said Jacky Dooly, of Northern Virginia Camp & Summer Fun Expo and Washington Parent in Bethesda, Maryland. “There will be specific sports camps like swimming and martial arts. Maybe child has academic issues and they need to get caught up. If so, there are academic programs.”

Before attending a camp fair, Dooly suggests that families prepare themselves, and there are questions that she recommends parents ask prospective camp officials. “Does the camp offer early morning care as well as later evening care?” she asks. “Find out information about the food that is offered at the camp. How much activity will your child get during the day? If you’re interested in a particular camp, find out if it fits within your budget.”

“I’d also want to know how they are going to keep your child safe, how they encourage participation, and the percentage of returning camp counselors and campers,” added Lorente. “If you have a camp with high return rates that indicates that it is a place where people want to be.”

Mandarin immersion, public speaking and science exploration are among the choices that will be available this summer at BASIS Independent Summer McLean. Noting that this will be the camp’s inaugural summer, Asha Bruot, spokeswoman for McLean BASIS, says that there will also be “a traditional day camp for students in first through fifth [grades] with thematically-linked activities, classroom projects, outdoor games, drama, music, and art.”

“Summer camp should be a place for your child to explore, play [and] become,” said Lorente. “The school year has become so structured. I would want a camp that has embedded in it time for child-directed exploration [and] free-time.”

For More Information

2017 CAMP & SUMMER FUN EXPOS

Sunday, Jan. 29: The Montgomery County Camp & Summer Fun Expo/Hilton Hotel & Executive Meeting Center/Rockville, Md.

Saturday & Sunday, Feb. 25-26: The Northern Virginia Camp & Summer Fun Expo/Dulles Town Center Mall, Dulles, VA.
www.washingtonparent.com/

Kids4Peace Camp: <http://www.k4p.org/chapters/washington-dc/>

Tips on Trips and Camps: (Feb. 12, 1-3:30 p.m.), Walt Whitman High School, 7100 Whittier Blvd. Bethesda, Md., 301-881-0547 or <http://tipsontripsandcamps.com/dc/>

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A Fun Way To Get Fit CycleBar Columbia Pike offers sense of community.

BY MARY DEMPSEY
THE CONNECTION

Arlington has a new destination for a high-energy, calorie-torching workout. CycleBar Columbia Pike opened in November of 2016 and is already an attraction for Arlington area residents who are seeking a fun way to get fit. CycleBar offers more than just physical exercise, however. The franchise seeks to foster a sense of community among its clientele.

The owners, husband and wife team John Ryan and Marina Alfaro-Ryan, opened the franchise with the hopes of having a successful business while also doing good for the community.

When Alfaro-Ryan discovered the CycleBar franchise, she knew immediately that it was the right opportunity for them. "We wanted to do something that was both fun for us and positive," said Alfaro-Ryan. "We fell in love. It's just so much fun. It's addicting actually."

CycleBar offers cycling-based fitness classes. With inspiring instructors, energizing music, and motivating statistics, each class is designed to push riders through an intense cardiovascular workout.

Natalie Kottke, one of the CycleBar Columbia Pike instructors, said she and the other instructors were carefully recruited for both their physical abilities and charisma. They then went through an intensive training by a CycleBar master instructor "to get us in shape, to master the technique, the CycleBar formula."

Instructors are also trained to create compelling playlists. Each class has a distinctive series of songs specially formulated to keep riders pushing and peddling.

"You'll hear a little bit of everything in each class," Kottke said. "Everything that we do, we ride to the music. Everything is to the beat, so we make sure that there is a good variation of tempos throughout the



CycleBar owners John Ryan and Marina Alfaro-Ryan.

class." During a class, the instructor encourages everyone to keep in rhythm with the music by calling out the number of rotations per minute (RPMs) that correlate to the beat of the music. The instructor also suggests a resistance level that is appropriate for that speed, so higher-energy songs have lower resistance while slower songs have more resistance.

The classes work on more than just the lower body. Instructors model movements that can be done while riding that focus on the core and arms. There is a weighted bar (the "bar" in CycleBar) fitted on each bike which is used periodically throughout the workout to strengthen the upper body.

The owners emphasized that anyone can take a CycleBar class. The difficulty can be adjusted to meet any fitness level. "Only you know how much resistance you put on your bike," Ryan said.

Area residents have begun to fill up the bikes at CycleBar Columbia Pike.

"It's in the neighborhood, so it's easy to get to," said Jill Flack after a sweaty Sunday morning session. "We come in the morning to get our 'spinner's high.'"

Adela Lacopo, who attended the same class, finds that the time she spends at CycleBar is a good way to stay fit and recharge. She sometimes even attends two classes back-to-back to fully decompress.

"This is my therapy and I love pushing myself," Lacopo said. "I have a two and a half year old daughter and this helps keep me in shape so I can keep up with her."

While most classes have a similar structure, there are some specialized classes. The "concert series" classes offer a playlist featuring one particular musician, while Sunday "brunch" and "Wine Down Wednesday" allow customers to mingle and enjoy every-

thing from fruit platters to a touch of chardonnay after the class is over.

These special classes are one way that CycleBar emphasizes community involvement. While the studio is being used for CycleBar classes in the morning and evening, the studio space can be rented out by local businesses and organizations. Businesses can host classes to improve team-building and promote wellness initiatives.

CycleBar also offers community members a chance to raise money for good causes through a program called CycleGiving. Organizations can rent out the space for a flat rate and host classes, charging participants a set price for each seat reservation. The proceeds can then be put towards fundraising or philanthropy goals.

If cathartic cardio workouts and community involvement aren't enough incentives to bring potential riders through the doors, CycleBar also provides its clientele with competitive pricing and luxury amenities.

"Our prices are better [than other cycling studios], much better," Alfaro-Ryan said. "We offer a better value. We offer free water, free [rental] shoes, free fruit."

Warren Chen, who has been attending classes at CycleBar since they first opened, appreciates the special promotions that the studio offers.

"They had a 10 for 10 pack where if you buy 10 and use them in three weeks you get a free 10 classes," Chen said. He added that he will "definitely buy some more passes and come back" when the promotion expires. Chen also enjoys the fact that the studio doesn't require any membership commitments or charge any additional fees.

"It's fun to see people come out [of a class]," said Ryan. "It's amazing to see how happy they are."

CycleBar Columbia Pike is located at 3400 Columbia Pike Suite A, Arlington, at the intersection of Columbia Pike and S Glebe Road. Find out more columbiapike.cyclebar.com. Contact CycleBar via email at columbiapike@cyclebar.com.

BUSINESS NOTES

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

The **Amazon Conservation Team** in Arlington recently named journalist and environmentalist Lisa Ling, as celebrity ambassador for preserving the Amazon River and South American rainforests.

Ling will help ACT spread their message of the importance of protecting South America's remaining rainforests from further destruction and deforestation. Visit www.amazonconservation.org.

The **American Psychiatric Association Foundation**, headquartered in Arlington, was chosen from over 300 applications to receive a \$75,000 Inspiration Grant from Alkermes, a global biopharmaceutical company dedicated to developing innovative medicines for the treatment of central nervous system (CNS) diseases, including mental health and substance abuse disorders.

Synetic Theater announces new board leadership and managing director. Michael Haskett, the founder and chief operating officer of Synaptex Corporation, is now the new chairman of Synetic Theater's Board of Directors. The Board of Directors also appointed Linda Holder as a new managing director. Synetic Theater is located at 2155 Crystal Plaza Arcade.

Local Companies recognized by Northern Virginia Commercial Real Estate Development Association (NAIOP) at a ceremony in Tysons Corner on Nov. 16. Awardees included:

- ❖ Award of Merit for Opower submitted by Cushman & Wakefield;
- ❖ Award of Merit for FORM Architects submitted by FORM Architects and located in Rosslyn.
- ❖ Award of Excellence for American Society for Radiation Oncology submitted by Davis, Carter, Scott Ltd and located in Crystal City.
- ❖ Award of Merit for Arlington County Department of Human Services - Sequoia Plaza III Team;

❖ Project Marketing Award of Excellence for The Bartlett submitted by Vornado/Charles E. Smith and located in Pentagon City.

❖ Award of Excellence for WeWork/WeLive - Crystal City submitted by Vornado/Charles E. Smith and located in Crystal City.

❖ Capital Improvement Award of Merit for The Bartlett submitted by Vornado/Charles E. Smith and located in Pentagon City. Team members include: Torti Gallas and Balfour Beatty Construction.

Arlington Economic Development recently recognized the county's fastest-growing companies in its second annual "Fast Four" competition. The competition recognizes companies with the fastest level of growth year-over-year in four revenue categories. The four winners, announced at the Arlington Premiere business networking reception in Crystal City, included Clarendon retail startup **Nicecream Factory**; Ballston-based **Deep Learning Analytics**; information management consulting company **Enterprise**

Knowledge; and Ballston software company **Convoke**.

ML Strategies named Arlington native **Alex Hecht** to executive vice president and director of operations.

Linda Choe has joined **Bean, Kinney & Korman**, an Arlington-based law firm, as an associate. Choe represents individuals in divorce and other family law matters. In addition, she also serves on the board of directors for the Asian/Pacific Islander Domestic Violence Resource Project.

Fashion Centre at Pentagon City to welcome retailers Kneipp, Lululemon Athletica and T-Mobile.

At the 92nd Annual Arlington Chamber of Commerce meeting, the 2016 Chair's Award went to **Crystal City Sports Pub**, the 2016 President's Award to **Todd Ihrig** of **H.D. Investment Services**, and the 2016 Committee of the Year Award to the **Community Action Committee**.

Amalea Hijar was recently named a Leading Forty Under 40 Nonprofit Leader by Arlington-based The Manufacturers Alliance for Productivity and Innovation (MAPI). Amalea joined MAPI in September and leads MAPI's Marketing, Sales, and Strategic Planning & Development Councils.

Planned Systems International, Inc., at 3717 Columbia Pike, donated proceeds from its 19th Annual Golf Invitational to The Leukemia and Lymphoma Society (LLS) and Special Love, an organization benefiting children with cancer. Contributions from the event event totaled \$47,496. With PSI's 100 percent matching donation, a record-breaking total of nearly \$95,000.

Hanover Research in Arlington recently appointed Anil Prahlad as chief content officer. Prahlad will spearhead Hanover's research department, with a focus on Hanover's market research work and expanding the firm's research capabilities.

After an Advance Directive ...

FROM PAGE 5

for Capital Caring, said. “The POST Program helps us achieve our mission by offering another tool that ensures those patients have had an opportunity to clearly share their values, goals of care, and treatment preferences. POST forms are invaluable tools in reducing stress during particularly challenging times for patients and their families.”

While Capital Caring wasn’t the first care provider in Virginia to implement POLST guidelines, the organization quickly supported and implemented the program’s tenets.

“The POST program in Virginia started in 2007, when the medical community in Roanoke began using POLST guidelines as local best practice,” Kestenbaum said. “Since then, the standard spread throughout the state. Northern Virginia signed on very quickly.”

So many physicians rallied behind these POST principles that they began meeting regularly, eventually forming the Virginia Post Collaborative. This governing group was vital in order to unify and organize enough power, momentum and resources needed for the Virginia program to achieve the National POLST Program endorsement.

“When we formed the Collaborative, we knew we wanted endorsement from the

National POLST program,” said Kestenbaum, also associate medical director for the Virginia Post Collaborative. “The endorsement is a process, and we wanted to be sure we got that stamp for Virginia. One of the things they look for is that there is some administrative structure, a way to administer the program and make sure it is sustainable.”

Kestenbaum has been on the executive committee since 2013, when the Collaborative became the official governing agency of POST, with 13 regional programs to oversee statewide.

In 2015, Capital Caring was chosen as the home of the Virginia Post Collaborative. The POST organization carries out all of its administrative functions from Capital Caring’s Falls Church headquarters.

Kestenbaum also plays a second role to further the mission. He is a regional coordinator, so he works closely with seven other counties outside of Arlington.

As a doctor who has spent more than two decades caring for people in the final — and often most painful — stages of their lives, Kestenbaum knows how important it is to have clarity around the way one wants his or her life to end.

Every adult, as soon as they turn 18, should create an advance directive, he emphasized. Death is an eventuality for all of us, so, the advance directive exists for you

to state your wishes about your health care when your life is ending. Then, once you enter the phase of life characterized by serious illness or frailty, or, your physician’s prognosis for your life is a year or less, it is prudent to seek out a POST form.

Ideally, Kestenbaum said, one’s doctor in this situation would introduce the form in the same conversation where he or she begins the discussion of what is wanted during the stages of medical care. Physicians should also update the advance care plan as a patient’s condition progresses.

As advantageous as the POST form is to anyone in this situation, Kestenbaum added, it is by no means a requirement.

“This is completely voluntary,” he said. “No one is forced to fill out a POST form. The main group of folks for whom it is most beneficial is for those who are seriously ill or frail, with a prognosis of a year or less. This is not for everyone. For people not quite there, the best way to state your preferences is through an advance directive. Prior to entering that time of life, you want to have that conversation with the people in your life, but a POST form is not yet applicable.”

Kestenbaum explained that an advance directive and a POST form should always be consistent. It is also important to know that a patient can edit both forms as many times as they need should their wishes change or when their health conditions take turns. And, while the two documents should never have conflicting directions, there are important differences.

“An advance directive is for any adult to help people understand their wishes pertaining to future care and to provide as much guidance as possible for future events,” he said. “It’s a set of wishes, desires, and preferences, for what people want in different outcomes. A POST form is an actual medical order, and is only for those in a current situation of needing this type of care. We recommend that all adults have an advance directive, and when appropriate, fill out a POST form, which turns the preferences stated in your advance directive into actionable direct orders.”

For a POST form to be valid, he added, it must be signed by both the patient, or a valid surrogate, and the health care provider — a physician, nurse practitioner, or physician assistant.

While coming to terms with the last phase of life will always be difficult, there is a certain amount of peace that people in this situation find in knowing with certainty that they will exit life as they know it in their exact desired manner.

“Advance directives may not always be available or they might be hard to interpret, so what the research has shown us, is that it is more likely that the wishes and desires of patients with POST forms will be respected. There is a fairly large and growing volume of literature showing that POST ensures that a patient’s end of life decisions are met. More and more programs and practitioners want to be a part of this program every day,” Kestenbaum said.

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3. no longer owned or known



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I Think Therefore I'm Not



By KENNETH B. LOURIE

As much as I write a good game, and talk a good game, I don't think as good a game as I write and talk. As I sit and write this column, on Saturday, January 14, I am four days away from my regular, recurring, quarterly CT Scan, scheduled for Wednesday, January 18, followed up almost immediately by my normal post-scan, face-to-face appointment (I have had telephone appointments) with my oncologist two days later on Friday, January 20. As you all are reading this column, it's almost like real time, except you only know my feelings and some dates, but not the results/facts.

Nor do I, of course, as of this column's publication and of your reading it, and therein lies the reason for this column. Waiting, wondering, worrying and hoping is what I/Team Lourie will be doing for the next six days. And though we've all been through it before (nearly eight years of 'it'), enduring 'it' never gets any easier. In fact, it gets more difficult in a way. Partially because, given my original "13 month to two-year prognosis, this waiting for scan results shouldn't be happening. I can't help thinking that I'm borrowing time. I wasn't diagnosed as "terminal" for nothing. I was/am a stage IV, non-small cell lung cancer, meaning the cancer had (1) metastasized (spread) which is never good and (2) was inoperable, which is self-explanatory. Both of which determine a stage IV diagnosis thereby minimizing one's options. Ergo, my prognosis. Yet here I am, nearly eight years later, anticipating the results of my next CT Scan to learn whether I've been given another reprieve or another reminder of why I was diagnosed stage IV in the first place: tumor growth and/or movement.

Somehow, I must ignore the facts and the statistics, ignore the reality; and as Andy Dufresne said to "Red" in "The Shawshank Redemption:" Get busy living or get busy dying." Which as you regular readers know is what I try to do, or at least write like I try to do. And to friends and family, it appears to be what I'm doing. However, in my head, six days away from learning my fate (at least for the next three months until my next CT Scan/brain MRI), I am not exactly 'living' it. I'm stuck, more or less, between "why worry" and "what if?" As a consequence, I can't get out of my own way, sort of; heck, I can barely get out of other people's way.

Don't get me wrong. I'm not moping around "woeing-is-me;" that's not my nature. But I am having some difficulty deluding myself into thinking (living) that the next few days are somehow a random-type meaningless occurrence that will have no bearing on my life. Quite the contrary, it's everything. There's no more important time in my life than waiting for the results of the varying diagnostic tests that I have. And though I remain mostly asymptomatic now, (last week's column: "Slippery Hope" notwithstanding), I was also asymptomatic (generally speaking) when I was first diagnosed in February 2009. Consequently, feeling nothing does not provide the same comfort and joy as you might think. Granted, feeling symptoms would be worse. But considering that over the years feeling/not feeling symptoms have both lead to encouraging and discouraging results, I'm not comforted by anything until after my oncologist tells me if my warranty has been extended.

Feeling something, feeling nothing; I never know what to feel except fear — of the unknown, and for the next few days, my future is what's unknown. Living through that is always a challenge. If I've convinced readers and friends and family otherwise, all the better. Personally speaking, it's only easy writing and talking about it. Living it is another story entirely.

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

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From left are **Laura Pennycuff**, grants director for Doorways for Women & Families; **Miguel Buddle**, corporate giving manager for Doorways for Women & Families; and **Scott Reamy**, external affairs manager in Dominion's corporate public policy area.

Doorways Recieves Dominion Grant

Doorways for Women & Families, a nonprofit organization that provides temporary shelter for homeless families in Arlington, was the recipient of a \$10,000 grant awarded recently by the Dominion Foundation, the charitable arm of Dominion Resources. The grant from Dominion will be allocated toward operating expenses for the Freddie Mac Foundation Family Home, a 21-bed shelter that is reserved for families whose homelessness could not be prevented and who cannot be quickly housed elsewhere.

In the fourth quarter of 2016, the Dominion Foundation awarded \$1 million through a competitive grant process to 140 nonprofit organizations in 13 states to address critical community needs, with special emphasis on programs that provide shelter, access to health care and food security in areas served by Dominion. More than 300 applications were considered with selections made based on an organization's demonstrated ability to serve communities, meet basic human needs and prevent future need.

Property Values Rise

Arlington County property values showed modest growth again for 2017, with property values growing 2.9 percent over 2016, according to county officials. That increase includes 2.1 percent for existing properties and another 0.8 percent for new construction. Both residential and commercial properties saw increases in value.

The value of the average Arlington home (existing single-family properties, including condominiums, townhouse and detached homes), increased 2.3 percent from \$603,500 in Calendar Year 2016 to \$617,200 in CY 2017. Commercial properties, including office buildings, apartments, hotels and retail, increased 3.4 percent. The increase was fueled by 1.6 percent growth from new construction across the commercial sectors and by 14.6 percent growth in existing hotels. The 2017 assessment information is available online at <https://propertysearch.arlingtonva.us/>.

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JD Sisters, Inc., trading as Aroma Indian Cuisine, 4052 Campbell Ave. Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages.
Jyoti Chhatwal, President
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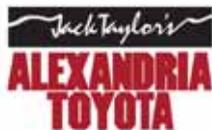


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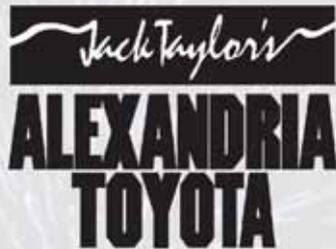
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